

# DeVille

Apartment & Builders Inc.



March 2016

Inside this issue

Stress strategies

Dollar store deals

Movie previews and more!

## LifeStyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

### Happening in March...

**Women's History Month.** Women's History Month has its origins as a national celebration in 1981 when Congress authorized the president to proclaim the week beginning March 7, 1982, as "Women's History Week." Since 1995, Presidents Clinton, Bush, and Obama have issued a series of annual proclamations designating March as "Women's History Month."

**Brain Awareness Week, March 14-20.** A global campaign to increase public awareness of the progress and benefits of brain research, Brain Awareness Week unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages. Activities include open days at neuroscience labs, exhibitions about the brain, and more.

**Pi Day, March 14.** Math geeks everywhere enjoy the date 3-14, which is the beginning of the infinite series of numbers that one gets by dividing the circumference of a circle by its diameter: 3.1415926535 ...

**St. Patrick's Day, March 17.** Break out the green, read some James Joyce, and try to catch a leprechaun.

**Easter, March 27.** Christian celebration of the resurrection of Jesus Christ.

### Daylight Saving Time Begins

Get ready to spring forward into longer days and warmer weather. Daylight Saving Time begins at 2 am on Sunday, March 13th. Don't forget to set your clocks forward one hour before going to bed Saturday night.

### March Maintenance Tips

When you start your spring cleaning, remember these helpful hints to cut back on elbow grease and increase the beauty of your home.

- To remove scuff marks from your linoleum floor, try using a gum eraser. If this doesn't work, apply a small amount of toothpaste to a dry cloth and wipe the scuff firmly. Once removed, clean the area with a wet cloth.

- For countertops stained with coffee or tea, apply a paste of baking soda and water. Leave for 15 minutes and then rinse. Never use an abrasive cleaner on plastic laminate counters. Simply wipe with a wet cloth or try lemon juice for persistent marks.

### National Poison Prevention Week - March 20-26

More than 2 million poisonings are reported each year to the 61 Poison Control Centers across the country. About 90 percent of poisonings occur in the home. Most non-fatal poisonings occur in children younger than age six, but poisonings are one of the leading causes of death among adults.

If you think that someone has been poisoned from a medicine or household chemical, call 1-800-222-1222 for your Poison Control Center. This toll-free number works from anyplace in the United States 24-hours-a-day, 7-days-a-week. Keep the number by your phone. The centers maintain information for the doctor or the public on recommended treatment for the ingestion of household products and medicines. They are familiar with the toxicity of most substances found in the home.

#### 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	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

#### 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)



# Bad day at work? Leave it there.

Is it time to rethink your after-work routine?

**D**o you get home stressed from traffic, annoyed by the boss and generally cranky and worn out? It may be time to spend some time in a “transporter buffer.”

That’s the space between here and there that is crucial for a happy transition.

Psychologists call it “boundary work,” the process of leaving the stresses of the day behind, thinking happily about your next stop and distracting yourself until you get there.

“Do something that makes you happy,” says Cali Williams Yost, a consultant on flexible

workplaces and author of *Tweak It*. It could be stopping for an espresso, hitting the gym, or doing an errand you want to do. One doctor admits that he listens to celebrity gossip on his phone during the drive home.

Since it is hard to decompress after work, why hurry home in traffic? One advisor recommends taking a train and relaxing to music or reading social media instead of fighting traffic and trying to save 5 minutes more on your way home.

These simple entertainments replace the natural tendency to focus on stressful experiences.

Distraction equals distance.

Yost says it helps to think about the transition from work to home in three stages: leaving the workplace, getting home, and walking through the door. Figure out what triggers negative thoughts and feelings at each stage. Either eliminate the triggers or develop new routines and rituals to get around them.

A feeling of confidence at the end of the workday can ward off a bad mood, research shows. One worker builds a 30-minute buffer before leaving with no calls or conversations.

## Great Buys at Dollar Stores

*Party supplies*—they can cost 70% less than at other stores. *Gift bags and boxes and wrapping paper*—they can cost two to three times less. *Greeting cards*—the fanciest ones may not be available, but selection is wide. *Reading glasses*—they are as good as the ones found elsewhere at much higher prices. *Hair accessories*—elastic bands, bobby pins, headbands, combs and brushes are all good buys. *Pregnancy tests*—these \$1 tests are as accurate as ones selling for \$10 to \$15 in other stores. *Vases, bowls, mugs, glasses and dishes*—quality is as good as at other stores, and you do not have to buy sets. *Also worth considering:* Storage containers, picture frames, bagged or boxed candy, socks, washcloths and dish towels.

Roundup of experts on bargain shopping, reported at [DailyFinance.com](http://DailyFinance.com).



**TRICK TO PROTECT YOUR PASSWORD** When signing up for a website, don’t answer security questions honestly—such as your mother’s maiden name or your birthplace. You’ll actually better protect your account and identity if you always use the same wrong answers.

