

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.

Tax Day, April 18. Don't forget to file your return!

Earth Day, April 22. The mission of Earth Day is to broaden and diversify the environmental movement worldwide and to mobilize it as the most effective vehicle to build a healthy, sustainable environment.

National Kite Month. Every year in April, kite enthusiasts across North America celebrate the history and the future of the world's favorite pastime by letting their kites fly. April was chosen as National Kite Month because as the first month in spring, it's when most kite fliers are starting to bring their kites out of the closet and prepare for warm weather and summer fun.

Creating Green Spaces

Live plants are the perfect accent for any room that yearns for a bit of warmth. They are easily maintained if you know how to choose the right plants for indoor spaces. Low lighting and busy schedules needn't deter you from practicing with your green thumb. Once you've decided where you want to create a green space, shop for pots that are self draining and potting soil that includes vermiculite. Both are important for retaining adequate moisture while lowering the risk of root rot as your plants mature. Choose hardy plants that thrive in artificial light such as Philodendron, Wandering Jew or Spider Plant. These varieties require minimal care while producing enormous growth. If you want a green corner, try a Corn Tree or Marginata for height. Green spaces improve air quality, adding life and color to your rooms. Lucky Bamboo thrives on very little personal attention but according to legend the plant improves the energy of your home while Aloe Vera offers medicinal qualities and is the perfect plant for frequent travelers, requiring very little light and moisture.

Combat Clutter

"A place for everything and everything in its place" should be your mantra as you organize your apartment. Here are a few steps to get you started: First, discard everything that is redundant (do you really need four red sweaters?), old (the 1996 phone book) and ugly (the lacquered statue of John Wayne). Next, find a logical place for everything (DVDs next to the DVD player, books next to the bed, bills next to the checkbook). If you don't have a place for some things, you can always earn some extra cash by selling them on eBay. Now that you have simplified your life, you will have time to focus on what matters most.

Please Slow Down!

Calling all NASCAR wannabes: For the safety of your neighbors, please observe our community's speed limit when driving through the property. Be especially cautious when turning corners, as visibility is limited. Remember to watch for pedestrians...they may not be watching for you!



April 2017

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LifeStyle

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Figuring out your monthly food budget

When creating the family's budget, it is easy to look at individual categories and determine that they are too expensive or that there are cheaper alternatives elsewhere.

If the cell phone bill is \$200 a month, a basic online search could reveal that another provider offers the same service for half the price. In this respect, budgeting is often a very apples-to-apples comparison that promises easy decisions.

Food, on the other hand, is a bit different. A family does not want to overpay for the specific items that they buy, but finding the total dollar figure for the budget can be a little nebulous. People may say they want to spend less, but how low is low enough?

What is a normal budget?

Luckily, the USDA tries to do a little bit of the homework

when it comes to food spending. According to their monthly reports, for instance, a thrifty family of four should be paying \$554 per month while the liberally spending family spends \$1,084. There is quite a gap, but at least it provides some baseline for spending.

Tallying up spending over a few months will show the monthly average which can then be compared to the national averages, but remember that budgeting is highly dependent on factors such as income and location as well as food preparation habits. There is no one-size-fits-all number.

How to reduce spending

According to Forbes, there are many ways to help reduce spending at

the grocery store such as:

- **Limit Alcohol:** Alcohol can be a very expensive addition.
- **Bulk up:** Making bread at home or bulk cooking staples like rice or beans can save time and money
- **Plan menus two weeks ahead:** Planning ahead helps avoid impulse buys and fast food. It also makes dinner quicker to prepare on busy nights.
- **Have a meal prep day:** Take a few hours every week or two to make casseroles, soups and simple meals that can be frozen and quickly prepped later.



Remember that making changes to a budget should happen step-by-step to avoid giving up quickly due to discomfort. Incremental changes are easier to maintain and help to make adapting easier.



Eggs, Eggs Everywhere!

Eggs used for dyeing and hunting need to be handled carefully if you want to eat them later. A few simple rules to eat by:

- Only eggs hard-boiled in plain water and then dyed in natural or commercial dye are suitable for eating. This is called the "cold dyeing method."
- Eggs cooked and dyed at the same time in boiling water ("hot dyeing method") are for decoration only.
- Hard-cooked eggs for an egg hunt must be prepared with care to prevent cracking the shells. If the shells crack, bacteria could contaminate the inside.
- Make sure your eggs do not stay outside of refrigeration for longer than two hours.
- Eat hard-cooked eggs (in the shell or peeled) within one week.

