

# DeVille

Apartment & Builders Inc.



January 2016

Inside this issue

Safeguarding your career

Money saving Amazon tips

Movie previews and more!

## Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

### Happening in January...

**New Year's Day, Jan. 1.** Sober up, make a resolution, and get a start on a great year.

**National Science Fiction Day, Jan. 2.** A day to celebrate the world of science fiction, observed on the birthday of celebrated author Isaac Asimov.

**National Bird Day, Jan. 5.** Nearly 12 percent of the world's 9,800 bird species may face extinction within the next century. The survival and well-being of the world's birds depends upon public education and support for conservation.

**Martin Luther King Jr.'s Birthday, Jan. 15.** The civil rights leader's birthday is celebrated as a federal holiday on Jan. 18 of this year.

**Penguin Awareness Day, Jan 20.** A day to celebrate these beloved flightless birds and also to be aware of how their world is changing.

**National Mentoring Month.** Mentoring young people can change your life—and theirs. Volunteering as a mentor or becoming an informal mentor to a young person you know is a valuable step in igniting the mentoring effect in your community.

### How to Keep Your New Year Resolutions

Once again the new year and the inevitable resolutions are upon us. Lose weight. Exercise more. Be more responsive to the family.

The authors of "Willpower: Rediscovering the Greatest Human Strength" say if you want to succeed at changing yourself, you are going to need willpower and it will be easier if you understand how willpower works.

Roy F Baumeister and John Tierny write that self-control (or willpower) takes a toll on your physical self. If you spend time resisting temptation, you'll be spent and vulnerable to the very temptations you resisted. Every effort at controlling your emotions, temptations and behavior drains your mind of willpower.

If you want to make willpower work for you, makes sure you get plenty of mental and physical rest.

You can help yourself by doing certain things too. If you are on a diet, you can plan ahead as to what you will do when confronted with a buffet (I'll eat the grilled chicken but not the cake). You can promise yourself cake later (I'll have a piece but not today).

### Winterize Your Car

When you hit the road this winter, in addition to a tune-up, a full tank of gas and fresh antifreeze, the National Safety Council recommends that your trunk should carry: • A properly inflated spare tire, wheel wrench and tripod-type jack • A shovel • Jumper cables • Tow and tire chains • A bag of salt or cat litter.

### A New Year Brings Some Great New Neighbors!

The entire staff of DeVille Apartments join in wishing all of our residents a happy and prosperous New Year. Whether you've just joined our community or you've been here for some time, we appreciate each and every resident. We look forward to serving your needs in the coming year, simply call the Management Office if we can be of assistance.

#### 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

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

#### CONTACT DIRECTORY

##### Corporate Office

(330) 492-8650

##### Corporate Fax

(330) 492-8671

##### Website

[www.devilleapts.com](http://www.devilleapts.com)

##### Corporate E-Mail

[deville@devilleapts.com](mailto:deville@devilleapts.com)





## Safeguard your career by avoiding these mistakes

**N**obody's perfect, but making too many mistakes at work can doom your prospects for advancement—or continued employment, for that matter. Don't take any chances. Avoid these all-too-common errors that could cost you your job:

- **Distraction.** If you're constantly paying attention to social media, or even if you're so absorbed in your work that you don't know what's going on around you, people may write you off as self-centered and unconcerned about the organization. Pay attention and contribute to show you're committed to success.

- **Negative attitude.** You may do your job well, but if you complain all day and constantly point

out everything that's wrong with your co-workers and your organization, few will want to work with you. When you see a legitimate problem, fix it if you can, but don't make everyone else suffer because you're unhappy.

- **Procrastination.** If you put off fulfilling your basic job responsibilities, your managers and co-workers will quickly decide they can't depend on you. Take care of priorities on time.

- **Email abuse.** Everyone depends on email these days. If your messages are too long-winded, or so curt they seem rude, you'll have trouble communicating effectively with the people you depend on (and vice versa). Similarly, ignoring emails that call for a rapid response, along with deluging

managers and co-workers with copies of every message that crosses your screen, will suggest that your grasp of priorities needs adjustment.

- **Dishonesty.** Lying, stealing, or covering up mistakes will usually result in your rapid termination. Tell the truth even when it's uncomfortable. People may be angry, but they'll respect you for being honest with them.

- **Anger.** Everyone gets angry from time to time, but if you get a reputation for throwing temper tantrums and blaming others when things don't go your way, you'll have few allies in the workplace when you really need them. Keep a cool head so co-workers know they can rely on your professionalism.



