

DeVille

Apartment & Builders Inc.



February 2016

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Overseas travel tips

Ways to fight insomnia

Movie previews and more!

Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in February...

National Black History Month. To recognize the achievements and contributions of African Americans. For more information, browse www.asalh.org.

Groundhog Day, Feb. 2. Old belief that if the sun shines on Candlemas, or if the groundhog sees his shadow when he emerges on this day, six weeks of winter will ensue.

National Wear Red Day, Feb. 5. For all the women you know who have been affected by cardiovascular disease, participate in Wear Red Day. Visit www.goredforwomen.org for details.

Presidents Day, Feb. 15. Celebrating George Washington, Abraham Lincoln, and other U.S. presidents through the years.

Leap Year Day, Feb. 29. A day that is added to our calendar to keep more in accord with the seasons. A day is added every four years, except in century years.

Super Bowl Fever?

According to research by Kronos Inc., a personnel management software company, Super Bowl fever is a real disease, afflicting 1 percent of the U.S. workforce or 1.4 million people and forcing them to call in sick for work the Monday after the big game. In cities with a team in the Superbowl, the absenteeism rate is even higher.

Winter Weather Car Tips

- Remove road salt from carpets with a solution of equal parts vinegar and water.
- Carry a blackboard eraser in your car to remove fog from the inside of windows.
- Leave the window open a crack to prevent frost from building up inside the car.
- Keep a broom with a shortened handle in the trunk of the car to dust off snow.

Happy Valentine's Day: Some Fun Facts

Sixty-two percent of Americans celebrate Valentine's Day. How do they observe it? Take a look at these statistics:

• **Chocolate.** Americans buy 58 million pounds of chocolate during the week of Valentine's Day, spending \$448 million.

• **Cards.** We buy about 150 million "Will you be my Valentine?" cards each year.

• **Gifts.** Men spend an average of \$150 on cards and gifts; women spend an average of \$74.

• **Flowers.** Twenty-three percent of us buy flowers or plants as Valentine's Day gifts: 61 percent of these buyers are men, and 39 percent are women. The top choice? A mixed bouquet, followed by red roses.

• **Champagne.** Americans buy 174,000 gallons of sparkling wine through Valentine's week, worth about \$8.6 million.

We Love Our Residents!

You are the reason DeVille Apartments is such a great place to live. Our residents are special. Thoughtful, considerate people change an apartment community into a caring neighborhood. Thank you for all you do to make DeVille Apartments an extraordinary place to live. Happy Valentine's Day from all of us to all of you!

YOUR COMMUNITY STAFF

Chalet DeVille

330-492-8650

Chateau DeVille

330-834-1396

DeVille Northgate

330-492-8650

DeVille Regency

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DeVille Village

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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	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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Stay safe when heading abroad

Minimize your risk of becoming a victim of crime or terrorism when you're abroad.

These days, traveling to a foreign country can seem more like a journey into danger than a fun-filled adventure. Whether you're traveling for business or pleasure, minimize your risk of becoming a victim of crime or terrorism when you're abroad:

- **Keep your nationality off the radar.** Display a neutral image. Don't flaunt flag emblems or wear clothing with insignias or other indicators of your nation of origin.

- **Avoid high-traffic areas.** While waiting for a flight, a car, or a friend, sit in restaurants or lobbies where you're not as easily observed. Arrive at airports and terminals as close

to departure time as you can to decrease contact with strangers.

- **Check your accommodations.** Call or email ahead to make sure the place you're staying—whether a hotel or friend's home—has adequate security precautions.

- **Don't be predictable.** If you drive to the same destination several times during your visit, vary your departure and arrival times and take different routes.

- **Watch your bags.** Don't use luggage tags with your name and address on them. Use a secure address, and place your real address inside your bags.

- **Monitor local conditions.** The U.S. State Department offers travel advisory

information on its website to help you stay current on crime and other problems in the areas and countries you're visiting.

- **Register with the local embassy or consulate.** In the event of a disaster or civil unrest, your embassy should know how to contact or get to you. Visit <http://usembassy.state.gov> for links to websites of all United States Embassies.

- **Be inconspicuous.** Excessive caution attracts attention, so don't spend too much time looking over your shoulder or asking questions.

- **Watch your appearance and actions.** Project a confident image so you don't look like an easy target.



