

DeVille

Apartment Builders Inc.

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Happening in April...

April Fools' Day, Apr. 1. Play a joke on a friend—and be a good sport when someone does the same to you.

National Scrabble Day, April 13. Challenge your friends to a war of words on this day that pays homage to the game and the birthday of the man who created it, Alfred Mosher Butts.

National Volunteer Week, April 15-21. Let a cause near and dear to your heart inspire you to take action. Go to AllForGood.org to find a service project in your area and get involved this week.

Income Tax Day, April 17. Not exactly a holiday, but one day you shouldn't forget.

Earth Day, April 22. Since 1970, people around the world have focused on issues that affect our planet. The theme of this year's campaign is "End Plastic Pollution." Go to EarthDay.org to find out how you can be an environmental steward.

National Humor Month. Laughter truly is the best medicine, so why not strengthen your funny bone? Visit HumorMonth.com to find projects and resources that will help bring the laughter.

Be a Good Neighbor-Even at the Dumpster!

Boxes take up extra space in our community dumpster. Please break down these bulky items to ensure there's more than enough room for everyone's trash. Trash left outside the dumpster is unsightly, attracts pests and is a health hazard. With just a little effort we can keep these areas of our community looking neat and well kept. The Simple Solution: Just make sure that the trash you are discarding goes "completely inside" the dumpster bin. Now...how easy is that? Thank you for your thoughtful responsibility in this matter.

Avoid Inhaling Spray Cleaners

If you use a lot of sprays to clean furniture, polish glass and perfume rooms, maybe you should consider cutting back on their use. At least try to avoid inhaling the spray.

Researchers in Europe found that adults who used these household products once a week or more increased their risk of developing asthma by 30 to 50 percent.

Most of these cleaning products come in forms other than aerosol sprays. Consider choosing one of those.

How to Save on Travel Costs

- Buy your tickets six weeks or more in advance. Or wait until the last minute and check you favorite airline's costs on twitter.
- Don't forget baggage costs. A cheap ticket may not be worth it if your family has to pay for five or six bags. Southwest and JetBlue allow at least one free checked bag per passenger.
- According to Family Circle, if you reserve your hotel room through Tingo.com (part of Smarter Travel Media, a Trip Advisor company), your reservation will get automatically rebooked at a lower rate if the hotel drops its prices, and you'll be refunded the difference.
- Bid for a vehicle through Priceline or Hotwire, which both use major car rental companies, or browse Breezenet.com.



April 2019

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Lifestyle

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Have fun and stay safe at the amusement park

Planning a visit to an amusement park this year? 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.



Money management lessons for the young

Suppose you're just starting out—or you know a young adult trying to get a foothold on financial security. Here's some advice from the CNN Money website on starting off right:

- **Learn to budget.** Get in the habit of keeping track of your spending so you know how much money you need to live and how much you can save for the future. Learn to distinguish between necessities, such as groceries and rent, and luxuries like eating out or going to the movies. Knowing where your money is going can help you stay afloat.

- **Set financial goals.** Whether you're saving for a car, a vacation, or even your retirement—it's never too early—have some clear, specific goals for setting aside a certain amount of money every month. Once you get into the habit, saving money will be easy.

- **Educate yourself.** Learn about interest rates, investing, and other financial concepts. The more you know, the better you'll be able to protect yourself in an uncertain future.



Secrets to sounder, more restful sleep

When dozing off is more problematic than peaceful, don't count on counting sheep. Try these three tips instead.

1. **Curb the caffeine.** If you typically hit a midday wall, don't seek out a boost from the barista. While a cup of Joe may work in the moment, the caffeine jolt could keep you up later. Get the perfect pick-me-up by taking a brisk walk or eating a healthy snack instead.

2. **Shut it down.** Prime your bedroom for the most restful sleep environment. Pull the blinds shut, close the doors, click off the TV, and give your smartphone a rest.

3. **Establish a sleep routine.** Get in bed at the same time each night so your body's rhythm goes into reaction mode. You'll wind down due to force of habit, which means snoozing will come easier once your head hits the pillow.



