



## Around Town

**August 9<sup>th</sup> & 10<sup>th</sup> – Brighton Art Festival** Located on Main Street in Downtown Brighton, The Greater Brighton Area Chamber of Commerce is host to this 25<sup>th</sup> annual cultural event. Hundreds of artists display their works during this weekend of fun and festivities, joined by food vendors, performers and hands-on children's art projects. For information, call 810-227-5086.

**August 15<sup>th</sup>–17<sup>th</sup> – Howell Melon Fest** The Howell Jaycees will be hosting this 49<sup>th</sup> annual event in Historic Downtown Howell. Don't miss the melon festival parade on Saturday at noon, an outdoor movie on Saturday night and family entertainment all day at the courthouse amphitheater, the "So you think you can sing" family karaoke contest on Sunday, the trash to treasure flea market at the Depot Museum and other fun events. Be sure to visit the arts and crafts extravaganza hosting over 100 exhibitors in the county parking lot behind the courthouse.

**August 21<sup>st</sup> - One-Stroke Painting Class at 11am** Grab a friend and join us at the clubhouse as instructor Kathy Mazzoni teaches us the basics of the One-Stroke Painting technique. In this first of a series of One-Stroke painting classes, we will learn to paint daisies and dragon flies the One-Stroke way. This class will last about two (2) hours. The fee for this class is \$3 per person and will include group instruction & the use of paints and brushes. Please RSVP by August 18<sup>th</sup> to the community office.

**August 23<sup>rd</sup>-24<sup>th</sup> - Heavenly Scent Summer Fair** Visit Heavenly Scent Herb Farm and meander through the greenhouse or browse the air conditioned shoppe, enjoy a delectable lunch by Savory Thymes Café while listening to the sounds of a harp and dulcimer, and shop the beautiful creations of almost 50 talented artisans. Whatever you choose, just come and enjoy a day to yourself or bring the whole family - there's something for everyone. Visit HeavenlyScentHerbfarm.com for more details.

**August 30<sup>th</sup> - Brunch with Tera at 11am** Join American Home Choice Housing Consultant, Tera Frost for this scrumptious start to your Saturday.

### August Is National Peach Month

Sliced, grilled, in smoothies or on the run – fresh peaches are wonderful almost any way! But the season for peaches lasts only a few short months, so take the opportunity now to introduce children to this deliciously sweet fruit. A good source of vitamin C, serving peaches is an easy way to get kids on track for the two Fruit Group services they need every day. If you plan to eat them within two days, buy peaches that give way to light pressure and have a fragrant aroma. Wash and eat them whole or try these ideas:

- Layer yogurt, low-fat granola and peach slices in a parfait.
- Top a bowl of whole-grain cereal with peach slices or enjoy a bowl of sliced peaches with milk.
- Blend frozen peach slices with a banana, vanilla yogurt, reduced fat milk and ice cubes for a cool smooth drink.
- Grill peaches that have been lightly brushed with melted butter mixed with a little lime juice and honey. Top them with vanilla yogurt.

## Set Expectations for Healthy Eating

It's easier for children to make healthy food choices when they know your family's "nutrition rules of the road." For example, let them know that everyone in the family starts the day with breakfast, milk is the beverage served at meals & snacks need to be from the five food groups.

## KRAFT.COM

### Refreshing Melon Soup with Assorted Berries



**Prep Time:** 15 min

**Total Time:** 15 min

**Makes:** 6 servings

- ✓ 2 cantaloupes
- ✓ 1 cup strawberries, halved
- ✓ 1 cup raspberries
- ✓ 1 cup blueberries
- ✓ 1 cup blackberries
- ✓ 1 container (16 oz.)

BREAKSTONE'S or KNUDSEN 2% Milkfat Low Fat Cottage Cheese

**CUT** cantaloupes into quarters; peel. Place in blender or food processor container; cover. Blend until pureed. **POUR** cantaloupe puree into 6 large soup bowls. **TOP** with berries and cottage cheese.

**Community Staff**

District Community Manager  
*Lori O'Connor-Proctor*  
 Maintenance Supervisor  
*Steve Lockhart*  
 Housing Consultant  
*Tera Frost*

**Community Fun Facts**

**Nutrition Bookshelf** *The Mom's Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!* By *Janice Newell Bissex, MS, RD, Liz Weiss, MS, RD, and Laura Coyle* August is Family Meals Month! Feeding your family is easy with the Meal Makeover Moms at your side. A 5-step meal makeover plan, guidelines for stocking a healthy pantry with anytime staples, and 120 reworked recipes for family favorites, such as Fast-as-Boxed Macaroni & Cheese, make life in the kitchen easier for time-crunched moms. Visit the Nutrition Bookshelf at [NutritionExplorations.org](http://NutritionExplorations.org) for more titles!

**Reduce – Reuse – Recycle**  
 With the recent focus on reducing the landfills, while reusing & recycling materials, Cider Mill Crossings is pushing forward with the effort & would like to invite you to participate. If you are interested in receiving your monthly community newsletter via email, please go to [CiderMillCrossings.com](http://CiderMillCrossings.com) & sign up. Simply click on Community Newsletters on the left of the webpage, include your name, address, & check the box to make a difference in the environment.

**August Holidays**

- 3<sup>rd</sup> – Sisters Day
- 6<sup>th</sup> – Wiggle Your Toes Day
- 8<sup>th</sup> – Summer Olympics
- 13<sup>th</sup> – Lefthander's Day
- 15<sup>th</sup> – Relaxation Day
- 21<sup>st</sup> – Senior Citizen's Day
- 26<sup>th</sup> – National Dog Day
- 27<sup>th</sup> – Just Because Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Rent Due</b> (\$25 Late Fee after the 5 <sup>th</sup> )	
					<b>1</b>	<b>2</b>
					<b>Brighton Art Festival</b> August 9 <sup>th</sup> – 10 <sup>th</sup>	<b>9</b>
					<b>8</b>	<b>15</b>
					<b>Howell Melon Festival</b> August 15 <sup>th</sup> – 17 <sup>th</sup>	<b>16</b>
					<b>14</b>	<b>22</b>
				<b>11am One-Stroke Painting</b>	<b>Heavenly Scent Summer Fair</b> August 23 <sup>rd</sup> – 24 <sup>th</sup>	<b>23</b>
					<b>21</b>	<b>29</b>
					<b>11am Brunch with Tera</b>	<b>30</b>
					<b>27</b>	<b>28</b>
					<b>26</b>	<b>25</b>
					<b>25</b>	<b>24</b>
					<b>24</b>	<b>24</b>

**August 2008**