Source: Keith Bradford, author of *Life Hacks* (Adams Media).

**KEY FOBs ARE HANDY TARGETS FOR CAR THIEVES** Your car is always listening for the electronic signal from your key fob. If it’s a newer model, you might not even have to press a button, just approach your car and the doors will unlock. In some cases, the engine can even turn itself on.

The key fob’s signal is easy for thieves to intercept and might let them drive off in your car. The fob uses a computer chip to create a unique code that it sends to the car’s security system. The car has a chip that uses algorithms to generate a second code. If the codes match up, the car opens.

Each key fob/car security pair is unique, but researcher have found that by intercepting the signal twice, they could narrow down the possible combinations. After that a computer can figure out the code in just a half-hour and unlock the car.

*USA Today*’s Kim Komando says always-on fobs present a serious weakness in your car’s security. As long as your keys are in range, anyone can open the car and the system will think it’s you. That’s why newer models won’t unlock until the key fob is within one foot.

Thieves, however, can buy an inexpensive signal amplifier over the Internet. That means your keys could be in your home, but a thief could walk up to the car and open it.

You can buy a signal-locking pouch to hold your keys. Or you can put the key fob in the refrigerator.

You can also just wrap the key fob in aluminum foil, but wrap it well so it can’t leak the signal.



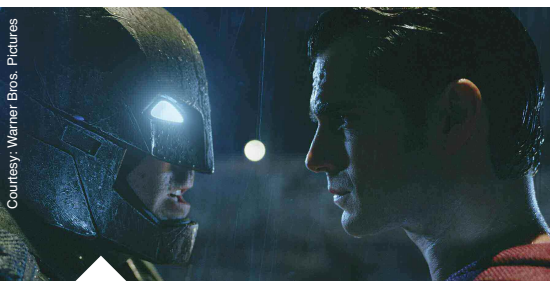


## MOVIES



### MARCH 2016 RELEASES

**ZOOTOPIA** From the largest elephant to the smallest shrew, the city of Zootopia is a mammal metropolis where various animals live and thrive. When Judy Hopps (**Ginnifer Goodwin**) becomes the first rabbit to join the police force, she quickly learns how tough it is to enforce the law. Determined to prove herself, Judy jumps at the opportunity to solve a mysterious case. Unfortunately, that means working with Nick Wilde (**Jason Bateman**), a wily fox who makes her job even harder.



**BATMAN V SUPERMAN: DAWN OF JUSTICE** Fearing the actions of a god-like superhero left unchecked, Gotham City's own formidable, forceful vigilante takes on Metropolis's most revered, modern-day savior, while the world wrestles with what sort of hero it really needs. And with Batman vs Superman at war with one another, a new threat quickly arises, putting mankind in greater danger than it's ever known before. **Ben Affleck** and **Henry Cavill** star.

**EYE IN THE SKY** stars **Helen Mirren** as Colonel Katherine Powell, a UK-based military officer in command of a top-secret drone operation to capture terrorists in Kenya. Through remote surveillance and on-the-ground intel, Powell discovers the targets are planning a suicide bombing and the mission escalates from "capture" to "kill." But as American pilot Steve Watts (**Aaron Paul**) is about to engage, a nine-year old girl enters the kill zone, triggering an international dispute reaching the highest levels of US and British government over the moral, political, and personal implications of modern warfare.

Photo credit: David Appleby



**LONDON HAS FALLEN** After the British Prime Minister passes away, his funeral becomes a target of a terrorist organization to destroy some of the world's most powerful leaders, devastate the British capital, and unleash a terrifying vision of the future. The only hope of stopping it rests on the shoulders of the President of the United States (**Aaron Eckhart**) and his formidable Secret Service head (**Gerard Butler**), and an English MI-6 agent who rightly trusts no one. **Morgan Freeman** also stars.

**THE YOUNG MESSIAH** A seven-year-old Jesus departs Egypt with his family to return home to Nazareth and discovers the truth about his birth, who he is, and his purpose in life.

**10 CLOVERFIELD LANE** **Mary Elizabeth Winstead** stars as woman who wakes up underground after a terrible car accident and fears she's been abducted. Her captor (**John Goodman**), a doomsday prepper, warns her that a terrible chemical attack has left the outside world uninhabitable but as tensions rise she decides she must escape regardless of the terrors that await outside.

**THE BROTHERS GRIMSBY** Dimwitted Nobby (**Sacha Baron Cohen**) lives in an English fishing town with his loving girlfriend (**Rebel Wilson**) and nine children. For the last 28 years, he's been searching for his long-lost brother Sebastian (**Mark Strong**). When the two finally reunite, Nobby finds out that his sibling is a top MI6 assassin who's just uncovered a sinister plot. Wrongfully accused and on the run, Sebastian now realizes that he needs Nobby's help to save the world and prove his innocence.

