

DeVille

Apartment & Builders Inc.

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Happening in September...

National Tailgating Day, Sept. 4. The first Saturday of September is when we celebrate the return of football, sport our favorite team's colors, and fill our bellies with food served off the grill by men and women who know how to party in a stadium parking lot.

Labor Day, Sept. 6. A federal holiday in the United States celebrated to honor and recognize the American labor movement.

National Grandparents Day, Sept. 12. Send Grandma and Grandpa a card, call them, celebrate their lives.

National Day of Service and Remembrance, Sept. 11. Held on the anniversary of the terrorist attacks on the World Trade Center and the Pentagon.

Pollution Prevention Week, Sept. 19-24. Pollution Prevention Week highlights the efforts of the Environmental Protection Agency, its partners, and the public in making pollution prevention a cornerstone of sustainability. The best way to protect the Earth and its people is to stop creating pollution in the first place.

Talk Like a Pirate Day, Sept. 19. Avast, matey! This is the day to celebrate your inner Captains: Kidd, Hook, or Jack Sparrow.

Remember Your Grandparents!

Many grandparents are forgotten. Did you know that 60 percent of nursing home residents never have a visitor? The first Sunday after Labor Day is National Grandparents Day. Celebrate by providing compassion and caring to America's forgotten, frail elderly...whether homebound or in convalescent-type care.

How To Be A Great Neighbor

National Good Neighbor Day is September 28th but we encourage you to celebrate all year long! Remember these suggestions to make your neighborhood a high courtesy zone.

- Keep the noise level down. Enjoy radio and television entertainment without allowing the sound to escape your home.
- Keep your home clean. No one likes to look at trash bags or boxes stored on balconies, patios, breezeways or hallways. Make that quick trip to the dumpster or trash chute!
- Remain courteous by taking responsibility for your guests and observing other community policies.

Enjoy the Fruits of Your Labor

Labor Day is Monday, September 7th and we hope everyone will be able to relax and enjoy the holiday with friends and family. The Management Office will be closed for the day, so our staff can also have time to spend with their loved ones.

Before the Sun Sets on Summer...

Don't let the last days of summer slip away without one last memorable summer fling. Get the family together and hit the road for a few more days of fun in the sun! Here are some great ideas to get you started: • Plan a camping weekend at the local state park. Go swimming, tubing, hiking, etc. • Gather family, and friends for a cookout, complete with hamburgers, hot dogs and a game of Frisbee. • Hit the local amusement park one last time.



September 2021

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Lifestyle

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Closed

Sunday

Closed

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Don't fall prey to road rage

Anyone who does any commuting to and from work knows how it can turn into an exercise in frustration. It can be like a war zone out there. But as tempting as it is to retaliate for rude driving, don't make a bad situation worse. Follow these safety rules:

- **Don't escalate aggression.** That means don't tailgate a driver who tailgated you first or flip the bird to a rude driver. Don't respond to the road bullies.
- **Don't tap your brakes when someone is tailgating.** You may be giving the driver a friendly reminder that he's following too

closely, but it may be interpreted as a hostile act. More likely than not, the driver behind you has simply drifted his attention elsewhere and isn't even aware that he's following too closely. Just give him a minute and he'll drop back on his own.

- **Don't make eye contact.** You really just want to let a driver know that she's been driving like an idiot, so as you pass her, you give her a look that lets her know you're not happy. Problem is you don't know a thing about that driver or what frame of mind she's in. Don't risk angering her.
- **Never, ever get out of your car.** A confrontation at a stop-

light is not worth risking violence. The other driver may have some kind of weapon. If the driver gets out of the car, lock your doors and close your window. If you can drive away, do so.

- **If you're being followed by a hostile driver, don't go home.** Drive instead to a public place like a gas station or restaurant. Better yet, head to a police station if one is nearby. If you have your cellphone call the police and report the driver.
- **Follow the golden rule.** The best defense against road rage is to drive as you would have others drive.

—Adapted from *Men's Health*



How to make your own popsicles

Popsicle molds are available in most kitchen supply stores and supermarkets. *Can't find them?* No worries. Pick up popsicle sticks at a craft store, get some small paper cups and you're all set. These are a snap to make. Just whip up one of the recipes below, pour or spoon the mixture into molds and freeze.

- **Peaches and Cream:** Puree peeled fresh or canned peaches along with sugar to taste, some water, a little half-and-half, a pinch of salt and a touch of lemon juice.
- **Strawberry-Raspberry Yogurt:** Puree strawberries with seedless raspberry jam until smooth. Add plain low-fat yogurt, vanilla, and sugar to taste and whirl until combined.
- **Key Lime Pie:** Combine sweetened condensed milk, a little grated lime zest, lime juice, and a little vanilla extract.
- **Orange Julius:** Combine orange juice, just enough half-and-half to make it creamy, vanilla, and sugar to taste.



Croissant Chicken Salad Sandwich

With so many customizable options for bread, meats, toppings and more, it's easy to create the perfect sandwich. For example, this Croissant Chicken Salad Sandwich is served on a fluffy, mouthwatering croissant and features a hearty mixture of chicken, bacon and veggies to give you that boost you have been craving.

