

DeVille

Apartment Builders Inc.



August 2016

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Movie previews and more!

LifeStyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in August...

National Bowling Day, Aug. 8. Get out and enjoy hit the lanes!

International Left-Handers' Day, Aug. 13. There's nothing sinister about it—stand up for your right to be left-handed.

American Artist Appreciation Month. America has been the home to some of art history's most talented and celebrated artists, people like Georgia O'Keeffe, Norman Rockwell, Jeff Koons, Mary Cassatt, and many others. Take some time during August to visit a museum and rediscover your favorites—and find some new ones to admire.

Back to School Month. As summer draws to a close, back-to-school season is in full effect. Remember to safely share the roads with school buses, pedestrians, and bicyclists, and provide children with the necessary knowledge to stay safe at school. Whether children walk, ride their bicycle, or take the bus to school, they—and the motorists around them—should remember to take proper safety precautions.

Lassie Come Home?

Not before we approve it! Before you bring home a dog or a cat, be sure to check with the Management Office to obtain approval. Your lease requires a pet deposit before any animal can be officially "welcomed home". There are also breed and weight restrictions that you should be aware of before selecting a dog. Thanks for your consideration in this matter and for complying with our community policy.

Smart Apps for Smartphones

USA Today's Edward C. Baig developed this list of apps and others. He is the author of *iPhone for Dummies*.

- **Instant Heart Rate app** (\$1.98) requires that you place your finger over the phone's camera sensor and flash. It tells your heart rate and keeps a record of it.
- **Dot Measure** will determine height and distance (\$1.50 for Android, free for iPhone). It's handy for measuring a room and whether your sofa will fit through the door.
- **Google Translate app** for Android and iPhone is free and part of the Bing Translator app. Includes French, German, Italian, Russian and Spanish. It's handy for reading signs.
- **CamScanner** allows you to take a picture of any document, receipt or photo and instantly convert it to high-quality PDF or JPG format. It's free for all three major phone systems.

Avoid Inhaling Spray Cleaners

If you use a lot of sprays to clean furniture, polish glass and perfume rooms, maybe you should consider cutting back on their use. At least try to avoid inhaling the spray.

Researchers in Europe found that adults who used these household products once a week or more increased their risk of developing asthma by 30 to 50 percent.

Most of these cleaning products come in forms other than aerosol sprays. Consider choosing one of those.

YOUR COMMUNITY STAFF

Chalet DeVille

330-492-8650

Chateau DeVille

330-834-1396

DeVille Northgate

330-492-8650

DeVille Regency

330-492-8650

DeVille Village

330-834-1396

DeVille Grandeur

330-834-1396

Fontaine DeVille

330-488-1051

Little Williamsburg

330-488-1051

London Square

330-477-6717

Perry Hills Colony

330-478-2246

Woodlawn Village

330-478-1467

OFFICE HOURS

Monday thru Friday

8:00 am–6:00 pm

Saturday

Closed

Sunday

Closed

CONTACT DIRECTORY

Corporate Office

(330) 492-8650

Corporate Fax

(330) 492-8671

Website

www.devilleapts.com

Corporate E-Mail

deville@devilleapts.com



Looking to take an unplugged vacation?

3 Ways to do a digital detox

By Michelle Seitzer

TO THE BEACH OR THE MOUNTAINS? Abroad or cross country? Planning a summer getaway brings these destination-themed decisions to mind, but you may also want to consider taking a tech vacation.

We're not just spending down time on social media anymore. We're actually *working* longer hours thanks to our gadgets: Recent studies suggest 60 percent of professionals are connected to work 13.5 hours a day during the week and approximately five hours during the weekend for a whopping total of 72.5 working hours a week. No wonder we dream of longer vacations!

Here are three easy ways to do a digital detox:

1. Set your boundaries.

While it may be unrealistic to leave your smartphone behind, you don't have to carry it everywhere—and you don't have to get online 24-7 either. Put your phone in airplane mode during the hours you find yourself wanting to kill time on social media. Turn your phone off when you're doing something fun with the family. Choose a time of day to respond to emails and social media postings, but limit the

window: for example, only get online for an hour in the afternoon, or first thing in the morning before you venture out for the day's activities.

