

DeVille

Apartment & Builders Inc.



November 2015

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What musical tastes reveal

Movie previews and more!

Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in November...

National Peanut Butter Lover's Month. Celebrate your love of peanut butter this month by sharing these facts with your friends: One 12-ounce jar of peanut butter contains about 540 peanuts; one acre of peanuts can produce enough peanut butter for 30,000 sandwiches; and peanuts contribute more than \$4 billion to the U.S. economy every year.

Military Family Appreciation Month. Throughout November, military families serving around the world are honored through a variety of observances and recognized for their commitment and the many contributions they make every day in support of the military and our nation.

General Election Day, Nov. 3. All U.S. congressional seats and one-third of senatorial seats are up for election in even-numbered years.

Veterans Day, Nov. 11. Held on the date of the end of World War I, this day honors all those who have served in the U.S. armed forces.

Thanksgiving, Nov. 26. Enjoy some turkey and pumpkin pie while being thankful for family and friends.

America Recycles Day is Nov. 15

The Keep America Beautiful organization believes that each of us has an obligation to preserve and protect our environment. Through our everyday choices and actions, we have a huge impact on our world. The organization sponsors America Recycles Day to promote recycling and buying recycled products.

- Save a tree by recycling paper. Gather newspapers and discarded printer paper and recycle them.
- Recycle steel cans that held pet food, coffee, and vegetables, for example. No need to remove labels.
- Recycle magazines, slick inserts, and catalogs.
- Recycle electronics. Don't just put these in the trash: old cellphones, computers and monitors. All electronics can be recycled.
- Recycle corrugated boxes, the shipping containers products come in.
- Recycle glass bottles and jars, like those that contain pickles, spaghetti sauce and wine. Before sending to the center, remove the caps. They are made from different materials

• Recycle plastics. Milk bottles are always accepted, as are most other plastic bottles.

If you don't have space for all recyclables, pick two or three you can handle. You will still help.

Visit www.americarecyclesday.org for more tips and information.

We're Thankful for You!

November is the month we all pause to reflect on all our blessings and to give thanks for all we have. At DeVille Apartments & Builders Inc., we value each and every one of our residents. If you've recently joined our community, thank you for choosing DeVille! If you've been with us a while, thank you for your continued residency! It takes great people like you to make our community a great place to call home!

YOUR COMMUNITY STAFF

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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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How to stay healthy when you travel

Can your hotel room make you sick? Whether you're on vacation or traveling for work, you don't want your accommodations to create health issues. Try these tips to stay healthy wherever you crash:

▪ **Get a smoke-free room.**

Avoid exposure to leftover smoke and nicotine by requesting a smoke-free floor when you make your reservations, or at least a nonsmoking room.

▪ **Resist the minibar.** Decline a minibar key when you check in. You'll be free of temptation to

indulge in unhealthy (and expensive) drinks and snacks.

▪ **Ditch the bed cover.** Bed covers can be hiding places for bugs and other pests. Store it in a dresser or a corner of your room before going to bed.

▪ **Bring your own disinfectant.**

Wipe down the phone, TV remote, and other devices with an antibacterial spray or wipe before using them to get rid of any harmful bacteria and germs from previous guests.

▪ **Pack your own snacks.** You won't want to raid the minibar or visit the vending machines if you bring your own snacks with you.

Dried fruit, trail mix, and other nutritious options will help you avoid overindulgence in your room and when you eat out.

▪ **Use fresh cups.** Don't drink from reusable glasses and cups. Stick with your own water bottle, or plastic disposable cups wrapped in plastic.

▪ **Exercise.** Take some time out to stretch, run in place, or do some simple aerobics or yoga.

▪ **Check the exits.** Make sure you and your family (or fellow business travelers) know how to get out of the hotel quickly in the event of a fire or other emergency.



Having Trouble Sleeping?

Try having one of these snacks one hour before bedtime.

Kiwis are rich in serotonin, a hormone and neurotransmitter that promotes sleep.

Cheese and whole-wheat crackers contain 80% carbohydrates and 20% protein, the best ratio for boosting serotonin. But skip aged cheeses, such as Parmesan—they have an amino acid that can raise levels of stimulating chemicals.

Tart cherry juice contains high levels of the hormone melatonin, which may help you sleep longer and more soundly.

Michael Breus, PhD, author of *The Sleep Doctor's Diet Plan*, writing in *Shape*.

