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JULY/AUG 2023



BULLETIN BOARD

EMERGENCY MAINTENANCE

Emergency Maintenance
Cell Phone
(904) 627-4962
After Hours Only

OFFICE HOURS

HOURS
Monday–Friday
8:30 a.m.–5:30 p.m.
Saturday
CLOSED
Sunday
CLOSED



AK979EL



NOTES & NEWS

An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

Better Butter

Are you tired of tearing your toast as you try to spread on cold butter? A butter crock, or butter bell, might be your solution. This unique container has two pieces: a bell to hold your butter and a crock to hold fresh water. Once full of butter, the bell is turned over into the water—creating a barrier to keep the butter fresh, cool and spreadable.

America's Flowers

Beautiful and beloved, the rose is the national flower of the United States. Through the years, other contenders for the country's floral crown included the columbine, dogwood and marigold.

HIGHLIGHTS

The Joy of Koi

Ornamental gardens often feature koi fish, a species of carp cherished for their shimmering orange, red, white and black scales. Their Japanese name, *nishikigoi*, means "swimming jewel." Symbols of luck, prosperity, friendship and love, koi are prominently featured in Japanese art. Celebrate these graceful beauties on July 7, National Koi Day.

A Cool Head

Baseball caps and visors can shade your eyes from the sun, but for the best protection, choose a hat with a wide brim that covers your face, neck and ears. Beach hats, bucket hats and fedoras are stylish options. You can also find hats made of materials that block UV rays.

Early Riser or Night Owl?

Many of us know that "the early bird gets the worm," but if you're not a morning person, don't fret! "The second mouse gets the cheese," and no matter your schedule, the idea is to find what works best for you. Just strive for at least seven hours of sleep a night.

Love for Aunts and Uncles

Like parents, they offer wisdom and protection; like friends, they take you on adventures and keep your secrets. National Aunt and Uncle Day on July 26 celebrates these relatives—and honorary relatives—who are close to our hearts.

THE DUNES STAFF

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TRIVIA WHIZ

Berry Bliss

Yummy, colorful and nutritious, berries are not only good for a healthy body, but they also boost brainpower. Along with vitamins, fiber and antioxidants, these superfoods are bursting with fun facts to share with your friends:

- The hazy white coating you often see on blueberries is called "bloom," and it actually protects the fruits from the sun! It's also a sign of a good, fresh berry.
- Blueberries are one of the only commercially available fruits that are native to North America.
- Strawberries contain natural chemicals called salicylates, which are also found in aspirin. The next time you have aches and pains, try snacking on this red fruit.
- The average strawberry is covered with around 200 tiny seeds.
- If red raspberries are a little too tart for your tastes, then try gold raspberries for a sweeter flavor. The fruits also come in purple and black varieties!
- An accidental creation, the loganberry is a hybrid between a raspberry and a blackberry.
- Botanically, bananas, avocados and tomatoes are considered true berries because they grow from the ovary of one flower.
- The state fruit of Idaho, the huckleberry looks and tastes a bit like a blueberry, but the berries grow best in the wild, making them harder to find.
- To preserve berries to eat in the winter, Indigenous people in North America made a dish called pemmican—dried meat and berries with fat as a binder. It's still enjoyed today in many communities.



Worldly Hot Dogs

From ballpark franks to weenie roasts, nothing says summer quite like hot dogs! That's why July is deemed National Hot Dog Month. If you're tired of your usual toppings, get inspired by these ideas from around the globe:

United States. An all-American staple, hot dogs come in many famous forms throughout the States, but one of the most popular is the Chicago dog. It's nestled in a poppy seed bun with mustard, relish, onions, tomatoes, peppers, celery salt and a pickle spear as garnishes.

Germany. Home to the frankfurter, Germany's choice of toppings—mustard, sauerkraut, onions and relish—may seem simple, but they sure are flavorful.

Mexico. Originating in Hermosillo, a city in northwestern Mexico, the Sonora hot dog is wrapped in bacon and topped with pinto beans, onions, tomatoes and jalapeños.

Colombia. Trying to add some fruit to your diet? The Colombian hot dog packs a punch with a spoonful of pineapple salsa. Bacon, cheese and a quail egg are often added as well.

Thailand. Thai food is known for vibrant flavors, and hot dogs are no exception. They're served sweet, savory and spicy, with typical toppings of chili sauce, peanuts and veggies. You'll often find street vendors selling hot dogs wrapped in crepes.

France. Served on a classic French baguette and smothered with melted Gruyère cheese, this seemingly modest presentation may just surprise your taste buds.



Fabrics To Beat Summer Heat

Staying cool during the dog days of summer can be a challenge. Whether you're sweating underneath the sun's rays or tossing and turning because your sheets keep you too warm, knowing what kind of fabric to use will help more than you think.

