

DeVille

Apartment & Builders Inc.



January 2025
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Happening in January...

New Year's Day, Jan. 1. Ring in the new year with good cheer and some smart resolutions.

Someday We'll Laugh About This Week, Jan. 2-8. Don't let the failures and embarrassments of the past continue to cast a shadow over you. Laugh and get over it. Let someday be now.

National Use Your Gift Card Day, Jan. 18. