

DeVille

Apartment & Builders Inc.



July 2016

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Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

July Is...

National Ice Cream Month. The hot days of summer are the perfect time to enjoy a dish, a cone, or anything else with ice cream. This commemorative month was designated by President Ronald Reagan, an ice cream lover himself, in 1984.

Park and Recreation Month. Parks play a vital role in maintaining healthy ecosystems, providing clean water and clean air, and enabling conservation of natural resources. Get out and enjoy some of America's parks all month (and all year) long.

National Hot Dog Month. Americans will eat some 155 million hot dogs over the Fourth of July weekend alone. Research by the National Hot Dog and Sausage Council shows that mustard is the No. 1 hot dog condiment for adults; kids prefer ketchup.

Let Freedom Ring This Fourth of July

Freedom. The word means a lot more to us in the wake of the wars in Iraq and Afghanistan. Freedom to pursue life, liberty and the pursuit of happiness. Our country's commitment to helping the oppressed around the world enjoy the same liberties, shapes our lives as Americans.

Our wish for your holiday mirrors that of a newly formed state in 1783. North Carolina proclaimed that Independence Day that year would be celebrated as a "Day of Thanksgiving for Peace." We hope that as you celebrate with your friends and family the anniversary of the our country's first Independence Day, you will take a moment to reflect on what price many have paid to preserve our precious freedom and to truly be thankful for the peace we enjoy in our everyday lives. From the staff at DeVille Apartments & Builders Inc., we wish you all a very safe and memorable Fourth of July!

Have a Jumpin' July!

July is Anti-Boredom Month, so don't just sit around while summer passes you by. Include a few of these activities for some serious summer fun: • Go to the local zoo and visit the baby animals. • Try roller blading. • Head to a water park or pool to beat the heat. • Go to a baseball game. • Enjoy ice skating at an indoor rink. • Volunteer at a local hospital or nursing home.

We Appreciate You!

We would like to express our appreciation to those residents who always pay their rent on time. Your promptness helps us to serve you better and also eliminates the need for those annoying late fees. Your efforts certainly do not go unnoticed.

Checking Out the Checklists

Need to get organized? SimplyChecklists.com can help you with just about any kind of checklist you want to create. The site generates numerous categories including travel, pets, emergencies, and education. Click on the category you want and you will be given an array of choices. Do you want to make a checklist for a cruise you'll be taking? If so, a checklist is generated and you select the items you want included. Then print and only the items you chose will appear on your list. It's easy to use and helps you keep everything in, well... check.

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





How to be happy at work

Work doesn't have to be unending drudgery.

You can be happy at work wherever you are if you keep up a positive attitude—and follow some of these tips:

- **Build a nest.** Personalize your cubicle or workspace so it's comfortable and reflects some of your personality. You'll feel better in an environment where you can relax and be yourself.
- **Get organized.** Managing your time and other resources efficiently will reduce stress and make you more productive.
- **Move around.** Don't sit at your desk all day. Get up and walk around your workplace

every hour or so. Talk to people and get your blood flowing—both will help you stay energized and cheerful.

- **Find a sense of meaning.** Don't think of your job as moving widgets around or crunching numbers all day. Find out how your work helps people and improves their lives, and you'll feel more positive about what you do.
- **Make friends.** Get to know your co-workers. A strong connection with your team members will make coming to work more enjoyable—something you look forward to rather than dread.

▪ **Play.** Take a few minutes every once in a while to kick back and do something unrelated to work—doodle, write a poem, play with a toy, or anything that takes your mind away from your job for a few minutes. You'll feel relaxed and refreshed when you return to your activities.

▪ **Be grateful.** At the end of every day, write down three good things that happened to you at work. Getting into this habit will help you be more observant and mindful of what you do and how your co-workers are helping you.



Bring on the Spices

Are you a fan of spicy foods? Hot flavors may actually have health benefits, according to an article on Today.com. Just be careful how much you add. Take a look at these pros and cons:

The Pros

▪ **INCREASED LIFESPAN.** A 2015 study of more than half a million Chinese discovered that eating really hot foods six times a week may reduce your risk of death by 14 percent.

▪ **WEIGHT LOSS.** Eating hot peppers may curb your appetite, according to a Purdue University study that found that people consume less fat after eating spicy foods. The capsaicin that gives food a hot flavor may also increase the body's ability to burn calories.

The Cons

▪ **MOUTH BURN.** Strong hot peppers can scorch your taste buds, although the effect is usually temporary. The best immediate remedy is a glass of whole milk.

▪ **BLOOD THINNING.** Capsaicin acts as a blood thinner, which can cause problems for those on certain medications like warfarin.



Shop smarter when shopping for groceries

Everyone wants to stretch his or her money at the grocery store. Fortunately, you can do it without too much effort. Try these tips for savvy shopping:

- **Determine what's really on sale.** Don't assume items stacked at the end of the aisles are on sale. More often than not, they're marked at the regular price.
- **Remember that you pay for convenience.** Skinless chicken breasts cost more than those packaged with skin. The same applies to the pre-cleaned and cut carrot sticks. You can save money if you're willing to put a little extra work into your food preparation.
- **Check out store brands.** If you compare the contents and nutritional value of name brand versus generic items, you'll discover that they're often identical. In fact, they're often made in the same plant in the same way.
- **Use your coupons.** How often have you clipped coupons only to allow them to expire? Try to develop a system that will ensure their use.
- **Avoid stores on the weekend.** The stress of crowded stores and long lines makes you more susceptible to speed buying. Shop during the weekdays, first thing in the morning or late at night.



GHOSTBUSTERS A paranormal researcher (**Melissa McCarthy**), a physicist (**Kristen Wiig**), a nuclear engineer (**Kate McKinnon**) and a subway worker (**Leslie Jones**) try to rid New York of ghosts that can possess humans.



STAR TREK BEYOND The U.S.S. Enterprise crew explores the furthest reaches of uncharted space, where they encounter a mysterious new enemy who puts them and everything the Federation stands for to the test.

JASON BOURNE Matt Damon returns to his most iconic role in Jason Bourne. The film finds the CIA's most lethal former operative drawn out of the shadows.

BAD MOMS Amy (**Mila Kunis**) puts her family first, second, and third. But her man-child husband, high-maintenance kids and idiot boss are taking a toll. She gives and gives, and gives and gives, and then gives a little more, but it's never enough. When the alpha moms (**Christina Applegate**, **Annie Mumolo** and **Jada Pinkett Smith**) at her kids' school push her too far, Amy finally snaps. Good Amy becomes Bad Amy really fast—and she doesn't go alone. Teaming up with two other misfit moms (**Kathryn Hahn**, **Kristen Bell**), Amy gets a jolt of freedom that shakes up her life and might even make her a better mom.

THE LEGEND OF TARZAN It has been years since the man once known as Tarzan (**Alexander Skarsgård**) left the jungles of Africa behind for a gentrified life as John Clayton III, Lord Greystoke, with his beloved wife, Jane (**Margot Robbie**) at his side. Now, he has been invited back to the Congo to serve as a trade emissary of Parliament, unaware that he is a pawn in a deadly convergence of greed and revenge, masterminded by the Belgian, Captain Leon Rom (**Christoph Waltz**). But those behind the murderous plot have no idea what they are about to unleash.

THE SECRET LIFE OF PETS Set in a Manhattan apartment building, after the two-legged residents head for work and school, their pets gather to start their day, which consists of hanging out, trading humiliating stories about their owners, and helping each other work up adorable looks that will lead to more snacks. **Louis C.K.**, **Kevin Hart**, and **Eric Stonestreet** provide some of the voices.

NERVE In an attempt to broaden her horizons, a high school senior wallflower joins a global online game of provocative truth or dare while an audience of "watchers" vote and comment. But as she becomes a sensation and advances higher and higher, the game evolves and soon she finds herself in a dangerous and life-ending situation. **Emma Roberts** and **Juliette Lewis** star.

MIKE AND DAVE NEED WEDDING DATES Hard-partying brothers Mike (**Adam Devine**) and Dave (**Zac Efron**) place an online ad to find the perfect dates (**Anna Kendrick**, **Aubrey Plaza**) for their sister's Hawaiian wedding. Hoping for a wild getaway, the boys instead find themselves outsmarted and out-partied by the uncontrollable duo.

