



# The NORMANDY NEWS



## Normandy Towers Celebrates Fourth of July!

### A SEASON FOR CELEBRATION

Back this year and better than ever, the annual Fourth of July "Light Up the Lake" fireworks festival will blast off between 8pm and midnight from Dock 20, right near FirstEnergy Stadium. A variety of excellent downtown viewing areas includes both banks of the Flats and North Coast Harbor. Alternatively, pack up your favorite foods and head out to a local park for a traditional barbecue or picnic under the sun. However you choose to celebrate, we wish you a very Happy Fourth!

### FOUR FOURTH FUN FACTS

As part of our special focus on the Fourth of July, we'd like to share with you these four fun and interesting facts!

### FOURTH FUN FACT #1

On July 6, 1776, the Pennsylvania Evening Post became the first newspaper to print the full Declaration of Independence.

### FOURTH FUN FACT #2

The Declaration was drafted on an 18th century version of a "laptop," which was a writing desk that could fit on one's lap.

### FOURTH FUN FACT #3

The Liberty Bell rings thirteen times every Independence Day as a tribute to the original thirteen states in the Union.

### FOURTH FUN FACT #4

In 1803, Ohio became the 17th state to join the very young United States of America.

### NORMANDY TOWERS

24801 LAKESHORE BOULEVARD

EUCLID, OHIO 44123

216-289-8484

normandy@normandytowers.com

### LEASING CENTER HOURS

MONDAY-FRIDAY 8:00am - 6:00pm

SATURDAY 11:00am - 5:00pm

### JULY 5 - CLOSED

AFTER-HOURS SECURITY 330-754-1385

AFTER-HOURS MAINTENANCE 216-765-2344

MONDAY-FRIDAY 5:00pm - 8:00am

WEEKENDS AND HOLIDAYS

## Resident Spotlight

Mark & Patricia Pysick

Mark and Trish moved to our area in 2018 after Cleveland-based Sherwin Williams acquired Mark's former employer, Valspar, which was headquartered in Minnesota. After years of Mark's extensive travel abroad for work, they look forward to spending more time at home. Trish likes sewing, while Mark, having served in the US Army Signal Corps for many years, is fond of hand radios. They both enjoy attending Renaissance festivals with all their colorful pageantry. Friends would describe Mark and Trish as complementary, since he tends to be quiet while she is outgoing, yet they both like to get things done. Mark and Trish moved to Normandy Towers after talking with one of our residents while on a walk at Sims Park and hearing that we are the best place to live in Euclid. Now that they live here, they appreciate that our buildings and grounds are well maintained, our neighbors are friendly, and any maintenance issues are handled in a timely and professional manner. Thank you, Mark and Trish, for being a part of our Normandy family!



## Fourth of July Apple Pie ( from [www.goodhousekeeping.com](http://www.goodhousekeeping.com))

- 1 FROZEN DEEP-DISH PIE CRUST
- 1/2 CUP CHOPPED PECANS
- 1/4 CUP ALL-PURPOSE FLOUR
- 1/4 CUP PACKED BROWN SUGAR
- 2 TABLESPOONS BUTTER OR MARGARINE
- 1 LARGE EGG WHITE
- 1/4 CUP GRANULATED SUGAR
- 2 TABLESPOONS CORNSTARCH
- 1/2 TEASPOON GROUND CINNAMON
- 3 POUNDS APPLES, CUT INTO WEDGES
- 1 TABLESPOON FRESH LEMON JUICE

Preheat oven to 375. Mix pecans, flour, and brown sugar in bowl. Work in butter until mixture looks "crumb-y." Use fork to make tiny holes in thawed crust, bake 12-15 minutes, then brush with egg white. Reset oven to 425. In large bowl, combine sugar, cornstarch, cinnamon, apples and lemon juice. Cover with waxed paper and microwave for 12 minutes, stirring halfway. Spoon filling into crust and sprinkle with pecan topping. Bake 12-15 minutes or until golden. Let cool (or, if you prefer, serve nice and warm right out of the oven) and top off this popular Fourth of July classic with a scoop of your favorite vanilla ice cream or whichever flavor is your particular holiday favorite!

## Euclid Events

### FUN WITH FAIRYTALES AND FITNESS

The Euclid Public Library is hosting two in-person events for kids this month. First, on Tuesday, July 13 from 4-5pm, children of all ages are invited to put on their favorite fantastical costumes and partake in a "Fairytale Garden Party" featuring knights, sprites, princesses and dragons. The party will include music, tales of adventure, and a magical take-home craft. The following week, on Tuesday, July 20 from 2:30-3:30pm, Euclid teens are invited to a "TeenFit" program on the Library's front lawn. This event is geared toward encouraging teens to spend time outdoors each day and get some exercise in a fun and relaxed setting. All in-person library events are weather permitting and follow national, state, and local mandates. Visit [www.euclidlibrary.com](http://www.euclidlibrary.com) for more information and to register for these events.



### MUSIC TO YOUR EARS

Founded in 1955 in South Euclid, the Hillcrest Concert Band is now recognized as one of the finest community bands in the nation and has even performed at Carnegie Hall. Its members range from teenagers to retirees, and the band performs a broad variety of music from Broadway show tunes to ragtime blues. The Euclid Public Library invites you to enjoy a free live performance by the Hillcrest Concert band in the Library's north garden area on Saturday, July 31 from 2-3pm. Just bring a blanket or lawn chair, chill out in the sun, and enjoy good vibes.

## Tips for Better Living

Goonight Moon and Goodnight You (adapted from [www.health.clevelandclinic.org](http://www.health.clevelandclinic.org))

Sometimes, after a long day, when all we want to do is get some much-needed sleep, we find that that's exactly the one thing we're not able to do. To help us get a good night of shuteye, sleep experts highlight the importance of routine. Eating at the same time every day helps regulate our circadian rhythms that tell our bodies when it's time to be awake and when it's time to sleep, and going to bed at about the same time every night also teaches our bodies when to feel tired. Another helpful tip is to give yourself at least half an hour to transition from your active life to your bedtime routine. Lastly, and perhaps most importantly, it's always helpful to put your electronic devices to sleep before you climb into bed because scrolling and sleeping don't mix. Good luck and sweet dreams!

## Kids' Corner - Word Search

V	B	Q	E	K	T	L	F	Q	A	F	P	L	S	E
G	I	S	U	Y	T	R	E	B	I	L	R	U	F	T
N	L	B	K	H	B	W	D	F	V	I	I	F	V	A
I	W	Q	E	R	R	R	I	Q	F	P	N	R	T	R
O	N	Y	G	S	O	V	D	E	Y	Y	C	O	R	B
G	V	A	J	T	A	W	L	R	L	O	E	L	P	E
T	Q	F	I	D	D	K	E	U	Z	H	S	O	A	L
U	A	W	R	Y	W	T	J	R	P	A	S	C	R	E
O	T	Q	R	Q	A	K	L	S	I	W	E	E	T	C
O	R	T	J	M	Y	J	O	U	L	F	S	Z	Y	Q
E	L	V	B	H	A	P	P	L	E	P	I	E	F	R
Z	E	X	D	E	F	D	X	E	D	R	E	A	M	S

July  
Liberty  
Celebrate  
Fireworks  
Apple Pie  
Princesses  
Outgoing  
Colorful  
Party  
Vibes  
Broadway  
Dreams