

DeVille

Apartment & Builders Inc.



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Happening in September...

National Tailgating Day, Sept. 1. 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. 2. Celebrate the American labor movement, and the social and economic achievements of workers everywhere.

National Bring Your Manners to Work Day, Sep. 7. Greet your co-workers when you enter the office. Make a fresh pot of coffee when you take the last cup. Hold the door open for the person behind you. Don't microwave smelly food in the kitchen. Be a good citizen of your workplace.

National Grandparents Day, Sept. 8. Send Grandma and Grandpa a card, call them, celebrate their lives.

Patriot Day, Sept. 11. A national day of Service and Remembrance in memory of the nearly 3,000 people killed in the September 11, 2001 attacks.

Constitution Day, Sept. 17. Celebrate the signing of the U.S. Constitution on this day in 1787.

How To Be A Great Neighbor

National Good Neighbor Day is Saturday, 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.

Holiday Office Hours

Labor Day is Monday, September 2nd and we hope everyone will be able to relax and enjoy the holiday with friends and family. The Office will be closed for the day, so our Staff can also have time to spend with their loved ones.

Bumper Sticker Chuckles

Some bumper sticker messages are inspiring and motivational. Others, not so much. Steer clear of cars sporting these affirmations:

- I assume full responsibility for my actions, except the ones that are someone else's fault.
- My intuition nearly makes up for my lack of good judgment.
- Why suffer in silence while I can still moan, whimper, and complain?
- Forgiveness is cheaper than a lawsuit. But not nearly as gratifying.
- I am at one with my multiple personalities.
- I find humor in my everyday life by looking for people I can laugh at.

Lifestyle

YOUR COMMUNITY STAFF

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Little Williamsburg

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London Square

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Perry Hills Colony

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8:00 am-4:30 pm

Saturday

Closed

Sunday

Closed

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How to lose weight without going hungry

To achieve a healthy weight, and maintain it for the rest of your life, don't think about losing weight fast. Do it slowly and steadily.

You won't have to make intricate calculations about how many calories you should eat, then write down the value of every morsel you consume. And you won't have to buy a diet book that calls for recipe ingredients you've never heard of. Instead, reduce calories by making better food and drink choices.

Drinks: Rather than drinking a latte with 500 calories, have a cup of black coffee. Instead of drinking sugary soda pop, choose diet pop or water.

Planning: Plan your meals and snacks for a week. Make a shopping list that includes low-fat meat, fish, chicken, vegetables, fruits and whole grain bread.

Snacks: If you want to snack on chips, nuts, crackers or candy, put the amount you intend to eat in a bowl. Stash the bag away so you won't eat more without thinking about it.

Prepare foods wisely: Broil or bake your chicken, fish and red meats. Frying adds calories. Battering and deep frying can double the number of calories.

Skip the butter when you make mashed potatoes. You won't notice it's missing after you add low-fat gravy.

Salads: Use fat-free or low-fat salad dressing. Two tablespoons of blue cheese dressing have 150 calories. You might use three or four tablespoons, depending on the size of the salad.

Eat breakfast: Studies show that people who eat breakfast will eat less the rest of the day. Include protein, like cheese or an egg, fruit, and whole grain bread. Drink a glass of water before each meal.

How much to eat: At home and at restaurants, eat a reasonable portion of food. Relax and take your time. If you eat fast, you'll eat more.

You may not want to do all of these things, but doing some of them will result in weight loss.



READ A REAL BOOK AT BEDTIME

Sleep researchers have long warned that watching TV, working on a computer and using other electronic devices will disrupt sleep patterns.

The type of short-wavelength enriched light, known as blue light, that many backlit devices emit is powerful at suppressing the release of melatonin, the hormone that helps bring on sleep.

At Brigham and Women's in Boston, Charles Czeisler, chief of the hospital's sleep and circadian disorders, says, "Many people read things to help them fall asleep. They don't realize that this technology is actually making them less likely to feel sleepy."