Use Money Saved at the Pump to Improve Your Finances

Remember when gasoline was priced at about \$4 per gallon?


Now it's closer to \$2 a gallon, which means if you fill your tank with 15 gallons, you save \$30. Depending on how much you have to drive, it adds up nicely in a month's time.

If you spend that cash on fancy dinners or clothes you don't really need, you're missing some opportunities. Here are some better suggestions.

Pay down credit card debt. Bankrate.com says the average interest rate on cards is 12 percent, so paying down balances makes sense.

Increase your rainy-day fund. Emergencies happen, so increase your emergency fund so you'll be prepared.

Invest in your future. Increase savings for college or retirement. Give your personal finances a tune-up.



ENJOY THAT CUP OF COFFEE A study that examined coffee habits of more than 447,000 Americans found that the brew is linked with lower risk of deadly melanoma. The research, published in the *Journal of the National Cancer Institute*, found that people who drank at least 4 cups of coffee daily had 20 percent lower risk for malignant melanoma. Earlier studies found that coffee drinkers also experience fewer non-deadly skin cancers.

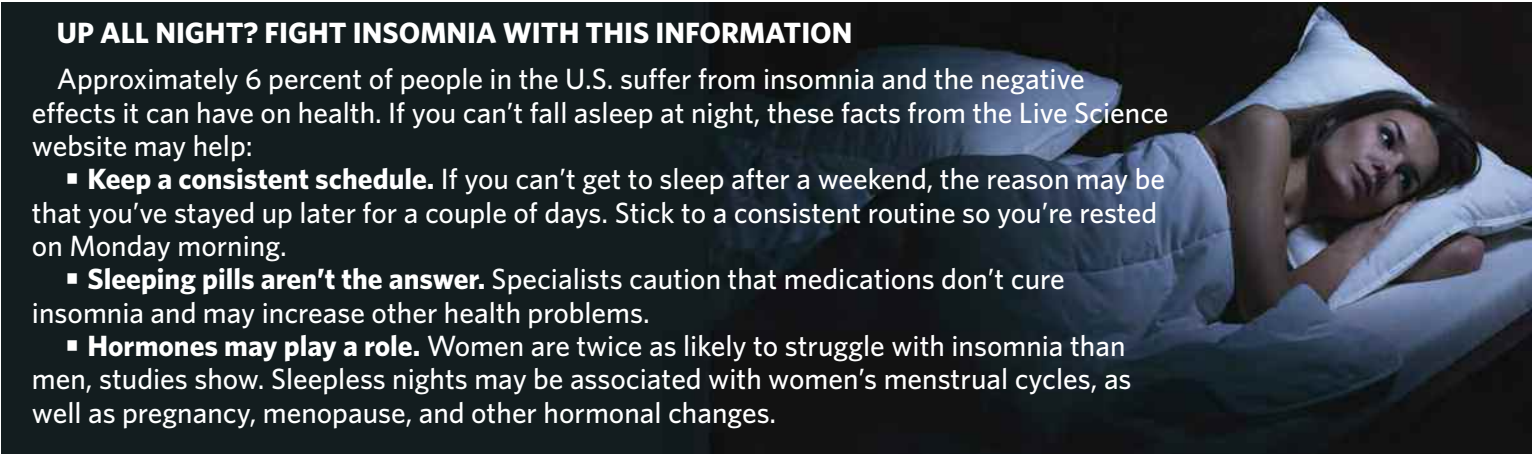
UP ALL NIGHT? FIGHT INSOMNIA WITH THIS INFORMATION

Approximately 6 percent of people in the U.S. suffer from insomnia and the negative effects it can have on health. If you can't fall asleep at night, these facts from the Live Science website may help:

- **Keep a consistent schedule.** If you can't get to sleep after a weekend, the reason may be that you've stayed up later for a couple of days. Stick to a consistent routine so you're rested on Monday morning.

- **Sleeping pills aren't the answer.** Specialists caution that medications don't cure insomnia and may increase other health problems.

- **Hormones may play a role.** Women are twice as likely to struggle with insomnia than men, studies show. Sleepless nights may be associated with women's menstrual cycles, as well as pregnancy, menopause, and other hormonal changes.