MISSING LINK Tired of living a solitary life in the Pacific Northwest, Mr. Link (**Zach Galifianakis**) -- 8 feet tall and covered in fur -- recruits fearless explorer Sir Lionel Frost (**Hugh Jackman**) to guide him on a journey to find his long-lost relatives in the fabled valley of Shangri-La. Along with adventurer Adelina Fortnight, the trio encounters their fair share of peril as they travel to the far reaches of the world. Through it all, they learn that sometimes one can find a family in the places one least expects.

SHAZAM! Billy Batson (**Asher Angel**) is a streetwise 14-year-old who can magically transform into the adult superhero Shazam (**Zachary Levi**) simply by shouting out one word. His newfound powers soon get put to the test when he squares off against the evil Dr. Thaddeus Sivana (**Mark Strong**).

PET SEMINARY Louis Creed, his wife Rachel, and their two children Gage and Ellie move to a rural home where they are welcomed and enlightened about the eerie 'Pet Sematary' located nearby. After the tragedy of their cat being killed by a truck, Louis resorts to burying it in the mysterious pet cemetery, which is definitely not as it seems, as it proves to the Creeds that sometimes, dead is better.

DRUNK PARENTS Alec Baldwin and Salma Hayek star as the Teagartens. They are not only drunk with love for their daughter, but also literally drunk the night after dropping her off at college, leading to a bad decision, a kidnapping, and a serious case of mistaken identity.

THE BEST OF ENEMIES Ann Atwater (**Taraji P. Henson**), a ferocious civil rights activist in Durham, North Carolina, has a decade-long battle with sworn enemy C.P. Ellis (**Sam Rockwell**), the Exalted Cyclops of Durham's Ku Klux Klan. Their feud comes to an abrupt and unlikely end in 1971.

THE HAUNTING OF SHARON TATE Based on one of Hollywood's most chilling murder cases, this spellbinding thriller follows 26-year-old actress Sharon Tate (**Hilary Duff**), a rising star about to have her first baby with her husband, director Roman Polanski. Plagued by terrifying premonitions, Sharon sees her worst nightmares come to life with the appearance of Charles Manson and his deadly cult.

TEEN SPIRIT Violet (**Elle Fanning**) is a shy teenager who dreams of escaping her small town and pursuing her passion to sing. With the help of an unlikely mentor, she enters a local singing competition that will test her integrity, talent and ambition. Driven by a pop-fueled soundtrack, Teen Spirit is a visceral and stylish spin on the Cinderella story.

LITTLE Jordan Sanders (**Regina Hall**) is a powerful and mean businesswoman who constantly belittles the people around her, including her undervalued assistant April (**Issa Rae**). But one day she pushes a young girl too far, so she curses Jordan to become a 13-year-old in hopes to teach her a lesson.

AVENGERS: ENDGAME After the devastating events of Avengers: Infinity War (2018), the universe is in ruins. With the help of remaining allies, the Avengers assemble once more in order to undo Thanos' actions and restore order to the universe.

DIVISION 19 In the future, prisons have been turned into online portals where paying subscribers get to vote on what felons eat, watch, wear and who they fight. Panopticon TV is so successful it is about to be rolled out to a whole new town. When the world's most downloaded felon escapes, the authorities set a trap to reel him in. The bait is his little brother who has so far managed to avoid detection.

HOME ENTERTAINMENT RELEASES

April 2	The Mule
April 9	A Dog's Way Home
April 9	Welcome to Marwen
April 9	Holmes and Watson
April 16	Glass
April 16	Replicas
April 30	Serenity
April 30	Arctic



	monday	tuesday	wednesday	thursday	friday	saturday
sunday	1 Rent Due.	2 Peanut Butter and Jelly Day	3 World Party Day	4 April is Jazz Appreciation Month	5 Walk to Work Day	6 Pillow Fight Day
7 World Health Day	8 Zoo Lovers Day	9 Name Yourself Day	10 Sibling Day	11 Barbershop Quartet Day	12 Walk on Your Wild Side Day	13 April is Poetry Month
14 Look Up at the Sky Day	15 Tax Day	16 Take A Wild Guess Day	17 Wear Your Pajamas to Work Day	18 High Five Day	19 Bicycle Day	20 Record Store Day
21 Easter	22 Earth Day	23 Jelly Bean Day	24 Talk Like Shakespeare Day	25 Administrative Professionals Day	26 World Penguin Day	27 Pretzel Day
28 Pay it Forward Day	29 International Dance Day	30 Honesty Day				

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