

DeVille

Apartment & Builders Inc.



December 2015

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Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Holiday Office Hours

The Management Office will be closed on Thursday and Friday, December 24th and 25th for the Christmas holiday. We will also close at 12:00 Noon on Thursday, December 31st and remain closed on Friday, January 1st in observance of New Year's Day.

Happening in December...

National Stress Free Holidays Month. Don't let the stress of the holiday season get you down. Instead of driving yourself crazy trying to create the "perfect" holiday, identify what's truly important to you, your family, and your friends, and develop holiday traditions that are uniquely your own.

Safe Toys and Gifts Month. Shopping for toys for Christmas, Hanukkah, or other holidays? Think about safety. Every year, toymakers around the world recall millions of toys due to safety concerns like lead paint and small magnets. Choose toys that are safe for the age of the child so everyone can enjoy a happy holiday.

World AIDS Day, Dec. 1. An opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and commemorate those who have died.

Bill of Rights Day, Dec. 15. The first 10 amendments to the U.S. Constitution, guaranteeing important rights like freedom of speech, religion, and the press, are known collectively as the Bill of Rights, and were ratified by Congress on this day in 1787.

Healthier Holiday Cooking Tips

A generation or two ago, people ate more food with a lot of fat, but they still weighed less than people weigh today. It was probably because they were involved in physical work instead of sitting at a desk. Or maybe they ate less every day. Whatever the cause, tweaking Grandma's recipes is a great idea. Some examples:

- Refrigerate the gravy and scoop off the hardened fat before reheating and serving.
- Use less bread in turkey dressing and more onions, garlic, celery and vegetables. Moisten with chicken or vegetable broth and applesauce.
- Make mashed potatoes with skim milk, chicken broth, garlic powder and Parmesan cheese instead of whole milk and butter. Some recipes call for fat-free sour cream.
- Try a new recipe for eggnog: four bananas, 1 1/2 cups skim milk, 1 1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract and some ground nutmeg. Puree the ingredients and sprinkle the nutmeg on top.
- For dessert, make pumpkin pie using two egg whites for each whole egg and replace cream with fat-free evaporated milk. Replace heavy cream in cheesecakes and cream pies with evaporated milk. Top cakes with powdered sugar, fresh fruit or fruit sauce.
- Remove the skin from roasted turkey before eating it or placing it on a serving dish.

A Holiday Wish

During this holiday season, we extend our best wishes to our valued residents. It has been our pleasure to serve you throughout this past year. Wherever you find yourself this holiday season, far away visiting friends and relatives or enjoying the quiet comfort of home, may your heart be filled with all the joys of the season.

YOUR COMMUNITY STAFF

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OFFICE HOURS

Monday	8:00 am–5:00 pm
Tuesday	8:00 am–6:00 pm
Wednesday	8:00 am–5:00 pm
Thursday	8:00 am–6:00 pm
Friday	8:00 am–5:00 pm
Saturday	9:00 am–3:00 pm
Sunday	Closed

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Play it safe when driving during the holiday season

Many factors are involved in holiday fatalities

When it comes to holiday driving, the risk for having an accident is high.

There are more people on the road during the holidays. They're all in a hurry to get somewhere, and the weather can create poor road conditions, especially close to Christmas.

During this season, insurance companies see an increased number of crashes that include injuries and property damage, which they say also raises vehicle insurance rates.

People are anxious to get their shopping done. They may be frustrated and aggravated with other shoppers or drivers, making themselves less safe at the wheel.

Risks caused by drugged and drunken driving compound these problems.

Part of the reason drivers are rushed on holiday trips is that they are on short breaks from school and work. Families may have just one or two days to travel away from home, celebrate, and travel back again. Under such time limitations, they are more likely to be involved in an accident.

Many holiday crashes are related to a heavier load of traffic, which makes driving more difficult. And traffic coupled with long-distance driving leads to having tired, and stressed drivers at the wheel.

Not surprisingly, the two major causes of traffic accidents and related fatalities are alcohol and speeding. The correlation between these factors and holiday traffic is easy to understand.

