



DeVille

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July/Aug/Sept 09



Explosions of Color

For hundreds of years, the only colors produced by fireworks were the orange flash and sparks from black powder and white sparks from metal powders.

But in the 1800s, pyrotechnicians discovered that combining potassium chlorate and metallic salts produced brilliant colors: strontium burns red, copper makes blue, barium glows green, and sodium flames yellow.

On this Independence Day, enjoy the blazing colors lighting up the sky.

Change Is Good – and Healthy

They say variety is the spice of life. If your lifestyle is lacking zest, pick a flavor and change it up. It can be anything, from taking a different route to work to trying a new recipe every day for a week to reading a book you wouldn't normally choose. Any of these changes jolt your brain and force you to think in a different way. This forced creativity actually leads to increased productivity and tends to make people happier. Get out of your rut and do something different. Live spicy!

Aloha!

You may think that luaus are just a great way to throw a tropic-inspired party, but the luau actually has a tradition and history dating back to the days of Hawaiian royalty.

Prior to the rule of King Kamehameha II, feasts known as 'aha 'aina were celebrations of momentous events: a child's first birthday or the return of warriors. Men and women ate separately at these events, as required by religious custom. King Kamehameha II parted with tradition, however, and threw a celebration at which men and women sat together to eat. Many believe this celebration is the historical root of the modern luau.

As these celebrations became more common, they came to be known as "luaus" for the taro plant that was a popular ingredient in dishes served at the celebrations.

Today, luaus are just as likely to be a general party as they are to be a specific celebration. They are characterized by foods such as poi, poke and kalua pig. Entertainment typically includes music and dancing.

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Stop by and see us!

We're open Monday through Friday
from 8 a.m. to 5 p.m.

and

Select Saturdays from

10 a.m. to 3 p.m.

Reduce Your Debt by Dining in

Buying groceries and cooking meals at home can save some serious cash, but not without a little work. To see the most savings in the checkout line, plan a weekly menu, make a shopping list of the things you'll need and stick to it. Never shop on an empty stomach or you'll fill your cart with impulse buys.

Did You Know?

National Ice Cream Month is an awesome way to cool your heels. If the heat is on you this July, because of the sun or for any other reason, try and beat the heat on Stay Out of the Sun Day (July 3), Take Your Webmaster to Lunch Day (July 6), Tell the Truth Day (July 7) and National Get Out of the Doghouse Day (July 20).

National Good Neighbor Day

Offer a smile and a friendly hello on National Good Neighbor Day, the fourth Sunday in September. Take time this day to say thanks to your neighbors who keep the noise down, keep an eye out for their neighbors' well-being, and, well, are just good neighbors. We have wonderful residents here and want to encourage everyone to know and meet the people who live around you.

Trivia Whiz

All Hail

Red, white and blue are ubiquitous in July. Here are some facts about those colors and our flag:

- America's founding fathers never indicated whether the U.S. flag's colors represented anything specific, according to the book "Our Flag."
- The Great Seal of the U.S. (red, white and blue) provides a clue to possible symbolism of the flag's colors: purity and innocence (white); hardiness and valor (red); and vigilance, perseverance and justice (blue).
- The colors in the Great Seal represent the ideals, values and beliefs of the Continental Congress.
- The stars on the flag represent the heavens, and the stripes are rays of sunlight—the original 13 colonies.
- President Eisenhower wanted gold-fringed flags to be used exclusively for the Armed Forces.



A Cause of Concern: the Sun and Your Skin

Summer can mean fun in the sun. Just take every precaution to keep it that way. That means being cautious about sun exposure.

Now, more than ever, it is imperative to take sun exposure seriously. New cases of skin cancer melanoma (a tumor) are increasing among men and women in the United States, according to a recent report in the "Journal of Investigative Dermatology." More than 1 million new cases occur annually. The study revealed the biggest increase is among men 65 and older.

People of all ages should be aware of skin

cancer. It can begin to develop in youth, although most skin cancer does not appear until a person is 50 or older. Sun exposure is considered the most likely cause, because every time you get sunburned, skin cells are damaged. That is why, especially in the summer, it is wise to wear hats, tightly-woven protective clothing, and waterproof or water-resistant sunscreen with UVA protection and an SPF of 30 or more.

How do you determine whether you have skin cancer? If a mole size changes, have it checked. Men need to keep an eye on their backs, necks and trunks. Women need to be alert when it comes to their legs and calves. But melanomas even can appear under arm pits, around belly buttons and on the bottoms of feet.

Skin cancer is treatable and unlikely to spread, but catch it as early as possible.



From a Buckle to a Jug

Tom Watson dinged its handle with a practice backswing. Justin Leonard used it to dispense iced tea. Tiger Woods placed it on his fireplace mantel.

