

Committed to Quality.
Dedicated to Service.

July 2011

Office Personnel

Shawna Olmos Community Director
Estella Sanchez Bookkeeper
Royce King Leasing Agent
Leah Wilson Leasing Agent
Ashley Godlewski Leasing Agent
Jerrod Klippel Leasing Agent

Maintenance Team

Richard Lien Maint. Director
Gustavo Orihuela .. Asst. Maint. Director
Juan Juan Maintenance Tech
Lucas Lilio Maintenance Tech
Eric Dodd Maintenance Tech
Gabriel Montez Maintenance Tech
Guillermo Mendez Maintenance Tech
Jeremy Mohabeer Maintenance Tech
Marcos Vega Grounds Porter

Contact Information

Accounting Questions (760) 237-6276
Emergency/After Hrs. (760) 500-6115
PMO (760) 725-3888

Just a Reminder ...

The Leasing Office will be CLOSED on Monday, July 4, in observance of the holiday. We will re-open on Tuesday, July 5.



108 Marine Dr. • Oceanside, CA 92058
Phone: (760) 385-4835 • Fax: (760) 385-4841 • www.deluzfamilyhousing.com

It's Time for the Deluz Annual Pool Party!

When: Saturday, July 16
Where: Community Center
Time: 4 to 7 p.m.

Join us for free food and fun in the sun for the whole family!



Yard of the Quarter Winners!

North Deluz

317 Taugu Court
GySgt. David Huff & Alma Huff

South Deluz

315 Ponmunjom Circle
Cpl. George Zeek & Danielle Zeek

Central Deluz

108B Wonsan Drive
Sgt. Jarrett Wilemon & Rachel Wilemon



Happy Birthday, America

Celebrate your liberty! Display the flag. Wear red, white and blue. Sing patriotic songs. However you spend Independence Day, make sure you have some fun!

Potluck Savings

Next time you're planning a night out with friends, suggest meeting at your home for a potluck. The food and beverages will be much cheaper than they would be at a restaurant, and you won't have to fight a crowd or tip a waiter.

Remember Your Resolutions?

July 1 is Second Half of the New Year Day.

Community News

The Deluz Community Center is undergoing renovations. We expect it to be completed mid-July. Kids' Movie Night and Ladies Night unfortunately will be cancelled for the month of July.



Deluz Representative Advisory Board

We currently meet the second Wednesday of the month at the community center. We provide refreshments and discuss current issues/concerns in the community. If interested, please contact Ashley at (760) 385-4835 or e-mail ashley.godlewski@huntcompanies.com.

'The People's Princess'

Diana, Princess of Wales, would have been 50 years old on July 1. Diana's untimely death at the age of 36 in a 1997 car crash sent the world into mourning, but the bright spirit of "the people's princess" lives on. Here are some facts about Diana:

Royal courtship. Prince Charles had known Diana for several years and had briefly dated her older sister Sarah. But Charles never considered Diana as a potential bride until one summer weekend in 1980, when the future princess watched the prince play polo. In the winter of 1981, Diana accepted Charles' proposal of marriage.

Worldwide wedding. On July 29, 1981, 20-year-old Diana wed 32-year-old Charles, with 3,500 guests in attendance, at St. Paul's Cathedral in London. Two million spectators lined the route of Diana's procession to the church, and 750 million more people around the world watched the ceremony on TV.

Little princes. The union of Diana and Charles produced two sons, Prince William in 1982 and Prince Harry in 1984. Despite their differences, the royal couple reportedly made a good parenting team and shared responsibility for the boys after divorcing in 1996.

Lasting legacy. Her openness may have roiled the royals, but Diana modernized the monarchy. She campaigned against the use of land mines, raised awareness of eating disorders and held the hands of AIDS patients, confronting the prejudices of the time.

**"Anywhere I see suffering,
that is where I want to be,
doing what I can."**

—Diana, Princess of Wales



Hidden Benefits of Exercise

Besides making you look better in a bathing suit, the health benefits of working out are legendary. Exercise builds muscles, strengthens bones and improves heart health. But did you know it could protect your vision, boost your word power and slash sick days? From *Prevention.com*, here are some of the lesser-known perks of exercise:

Healthier mouth. A study found that adults who moderately exercised for 30 minutes five times a week were 42 percent less likely to have periodontitis, a gum disease.

Sharper vision. A physically active lifestyle can cut the risk of age-related

macular degeneration by 70 percent, according to a British Journal of Ophthalmology study.

Bigger vocabulary. Researchers at the University of Muenster in Germany found that people who ran two three-minute sprints, with a two-minute break in between, learned new words 20 percent faster than study participants who didn't exercise.

Fewer colds. A University of Washington study found that women who did 45 minutes of cardiovascular exercise five days a week had 33 percent fewer colds than the control group, who did stretching exercises once a week.

Better attendance. Research finds that people who participate in strenuous leisure activities, such as running or cycling, take about half as many sick days as their sedentary cohorts.