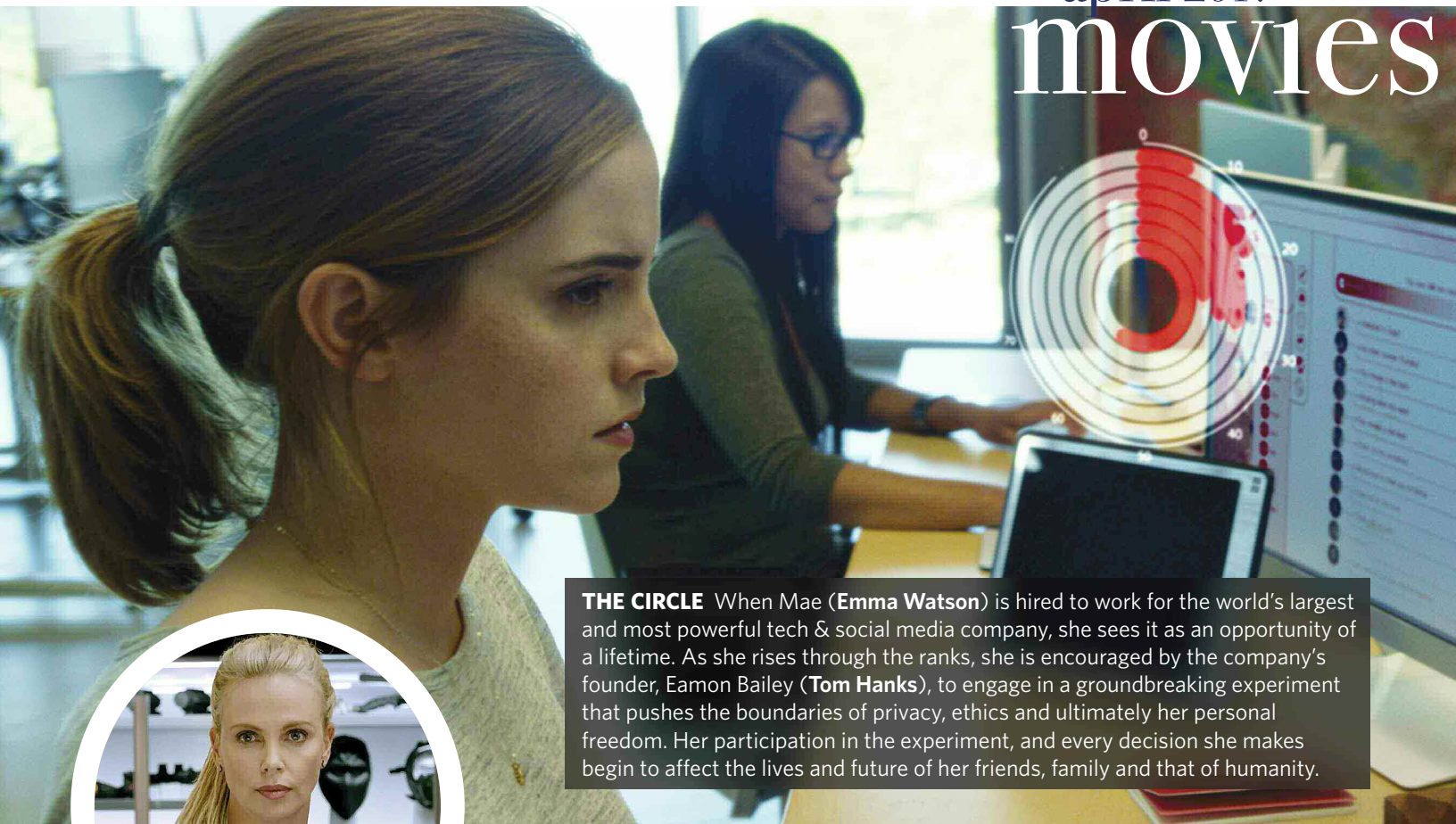
Source: Whole Foods Market



Don't let these habits ruin your workout

Regular exercise is important to good health and a long life. Just don't sabotage your workout with these common mistakes:

- **Overestimating the impact.** A 20-minute workout won't erase all the calories in a 12-inch pizza. Walking or running a mile, for example, only burns about 100 calories.
- **Overeating before exercise.** You need energy to exercise, but don't overdo it. A small snack rich in carbs is best—along with being hydrated.
- **Overeating after exercise.** Don't pig out after you work out. Fix a meal rich in protein and healthy carbs, like an egg on whole wheat toast or oatmeal with blueberries.