"It" is the Claret Jug, a decorative silver decanter presented to the winner of the British Open golf championship each July. The venerable jug has endured a lot since Tom Kidd won the first one in 1873. Before that, the winner's prize was a Moroccan leather belt with a silver buckle.

The original Claret Jug is housed at the Royal and Ancient Golf Club in Scotland. Since 1928, winners receive a replica, which they keep until the following championship.

This year, the Open is July 16-19 in Scotland.



These charities earned an A+ from the American Institute of Philanthropy:

Action Against Hunger—USA. Part of an international network, Action Against Hunger works to save lives by eliminating hunger through the prevention and treatment of malnutrition. www.ActionAgainstHunger.org

Big Brothers Big Sisters. This youth-mentoring program helps children reach their potential by supporting one-on-one relationships between responsible mentors and children. www.BBBS.org



The **One Minute Chef**

Scrutinizing Flat Screen Safety

As the popularity of flat screen TVs grows, the debate about their environmental impact continues.

Market research firm iSuppli reports global shipment of flat screen TVs will nearly double from 100 million units in 2008 to 194 million in 2012. But another report, this one targeting whether flat screen TVs are safe and environmentally sound, has created quite a stir. The Environment Institute at the University of California—Irvine claims many brands of flat screens may include nitrogen trifluoride (NF3), a greenhouse gas that could be ecologically harmful because of its warming potential. But a story in the "Columbia Journalism Review," citing NASA's Goddard Institute for Space Studies, indicates the potential danger of NF3 in flat screen TVs is extremely minimal, and that the story of its pitfalls has been blown out of proportion by news agencies. In part, this is because not even 100 percent of an entire year's production of NF3 in the atmosphere would do more than microscopic damage to the climate.

The jury remains out on the impact of NF3, partly because it is not covered under the Kyoto Protocol, a United Nations-backed environmental treaty that includes monitoring greenhouse gases. But a study by the Scripps Institution of Oceanography states that NF3 currently is in the atmosphere at four times the expected level and continues to rise.

Meanwhile, some newer model flat screen TVs should soothe environmentalists. According to display industry analyst Display Search, half of the flat screen market should be more green-conscious products by 2011. Thirty-three percent of flat screens are expected to have green features by the end of this year.

Nitrogen trifluoride (NF3)
is a greenhouse gas
that could be ecologically harmful
because of its warming potential.



Strawberry Cheesecake Pie

A fruit-sweetened glaze keeps the fresh strawberries shiny.

Ingredients:

- 2/3 c. (5 fluid-ounce can) evaporated fat-free milk
- 1 package (8 ounces) fat-free cream cheese, softened
- 1 large egg
- 1/2 c. granulated sugar
- 2 T. all-purpose flour
- 1 t. grated lemon peel (lemon zest)
- 1 prepared 9-inch (6 ounces) graham cracker crumb crust
- 1 1/2 to 2 c. halved fresh strawberries
- 3 T. strawberry jelly, warmed

Directions:

Preheat oven to 325° F. Place evaporated milk, cream cheese, egg, sugar, flour and lemon peel in blender; cover. Blend until smooth. Pour into crust.

Bake for 35 to 40 minutes or until center is set. Cool completely in pan on wire rack. Arrange strawberries on top of pie; drizzle with jelly. Refrigerate for two hours before serving.

Source: www.VeryBestBaking.com

Wit & Wisdom

"Summer afternoon, summer afternoon. To me, those have always been the two most beautiful words in the English language."

—Henry James

"Ah, summer! What power you have to make us suffer and like it."

—Russell Baker

"Deep summer is when laziness finds respectability."

—Sam Keen

"Of all the wonders of nature, a tree in summer is perhaps the most remarkable—with the possible exception of a moose singing 'Embraceable You' in spats."

—Woody Allen

"The dandelions and buttercups gild all the lawn. The drowsy bee stumbles among the clover tops, and summer sweetens all to me."

—James Russell Lowell

"The steady buzz of the katydid chorus and the bass solo of the croaking frog—a summer night's serenade."

—Michael P. Garofalo

July 2009						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 1 Rent Is Due
- 3 Office Closed
- 4 Independence Day
- 7 Full Moon
- 15 Last Quarter
- 22 New Moon
- 28 First Quarter

August 2009						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 1 Rent Is Due
- 6 Full Moon
- 13 Last Quarter
- 20 New Moon
- 27 First Quarter

September 2009						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 1 Rent Is Due
- 4 Full Moon
- 7 Labor Day
Office Closed
- 12 Last Quarter
- 13 Grandparents' Day
- 18 New Moon
- 22 Autumn Begins
- 26 First Quarter

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