The National Highway Traffic Safety Administration has stated that many holiday deaths occurred as travelers hurried to drive to and from social activities where they consumed alcoholic beverages. The NHTSA says we should take time to check off these instructions for holiday driving:

Allow plenty of time to reach your destination whether it's across town or across the country side.

When driving, be in your "travel mode," meaning that nothing will be allowed to upset or bother you.

When attending a party, name a designated driver to take you home, or request a ride via Uber.

HOW TO AVOID THE 5-POUND HOLIDAY WEIGHT GAIN.

- At a dinner, eat just foods you like, not some of everything.
- Sit farther away from a buffet table so seconds (and thirds) are less convenient.
- Eat slowly. It takes 20 minutes for your body to recognize a full feeling.
- Drink water with your meals.
- When mixed drinks are being served, ask for club soda, water, or diet soda in your drink.
- Visit with many people so you have something to do in addition to eating and drinking.
- At home, keep cookies, candy, and other treats out of sight so you won't snack every time you walk by them.



HOLIDAY STRESS BUSTERS

Appropriately enough, December is National Stress-Free Holidays Month. Here are some helpful hints to reduce stress during what should be a fun and relaxing time.

- Recognize the signs of stress, such as irritability and anxiety.** Avoid these by putting yourself in control of things instead of just letting them happen.
- Allow yourself to say "No."** Be realistic about what you can and cannot do during this busy month. Don't feel obligated to attend every holiday party or make 1,000 cookies from scratch for your church group.
- Watch your diet.** It's very easy during this time to overindulge in holiday treats. Sugar overload will make you sluggish, and the stimulating effect of caffeine may make you overanxious.
- Exercise.** Not only will it combat those extra calories you're consuming, it will also relieve tension and provide relaxation.



Candle Safety

The National Candle Association reminds users that although a candle flame is small, it is still fire.

- Place them correctly in a fire-safe holder and on a sturdy table away from anything flammable.
- Never place a candle in a small enclosed area such as a bookshelf.
- Check your candles frequently to make sure they haven't burned too low. Never leave them unattended.
- Put candles out if you are dozing in a chair.
- Don't use candles around small children. They may be fascinated by the flame and knock the candle over.
- Always be sure to have a fire extinguisher available.

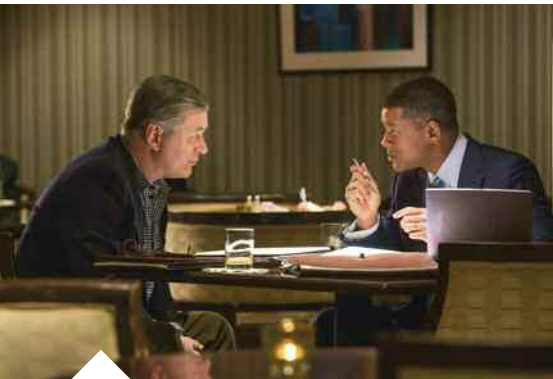


MOVIES



DECEMBER 2015 RELEASES

IN THE HEART OF THE SEA In 1820, crewmen (**Chris Hemsworth, Benjamin Walker, Cillian Murphy**) aboard the New England vessel *Essex* face a harrowing battle for survival when a whale of mammoth size and strength attacks with force, crippling their ship and leaving them adrift in the ocean. Pushed to their limits and facing storms, starvation, panic and despair, the survivors must resort to the unthinkable to stay alive. Their incredible tale ultimately inspires author Herman Melville to write "Moby-Dick."



CONCUSSION Will Smith stars in *Concussion*, a dramatic thriller based on the incredible true David vs. Goliath story of American immigrant Dr. Bennet Omalu, the brilliant forensic neuropathologist who made the first discovery of CTE, a football-related brain trauma, in a pro player and fought for the truth to be known. Omalu's emotional quest puts him at dangerous odds with one of the most powerful institutions in the world.

POINT BREAK A young FBI agent, Johnny Utah (**Luke Bracey**), infiltrates a cunning team of thrill-seeking elite athletes - led by the charismatic Bodhi (**Edgar Ramirez**). The athletes are suspected of carrying out a spate of crimes in extremely unusual ways. Deep undercover, and with his life in imminent danger, Utah strives to prove they are the architects of this string of inconceivable crimes.