Pour on the Ketchup

Whether you spell it ketchup or catsup, the tangy tomato-based condiment is in peak demand during the summer as Americans take aim on hot dogs and hamburgers.

A forerunner to ketchup known as ke-tsiap or kecap originated with Indonesian and Asian cultures hundreds of years ago as a spicy pickled sauce for fish made of anchovies, walnuts, mushrooms and kidney beans. British seamen brought the condiment home with them in the 17th century and changed its name to catchup. By the 18th century, New Englanders were adding tomatoes to the mixture.

Full-blown commercial production started in 1876 when Henry J. Heinz started bottling ketchup. Although he was not the first to produce ketchup, his recipe caught on and remains the same to this day. Competitors soon were bottling their own formulas under the names of catsup, katsup, catsip, cotsup, kutchpuck, cutchpuck and even cornchops, which was briefly produced by Hunt's for the state of Iowa.

Ketchup does have healthful properties. Its base is cooked tomatoes, which contain lycopene—shown to have cancer-fighting properties. Still, the scientific world rebelled when ketchup was declared a vegetable on school lunch menus for a brief period in the 1980s. It would be absurd to declare a hot dog smothered in ketchup a health food, but it's summertime—the time to indulge.

Riding With the Wind

If you've ever wondered what it's like to fly as free as a bird, floating in a hot air balloon is about as close as you can get. Hot air balloon festivals abound in summer as a feast for the eyes. For the adventurous, commercial hot air balloon rides are increasingly available.

The first hot air balloon took flight in 1783 in France, with a sheep, a duck and a rooster on board. In 1793, George Washington witnessed the first balloon launch in North America, piloted by Frenchman Jean Pierre Blanchard.

The three basic components of the aircraft are the envelope, burner and basket. The envelope is the actual balloon that holds the air. The burner is the equivalent of an engine and drives hot air into the balloon. The basket is where the pilot and passengers stand. To drive the balloon upward, the pilot opens the propane valve. To move it downward, the pilot uses the parachute valve. To steer the balloon, the pilot moves the craft up or down, depending on the location of wind currents, and rides with the wind.

A commercial ride in a hot air balloon generally costs from \$150 to \$275, but often rides in tethered balloons are available for much less at festivals. Check out HotAirBalloon.com for a list of balloon festivals around the world.



Creamy Mini Tarts

Ingredients:

- 1 8-ounce package cream cheese, softened
- 1 14-ounce can Eagle Brand Sweetened Condensed Milk
- 1/3 cup lemon juice
- 1 teaspoon vanilla extract
- 4 1.9-ounce boxes mini phyllo shells
- 2/3 cup blueberry preserves

Directions:

Beat cream cheese in large bowl until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla until blended. Spoon about 2 teaspoons into each mini shell. Refrigerate 2 hours or until firm.

Make a slight indentation in the filling using the back of small round measuring spoon. Fill with 1/2 teaspoon preserves. Refrigerate until ready to serve.

Variations:

Fresh fruit. Top mini tarts with fresh fruit such as strawberries, blueberries, bananas, raspberries, cherries, kiwi, grapes or pineapple. Garnish with mint leaves.

Hot fudge. Place 2 tablespoons hot fudge topping into corner of resealable plastic bag. Cut small corner off bag. Squeeze to drizzle over top of mini tarts.

Preserves. Use different flavors of preserves or orange marmalade to create a colorful assortment. Garnish with mint leaves.

For more recipes, visit EagleBrand.com.

Wit & Wisdom

“He who is brave is free.”
—Seneca

“Freedom is not something that anybody can be given. Freedom is something that people take, and people are as free as they want to be.”
—James Baldwin

“For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.”
—Nelson Mandela

“To enjoy freedom we have to control ourselves.”
—Virginia Woolf

“Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.”
—Martin Luther King Jr.

“I wish that every human life might be pure transparent freedom.”
—Simone de Beauvoir

“Those who deny freedom for others deserve it not for themselves.”
—Abraham Lincoln

“Freedom's just another word for nothing left to lose.”
—Kris Kristofferson

“Freedom is the oxygen of the soul.”
—Moshe Dayan




“The best road to progress is freedom's road.”
—John F. Kennedy

“A forest bird never wants a cage.”
—Henrik Ibsen

“Freedom lies in being bold.”
—Robert Frost

July 2011

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1 Trash Pickup	2	
3	Office Closed Independence Day	4	5	6	7 Pest Control	8 Trash Pickup	9
10	Pest Control	11	12		13 Pest Control	14 Trash Pickup	15 A Party! Deluz Annual Pool Party
17	Pest Control	18	19	20	21 Pest Control	22 Trash Pickup	23 
24/31	Pest Control	25	26	27	28 Pest Control	29 Trash Pickup	30



108 Marine Dr.
Oceanside, CA 92058



Current Resident
12345 Sample Address
City, ST 00000