

DeVille

Apartment & Builders Inc.



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July is...

National Cell Phone Courtesy Month. As the cell phone has developed into the smartphone, it's become one of the biggest distractions of all time. National Cell Phone Courtesy Month was founded in 2002 with the intent of making cell phone users more aware of their cell phone habits.

National Ice Cream Month. The hot days of summer are the perfect time to enjoy a dish, a cone, or anything else with ice cream. This commemorative month was designated by President Ronald Reagan, an ice cream lover himself, in 1984.

Park and Recreation Month. Parks play a vital role in maintaining healthy ecosystems, providing clean water and clean air, and enabling conservation of natural resources. Get out and enjoy some of America's parks all month (and all year) long.

Have a Jumpin' July!

July is Anti-Boredom Month, so don't just sit around while summer passes you by. Include a few of these activities for some serious summer fun: • Go to the local zoo and visit the baby animals. • Try roller blading. • Head to a water park or pool to beat the heat. • Go to a baseball game. • Enjoy ice skating at an indoor rink. • Volunteer at a local hospital or nursing home.

Stay Safe on the Fourth!

Don't let a trip to the hospital ruin your holiday. We would like to remind residents that **fireworks are strictly prohibited in our community.** If you witness violations of this policy, please contact the local authorities. Have a great Independence Day!

Closed in Commemoration

Our office will be closed on Monday and Tuesday, July 3rd and 4th in commemoration of our country's birth. As always, maintenance will be available should there be an emergency.

Motivational Tips From Personal Trainers

• Use your calendar and mark 3 days a week to exercise. • Shake up the routine. Anything we do again and again can get tiresome and boring! So, try a new exercise video. Take a different class. Vary your hiking location or purchase new workout wear. • Keep your exercise shoes out as a reminder. • Tell everyone you are working out. When TV seems terrific compared to a set of sit-ups, knowing how embarrassed you'll feel when asked "So how's your exercising going?" may get you to work on those abs. • Fuel up with a light snack two hours before you work out. • Forgive yourself. If you miss a week or more, don't beat yourself up, or worse, decide to stop trying. Plan your next session...and just do it! • Buy an item of clothing that's a size too small. Try it on periodically. Imagine how you'll feel when it really fits. • Reward yourself. At the end of the week if you've met all your goals, do something special for yourself. You're going to love the results!

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Have fun and stay safe at the amusement park

Planning a visit to a water park or an amusement park this summer? You want your family to be safe as they go on the rollercoaster, merry-go-round, and other rides. Here's some advice from the University of Michigan's Health Blog on how you and your children can ride safely:

- **Talk to your children.** Make sure they keep an eye out for ride operators who aren't paying attention—talking on their phones, for example. Discuss the need to speak up if they spot unsafe conditions, such as a safety strap that's frayed or doesn't close properly.
- **Follow the rules.** Don't try to sneak your child onto a ride he or she isn't old enough or tall enough for. You're risking serious injury.
- **Watch for strangers.** Remind your children about the dangers of talking to people they don't know, even if they seem friendly or helpful. Someone who overhears your child's name could pretend to be an old family friend or relative, leading to a hazardous situation.

- **Plan to stay connected.** Tell your kids not to wander around if they get separated from you. Show them what a park attendant looks like so they know whom to approach. Have them keep your cell phone number in a pocket in addition to their own phones in case a phone gets lost. Take a photo of each member of your group to show park attendants so they know whom and what to look for.

- **Check in often.** Don't rely on phones alone to stay in touch. Designate an area where you can meet once an hour to make sure everyone is safe.

- **Dress appropriately.** Don't let children wear loose clothing that can get caught on equipment, or sandals that don't protect their feet (or that might get lost).

- **Stay hydrated.** Tell kids to drink plenty of water and eat something other than junk foods. Also, apply sunscreen at least 20 minutes before entering the park, and every two hours afterward.



Summertime Food Safety

Picnics and barbecues are great ways to take advantage of the summer sun, but the higher heat can also increase the chances of food poisoning. Keep these tips in mind as you plan your potluck.

KEEP IT COOL. Perishables like potato salad and meats should be kept at or below 40 degrees Fahrenheit, rather than set out to warm on the picnic table. Stash it in a cooler with ice packs, and open the lid as little as possible.

SEPARATE PLATES. If you tote raw hamburger to the grill on one plate, don't use that plate for the cooked patties. The same rule goes for utensils that touched raw meat.

COOKS SHOULD WASH THEIR HANDS. If you shred salad leaves after grilling chicken, you could unintentionally add raw meat juices to the veggies. A thorough hand washing will take care of most problems. No nearby sink? Don't forget to pack the antibacterial hand sanitizer.



How to Redecorate on the Cheap

Is it time to freshen up your home? These inexpensive ideas will help reinvent your space fast.

Get Snappy with Seating. New sofas and chairs can infuse life into a ho-hum home, but they can also be pricey. Instead, add throw pillows to the couch, layer blankets over armrests, and place cushions on chairs. Visit a discount shop for fabric to tie over the backs of chairs and change the color palate each season.