THE CIRCLE When Mae (**Emma Watson**) is hired to work for the world's largest and most powerful tech & social media company, she sees it as an opportunity of a lifetime. As she rises through the ranks, she is encouraged by the company's founder, Eamon Bailey (**Tom Hanks**), to engage in a groundbreaking experiment that pushes the boundaries of privacy, ethics and ultimately her personal freedom. Her participation in the experiment, and every decision she makes begin to affect the lives and future of her friends, family and that of humanity.



THE FATE OF THE FURIOUS Now that Dom and Letty are on their honeymoon and Brian and Mia have retired from the game—and the rest of the crew has been exonerated—the globetrotting team has found a semblance of a normal life. But when a mysterious woman (**Charlize Theron**) seduces Dom into the world of crime he can't seem to escape and a betrayal of those closest to him, they will face trials that will test them as never before.

SLEIGHT A young street magician (**Jacob Latimore**) is left to care for his little sister after their parents' passing and turns to illegal activities to keep a roof over their heads. When he gets in too deep, his sister is kidnapped and he is forced to use his magic and brilliant mind to save her.

THE PROMISE Empires fall, love survives. When Michael (**Oscar Isaac**), a brilliant medical student, meets Ana (Charlotte Le Bon), their shared Armenian heritage sparks an attraction that explodes into a romantic rivalry between Michael and Ana's boyfriend Chris (**Christian Bale**), a famous American

photojournalist dedicated to exposing political truth. As the Ottoman Empire crumbles into war-torn chaos, their conflicting passions must be deferred while they join forces to get their people to safety and survive themselves.

SPARK Spark (**Jace Norman**) is a wisecracking teen living on an abandoned planet with his friends Chunk and Vix. Thirteen years ago the power-hungry General Zhong seized control of their planet Beta, wiping out Spark's family and sending him into hiding. But now they've learned of Zhong's plan to wipe out the entire universe using the deadly space Kraken, and no one but Spark can stop him. An action-packed space odyssey filled with humor and heart, SPARK is an epic adventure about becoming the hero you were born to become.

UNFORGETTABLE Katherine Heigl stars as Tessa Conover, who is barely coping with the end of her marriage when her ex-husband, David (**Geoff Stults**), becomes happily engaged to Julia Banks (**Rosario Dawson**)—not only bringing Julia into the home they once shared but also into the life of their daughter, Lilly (**Isabella Rice**). Trying to settle into her new role as a wife and a stepmother, Julia believes she has finally met the man of her dreams, the man who can help her put

her own troubled past behind her. But Tessa's jealousy soon takes a pathological turn until she will stop at nothing to turn Julia's dream into her ultimate nightmare.

FREE FIRE Set in a colorful yet gritty 1970s Boston, Free Fire opens with Justine (**Brie Larson**), a mysterious American businesswoman, and her wise-cracking associate Ord (**Armie Hammer**) arranging a black-market weapons deal in a deserted warehouse between IRA arms buyer Chris (**Cillian Murphy**) and shifty South African gun runner Vernon (**Sharlto Copley**). What starts as a polite if uneasy exchange soon goes south when tensions escalate and shots are fired, quickly leading to a full-on Battle Royale where it's every man (and woman) for themselves.

THIS MONTH ON DVD & BLU-RAY

April 4	Office Christmas Party
April 4	Star Wars: Rogue One
April 11	Hidden Figures
April 18	Sleepless
April 18	Split
April 25	The Bye Bye Man
April 25	Underworld: Blood Wars



April 2017

							saturday April Fools' Day Rent Due.
sunday	monday	tuesday	wednesday	thursday	friday		
2 Children's Book Day	3 Find a Rainbow Day	4	5 Go for Broke Day	6 National Fun at Work Day	7 No Housework Day	8 Zoo Lovers Day	
9 ASPCA Day	10 Sibling Day	11 Cheese Fondue Day	12 Walk on Your Wild Side Day	13 Scrabble Day	14 Jackie Robinson Day	15 World Art Day	
16 Easter	17 Boston Marathon	18 Tax Day Have You Filed Your Taxes?	19	20 High Five Day	21	22 Earth Day National Jelly Bean Day	
23 Talk Like Shakespeare Day	24	25 Hairstylist Appreciation Day	26 Administrative Professionals Day	27 Babe Ruth Day	28 Arbor Day	29 International Dance Day	
30 Bugs Bunny Day							