- Croissants, halved
- 6 strips bacon
- 1 rotisserie chicken, shredded
- 1/2 cup mayonnaise
- 1/4 cup green onions, chopped
- 1/2 teaspoon pepper
- 1/2 cup cherry tomatoes, quartered
- Sprouts

In skillet, arrange bacon and cook until slightly crispy. Drain bacon over paper towel; allow to dry. Crush into pieces.

In large bowl, stir chicken, mayonnaise, green onions and pepper until combined. Add bacon and tomatoes; stir until combined.

Cut croissants in half. Spoon generous portion of chicken salad over bottom croissant. Top with sprouts. Replace top croissant. Servings: 6

Find more recipes at [Culinary.net](https://culinary.net) and watch the video here: <https://rb.gy/ghvi4f>



Try resistance bands for strength

Stronger, leaner and healthier -- according to the experts at the Mayo Clinic, regular strength training can provide all of those benefits. And if heading to the gym to hit the weights isn't your speed, resistance bands and bodyweight exercises offer a portable, affordable option that you can do almost anywhere.

According to Harvard Medical School, resistance bands are a great addition to body weight exercises that can help you preserve and build lean muscle. Resistance band training can also help improve your balance, gait and flexibility, and they're user-friendly for even fitness novices, according to NBC News.

Resistance bands are available in various styles, including single lengths of stretchy elastic, closed loops or rubber tubes with handles. You may want to invest in a few types of bands with varying levels of

resistance -- don't worry, their compact size means that even several bands are easy to stow away.

Banded squat Place a loop or mini-loop resistance band (a length tied in a circle also works) around your thighs just above your knees and stand with your feet slightly more than hip-width apart. Slowly push your hips back into a seated position while bending your knees. When you reach a seated position and your knees are at a 90-degree angle, hold the position for a few seconds and then slowly move back into a standing position. Make sure to squeeze your glutes -- these strong muscles provides the bulk of the power for this movement. Perform two to three sets of eight to 12 reps.

Banded lunge With the band around your mid-to-lower thighs, just above your knees, take a big step forward and lower down until your back knee hovers just above the ground.

Lift yourself back into a standing position by driving through the heel of your front leg. Perform two to three sets of eight to 12 reps on each side.

Banded chest punch Loop the exercise band around your back and under your armpits. Hold an end or a handle in each hand by your shoulders. Slowly and deliberately, punch your right arm out on a slight diagonal in front of your body before repeating with the other side. This counts as a single rep -- perform two to three sets of eight to 12 reps.

Seated resistance band row Sit on the floor with your legs straight in front of you, feet more than shoulder-width apart. Loop your resistance band (a band with handles is best for this exercise) and cross the handles in front of you to make an X shape. Pull the handles slowly and carefully into your ribs, making sure to sit up straight and let your back muscles do the work.

Clear and clean: Take good care of your contact lenses More than 24 million Americans wear contact lenses, along with many more millions around the world. They're easy and convenient to use—so simple, in fact, that according to one study, fewer than 2 percent of lens users faithfully follow all the guidelines for safely cleaning them.

Don't put your eyes at risk. Pay attention to these basic but necessary rules:

- Check your hands. Always wash and dry your hands before handling your lenses.
- Use the right cleaning solution. Don't rinse or store them in tap water, and don't use your tongue or saliva to moisten them. Use fresh solution, and don't "top off" old solution with new; the active ingredients in many solutions can break down over time.
- Keep them away from water. Remove your contact lenses before swimming or entering a hot tub.
- Take care of your lens case. Clean it often, and replace it every three months.
- Replace your lenses as necessary. Stick to the schedule your eye doctor recommends.

Ahh, the joys of moving.

Whether your lease is about to expire, or you're intrigued by a "Move-in Special" you saw, think about how easy it would be to stay right here at home.

According to the American Moving & Storage Association, **the average cost of an intrastate move is \$1,170 and the average move between states costs \$5,630.** And that's just to transport your stuff!

In addition to the money you'll spend, you will also need to take the time to notify any creditors, clubs, the post office, friends, your employer, insurance companies, etc.

You can avoid those hassles altogether by simply renewing your lease with us.

If you have any questions about your lease renewal, please feel free to call or come by the office.



Sept. 2021

| | | | wednesday | thursday | friday | saturday |
|--|-----------------------------------|---------------------------------------|------------------------------------|--------------------------------|-------------------------|----------------------|
| sunday | monday | tuesday | 1 Rent Due | 2 Blueberry Popsicle Day | 3 College Colors Day | 4 Wildlife Day |
| 5 International Day of Charity | 6 Labor Day Read a Book Day | 7 Superhuman Day | 8 September is Friendship Month | 9 Wonderful WeirDOS Day | 10 TV Dinner Day | 11 Patriot Day |
| 12 Grandparent's Day | 13 Hug Your Boss Day | 14 September is Preparedness Month | 15 Double Cheeseburger Day | 16 Play Doh Day | 17 Constitution Day | 18 First Love Day |
| 19 September is Hispanic Heritage Month | 20 International Day of Peace | 21 Miniature Golf Day | 22 Doodle Day | 23 | 24 Love Note Day | 25 |
| 26 Comic Book Day | 27 Ancestor Appreciation Day | 28 Good Neighbor Day | 29 World Heart Day | 30 As a Stupid Question Day | | |