### How to save at Amazon.com

Use the "Camelizer" browser extension, available for Chrome, Firefox and Safari. It shows an item's price history, and you can set up e-mail notifications when the item drops to a price you specify. Visit the website [CamelCamelCamel.com/camelizer](http://CamelCamelCamel.com/camelizer) for more info. This works for items you are not in a hurry to buy. If you need something immediately, scroll down to the middle of the product's Amazon page and look for a section called "Special Offers and Product Promotions"—visible only on computers, not with the Amazon mobile app, and available for only some products.

Source: The-Gadgeteer.com



## INCLUDE FAMILY IN YOUR NEW YEAR'S RESOLUTIONS

Making New Year's resolutions with your family is a great way to nurture everyone's growth throughout the year. Consider these goals for the next 12 months:

- **Cut down on activities.** If your family is busier than ever, make room for consistent togetherness time. Suggesting cutting back on work and extracurricular activities so everyone can eat dinner together most nights.

- **Strengthen your children's confidence.** Some parents spend a lot of time pointing out their kids' weaknesses. Remember that successful people focus on their strengths, and do the same for your kids. You'll give them the confidence to tackle their weaknesses.

- **Make personal resolutions a family affair.** If you've decided that you need to do more charitable work, consider making your personal goal a family goal. Volunteering as a family is a powerful way to build self-esteem and establish a sense of community in yourself and your children.



## MOVIES



### JANUARY 2016 RELEASES

**NORM OF THE NORTH** A polar bear of many words, Norm's greatest gripe is simple: there is no room for tourists in the Arctic. But when a maniacal developer threatens to build luxury condos in his own backyard, Norm does what all normal polar bears would do... he heads to New York City to stop it. With a cast of ragtag lemmings at his side, Norm takes on the big apple, big business and a big identity crisis to save the day.



**THE HATEFUL EIGHT** While racing toward the town of Red Rock in post-Civil War Wyoming, bounty hunter John "The Hangman" Ruth (**Kurt Russell**) and his fugitive prisoner (**Jennifer Jason Leigh**) encounter another bounty hunter (**Samuel L. Jackson**) and a man who claims to be a sheriff. Hoping to find shelter from a blizzard, the group travels to a stagecoach stopover located on a mountain pass. Greeted there by four strangers, the eight travelers soon learn that they may not make it to their destination after all.

**THE REVENANT** In an expedition of the uncharted American wilderness, legendary explorer Hugh Glass (**Leonardo DiCaprio**) is brutally attacked by a bear and left for dead by members of his own hunting team. In a quest to survive, Glass endures unimaginable grief as well as the betrayal of his confidant John Fitzgerald (**Tom Hardy**). Guided by sheer will and the love of his family, Glass must navigate a vicious winter in a relentless pursuit to live and find redemption.

Photo credit: Bob Mahoney



**DIRTY GRANDPA** Uptight lawyer Jason Kelly (**Zac Efron**) is one week away from marrying his boss's controlling daughter, putting him on the fast track for a partnership at his firm. Tricked by his grandfather Dick (**Robert De Niro**), Jason finds himself driving the foulmouthed old man to Daytona Beach, Fla., for a wild spring break that includes frat parties, bar fights and an epic night of karaoke. While Jason worries about the upcoming wedding, Dick tries to show his grandson how to live life to the fullest.

**THE FINEST HOURS** On Feb. 18, 1952, a massive storm splits the SS Pendleton in two, trapping more than 30 sailors inside the tanker's sinking stern. Engineer Ray Sybert (**Casey Affleck**) bravely takes charge to organize a strategy for his fellow survivors. As word of the disaster reaches the Coast Guard in Chatham, Mass., Chief Warrant Officer Daniel Cluff (**Eric Bana**) orders a daring rescue mission. Despite the ferocious weather, coxswain Bernie Webber (**Chris Pine**) takes three men on a lifeboat to try and save the crew against seemingly impossible odds.

**THE BOY** A young American woman (**Lauren Cohan**) takes a job as a nanny in a remote English village, only to discover that the family's 8-year-old is a life-sized doll that the parents care for just like a real boy, as a way to cope with the death of their actual son 20 years prior. After violating a list of strict rules, a series of disturbing and inexplicable events lead her to believe the doll is actually alive.

**THE MASKED SAINT** The Masked Saint follows the journey of former professional wrestler, Chris Samuels (**Brett Granstaff**) who retires from the ring to settle down as a small town pastor. When Samuels witnesses rampant problems in the community, he decides to moonlight as a masked vigilante fighting the injustice. While facing crises at home and at the church, Samuels must evade the police and somehow reconcile his secret, violent identity with his calling as a pastor.

**KUNG FU PANDA 3** When Po's long-lost panda father suddenly reappears, the reunited duo travels to a secret panda paradise to meet scores of hilarious new

panda characters. But when the supernatural villain Kai begins to sweep across China defeating all the kung fu masters, Po must do the impossible—learn to train a village full of his fun-loving, clumsy brethren to become the ultimate band of Kung Fu Pandas! Featuring the voices of **David Cross**, **Jack Black**, **Seth Rogen**, and **Angelina Jolie**.