2. Set up alternative ways to communicate. If you're truly concerned about missing an important business call or social media connection, let people know how to reach you—but specify that it must only be regarding an urgent matter. Use your email provider's vacation setting or

out-of-office auto-responder to share the time frame for your absence, and offer the alternate mode of communication that way.

3. Embrace your tech-free time. Ditch your "electronic leash" and be present. Drink in every sunset and enjoy every poolside afternoon without the constant interruptions of hashtags, breaking news, and who's doing what. You're on vacation, remember?!



Make Your Own Popsicles

Popsicle molds are available in most kitchen supply stores and supermarkets. *Can't find them?* No worries. Pick up popsicle sticks at a craft store, get some small paper cups and you're all set. These are a snap to make. Just whip up one of the recipes below, pour or spoon the mixture into molds and freeze.

■ **Peaches and Cream:** Puree peeled fresh or canned peaches along with sugar to taste, some water, a little half-and-half, a pinch of salt and a touch of lemon juice.

■ **Strawberry-Raspberry Yogurt:** Puree strawberries with seedless raspberry jam until smooth. Add plain low-fat yogurt, vanilla, and sugar to taste and whirl until combined.

■ **Piña Colada:** Puree pineapple chunks with coconut milk, sugar to taste.

■ **Orange Julius:** Combine orange juice, just enough half-and-half to make it creamy, vanilla, and sugar to taste.

■ **Key Lime Pie:** Combine sweetened condensed milk, a little grated lime zest, lime juice, and a little vanilla extract.

Practice self-discipline before you buy

If you're prone to impulse buying, try this trick to exercise a little financial restraint: Give yourself a spending limit, and don't spend more than that limit without taking 48 hours to think a purchase over. For instance, if you see a top you love that costs \$100, wait two days before handing over your credit card or cash you really can't spare.

Forcing yourself to think about a purchase will provide you with a cooling-off period that lets you decide whether you really want to spend your money.



NINE LIVES Tom Brand (**Kevin Spacey**) is a billionaire whose workaholic lifestyle takes him away from his loving wife Lara and adorable daughter Rebecca. Needing a present for Rebecca's 11th birthday, Brand buys a seemingly harmless cat from a mysterious pet store. Suddenly, a bizarre turn of events traps poor Tom inside the animal's body. The owner of the business (**Christopher Walken**) tells him that he has one week to reconnect with his family, or live out the rest of his days as a cute and furry feline named Mr. Fuzzypants.



MECHANIC: RESURRECTION Arthur Bishop (**Jason Statham**) returns as the Mechanic in the sequel to the 2011 global hit. When someone from his past forces him back into the business, Bishop has to complete an impossible list of assassinations of the most dangerous men in the world. **Jessica Alba** and **Tommy Lee Jones** also star.

THE FOUNDER Tells the true story of how Ray Kroc (**Michael Keaton**), a salesman from Illinois, met Mac and Dick McDonald, who were running a burger operation in 1950s Southern California. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential. He maneuvered himself into a position to be able to pull the company from the brothers and create a billion-dollar empire.

SUICIDE SQUAD A mix of well-known and unknown villains (Deadshot, King Shark, Captain Boomerang and Harley Quinn) are recruited by the government to accomplish a task deemed too dangerous for superheroes. The historically independent operators must bury their own interpersonal conflicts and

agendas to form a cohesive unit to take on a singular task. **Will Smith, Jared Leto** and **Margot Robbie** star.

BEN HUR The epic story of Judah Ben-Hur (**Jack Huston**), a prince falsely accused of treason by his adopted brother Messala (**Toby Kebbell**), an officer in the Roman army. Stripped of his title, separated from his family and the woman he loves (**Nazanin Boniadi**), Judah is forced into slavery. After years at sea, Judah returns to his homeland to seek revenge, but finds redemption.

WAR DOGS Based on a true story, War Dogs follows two friends in their early 20s (**Jonah Hill** and **Miles Teller**) living in Miami Beach during the Iraq War who exploit a little-known government initiative that allows small businesses to bid on U.S. Military contracts. Starting small, they begin raking in big money and are living the high life. But the pair gets in over their heads when they land a 300 million dollar deal to arm the Afghan Military—a deal that puts them in business with some very shady people, not the least of which turns out to be the U.S. Government.

SAUSAGE PARTY This R-rated animated film follows one sausage leading a group of supermarket products on a quest to discover the truth about their existence and what really happens when they become chosen to

leave the grocery store. **Seth Rogen, Jonah Hill, Kristen Wiig, James Franco, Salma Hayek** and **Edward Norton** provide the voices.