MOVIES



FEBRUARY 2016 RELEASES

DEADPOOL Deadpool tells the origin story of former Special Forces operative turned mercenary Wade Wilson, who after being subjected to a rogue experiment that leaves him with accelerated healing powers, adopts the alter ego Deadpool. Armed with his new abilities and a dark, twisted sense of humor, Deadpool hunts down the man who nearly destroyed his life. **Ryan Reynolds, Gina Carano, and Morena Baccain** star.



RACE **Stephan James** stars in the true story of Jesse Owens, the legendary athletic superstar whose quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy. *Race* is an enthralling film about courage, determination, tolerance, and friendship, and an inspiring drama about one man's fight to become an Olympic legend. **Jeremy Irons, Jason Sudeikis** and **William Hurt** also star.

ZOOLANDER 2 Male models Derek Zoolander (**Ben Stiller**) and Hansel (**Owen Wilson**) must investigate a conspiracy after a number of celebrities are assassinated while posing with Zoolander's "Blue Steel" look.

MISCONDUCT An ambitious lawyer (**Josh Duhamel**) finds himself caught in a power struggle between a corrupt pharmaceutical executive (**Anthony Hopkins**) and his firm's senior partner (**Al Pacino**). When the case takes a deadly turn, he must race to uncover the truth before he loses everything.

Photo credit: Universal Pictures



HAIL, CAESAR! Eddie Mannix (**Josh Brolin**), a slick Hollywood fixer, is pressed into action when superstar actor Baird Whitlock (**George Clooney**) is kidnapped and held for ransom by a mysterious group. Mannix races to quietly collect the ransom money without gossip columnist Hedda Hopper (**Tilda Swinton**) catching wind of the scandal. **Ralph Fiennes, Scarlett Johansson** and **Jonah Hill** co-star in this Hollywood golden age comedy from the Coen Brothers.

HOW TO BE SINGLE There's a right way to be single, a wrong way to be single, and then...there's Alice. And Robin. Lucy. Meg. Tom. David. New York City is full of lonely hearts seeking the right match, be it a love connection, a hook-up, or something in the middle. And somewhere between the teasing texts and one-night stands, what these unmarrieds all have in common is the need to learn how to be single in a world filled with ever-evolving definitions of love. **Dakota Johnson, Rebel Wilson,** and **Alison Brie** star.

RISEN "Risen" is the epic Biblical story of the Resurrection, as told through the eyes of a non-believer. Clavius (**Joseph Fiennes**), a powerful Roman military tribune, and his aide, Lucius (**Tom Felton**), are tasked with solving the mystery of what happened to Jesus in the weeks following the crucifixion, in order to disprove the rumors of a risen Messiah and prevent an uprising in Jerusalem.

TRIPLE 9 In *TRIPLE 9*, a crew of dirty cops is blackmailed by the Russian mob to execute a virtually impossible heist. The only way to pull it off is to manufacture a 999, police code for "officer down". Their plan is turned upside down when the unsuspecting rookie they set up to die foils the attack, triggering a breakneck, action-packed finale filled with double-crosses, greed and revenge. **Casey Affleck, Woody Harrelson, Chiwetel Ejiofor,** and **Kate Winslet** star.

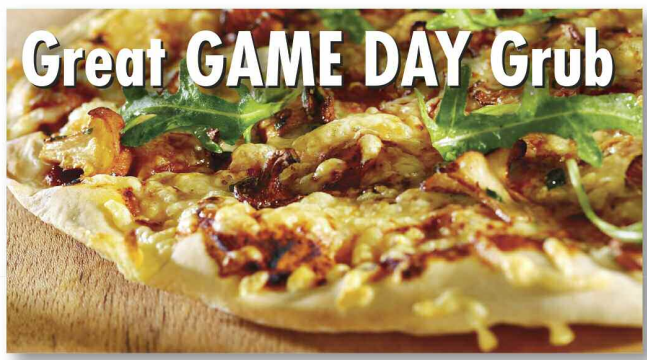
TUMBLEDOWN Struggling with the death of her husband, an almost famous folk singer, Hannah (**Rebecca Hall**) lives a simple life far away from noise and chaos of the city. Both comforted and cursed by the closeness of her

small town, Hannah struggles to fill the new void in her life by fixating on the seemingly impossible task of writing the biography of her lost husband - for herself and his fans. So when Andrew (**Jason Sudeikis**), a cocky New York writer, comes in to town to write a book of his own on her beloved, Hannah quickly runs him and his book out of her town. Andrew is not one to give up easily, and Hannah soon discovers his roughness and assertiveness as a welcome challenge and a surprising change from the smothering concern of her town, friends and family.

