

DeVille

Apartment & Builders Inc.



April 2022
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Lifestyle

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Happening in April...

April Fool's Day, April 1. Look! Your shoe is untied!

National Siblings Day, April 10. This is a good time to reconnect with brothers and sisters and strengthen family bonds.

Tax Day, April 18. The people who understand tax law are an elite few; the rest of us need only concern ourselves with a couple of key points: Just about everyone needs to file, and that should be done by the end of today.

Earth Day, April 22. On Earth Day's 45th anniversary, the theme is "It's our turn to lead."

International Jazz Day, April 30. As designated by UNESCO, celebrates the historical, cultural, and educational contributions of this popular genre of music.

National Kite Month. Celebrate the arrival of spring by going to a park and flying a kite. The American Kitefliers Association plans events worldwide in April to promote the wonderful qualities that kite flying has to offer people of all ages and physical ability levels.

Celebrate Earth Day All Year Long!

Earth Day, April 22, is an ideal time to become more earth friendly and take action to make our planet a cleaner and safer place for us all to live.

- As an individual, you can start with something as simple as picking up any trash you see on the ground and turning off the water while you brush your teeth or shave.
- You can turn off appliances and lights when you leave a room and select energy efficient products for your home.
- Beginning a personal recycling program is an excellent way to commemorate Earth Day. Recycle your paper, plastic, glass bottles, cardboard, and aluminum cans.
- When you go shopping always try to buy products with less packaging and look for packages made from recycled materials. When you do your shopping, try walking or riding your bike instead of driving the car. Good for your health and good for the environment!

Kitchen Space Savers

Two's company but three's a crowd in your kitchen? Try one of these creative space savers to give you added room:

- Nix the oversized table for a breakfast bar and stools or clear the room completely and opt for a set of wooden TV trays.
- Buy a kitchen cart that does double duty as work and dining space or a table with leaves that can be removed when not in use.

Ask the Expert

Question: I've recently started a new job and have to decide how many deductions to claim on my tax forms. What do you suggest?

Answer: "If you choose one, less money will be withheld from your paycheck for taxes, so your take-home pay will be higher. But since the government is not taking the money out of each check, you may not receive a refund at the end of the year. You might even owe money in April, which could truly dampen your spring. By claiming zero dependents, your take-home pay will probably be lower, but plenty of money is withheld for taxes. This increases your chances of receiving a sizable refund at the end of the year, which can be a nice windfall."

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How to lose weight without going hungry



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.

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.

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.



cooking with **CAST IRON**

Tired of wimpy, scratched non-stick pans? Maybe it's time to think cast iron skillet.

This is the skillet used over outdoor fires for centuries and it's still used by great chefs.

Cast iron cooks evenly, goes from stovetop to oven, and will last a life-time.

Proper seasoning of a new skillet will give cast iron a natural, smooth, non-stick surface. Here's how Lodge Cast Iron says you should do it:

Step 1: Scrub the pan with warm, soapy water. It's okay to use soap since you're preparing to re-season the cookware. Rinse and hand dry thoroughly.

Step 2: Apply a very thin, even layer of cooking oil to the cookware (inside and out). Use an oil with a high smoke point like vegetable oil, melted shortening, or canola oil. Note: If you use too much oil, your cookware may become sticky.

Step 3: Bake for 1 hour Place the cookware in the oven upside down. Place a large baking sheet or aluminum foil on the bottom rack. Bake at 450-500 degrees F for one hour. Allow to cool.

Use tip: After cooking, empty the pan and let it cool on the stove. Wash with dish soap and water. Rinse thoroughly. Dry with a towel. Rub on a thin coat of oil and store with a paper towel inside. Never put cast iron in a dishwasher.



Cast Iron Skillet Pizza

INGREDIENTS

- 10 oz. ball of pizza dough, risen at room temperature*
- All-purpose flour for dusting
- Cornmeal for dusting
- 1/3 cup marinara sauce
- 2 medium tomatoes
- 1 1/2 cup grated mozzarella
- 1/2 cup grated Parmesan
- 4 tsp chopped fresh basil
- Kosher salt
- Fresh ground pepper

*To let dough rise, portion 10 oz. ball of dough. Round with two hands by pressing into the work surface and spinning the dough in place. This will tighten the surface of the dough. Place on a surface dusted with flour and cover with plastic wrap that has been coated with cooking spray. Let rise 40 to 90 minutes before stretching out in step 2.

DIRECTIONS

1. Preheat oven to 500°F.
2. Place dough on a lightly floured surface.
3. Gently spread dough out with fingertips and sides of your hands, keeping as much air in the outer/crust edge as possible.
4. Stretch dough into a 10-inch circle. (Alternatively roll out with a rolling pin.)
5. Sprinkle semolina lightly in the bottom of a 12-inch cast iron skillet.
6. Lay pizza dough out in the prepared skillet.
7. Spread marinara over the pizza dough, leaving a border for the crust.
8. Sprinkle with mozzarella cheese.
9. Lay tomatoes slices on top of cheese layer, and then finish with grated Parmesan.
10. Place the skillet on in the hot oven and cook pizza for 10 minutes.
11. Rotate pan and continue cooking for another 10 to 15 minutes or until crust is golden brown and cheese is bubbling and golden.
12. Slide pizza onto cutting board with a spatula.



Happy Easter



April 2022

					friday	saturday
					1 Rent Due	2 <i>Pillow Fight Day</i>
sunday	monday	tuesday	wednesday	thursday		
3 <i>World Party Day</i>	4 <i>April is Stress Awareness Month</i>	5 <i>National Go for Broke Day</i>	6 <i>National Caramel Popcorn Day</i>	7 <i>National No Housework Day</i>	8 <i>National Zoo Lovers Day</i>	9 <i>National Unicorn Day</i>
10 <i>National Siblings Day</i>	11 <i>April is Jazz Appreciation Month</i>	12 <i>Walk On Your Wild Side Day</i>	13 <i>National Scrabble Day</i>	14 <i>National Dolphin Day</i>	15 <i>Take a Wild Guess Day</i>	16 <i>Wear Your Pajamas to Work Day</i>
17 <i>Easter</i> <i>International Haiku Poetry Day</i>	18 <i>Tax Day</i> <i>Animal Crackers Day</i>	19 <i>Bicycle Day</i>	20 <i>Volunteer Recognition Day</i>	21 <i>National High Five Day</i>	22 <i>National Jelly Bean Day</i>	23 <i>Talk Like Shakespeare Day</i>
24 <i>April is National Decorating Month</i>	25 <i>It's Hug a Plumber Day</i>	26 <i>Hug an Australian Day</i>	27 <i>Morse Code Day</i>	28 <i>Global Pay It Forward Day</i>	29 <i>International Dance Day</i>	30 <i>National Honesty Day</i>