The study by Czeisler and colleagues appeared in the Proceedings of the National Academy of Sciences.



How to drive away with the best deal

Buying a new car is a big decision—and a costly one. To get the best deal, follow this advice from the GOBankingRates.com website:

▪ **Plan ahead.** Start shopping before you need a new car. Give yourself time to do as much research as you can.

▪ **Watch your timing.** You can get a better deal if you know when to buy. At the end of the month, salespeople may be more likely to give you a break in order to meet their quota. At the end of the model year, a car dealer might be motivated to clear all the unused cars off his or her lot at a reduced price.

▪ **Decide on what you want.** Don't go in blind. Before you go to a dealership, be clear on exactly what make and model of car you want—and how much you're willing to spend.

▪ **Be friendly.** Salespeople will try to build rapport with you, and you can do the same. Focus on what's best for both of you instead of turning the negotiation into a battle.

▪ **Study pricing.** Be aware of what dealers are offering—and what they aren't. Taxes and fees might not be included in a car's list price. Certain offers may only be available to buyers with top-tier credit. Fees for license, title, and registration can vary from state to state, so check up on those first.



JUDY In London in the winter of 1968, legendary performer Judy Garland (**Renée Zellweger**) arrives to perform a series of sold-out concerts at the Talk of the Town. As she prepares for the show, she battles with management, charms musicians and reminisces with friends and adoring fans.

AD ASTRA Astronaut Roy McBride (**Brad Pitt**) travels to the outer edges of the solar system to find his missing father and unravel a mystery that threatens the survival of our planet. His journey will uncover secrets that challenge the nature of human existence and our place in the cosmos. **Tommy Lee Jones, Ruth Negga, Liv Tyler** and **Donald Sutherland** also star.

RAMBO: LAST BLOOD When his house-keeper's daughter is kidnapped, Rambo (**Sylvester Stallone**) crosses the U.S.-Mexican border to bring her home but finds himself up against the full might of one of Mexico's most ruthless cartels.

ABOMINABLE When teenage Yi (**Chloe Bennet**) encounters a young Yeti on the roof of her apartment building in Shanghai, she and her mischievous friends name him "Everest" and embark on an epic quest to reunite the magical creature with his family at the highest point on Earth. But the trio of friends will have to stay one-step ahead of Burnish (**Eddie Izzard**), a wealthy man intent on capturing a Yeti, and zoologist Dr. Zara (**Sarah Paulson**) to help Everest get home.

DOWNTON ABBEY It's now 1927 and Lady Edith (**Laura Carmichael**) returns to Downton Abbey with her daughter Marigold, and her husband, Herbert Pelham. When the Granthams receive word that the King and Queen of England are coming to visit Downton Abbey, they're thrilled. The servants begin polishing and cleaning every surface in anticipation of the royal visit. However, Lady Mary (**Michelle Dockery**) feels unprepared. She goes to find their longtime, faithful butler Carson (**Jim Carter**), to convince him to return to service at Downton Abbey.

21 BRIDGES After uncovering a massive conspiracy, an embattled NYPD detective joins a citywide manhunt for two young cop killers. As the night unfolds, he soon becomes unsure of who to pursue -- and who's in pursuit of him. When the search intensifies, authorities decide to take extreme measures by closing all of Manhattan's 21 bridges to prevent the suspects from escaping. **Chadwick Boseman, Sienna Miller, and J.K. Simmons** star.

THE GOLDFINCH Theodore "Theo" Decker (**Ansel Elgort**) was 13 years old when his mother was killed in a bombing at the Metropolitan Museum of Art. The tragedy changes the course of his life, sending him on a stirring odyssey of grief and guilt, reinvention and redemption, and even love. Through it all, he holds on to one tangible piece of

hope from that terrible day...a painting of a tiny bird chained to its perch. The Goldfinch. **Nicole Kidman** and **Luke Wilson** also star.

AMERICAN DREAMER A down on his luck rideshare driver who makes extra cash chauffeuring a low level drug dealer around town finds himself in a serious financial bind and decides to kidnap the dealer's child.