**THE PERFECT MATCH** **Terrence J** stars as Charlie, a bachelor who's convinced that relationships are dead even though his sister (**Paula Patton**), a therapist, tries to tell him otherwise. His best friends bet him that if he sticks to one woman for one month, he's bound to fall in love. Charlie takes the bet because he believes that he's immune to love... until he crosses paths with the beautiful and mysterious Eva (**Cassie Ventura**). Turning on his irresistible charm,

Charlie coaxes Eva into a casual affair but soon finds out that Eva has turned the tables on him. Now Charlie is questioning whether he may actually want more than just a one-night stand.

**THE CONFIRMATION** The film follows eight-year-old Anthony and his estranged father (**Clive Owen**) spending two days together for the first time in forever, as the boy's mom (**Maria Bello**) and new husband (**Matthew Modine**) head off to a religious retreat. Their mutual unease is exacerbated when the father's truck breaks down, his landlord locks him out of his house, and the toolbox that provides his living gets stolen. As they search for the stolen tools with help from an odd neighbor (**Patton Oswalt**), the father and son begin to establish a connection.

#### NEW ON DVD & BLU-RAY

3/1	Creed
3/1	The Danish Girl
3/1	The Night Before
3/1	Legend
3/1	Youth
3/8	In the Heart of the Sea
3/8	The Peanuts Movie
3/8	Victor Frankenstein
3/15	Concussion
3/15	Sisters
3/15	Carol
3/15	Alvin and the Chipmunks: The Road Chip
3/22	Daddy's Home
3/22	The Hunger Games: Mockingjay Part 2



# Ancient Foods for a Modern Kitchen

Some of the things we eat today are rather new to the human diet. Tomatoes were at one time thought to be inedible, possibly even poisonous, but are now part of the everyday diets of people worldwide. Other foods that make a regular appearance on our table have been feeding people since ancient times. Squash and Eggplant are two such ancient foods.

Some botanists believe squash is the oldest cultivated vegetable in the Americas. Seeds found in Mexican caves have been carbon-dated to 9000 B.C. Squash varieties fall into two categories: summer squash and winter squash. Summer squash includes yellow crookneck squash, yellow straight-neck squash, zucchini and Mexican gray squash -- these are soft-skinned and don't require a lot of cooking. Winter squash have a hard skin, like acorn, butternut, spaghetti, and banana squash. All varieties of squash are rich in potassium.

Eggplants originated in India and were introduced to Europe by Middle Eastern traders. The first plants produced white, egg-shaped fruits,

giving rise to the name. Mexico is the largest supplier of eggplant in North America, producing several varieties including the traditional large oval-shaped purple eggplant. Eggplant is a good source of potassium, thiamin, and vitamin B6, and a very good source of dietary fiber.

For more recipes and information on squash or eggplant, visit <http://www.freshfrommexico.com>. For information about eating a colorful variety of fruits and vegetables, visit [www.5aday.org](http://www.5aday.org).

## Roasted Squash & Eggplant Casserole with Chicken

1 large yellow squash  
1 medium eggplant  
1 1/2 tablespoons olive oil  
1 tablespoon balsamic vinegar  
1 fresh lemon, juiced  
4 cloves garlic

1 teaspoon fresh parsley  
Black pepper to taste  
1/2 cup fresh basil, chopped  
2 medium size chicken breasts, pre-cooked and cubed  
1 cup canned tomato sauce

Preheat oven to 350 degrees. Slice squash and eggplant lengthwise. In a bowl mix the oil, vinegar, lemon juice, garlic, parsley, black pepper. Brush squash and eggplant with this seasoning mixture. Grill the vegetables for 2 to 3 minutes on each side, or roast them in the oven under the broiler. Arrange squash, eggplant, basil and chicken in an 8x8 cooking dish and cover with tomato sauce. Heat in the oven 20 to 30 minutes or until thoroughly heated. Makes 6 servings.

# March

sunday

monday

tuesday

wednesday

thursday

friday

saturday

6

March is  
National  
Kite Month

7

8

Check Your  
Batteries Day

9

Get Over  
It Day

10

Popcorn  
Lover's Day

11

Middle Name  
Pride Day

12

Girl Scouts Day

13 Daylight Saving

Don't Forget to  
"Spring Forward"  
One Hour

14

National Pi Day

15

16

Freedom of  
Information Day

17

St. Patrick's Day

Don't Forget to  
Wear Green!

18

Forgive  
Mom & Dad  
Day

19

Corn Dog Day

20

International  
Earth Day

21

National Common  
Courtesy Day

22

National  
Goof Off  
Day

23

National  
Tamale Day

24

National Chocolate  
Covered Raisin Day

25

National Medal of  
Honor Day

26

Legal  
Assistants  
Day

27

Easter

March is  
Optimism  
Month

28

Something on a  
Stick Day

29

30

Take a Walk in the  
Park Day

31

March is  
Women's  
History Month

# 2016