EDDIE THE EAGLE Inspired by true events, *Eddie the Eagle* is a feel-good story about Michael "Eddie" Edwards (**Taron Egerton**), an unlikely but courageous British ski-jumper who never stopped believing in himself - even as an entire nation was counting him out. With the help of a rebellious and charismatic coach (played by **Hugh Jackman**), Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics.

NEW ON DVD & BLU-RAY

2/2	Bridge of Spies
2/2	The Last Witch Hunter
2/2	Our Brand is Crisis
2/9	Crimson Peak
2/9	Love The Coopers
2/9	Spectre
2/16	The 33
2/16	Black Mass
2/16	Steve Jobs
2/23	My All American
2/23	Secret in Their Eyes



FAMILY FEATURES

When game day arrives and friends and family are gathered around the big screen to cheer your team to victory, the only thing missing is some great grub to make the celebration complete.

Top it off right.

No game day party is complete without chips and dip. Take your nachos to another level with premium toppings such as these Barbecue Chicken Nachos. Other upgraded topping options: grilled steak or chicken, grilled corn and onions, a variety of flavorful cheeses, homemade guacamole, diced fresh veggies,

seasoned olives and spices, such as Cajun or Caribbean jerk.

Create a DIY pizza station.

Prepare dough ahead of time or purchase individual serving size crusts and invite guests to make their own personal pizzas. Provide an array of fresh veggies, meats and herbs for endless combinations. Don't forget plenty of quality cheese, and for a special twist, add some unexpected flavors, such as Jarlsberg Brand Cheese. Best known as a classic wedge, this nutty, mild cheese is also wonderful shredded for a uniquely delicious pizza flavor. Get

guests started with this Sausage, Mushroom and Herb Pizza and then invite them to get creative on their own.

Find more game day recipes at jarlsberg.com.

Cheese & Mushroom Pizza

Makes: 1 pizza

- 1 premade pizza dough (14-16 ounces)
- 5 tablespoons tomato sauce
- 2 diced Roma tomatoes
- 8 ounces shredded Jarlsberg Cheese
- 2 ounces grated Parmesan cheese
- 8-10 sliced mushrooms
- 2 teaspoons oregano (optional)

Heat oven to 425 F.

Follow premade pizza dough instructions on package.

Spread thin layer of tomato sauce and fresh tomatoes on uncooked pizza dough, sprinkle with cheeses, top with mushrooms and finish with oregano.

Bake pizza in oven for 15-20 minutes, or until golden brown.



Barbecue Chicken Nachos

Makes: 1 large serving

- 1 rotisserie chicken
- 1 cup barbecue sauce
- nacho chips
- 1 cup shredded Jarlsberg Cheese
- 1/4 cup chopped green onion
- sour cream (optional)

Heat oven to 350 F.

Pull white meat off rotisserie chicken and place in mixing bowl.

Add barbecue sauce to pulled chicken and gently mix together.

Scatter nacho chips on oven-safe dish and place pulled chicken on top. Shred cheese with grater and coat top of chicken. Place in oven for approximately 10 minutes.

Sprinkle green onion on top and serve with sour cream, if desired.

	monday	tuesday	wednesday	thursday	friday	saturday
	1 Rent Due	2 Groundhog Day	3 Carrot Cake Day	4 USO Day	5 Doodle Day	6 Ice Cream for Breakfast Day
sunday	7 Super Bowl 50	8 Chinese New Year	9 Mardi Gras	10 Umbrella Day	11 Make a Friend's Day	13 Tortellini Day
14	Valentine's Day Happy Valentine's Day!	15 President's Day Gumdrop Day	16 Innovation Day	17 Random Acts of Kindness Day	18 Pluto Day	19 Chocolate Mint Day
20						Cherry Pie Day
21	Daytona 500	22	24 Play Tennis Day	25 Tortilla Chip Day	26 National Chili Day	27 For Pete's Sake Day
28	Tooth Fairy Day	29 Leap Year Day				Floral Design Day

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