Find Some Artsy Treasure If your walls are bare, cover them with low-cost finds from garage sales, art festivals, and art schools. Get frames from discount stores and let the artwork shine through. Yard sales feature "another man's trash," but these trinkets could be perfect for you. Showcase them on shelves and windowsills. When it comes to vases, the cheaper the better, since the flowers are the true beauties. Use empty wine bottles as vases for recycling with purpose!



A Sweet, Summery Treat

After some fun in the sun, a cooling treat is often the perfect way to cap off a summer day.

These Watermelon Berry Frozen Pops make dessert about as simple as possible by blending watermelon, blueberries, raspberries and honey before adding to ice pop molds and freezing throughout the day.

Watermelon Berry Frozen Pops

Servings: 8

- 6 cups watermelon
- 1 cup blueberries, divided
- 1 cup raspberries, divided
- 3 tablespoons honey

In blender, blend watermelon, 1/2 cup blueberries, 1/2 cup raspberries and honey until smooth. Press through fine mesh strainer to remove pulp and seeds.

Fill ice pop molds 3/4 full with liquid. Add remaining whole blueberries and raspberries to molds. Insert sticks and freeze at least 4 hours, or until completely frozen.



How to enjoy the sun while avoiding the burn

Summer is here, and the days are warm and sunny again. But if you're not careful, an afternoon at the beach or in the park can lead to a case of sunburn. And worse: Overexposure to the sun's ultraviolet radiation (UVA and UVB) can damage your skin and increase your risk of skin cancer. Sunscreen will offer some protection (though some researchers argue that it doesn't prevent melanoma, the most dangerous type of skin cancer), but you've got to follow the directions. Here is some good advice:

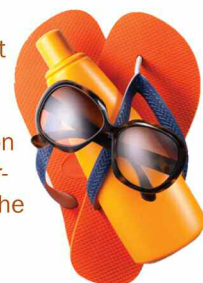
■ **Sun block, by the numbers.** Pick the right protection in the

first place: A Sun Protection Factor (SPF) of 15 will block about 93 percent of harmful UVB rays; SPF 50 screens out 99 percent. Apply your sunscreen 30 minutes before going out. This gives your skin adequate time to absorb it.

■ **Apply sufficient amounts.** Experts advise applying at least one full ounce of sunscreen before going out—roughly enough to fill a shot glass. Reapply your lotion every two hours, and after swimming or exercising enough to raise a sweat. During a long day outdoors, you should use from one-quarter to one-half of an eight-ounce bottle. Remember to apply sunscreen

to often-overlooked areas of your body like your ears, lips, and feet.

■ **Minimize exposure.** Think of sunscreen as a second line of defense against sunburn and skin damage, not your primary protection. Wear a broad hat, sunglasses, and protective clothing, and try to avoid direct sunlight between 10 a.m. and 4 p.m., when the sun is strongest and the atmosphere absorbs less UV radiation than it does during the rest of the day.



INSURING A RENTAL CAR Before leaving on a trip, check with your auto insurer and the credit card

company for the card you will use to see what coverages they might provide.

Your auto insurance generally provides damage and theft coverage for a rental car, but your policy has to include collision or comprehensive insurance.

The rental company will offer collision damage waiver insurance (CDW) for \$15 to \$30 a day. But if the car is for personal use, your own insurance covers that.

There are advantages to CDW insurance, however. It will help you avoid dealing with your own insurance company and it will keep the accident off your record.

Your credit card company will normally pay the deductible.





Red, White & Blue Cheesecake Strawberries

Ingredients 1 (8-oz.) block cream cheese
1/3 c. powdered sugar
1/2 tsp. pure vanilla extract
1 c. Cool Whip
10 strawberries, halved
30 blueberries

- 1 In a medium bowl using a hand mixer, beat cream cheese, powdered sugar, and vanilla until fluffy and combined. Fold in Cool Whip.
- 2 Transfer mixture to a piping bag and pipe over cut side of strawberry.
- 3 Top with blueberries and serve.

JULY 2023

saturday

sunday	monday	tuesday	wednesday	thursday	friday	saturday
2 World UFO Day	3 Compliment Your Mirror Day	4 Independence Day Have a Safe and Happy Fourth of July!	5 Bikini Day	6 International Kissing Day	7 Global Forgiveness Day	8 Be a Kid Again Day
9 Sugar Cookie Day	10 July is Cell Phone Courtesy Month	11 National Free Slurpee Day	12 Etch A Sketch Day	13 Embrace Your Geekness Day	14 National Mac & Cheese Day	15 July is National Picnic Month
16 National Ice Cream Day	17 World Emoji Day	18 National Sour Candy Day	19 National Hot Dog Day	20 World Jump Day	21 Junk Food Day	22 Hammock Day
23 National Parents Day	24 Tell an Old Joke Day	25 Carousel Day	26 National All or Nothing Day	27 Take Your Houseplant for a Walk Day	28 Talk in an Elevator Day	29 National Chicken Wing Day
30 Friendship Day	31 World Ranger Day					

Rent Due