

DeVille

Apartment Builders Inc.

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Happening in October...

National Boss's Day, Oct. 17. Show some appreciation for the hardworking managers who keep businesses and offices running smoothly.

Free Speech Week, Oct. 16-22. A yearly event to raise public awareness of the importance of free speech in our democracy and to celebrate that freedom. Express your right to free speech by posting a message online, composing a poem, writing a letter to the editor, or whatever works best for you.

National Cybersecurity Awareness Month. The internet touches almost all aspects of everyone's daily life, whether we realize it or not. National Cybersecurity Awareness Month is intended to engage and educate public and private sector partners through events and initiatives with the goal of raising awareness about cybersecurity and increasing the resiliency of the nation in the event of a cyber incident.

Halloween, Oct. 31. Trick or treat!

The Birth of the Jack-o'-Lantern

Have you ever wondered how the practice of turning a pumpkin into a scary jack-o'-lantern started? Here's the story:

Jack-o'-lantern sounds Irish because it is. The flickering, carved pumpkin faces that animate the American Halloween derive from an old Irish custom of creating rustic lanterns from vegetables. The Irish child's typical Halloween flashlight was a hollowed-out turnip or potato with a candle inside. When the Irish landed in America in the nineteenth century, they were quick to spot the possibilities in the pumpkin, and a new tradition was born.

Think Pink!

October is Breast Cancer Awareness Month! We encourage Residents to wear something pink to honor this month's cause! While most people are aware of breast cancer, many forget to take steps to have a plan to detect the disease in its early stages. Visit www.nationalbreastcancer.org for more info or to make a donation to aid a woman in need!

Getting a Handle on Toilet Repairs

Believe it or not, October is official Toilet Tank Repair month. We thought we'd use the occasion to flush out a few misconceptions about do-it-yourself tank repair. First, it probably won't overflow. Toilet bowls are designed in such a way that they will usually hold the entire contents of the tank without overflowing. That is, if you don't try to flush it a second time. Second, you can turn the water off one of two ways: in back of or in the tank. The shut-off valve is located behind the tank on the wall or you could remove the tank lid and lift up on the float ball or cup. Third, to use a plunger on a backed up toilet, less is more. Too much force can cause a mess.

Having Trouble Sleeping?

For the best night's sleep, the Better Sleep Council recommends keeping the temperature in your bedroom at 60 to 65 degrees Fahrenheit. Warmer or cooler temperatures can cause restlessness and interrupt your slumber.



October 2016

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Avoiding road rage

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Movie previews and more!

Lifestyle

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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

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Saturday

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Sunday

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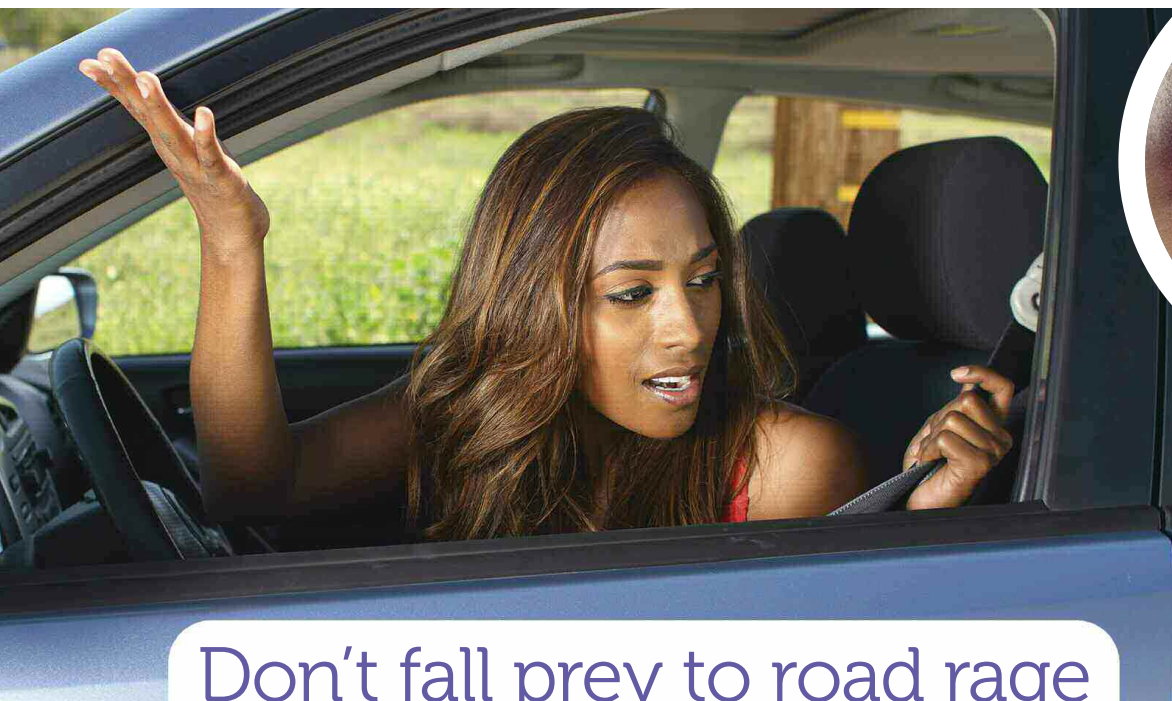
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Don't fall prey to road rage