HERE'S WHAT RESEARCHERS SAY YOUR MUSICAL TASTES REVEAL

Can the type of music you listen to reveal what kind of person you are? A study at the University of Texas at Austin tried to answer that question. The study had 3,500 participants who also took IQ and attitude tests. Here's what the researchers determined about musical tastes:

▪ **Country, pop or religious music.** People who enjoy these genres tend to be good neighbors, willing to help others, and generally outgoing, agreeable and reliable. They're not usually adventurous, preferring to stick to a routine.

▪ **Classical, blues or jazz.** These aficionados tend to be tolerant, open to other people's opinions, open to new experiences, and curious. They probably don't stick to conventional wisdom, and are probably not very athletic.

▪ **Heavy metal, rock or alternative music.** These fans tend to speak their minds freely and take risks.

▪ **Hip-hop, dance or soul.** These fans are probably talkative or energetic. Though probably not very argumentative, they'll fight if they have to.



MOVIES



NOVEMBER 2015 RELEASES

BY THE SEA follows an American writer named Roland (**Brad Pitt**) and his wife, Vanessa (**Angelina Jolie Pitt**), who arrive in a tranquil and picturesque seaside resort in 1970s France, their marriage in apparent crisis. As they spend time with fellow travelers, including young newlyweds Lea and François, and village locals Michel and Patrice, the couple begins to come to terms with unresolved issues in their own lives.



SECRET IN THEIR EYES Rising FBI investigators Ray (**Chiwetel Ejiofor**) and Jess (**Julia Roberts**), along with their district-attorney supervisor, Claire (**Nicole Kidman**), are suddenly torn apart following the brutal murder of Jess' teenage daughter. Now, 13 years later, after obsessively searching for the elusive killer, Ray uncovers a new lead that he is certain can permanently resolve the case and bring long-desired closure to the team. But no one is prepared for the shocking and unspeakable secret that follows.

CREED Adonis Johnson (**Michael B. Jordan**) never knew his famous father, boxing champion Apollo Creed, who died before Adonis was born. However, boxing is in his blood, so he seeks out Rocky Balboa (**Sylvester Stallone**) and asks the retired champ to be his trainer. Rocky sees much of Apollo in Adonis, and agrees to mentor him, even as he battles an opponent deadlier than any in the ring. With Rocky's help, Adonis soon gets a title shot, but whether he has the true heart of a fighter remains to be seen.

Photo credit: Jonathan Olley



SPECTRE A cryptic message from the past leads James Bond (**Daniel Craig**) to Mexico City and Rome, where he meets the beautiful widow (**Monica Bellucci**) of an infamous criminal. After infiltrating a secret meeting, 007 uncovers the existence of the sinister organization SPECTRE. Needing the help of the daughter of an old nemesis, he embarks on a mission to find her. As Bond ventures toward the heart of SPECTRE, he discovers a chilling connection between himself and the enemy (**Christoph Waltz**) he seeks.

VICTOR FRANKENSTEIN When the experiments of radical scientist Victor Frankenstein (**James McAvoy**) go too far, only Igor Strausman (**Daniel Radcliffe**), his equally brilliant protégé, can bring him back from the brink of madness and save him from his monstrous creation.

THE GOOD DINOSAUR What if the asteroid that forever changed life on Earth missed the planet completely and giant dinosaurs never became extinct? Pixar Animation Studios takes you on an epic journey into the world of dinosaurs where an Apatosaurus named Arlo (voice of **Raymond Ochoa**) makes an unlikely human friend. While traveling through a harsh and mysterious landscape, Arlo learns the power of confronting his fears and discovers what he is truly capable of.

MAN UP When Nancy (**Lake Bell**) is mistaken for Jack's (**Simon Pegg**) blind date under the clock at Waterloo Station, she decides to take fate into her own hands and just go with it. What could possibly go wrong? "Man Up" is an honest, heart-warming romantic comedy about taking chances and rolling with the consequences. One night, two people, on a first date like no other...

ROOM An exploration of the boundless love between a mother and her child under the most harrowing of circumstances. Told through the eyes of five-year-old-Jack (**Jacob Tremblay**), Room is a thrilling and emotional tale that celebrates the resilience and power of the human spirit. To Jack, Room is the

world.... It's where he was born, it's where he and his Ma (**Brie Larson**) eat and sleep and play and learn. But while it's home to Jack, to Ma it's a prison. Through her fierce love for her son, Ma has managed to create a childhood for him in their ten-by-ten-foot space.

33 In 2010, the eyes of the world turned to Chile, where 33 miners had been buried alive by the catastrophic explosion and collapse of a 100-year-old gold and copper mine. Over the next 69 days, an international team worked night and day in a desperate attempt to rescue the trapped men as their families and friends, as well as millions of people globally, waited and watched anxiously for any sign of hope. But 200 stories beneath the surface, in the suffocating heat and with tensions rising, provisions—and time—were quickly running out. **Antonio Banderas, Martin Sheen and Juliette Binoche** star.