THE FANATIC Moose (**John Travolta**) is a rabid movie fan who is obsessed with his favorite celebrity action hero, Hunter Dunbar (**Devon Sawa**). When he is cheated out of his opportunity to finally meet Hunter, Moose gets a little help from his friend Leah, a well-connected paparazzi photographer, who knows how to find celebrity homes. Moose turns to stalking to get the celebrity interaction he feels he deserves, and while harmless at first, Moose's actions begin to take a dark turn as his obsession grows stronger.

HOME ENTERTAINMENT RELEASES

Sept. 3	Men in Black: International
Sept. 3	Ma
Sept. 10	Aladdin
Sept. 10	John Wick 3: Parabellum
Sept. 17	X-Men Dark Phoenix
Sept. 24	Shaft

Apple Pie – An Autumn Classic

As the chill of autumn arrives, our palates pine for home-made apple pie. Apples are available in abundance, and Deep Dish Apple Pie is easy and delicious with this step-by-step recipe from the Wilton Test Kitchen.

The tips to success are simple. For convenience, start with refrigerated pie crusts; the mixing and rolling out are done for you. The fabulous filling is a snap...just combine peeled and sliced apples, lemon juice, flour, cinnamon and sugar. Be sure to choose apples appropriate for baking such as Granny Smith, Rome, Braeburn, Northern Spy or Cortland because they hold their shape and won't become too soft as they bake.

Note also that this is a deep dish pie, so the correct size pie pan is a must; otherwise the filling will overflow the pan. The top crust requires cutting slits or some other type of openings to allow steam to escape and prevent the crust from becoming soggy.

Wilton has created an innovative way to both decorate the top crust, and vent the

steam. Using a mini apple-shaped cutter, make cut-outs and place the crust over the apple filling. Seal the edges and arrange the apple cut-outs on the crust. Brush with egg white (for a glossy golden brown finish), and bake. Cool the pie at least an hour before serving for easier cutting.



For more ways to bake, decorate, and celebrate the season, visit www.wilton.com.

Deep Dish Apple Pie

6 cups sliced, peeled and cored baking apples (about 6 large apples)
1 tablespoon lemon juice
3/4 cup granulated sugar

2 tablespoons all-purpose flour
1 teaspoon ground cinnamon
1 package (15 ounces) refrigerated pie crust
1 egg white, lightly beaten

Preheat oven to 400 °F. In large bowl, combine apple slices and lemon juice. In small bowl, combine sugar, flour and cinnamon. Sprinkle sugar mixture over apple slices; mix well to coat.

Line deep dish pie pan with pie crust; fill with apple mixture. Using apple cutter, cut out vents in remaining pie crust. Place crust over filling, crimping and fluting edges. Arrange cut out pastry on top of pie; brush crust with egg white.

Bake 45-50 minutes or until apples are bubbly and crust is deep golden brown.* Remove pie from oven. Cool pie in pan on cooling rack at least 1 hour before serving.

**To keep edges from overbrowning, use thin strips of aluminum foil to cover edge of pie. Remove foil during last 20 minutes of baking.*

Courtesy of Family Features.

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 Rent Due.	2 Labor Day Calendar Adjustment Day	3 September is Read a New Book Month	4 Wildlife Day	5 World Day of Charity Day	6 Bring Your Manors to Work Day	7 World Beard Day
8 Grandparents Day	9 September is Friendship Month	10 TV Dinner Day	11 Patriot Day	12 Video Games Day	13 Positive Thinking Day	14 Eat a Hoagie Day
15 Batman Day	16 Play Doh Day	17 Constitution Day	18 Read an Ebook Day	19 September is Hispanic Heritage Month	20 Pepperoni Pizza Day	21 Miniature Golf Day
22 Business Woman's Day	23 Family Day	24 Punctuation Day	25 One-Hit Wonder Day	26 Fitness Day	27 Ancestor Appreciation Day	28 Good Neighbor Day
29	30 Mud Pack Day					

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