

DeVille

Apartment Builders Inc.

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Happening in May...

Cinco de Mayo, May 5. A commemoration of the Mexican Army's victory over French forces at the Battle of Puebla on May 5, 1862.

Mother's Day, May 14. Don't forget to give your mother a gift, send a card, or buy her some nice flowers to show her how special she is.

National Hurricane Preparedness Week, April 30 – May 6. Hurricane season typically runs July through October, but it's not too early to plan for disaster if you live in an area where these storms are common. Visit the DHS at www.ready.gov/hurricane-toolkit for safety tips and tools.

Memorial Day, May 29. A day to remember those who gave their lives for their country.

Memorial Day Observed

We honor the memory of all the brave men and women who have fought for our country. Our residents are encouraged to attend events commemorating the holiday and to express their thanks to the families of fallen heroes. Our Offices will be closed on Memorial Day, Monday, May 29th.

Cinco de Mayo in the United States

Americans love celebrations, which is the reason Cinco de Mayo and St. Patrick's Day have a lot in common. People who aren't Irish wear green on St. Patrick's Day and go to parades. People who aren't of Mexican descent love the musical and colorful events celebrating Cinco de Mayo.

The day is one of cultural pride for Mexican-Americans. It's the anniversary of an early victory by Mexican forces over the French in the Battle of Puebla on May 5, 1862, leading to the expulsion of French forces in 1867.

The largest U.S. celebrations are in cities such as Los Angeles, San Jose, San Francisco, San Antonio, Sacramento, Phoenix, Albuquerque, Denver and El Paso. In these cities, a large portion of the population has Mexican origins. But many other cities in the United States celebrate Cinco de Mayo as well.

School districts organize lessons and special events to educate students about the culture of Americans of Mexican descent.

Life Hacks

- **Find a hair in your meal?** Before you send it back, make sure to heavily salt the dish. This will ensure they don't just take it to the back, remove the hair, and serve it to you again.
- **Need a better grip on something like a jar, hammer, or screwdriver?** Wrap a few rubber bands around it.
- **Are things not happening as quickly as you hoped they would?** Just remember: it takes six months to build a Rolls-Royce and thirteen hours to build a Toyota.
- **Want a discount on something you're buying online?** Put the item in your shopping basket and wait a day or two. A lot of shopping websites have auto responders set up that will send you a discount to encourage you to buy.



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How to deal with a messy roommate

If you and your roommate don't quite see eye to eye on what's messy and what's not, the discord could make your living situation unbearable. Before it goes too far, clean up any potential chaos with these actionable tips.

- **Be realistic.** You're bound to be disappointed if you expect to keep 100% of a shared residence exactly the way you like it. Try not to worry about the mess in your roommate's room and focus solely on your shared spaces when you speak about the issue. Whatever you do, steer away from an accusatory tone. Instead, aim for an honest, yet positive conversation.

- **Sweep in some compassion.** You might assume your room-

mate leaves his stuff lying around because he just doesn't care—about the home, his things, or even you—but it's possible he isn't aware of the epic mess left in his wake. It could be that's his nature, or he's preoccupied with work stress, relationship problems, or family hardships. There's no need to play armchair therapist, but adding a touch of compassion as you try to understand what's going on in his life will help you approach the cleanliness issue from the best—and most successful—angle.

- **Do a clean exchange.** If your roommate has a lot on her plate (or is genuinely not good at cleaning), offer up a duty swap. Take on more of the clean-

liness chores in exchange for her covering other roles like grocery shopping or sorting the bills. Determine your strengths and weaknesses as a pair and then fill in the spaces where the other lacks.

- **Call in the pros.** if you just don't have the time to take on more cleaning responsibilities yourself—or the mess has gotten insurmountably bad—you can always seek professional help. If you can afford to split the bill for a one-time cleaning session, it can get your home back to square one. Or, if clutter is the issue, share the cost of a storage unit. Seeing the place reach its cleanest potential just might inspire your roommate to keep it that way.



Breakfast: It really is for champions

Breakfast really is the most important meal of the day. People who skip the morning meal tend to struggle more with weight problems, as well as low energy all day long.

Why? The hours between dinner and breakfast are usually the longest span between any of the meals in the day. While sleeping, the body still needs fuel to keep your body in working order. That fuel comes from glucose stored in the blood, liver, and muscles. By morning, the glucose is depleted.

"Breakfast skippers" can feel fine and full of energy in the first few hours after waking up, because the body and mind are refreshed after a night's sleep. But that energy fades as the increasing demands of the day add stress to a body already running low on fuel. By lunchtime, even if you eat a healthful meal, regaining the energy that you would have had if you had eaten breakfast is close to impossible.