NEW ON DVD & BLU-RAY

| | |
|-------|-----------------------|
| 11/3 | Inside Out |
| 11/3 | Vacation |
| 11/10 | Mr. Holmes |
| 11/10 | Self/Less |
| 11/10 | Terminator: Genisys |
| 11/10 | Trainwreck |
| 11/24 | American Ultra |
| 11/24 | Ricki and the Flash |
| 11/24 | Shaun the Sheep Movie |

Stuffing Gets a Starring Role

Turkey may be the star of the holiday table, but for many people, the stuffing is what they really can't wait to eat. This year, satisfy those cravings with some delicious new stuffing recipes that make enough for some equally tasty leftovers.

Apple & Walnut Stuffing

1 cup chopped celery
1 cup chopped onion
1/2 cup butter or margarine
1 cup chicken broth
3/4 cup sparkling cider
2 6-ounce packages Mrs. Cubbison's Seasoned Dressing Mix
2 cups chopped, peeled apple
1 cup chopped walnuts

In a large skillet over medium heat, cook celery and onion in butter or margarine until tender, about 5 minutes.

Add chicken broth and heat for 2 minutes.

In a large bowl, combine the remaining ingredients, add celery mixture, and mix well.

Loosely stuff turkey just before roasting. Place remaining stuffing in a greased baking dish and bake at 350°F for 30 minutes, or until thoroughly heated.

Pineapple Sausage Stuffing

1 package (12 ounces) pork sausage
1 cup butter
1 1/2 cups chopped celery
1 cup chopped onion
8 cups sliced sourdough bread, cut into cubes
1 1/2 cups finely chopped fresh Dole Tropical Gold Pineapple
1 1/4 cups chopped pecans, toasted

1 cup dried cranberries
1/3 cup chopped parsley
1 teaspoon dried oregano leaves, crushed
1 teaspoon ground sage or 2 teaspoons chopped fresh sage

Crumble sausage into large skillet; cook over medium high heat until pork is completely browned. Drain sausage. Set aside.

Melt butter in skillet. Add celery and onion and cook about 10 to 15 minutes or until vegetables are tender.

Combine together bread, cooked sausage, celery-onion mixture, pineapple, pecans, cranberries, parsley, oregano and sage in large bowl; mix well. Spoon into lightly greased 3-quart casserole dish sprayed with nonstick cooking spray; cover.

Bake at 375°F, 30 minutes. Uncover and bake 10 to 15 minutes longer or until



heated through. Garnish with pineapple wedges or slices and fresh sage, if desired.

Lighter Variation: Reduce butter to 1/2 cup and increase chopped pineapple to 2 cups.

For more recipes and holiday tips, visit Dole.com or mrscubbisons.com.

| sunday | monday | tuesday | wednesday | thursday | friday | saturday |
|--|---|---|---|---|---------------------------------|--|
| 1 Rent Due | 2 <i>Deviled Egg Day</i> | 3 <i>Cliché Day</i> | 4 <i>Stress Awareness Day</i> | 5 <i>Men Make Dinner Day</i> | 6 <i>Saxophone Day</i> | 7 <i>November is Native American Heritage Month</i> |
| 8 <i>International Tongue Twister Day</i> | 9 <i>World Freedom Day</i> | 10 <i>Sesame Street Day</i> | 11 <i>Veterans Day</i> <i>We Salute Our Veterans!</i> | 12 <i>Chicken Soup for the Soul Day</i> | 13 <i>World Kindness Day</i> | 14 <i>Loosen Up, Lighten Up Day</i> |
| 15 <i>Clean Out Your Refrigerator Day</i> | 16 | 17 <i>Take a Hike Day</i> | 18 <i>Mickey Mouse Day</i> | 19 <i>Use Less Stuff Day</i> | 20 <i>Name Your PC Day</i> | 21 <i>World Hello Day</i> |
| 22 <i>Go For a Ride Day</i> | 23 <i>November is Aviation History Month</i> | 24 <i>Celebrate Your Unique Talent Day</i> | 25 <i>Shopping Reminder Day</i> | 26 <i>Thanksgiving Day</i> <i>Happy Thanksgiving!</i> | 27 <i>Black Friday</i> | 28 <i>French Toast Day</i> |
| 29 <i>Electronic Greetings Day</i> | 30 <i>Cyber Monday</i> | <h1>November 2015</h1> | | | | |