FLORENCE FOSTER JENKINS Set in 1940s New York, Florence Foster Jenkins is the true story of the legendary New York heiress and socialite (**Meryl Streep**) who obsessively pursued her dream of becoming a great singer. The voice she heard in her head was beautiful, but to everyone else it was hilariously awful. Her "husband" and manager, St. Clair Bayfield (**Hugh Grant**), an aristocratic English actor, was determined to protect his beloved Florence from the truth. But when Florence decided to give a public concert at Carnegie Hall, St. Clair knew he faced his greatest challenge.

NEW ON DVD & BLU-RAY

August 2	Keanu
August 2	Mother's Day
August 2	The Lobster
August 2	Meet the Blacks
August 16	The Angry Birds Movie
August 23	The Man Who Knew Infinity
August 23	The Huntsman: Winter's War
August 30	The Jungle Book

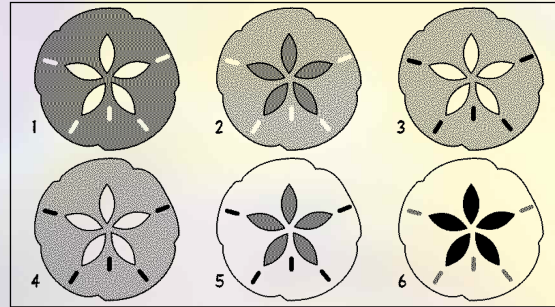
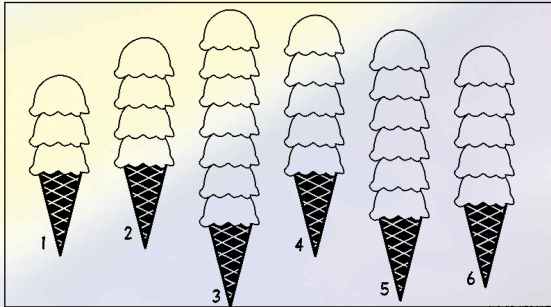
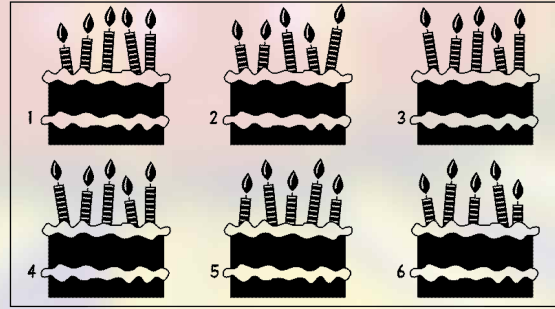
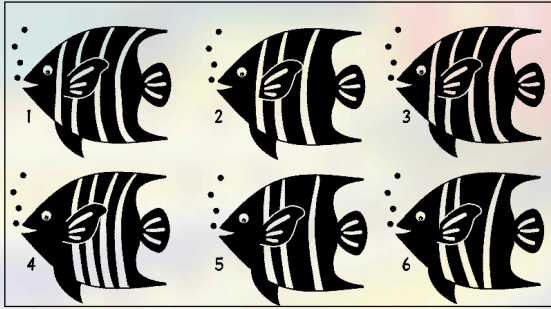
Release dates subject to change without notice.



Just for

Kids

Find the twins. Which two are exactly alike?



	monday	tuesday	wednesday	thursday	friday	saturday
sunday	1 Rent Due	2 Simplify Your Life Week (1st-7th)	3 Watermelon Day	4	5 Summer Olympics (5th-21st)	6 Wiggle Your Toes Day
7 Sister's Day	8 Happiness Happens Day	9 Book Lovers Day	10 Lazy Day	11 Play in the Sand Day	12 Vinyl Record Day	13 Middle Child's Day
14 VJ Day	15 Relaxation Day	16 Rollercoaster Day	17	18 Bad Poetry Day	19 World Humanitarian Day	20
21 Poet's Day	22 Be an Angel Day	23	24 Pluto Demoted Day	25 Kiss and Make Up Day	26 Women's Equality Day	27 Just Because Day
28 Bow Tie Day	29 More Herbs, Less Salt Day	30 Slinky Day	31 Trail Mix Day			

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