**THE 5TH WAVE** A teenage girl survives an alien invasion only to then search for her brother, who may or may not have been abducted by human-looking extra-terrestrials. She is helped by a boy who might also be an alien in disguise. **Ron Livingston**, **Liev Schreiber**, and **Maria Bello** star.

**ANESTHESIA** While on his way home one evening, Walter Zarrow (**Sam Waterston**), a Columbia University philosophy professor, is violently attacked on the street. There are a domino effect of events that led up to this seemingly senseless assault. Along the way, hidden connections between a seemingly disparate group of people—including a self-destructive student (**Kristen Stewart**), a hard-drinking housewife (**Gretchen Mol**), and a desperate junkie (**K. Todd Freeman**).

#### NEW ON DVD & BLU-RAY

1/5	Sicario
1/5	The Visit
1/5	The Walk
1/12	Hotel Transylvania 2
1/12	The Martian
1/19	The Intern
1/19	Everest
1/19	Straight Outta Compton
1/29	Learning to Drive



IN 2016, SWAP SALT FOR

## Herbs and Spices



**M**aking a New Year's resolution? Don't forget salt. Most Americans consume about a 1,000 milligrams of sodium over the amount recommended by nutrition and health experts. New research shows cooking with spices and herbs could help you ditch the salt shaker and meet sodium recommendations.

Keeping a resolution to cut salt from your diet is easy. Use simple spice swaps to create tasty, low-sodium meals. From seasoning eggs with basil instead of salt to adding spices

and herbs to no-salt tomato sauce, the McCormick Kitchens offer these easy tips and recipes to make low-sodium meals full of flavor:

- Beat 1/8 teaspoon herb instead of salt into 2 eggs before scrambling.
- Add oregano, garlic powder and red pepper to no-salt added tomato sauce for a tasty, low-sodium pasta dinner.
- Try making the following recipe which doesn't call for any salt. Instead, it swaps in basil, garlic powder and oregano.

For more low-sodium tips and recipes - such as shaved vegetable salad with Italian herb vinaigrette - visit [McCormick.com/recipes/low-sodium](http://McCormick.com/recipes/low-sodium) to keep your New Year's resolutions on track.

### Citrus Herbed Chicken with Asparagus

Serves: 4

Prep time: 10 minutes

Cook time: 20 minutes

- 1/4 cup flour
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon McCormick Garlic Powder
- 1/4 teaspoon McCormick Black Pepper, coarse ground
- 1 pound thin-sliced boneless skinless chicken breasts
- 1 tablespoon oil
- 1 1/2 cups chicken stock
- 1 teaspoon McCormick Basil Leaves
- 1 teaspoon McCormick Oregano Leaves

- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 2 tablespoons lemon juice

In shallow dish, mix flour, Parmesan cheese, garlic powder and pepper. Reserve 2 tablespoons. Moisten chicken lightly with water. Coat evenly with remaining flour mixture. In large nonstick skillet, heat oil on medium heat. Add 1/2 of the chicken pieces; cook 3 minutes per side, or until golden brown. Repeat with remaining chicken, adding additional oil, if necessary. Remove chicken from skillet; keep warm. In medium bowl, mix stock, basil, oregano and reserved flour mixture until well blended. Add to skillet along with asparagus. Bring to boil. Reduce heat to low; simmer 3-5 minutes, or until sauce is slightly thickened, stirring frequently. Stir in lemon juice. Return chicken to skillet; cook 2 minutes, or until heated through.

# January 2016

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					friday	saturday
					1 New Year's Day	2
					Rent Due	Fruitcake Toss Day
sunday	monday	tuesday	wednesday	thursday		
3 Chocolate-Covered Cherry Day	4 Pop Music Chart Day	5 National Bird Day	6 Cuddle Up Day	7 Old Rock Day	8 Bubble Bath Day	9 January is National Hobby Month
10 Houseplant Appreciation Day	11 Clean Off Your Desk Day	12 Poetry at Work Day	13 Rubber Duckie Day	14 Organize Your Home Day	15 Hat Day	16 Nothing Day
17 Ditch New Year's Resolutions Day	18 MLK, Jr. Day Martin Luther King National Day of Service	19 Popcorn Day	20 Cheese Lovers Day	21 Hugging Day	22 Celebration of Life Day	23 Pie Day
24 Belly Laugh Day	25 Bubble Wrap Appreciation Day	26 Spouse's Day	27 Chocolate Cake Day	28 Blueberry Pancake Day	29 Curmudgeons Day	30 January is Braille Literacy Month
31						