Anyone who does any commuting to and from work knows how it can turn into an exercise in frustration. It can be like a war zone out there. But as tempting as it is to retaliate for rude driving, don't make a bad situation worse. Follow these safety rules:

▪ **Don't escalate aggression.** That means don't tailgate a driver who tailgated you first or flip the bird to a rude driver. Don't respond to the road bullies.

▪ **Don't tap your brakes when someone is tailgating.** You may be giving the driver a friendly reminder that he's following too

closely, but it may be interpreted as a hostile act. More likely than not, the driver behind you has simply drifted his attention elsewhere and isn't even aware that he's following too closely. Just give him a minute and he'll drop back on his own.

▪ **Don't make eye contact.** You really just want to let a driver know that she's been driving like an idiot, so as you pass her, you give her a look that lets her know you're not happy. Problem is you don't know a thing about that driver or what frame of mind she's in. Don't risk angering her.

▪ **Never, ever get out of your car.** A confrontation at a stop-

light is not worth risking violence. The other driver may have some kind of weapon. If the driver gets out of the car, lock your doors and close your window. If you can drive away, do so.

▪ **If you're being followed by a hostile driver, don't go home.** Drive instead to a public place like a gas station or restaurant. Better yet, head to a police station if one is nearby. If you have your cellphone call the police and report the driver.

▪ **Follow the golden rule.** The best defense against road rage is to drive as you would have others drive.

—Adapted from *Men's Health*



Cat lenses: It's all fun, until you can't see

Nifty cat lenses could look great with your costume this Halloween. But ask yourself one question: Can you afford to lose your vision for eight weeks or so?

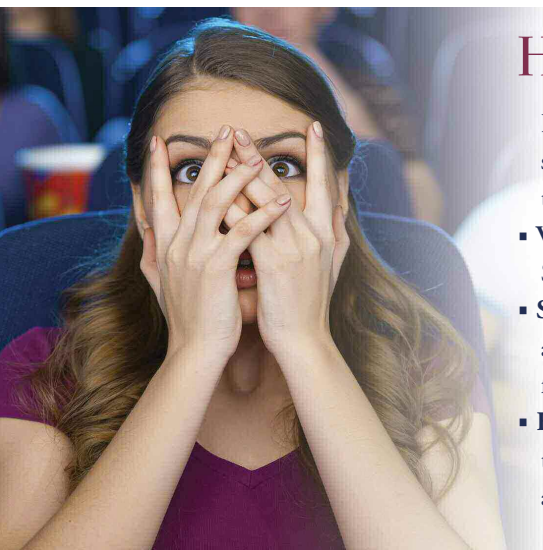
That is what happened to one woman, according to the American Academy of Ophthalmology.

The AAO reports that the West Virginia woman wore illegally made, colored lenses for 10 hours. The lens stuck like a suction cup to her eyeball. She required four weeks to recover from the pain associated with the damage to her cornea and infection. She could not see well enough to drive for eight weeks.

