

DeVille

Apartment Builders Inc.

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

What's So Special About February?

African American History Month. An annual observance to recognize and commemorate African American culture, African American History Month (or Black History Month) is celebrated annually in the United States and Canada in February, and in the United Kingdom in October.

Valentine's Day, February 14. While this holiday of love represents the single most profitable 24-hour period for florists and is a boon to candy and card companies, private investigators also report a surge in business. Many handle double their normal case load as they snoop to see who is buying gifts and spending time with illicit valentines.

Groundhog Day, February 2. While waiting for the groundhog this year, consider that these hibernating mammals also go by "woodchuck," "marmot," and "whistle pig" — the latter because groundhogs sometimes emit a loud, sharp whistle when frightened. Let's hope for clouds; legend has it that if the groundhog sees his shadow, we're in for six more weeks of winter.

The Monday After The Superbowl, February 6. According to research by Kronos Inc., a personnel management software company, Superbowl 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. In cities with a team in the big game, the absenteeism rate is even higher.

Valentine's Day Trivia

The first Valentine card that was decorated and poetic is attributed to the imprisoned Charles, Duke of Orleans, in 1415. He eased the pain of imprisonment by writing love verses to his wife.

By the 1700s, manufactured cards became the most popular way to declare love. The cards were elaborately hand-painted and decorated with gold leaf, satins, silks, and exotic feathers.

Retailers now say that chocolates and roses are the best symbols of love. Candy or not, the 14th of February remains the one day of the year given over to romance.

February Maintenance Tip

February can be a messy month outside. Here are some tips to help you keep the mud, water and mess from coming inside with you: • Use the sidewalks. It may mean adding a step or two but will save your carpet and shoes from extra cleaning. • Put mats outside and inside your door. This way your guests can wipe their feet twice. • If you own a pet, keep a box of baby wipes inside your door. When you get back from a walk, just wipe their paws clean.

The Name Game

We're all guilty of forgetting the names of people we've just met, but if you remember it the next time you see that person, it makes a great impression. Start repeating the name in your head as soon as you hear it, imaging the person's face as you repeat the name to yourself. Make an effort to address the person by name at least twice during the initial conversation.



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Lifestyle

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

Fountaine 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

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CONTACT DIRECTORY

Corporate Office

(330) 492-8650

Corporate Fax

(330) 492-8671

Website

www.devilleapts.com

Corporate E-Mail

deville@devilleapts.com





Make your homemade lunches more appealing than takeout

The way to be healthier is to bring your own lunch to work instead of relying on fast-food restaurants for your noontime meal. Eating the same boring sandwich day after day can be a drag, though—and in the end you may be tempted to go out anyway. Try these ideas from the CNN website to psych yourself up for a healthy meal you make yourself:

- **Plan your week.** Think ahead. Some people make a whole week's worth of lunches on Sunday night, limiting the temptation to say they're too tired or busy to make a lunch

the night before, or in the morning as they're rushing to reach the office on time. Whatever your approach, you'll be more disciplined if you know what you're going to fix ahead of time.

- **Use your leftovers.** When you cook dinner, make a little extra. This saves you the time of effort of putting a lunch together when you're pressed for time. Learn to repurpose your leftover food: A casserole can turn into a tasty wrap if you put it into a tortilla; pasta can become a salad with just a few extra ingredients.

- **Get away from your desk.** Takeout food is ideal for eating at the desk while you keep working. Instead, take a real break and eat in your organization's lunchroom or, if the weather's nice, go outside. You'll eat less and feel more relaxed by the companionship, or the fresh air. You'll return to work with more energy for the afternoon.

- **Pack a treat.** "Healthy" doesn't have to mean "boring." Allow yourself a little treat for dessert—a few pieces of chocolate or a yogurt. Satisfying your sweet tooth will make you less likely to hit the snack machine in mid-afternoon.

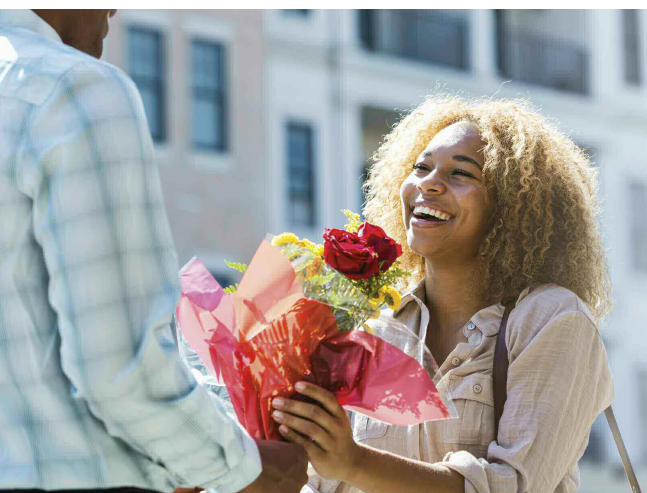


Cast a love spell on Valentine's Day

Did you forget to make dinner reservations for Valentine's Day? Nice job! Here are some tips to make it seem like you planned a romantic "evening in" all along...

Takeout to the rescue! All you have to do is go a step above fast food and pick up some slightly exotic finger-food fare, such as sushi, gourmet tacos, shish kebab or satay (available at Indonesian and southeast Asian restaurants). Be sure to call the eatery ahead—hours before you think you'll be ready to eat—because you're not the only love-day procrastinator.