When building your summer wardrobe, look for items made of linen, cotton, chambray and Tencel. One of the strongest natural fibers, linen is a summer favorite for many because of its open weave that allows

great airflow. The other options are breathable as well and have their own unique strengths: Cotton is hypoallergenic and easy to care for; chambray is a stylish, lightweight substitute for denim; and soft, flexible Tencel is ideal for exercise. Additionally, lighter colors will absorb less heat.

Fabrics like cotton and linen have a bonus benefit of being water-absorbent. By pulling moisture away from your skin, these materials leave you comfortable and dry.

The best choices for summer bedding are cotton, linen, microfiber and bamboo. Stay under a thread count of 500 for a cool night's sleep. The lower the thread count, the looser the weave, and the more breathable it is. But that doesn't mean you're sacrificing soft high-thread count sheets for airflow! Softness also comes from the material, not just the thread count.



WIT & WISDOM



Baseball's Biggest Stars

For many fans, baseball in July means one thing: the MLB All-Star Game. Teams take a break from the regular season to send their best ballplayers to the exciting "Midsummer Classic."

When the first All-Star Game was held in 1933, it offered the rare chance to see athletes from the American and National leagues face off on the same field. Until interleague play was introduced during the 1997 season, the rival leagues only played each other during spring training and the World Series. The excitement of the midsummer stand-off made the 1933 game a success, and a tradition was born.

Though the competitive spirit of the game has remained the same, many aspects have changed through the years. For starters, each side's roster has grown from 18 to 34 players, and today's rules state that each MLB team must be represented by at least one player. With few exceptions, each All-Star team is led by the manager of the previous season's pennant winner, who selects eight players for the roster; the remaining spots are filled based on votes by players and fans. The honor of rallying behind hometown players to get them a spot on the team is a custom that started at the very first All-Star Game.

Several star-studded events take place during the week of the game, including the Home Run Derby, a contest of the MLB's best hitters; the All-Star Legends and Celebrity Softball game; and the ESPY Awards, which honors athletes across several sports.

Featured Recipe

Baja Fish Taco Bowls

Light yet satisfying, this protein bowl is a quick and tasty summer meal.

Ingredients:

- 2 tablespoons olive oil
- 4 fillets of white fish, such as tilapia, cod or halibut
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 3/4 cup plain Greek yogurt
- 1 tablespoon lime zest
- 1 teaspoon lime juice
- 1/4 teaspoon ground cumin
- 3 cups cooked quinoa
- 4 cups baby spinach or kale
- 1 avocado, sliced

Directions:

Heat oil in a large skillet over medium heat. Season fish with Cajun seasoning and salt. Cook 2 to 3 minutes per side, or until fish is lightly browned and flakes easily with a fork. Set aside.

In a small bowl, combine yogurt, lime zest, lime juice and cumin.

In a medium bowl, toss cooked quinoa with spinach or kale. Divide between four serving bowls. Top each with fish, sliced avocado and yogurt sauce.

Find more recipes at
SuccessRice.com.



"Life's a party. Invite yourself."

—Gary Johnson

"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."

—Maria Sharapova

"Never be the first to arrive at a party or the last to go home, and never, ever be both."

—David Brown

"It's not about going to a party. It's life as a party."

—Diane von Furstenberg

"How little sleep one got at a slumber party is a matter of great pride and an index of the success of the party."

—Elizabeth Radin Simons

"Life is short, wear your party pants."

—Loretta LaRoche

"A party without a cake is just a meeting."

—Julia Child

"Good parties create a temporary youthfulness."

—Mason Cooley

"I am thankful for the mess to clean after a party because it means I have been surrounded by friends."

—Nancie J. Carmody

"Disco music in the '70s was just a call to go wild and party and dance with no thought or conscience or regard for tomorrow."

—Martha Reeves

"When all else fails, throw a party!"

—Eugene Walter



July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY						1 <u>RENT IS DUE!</u>
2	3	Independence Day Office Will Be Closed	4 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	5 Rent Is Late	6	7
8	9	10 	11 Pest Control (Inside) Apts. 1-74	12	13	14
15	16	17	18	19	20	21 
22	23/30	24/31	25 Pest Control (Inside) Apts. 75-150	26	27 Don't Say Goodbye! Stop by Today to Renew Your Lease	28
29						

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>RENT IS DUE!</u>	2	3	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!
6 Rent Is Late	7	8 Pest Control (Outside) Apts. 1-74	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Pest Control (Outside) Apts. 75-150	23	24	25 Don't Say Goodbye! Stop by Today to Renew Your Lease	26
27	28	29	30	31		