She now lives with a scar on her cornea, a drooping eyelid and vision damage — a bad trade for one night out.

Because of incidents like this, it is illegal to sell costume contact lenses without a prescription. But some unscrupulous vendors do exist.

No contact lenses are 'one size fits all.' Your eye must be measured and the proper lens prescribed, or you risk infection, vision damage and more.



Halloween chills: Why do we enjoy being scared?

Halloween may be one of the scariest holidays of the year, but people seem to take delight in being scared in every season. What's the appeal of ghost stories, horror movies, frightening novels, and things that go bump in the night? Experts have a few theories:

- **We like the adrenaline.** Fear has the same adrenaline-producing effect as excitement. It feels good. Scary movies, stories, and books are methods of releasing adrenaline in a controlled environment.
- **Shared fear helps us bond.** The "creeps" create social bonding. Activities like telling ghost stories around a campfire or watching a scary movie together allow us to form ties with strangers as well as family and friends.
- **Horror helps us deal with real-life terrors.** We can deal with the very real horrors of modern times by transforming them into fictional movies and stories in which the monsters and bad guys are always caught and punished.

Photo credit: Jonathan Prime



INFERNO Harvard symbologist Robert Langdon (**Tom Hanks**) tries to stop a global genocide scheme by following clues in Dante Alighieri's "The Divine Comedy" which take him to Florence and Venice, Italy. He battles a chilling adversary and grapples with an ingenious riddle that pulls him into a landscape of classic art, secret passageways, and futuristic science. **Felicity Jones** and **Omar Sy** also star.



Photo credit:
Frank Masi

KEEPING UP WITH THE JONESES An ordinary suburban couple (**Zach Galifianakis**, **Isla Fisher**) finds it's not easy keeping up with the Joneses (**Jon Hamm**, **Gal Gadot**) - their impossibly gorgeous and ultra-sophisticated new neighbors - especially when they discover that Mr. and Mrs. "Jones" are covert operatives.

JACK REACHER: NEVER GO BACK Jack Reacher (**Tom Cruise**) heads back to his old military base in Virginia to take a woman to dinner who is now the commanding officer. By the time he gets there, she has been arrested, and Reacher finds himself being charged with pummeling one guy and fathering a child with a woman. He can't remember either transgression but gets to the bottom of it with cunning and brute force.

THE ACCOUNTANT Christian Wolff (**Ben Affleck**) is a math savant with more affinity for numbers than people. Behind the cover of a small-town CPA office, he works as a freelance accountant for some of the world's most dangerous criminal organizations. With the Treasury Department's Crime Enforcement

Division, run by Ray King (**J.K. Simmons**), starting to close in, Christian takes on a legitimate client: a state-of-the-art robotics company where an accounting clerk (**Anna Kendrick**) has discovered a discrepancy involving millions of dollars. But as Christian uncooks the books and gets closer to the truth, it's the body count that starts to rise.

THE GIRL ON THE TRAIN In this thriller, Rachel (**Emily Blunt**), who is devastated by her recent divorce, spends her daily commute fantasizing about the seemingly perfect couple who live in a house that her train passes every day, until one morning she sees something shocking happen there and becomes entangled in the mystery that unfolds.

AMERICAN PASTORAL Ewan McGregor stars as Seymour "Swede" Levov, a once legendary high school athlete who is now a successful businessman married to Dawn, a former beauty queen. But turmoil brews beneath the polished veneer of Swede's life. When his beloved teenage daughter, Merry, disappears after being accused of committing a violent act, Swede dedicates himself to finding her and reuniting his family. What he discovers shakes him to the core, forcing him to look beneath the surface and confront the chaos that is shaping the world around him.

THE BIRTH OF A NATION Set against the antebellum South, *The Birth of a Nation* follows Nat Turner, a literate slave and preacher, whose financially strained owner, Samuel Turner, accepts an offer to use Nat's preaching to subdue unruly slaves. As he witnesses countless atrocities - against himself and his fellow slaves - Nat orchestrates an uprising in the hopes of leading his people to freedom.