STAR WARS: THE FORCE AWAKENS Continuing the Star Wars saga where *Return of the Jedi* left off, Luke Skywalker aims to restore the Jedi Order while Leia and Han Solo work with the New Republic against the remnants of the Galactic Empire and a new potential threat.

THE BIG SHORT When four outsiders saw what the big banks, media and government refused to, the global collapse of the economy, they had an idea: *The Big Short*. Their bold investment leads them into the dark underbelly of modern banking where they must question everyone and everything. **Christian Bale, Steve Carell, Ryan Gosling and Brad Pitt** star.

DADDY'S HOME The film follows a mild-mannered radio executive (**Will Ferrell**) who strives to become the best stepdad to his wife's two children, but complications ensue when their freewheeling and freeloading real father (**Mark Wahlberg**) arrives, forcing him to compete for the affection of the kids.

SISTERS Tina Fey and Amy Poehler star as two disconnected sisters summoned home to clean out their childhood bedroom before their parents sell the family house. Looking to recapture their glory days, they throw one final high-school-style party for their classmates, which turns into the cathartic rager that a bunch of ground-down adults really need.

THE LADY IN THE VAN Truth is stranger than fiction in this real-life tale of a homeless woman (**Maggie Smith**) who parks her van in the driveway of playwright Alan Bennett (**Alex Jennings**) and lives there for 15 years.

ALVIN AND THE CHIPMUNKS: THE ROAD CHIP Through a series of misunderstandings, Alvin, Simon and Theodore come to believe that Dave (**Jason Lee**) is going to propose to his new girlfriend in Miami...and dump them. They have three days to get to him and stop

the proposal, saving themselves not only from losing Dave but possibly from gaining a terrible stepbrother.

CHRISTMAS EVE When a power outage traps six different groups of New Yorkers inside elevators on Christmas Eve, they find that laughter, romance, and a little holiday magic will get them through—and change their lives in unexpected ways. Starring **Patrick Stewart, Jon Heder, James Roday, Cheryl Hines, Max Casella, Julianna Guill, Shawn King, and Gary Cole**.

JOY Jennifer Lawrence, Bradley Cooper and Robert De Niro star in the wild story of a family across four generations centered on the girl (Lawrence) who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love, pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing a world of unforgiving commerce.

NEW ON DVD & BLU-RAY

12/1	90 Minutes in Heaven
12/8	Ant-Man
12/8	Minions
12/8	The Transporter Refueled
12/15	Fantastic Four
12/15	Ted 2
12/15	Maze Runner: Scorch Trials
12/15	M:I Rogue Nation
12/22	War Room
12/24	The Perfect Guy



Season's Greetings!

May the weeks ahead be filled with friends, family and all the blessings of a happy holiday season.

Merry Christmas, Happy Hanukkah and Happy Kwanzaa from our entire community staff.

	tuesday	wednesday	thursday	friday	saturday			
	1 Rent Due	2 <i>Special Kids Day</i>	3	4 <i>National Cookie Day</i>	5			
sunday	monday	6	7 <i>Pearl Harbor Remembrance Day</i>	8 <i>National Brownie Day</i>	9	10 <i>Nobel Prize Day</i>	11 <i>Lost & Found Day</i>	12 <i>Poinsettia Day</i>
13 <i>Ice Cream Day</i>	14 <i>Roast Chestnuts Day</i>	15	16 <i>Chocolate Covered Anything Day</i>	17 <i>Wright Brothers Day</i>	18 <i>Underdog Day</i>	19		
20	21 <i>Crossword Puzzle Day</i>	22 <i>Forefather's Day</i>	23 <i>Roots Day</i>	24 Office Closed	25 <i>Christmas</i> Office Closed	26 <i>Boxing Day</i>		
27 <i>National Fruitcake Day</i>	28 <i>Card Playing Day</i>	29 <i>Tick Tock Day</i>	30	31 <i>New Year's Eve</i> Office Closed At Noon	<h1>Dec. '15</h1>			