Fill your home with romantic scents. Dot a drop or two of jasmine essential oil on a light bulb here and there. (Do it when the bulb is cold, please.) According to Laurie Steelsmith, ND, LAC, jasmine oil emits a sweet, musky aroma that prompts the release of pleasure-supporting brain chemicals such as endorphins. It rouses passion... and helps establish an ambience of intimacy. Who needs a restaurant?




How to make your cut flowers last longer

We know how you feel. Fresh cut flowers are so beautiful...but they have woefully short lives! Here's a way to help them last...

Most tap water contains minerals that make it alkaline. And alkaline water has a hard time moving through cut flower stems. This means that the life of cut flowers in a vase will be shortened because the flowers do not get the hydration or nutrition they need to thrive.

To overcome this challenge, simply lower the pH of the water...or acidify it. You can do this by adding one part of non-diet lemon-lime soda (such as Sprite or 7UP) to three parts of water in your flower vase. The citric acid in the soda helps lower the pH, and the sugar in the soda gives the flowers an energy boost.



JOHN WICK: CHAPTER 2 Keanu Reeves returns as legendary hitman John Wick who is forced to back out of retirement by a former associate plotting to seize control of a shadowy international assassins' guild. Bound by a blood oath to help him, John travels to Rome where he squares off against some of the world's deadliest killers.



FIST FIGHT On the last day of the year, mild-mannered high school English teacher Andy Campbell (**Charlie Day**) is trying his best to keep it together amidst senior pranks, a dysfunctional administration and budget cuts that put jobs on the line. But things go from bad to worse when he accidentally crosses his much tougher and deeply feared colleague, Ron Strickland (**Ice Cube**), who challenges Campbell to an old-fashioned throw down after school. News of the fight spreads like wildfire and ends up becoming the very thing this school, and Campbell, needed.

A CURE FOR WELLNESS An ambitious young executive is sent to retrieve his company's CEO from an idyllic but mysterious "wellness center" at a remote location in the Swiss Alps. He soon suspects that the spa's miraculous treatments are not what they seem. When he begins to unravel its terrifying secrets, his sanity is tested, as he finds himself diagnosed with the same curious illness that keeps all the guests here longing for the cure.

COLLIDE After a heist goes terribly wrong, Casey Stein (**Nicholas Hoult**) finds himself on the run from a ruthless gang headed by mob boss Hagen (**Anthony Hopkins**). Now Casey has precious cargo that belongs to Hagen, who will stop at nothing to retrieve it. Left with no choice, Casey calls his former employer and drug smuggler Geran (**Ben Kingsley**) to protect his long-time girlfriend Juliette before Hagen gets his hands on her.

THE SPACE BETWEEN US Gardner Elliot, the first human born on Mars, begins an online friendship with Tulsa, a teen in Colorado. On his maiden voyage to Earth, the 16-year-old finally gets to experience all the joys and wonders of a world he could only read about. Problems arise when scientists discover that Gardner's organs can't withstand the atmosphere. United with Tulsa and on the run, the interplanetary visitor races against time to unravel the mysteries of how he came to be, and where he belongs in the universe.

THE LEGO BATMAN MOVIE When Gotham City is threatened once again, the brooding, heavy-metal rapping machine is forced to work with a new police commissioner and a certain young orphan to save the day. Will he find that working alone isn't all it's cracked up to be? Maybe the Dark Knight will learn to work as part of a team, finding new friends and happiness along the way.

THE GREAT WALL When a mercenary warrior (**Matt Damon**) is imprisoned within The Great Wall, he discovers the mystery behind one of the greatest wonders of our world. As wave after wave of marauding beasts besiege the massive structure, his quest for fortune turns into a journey toward heroism as he joins a huge army of elite warriors to confront this unimaginable and seemingly unstoppable force.

PATIENT ZERO In the pandemic thriller humanity is battling intelligent, adrenaline-fueled creatures born from a viral super-strain. After being bitten, human survivor Morgan (**Matt Smith**) realizes he is asymptomatic and can communicate with the infected, leading the last survivors on a hunt for Patient Zero and a cure.

THIS MONTH ON DVD & BLU-RAY

February 7	Trolls
February 7	Loving
February 7	Almost Christmas
February 14	The Edge of Seventeen
February 21	Bad Santa 2
February 21	Manchester by the Sea
February 21	Hacksaw Ridge
February 20	The Magnificent Seven

You like us, you *really* like us!

We want to take this opportunity to thank all the residents who've supported our community through social media and shared us with friends. Keep up the great work!



			wednesday	thursday	friday	saturday
			1 Rent Due.	2 Play Your Ukulele Day	3 Bubblegum Day	4 Wear Red Day
sunday	monday	tuesday	5 Super Bowl Sunday	6 February is African American History Month	7 Send a Card to a Friend Day	8 Kite Flying Day
9 Read in the Bathtub Day	10 Make a Friend Day	11 Tortellini Day	12 Happy Valentine's Day!	13 Gumdrop Day	14 Do a Grouch a Favor Day	15 Random Acts of Kindness Day
16 Eat Ice Cream for Breakfast Day	17 February is American Heart Month	18 Play More Cards Day	19 Sticky Bun Day	20 World Yoga Day	21 Chili Day	22 World Bartender Day
23 89th Academy Awards	24 Mardi Gras					

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