KEVIN HART: WHAT NOW? Kevin Hart takes center stage in this groundbreaking, record-setting, sold-out performance of "What Now?"—filmed outdoors in front of 50,000 people at Philadelphia's Lincoln Financial Field—marking the first time a comedian has ever performed to an at-capacity football stadium.

THIS MONTH ON DVD & BLU-RAY

October 4	The Purge: Election Year
October 4	X-Men: Apocalypse
October 11	Ghostbusters
October 11	Ice Age: Collision Course
October 11	The Infiltrator
October 11	The Legend of Tarzan
October 18	Alice Through the Looking Glass
October 18	Independence Day: Resurgence

The Fabulous Flavors of Fall

Fall brings a whole new set of flavors to the table, and that's reason enough to celebrate with friends.

Award-winning celebrity chef and cookbook author Michael Chiarello has created some delicious seasonal dishes that make the most of autumn's bounty and make it easy to entertain.



Chef Michael Chiarello

"If you want to create

beautiful food for your friends and family, the most important thing you can do is start your recipes with the best possible ingredients," says Chiarello. "Progresso makes it easy to fill your pantry with the very finest ingredients." Using Progresso 100% natural broth and panko bread crumbs,

Chiarello has created dishes with exceptional flavor and paired them with the award-winning wines of the Cavit Collection.

Find more seasonal recipes at www.progressofoods.com.

Mama Chiarello's Stuffed Eggplant

Makes 4 servings

Prep Time: 30 minutes

Start to Finish: 1 hour 20 minutes

- 1 large eggplant
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon grey sea salt
- 1/4 teaspoon black pepper
- 1/2 pound ground beef
- 1 onion, diced small (about 1 cup)
- 1 red bell pepper, diced small (about 1 cup)
- 3 cloves garlic, finely chopped
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh basil leaves
- 1 1/4 cups grated pecorino Romano cheese
- 1/2 cup Progresso plain panko crispy bread crumbs
- 1 whole egg
- 2 chopped tomatoes

Heat oven to 350°F.

Cut eggplant in half and scoop out center, leaving enough meat inside the skin so that it holds its shape when baked. Chop eggplant that has been scooped out of the inside; place in saucepan, cover with water and boil until very soft, 10 to 12 minutes.

Meanwhile, in medium sauté pan, heat 1 tablespoon olive oil over medium heat. Salt and pepper the beef. Add seasoned ground beef to pan, and sauté until all of its liquid is evaporated and beef begins to brown slightly. Let cool briefly, and chop cooked beef so that there are no large chunks of meat. In another medium sauté pan over medium heat, add remaining 2 tablespoons olive oil, and sauté the onion, pepper and garlic together in oil.



In bowl, mix together cooked eggplant, vegetables, beef, herbs, 1 cup cheese, 1/4 cup bread crumbs and egg. Fill scooped-out eggplant halves with this mixture, dividing it evenly between the two halves.

Top with chopped tomatoes, remaining 1/4 cup cheese, remaining 1/4 cup bread crumbs, and season with salt and pepper. Place on an oiled oven tray or baking dish, and bake for 50 minutes. Let cool briefly; slice widthwise and serve.

Enjoy with Pinot Noir, Merlot or Cabernet Sauvignon.

October 2016

saturday

sunday	monday	tuesday	wednesday	thursday	friday	1 Rent Due
2 Name Your Car Day	3 Techies Day	4	5 World Teachers Day	6 Mad Hatter Day	7 World Smile Day	8
9 Fire Prevention Day	10 Columbus Day Native American Day	11 It's My Party Day	12 Take Your Parents to Lunch Day	13	14 Be Bald and Free Day	15 Sweetest Day
16 Dictionary Day	17 Boss' Day	18	19 Evaluate Your Life Day	20 Waiters Day	21 Back to the Future Day	22 Make a Difference Day
23 Mother-In-Law Day	24 National Bologna Day	25 World Pasta Day	26	27 Cranky Co-Workers Day	28 Frankenstein Friday	29
30 National Candy Corn Day	31					