Fresh or frozen? The choice is yours

Mom may have told you over and over again to eat fruits and vegetables that are fresh, but nutrition experts say that frozen produce isn't necessarily inferior. According to The New York Times, most nutrients are surprisingly hardy: Iron, for example, stands up to freezing quite well, and fiber does its job whether it's frozen or fresh.

Scientists at the University of California-Davis analyzed the vitamin content in several different varieties of fresh and frozen produce, including blueberries, broccoli, carrots, spinach, and strawberries. They found no significant differences between fresh and frozen items, and even discovered that frozen broccoli contains more riboflavin—a B vitamin—than the fresh selection. Similarly, frozen blueberries have more vitamin C than fresh.

Experts recommend looking for produce frozen using the IQF process—"individually quick frozen"—for the highest quality.



Tips for a Better Wedding Registry

For some couples, the idea of registering for wedding gifts is an exciting way to start planning for the home they'll be sharing as newlyweds. For others, the registry is just one more chore to check off the wedding to-do list.

Regardless of where you fall on the love-it-or-hate-it spectrum, most experts agree a registry is a good idea, especially for couples who will be setting up a home together for the first time. Keep these tips and etiquette guidelines in mind to get the most out of your registry.

Take inventory of what you have and what you need. For couples who've lived alone or together, the registry may be a way to fill in gaps for necessities neither of you already have. It's also a good way to begin upgrading the less expensive kitchen items and furnishings you had as college students or singles. Make a list of your needs and wants so you don't forget any essentials. If you're still in doubt, request a checklist from the store where you'll be registering so you can do some planning.

Register for things at a wide range of price points. The whole purpose of a registry is to make it easy for your guests to get you things you'll like and need. Part of making it easy is recognizing your guests have diverse financial situations. While it's customary to gift the bride and groom, not everyone can afford an extravagant gift, especially if they've spent money on travel and attire to attend. While it's a good idea to offer modest options, don't shy away from bigger ticket items that a small group might chip in on together.

Keep access in mind when you choose where to register. Avoid stores that are local or regional if you have many guests who live out of the area. Also avoid the temptation to choose online only options, as some guests will prefer to see what they're buying. Aim for a mix of large national stores and online retailers.

Plan to block off at least a few hours for an in-person registry. It will take time to get everything set up. Traveling through the store, debating options and making your selections could take longer than expected. Also be sure to ask how you can add to or edit your registry after your initial visit.

Get your partner involved. There are bound to be some parts of the registry your partner may not care about, but asking for input and making decisions together lets you both share in the excitement. Focus on things you'll each find useful as you settle into your new home. For example, the person who will be responsible for taking out the trash should get to pick the new kitchen trash can.

Find more inspiration on your way to wedded bliss at eLivingtoday.com.



Start planning a relaxing summer vacation today

If you're planning this year's summer vacation, you want to make sure it's safe and enjoyable for everyone in your family. Follow these tips for a vacation that's truly relaxing:

- **Do your homework.** Once you've selected a destination, find out what's available in terms of activities and amenities. Discuss what you want to do ahead of time so you can stay organized and avoid burning out from trying to do too much, or getting bored because you're doing too little.
- **Think about nutrition.** Don't go overboard on fast food or expensive dinners. Pack some healthy snacks, like carrot sticks or granola, for the road. Bring plenty of water. Find out what restaurants are available at your destination and along the way so you can plan at least some healthy meals.
- **Be flexible.** Planning is useful, but don't let your schedule dictate everything you do. Build enough time into your itinerary to explore the unexpected. Let everyone have the chance to decide what to do and where to go so long trips don't turn into extended family fights.

Mother's Day is Sunday, May 14th



Memorial Day is
Monday, May 29th

	monday	tuesday	wednesday	thursday	friday	saturday
	1 Rent Due	2 National Brothers and Sisters Day	3 Two Different Colored Shoes Day	4 Star Wars Day (May The Fourth Be With You)	5 Cinco de Mayo Happy Cinco de Mayo!	6 International No Diet Day
sunday	7 World Laughter Day	8 May is National Hamburger Month	9 Lost Sock Memorial Day	10 May is Asian American & Pacific Islander Heritage Month	11 National Eat What You Want Day	12 National Nutty Fudge Day
	13 Top Gun Day	14 Mother's Day Happy Mother's Day!	15 National Chocolate Chip Day	16 National Waiters Day	17 World Baking Day	18 National Visit Your Relatives Day
	19 National Pizza Party Day	20 World Fiddle Day	21 I Need a Patch for that Day	22 Sherlock Holmes Day	23 National Lucky Penny Day	24 Brother's Day
	25 Greek Pride Day	26 National Paper Airplane Day	27 National Cellophane Tape Day	28 107th Running of the Indianapolis 500	29 Memorial Day We may not know them all, but we owe them all.	30 May is National Bike Month
	31 National Flip Flop Day					

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