THE INFILTRATOR In 1986, federal agent Robert Mazur (**Bryan Cranston**) goes under cover to infiltrate the trafficking network of Colombian drug kingpin Pablo Escobar. Working with fellow agents Emir Abreu (**John Leguizamo**) and Kathy Ertz (**Diane Kruger**), Mazur poses as a slick, money-laundering businessman named Bob Musella. Gaining the confidence of Roberto Alcaino (**Benjamin Bratt**), Escobar's top lieutenant, Mazur must navigate a vicious criminal underworld where one wrong move could cost him everything.

NEW ON DVD & BLU-RAY

7/12 **The Divergent Series: Allegiant**
 Shailene Woodley & Theo James

7/19 **Batman v Superman: Dawn of Justice**
 Ben Affleck & Henry Cavill

7/26 **Barbershop: The Next Cut**
 Ice Cube & Cedric the Entertainer

7/26 **The Boss**
 Melissa McCarthy & Kristen Bell

Release dates subject to change without notice.

Have a Flag-Waving Fourth of July



MIX IT UP WITH JENNY It's true – the kitchen is the heart of the home. Ever notice how people always gather there? Whether baking treats, making dinner or spending time with family and friends, the kitchen is my favorite place to be. Since my day job is Consumer Test Kitchen Project Manager for the Nestlé Test Kitchens, you can bet I love to stir things up. This column lets me pass along to you some of my best recipes, tips and baking secrets.

Jenny Harper is Consumer Test Kitchen Project Manager for the Nestlé Test Kitchens and VeryBestBaking.com.

Potlucks are a popular way to celebrate just about anything – and July Fourth is a great reason to get the friends and neighbors together for a patriotic potluck.

I'm bringing a fantastic flag cake to this year's party – it serves a lot of people and it's easy to make. I'll let you in on two little secrets that make this cake taste extra good: instant potato flakes keep the cake tender and moist, while mini chocolate chips give you

little bursts of chocolate with every bite. The colorful fruit on top not only adds great flavor, but it turns this cake into a showstopper that has guests "oohing" and "ahhing" in delight!

Independence Cake

Makes 20 servings

- 1 cup water
- 1 cup instant mashed potato flakes
- 2 2/3 cups all-purpose flour
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 2 teaspoons ground cinnamon

- 1/2 teaspoon ground nutmeg
- 2 2/3 cups granulated sugar
- 1 cup (2 sticks) butter or margarine, softened
- 4 large eggs
- 3/4 cup milk
- 2 cups (12-ounce package) Nestlé Toll House Semi-Sweet Chocolate Mini Morsels
- 1 container (8 ounces) frozen lite whipped topping, thawed
- 2 cups sliced strawberries
- 1/2 cup blueberries

PREHEAT oven to 350° F. Grease 13 x 9-inch baking pan; line with wax paper.

HEAT water to boiling in small saucepan; remove from heat. Stir in potato flakes until moistened. Cool to room temperature. Combine flour, baking powder, salt, cinnamon and nutmeg in a medium bowl.

BEAT sugar and butter until crumbly. Add eggs one at a time, beating well

after each addition; beat in potatoes. Gradually beat in flour mixture alternately with milk. Stir in morsels. Spoon into prepared baking pan.

BAKE for 45 to 55 minutes or until wooden pick inserted in center comes out clean. Cool in pan for 15 minutes. Invert onto wire rack; remove wax paper. Cool completely. Transfer to serving platter.

FROST sides and top of cake with whipped topping. Just prior to serving, arrange strawberry slices and blueberries on top of cake to represent the American flag.



Courtesy of Family Features

July 2016

				friday	saturday
				1 Rent Due	2 Made in the USA Day
3 Compliment Your Mirror Day	4 Independence Day Have a Safe & Happy Fourth!	5 Bikini Day	6 World Kiss Day	7 Global Forgiveness Day	8 Coca Cola Day
9 Coca Cola Day	10 July is National Ice Cream Month	11 Etch a Sketch Day	12 Embrace Your Geekness Day	13 Hot Dog Day	14 July is National Parks & Recreation Month
15 July is National Parks & Recreation Month	16 July is Tour de France Month	17 Disneyland Day	18 International Mandela Day	19 Moon Day	20 Junk Food Day
21 Junk Food Day	22 Gorgeous Grandma Day	23 Gorgeous Grandma Day	24 Parent's Day	25 Red Shoe Day	26 All or Nothing Day
27 Walk on Stilts Day	28 Lumberjack Day	29 Talk in an Elevator Day	30 Paperback Book Day	31 World Ranger Day	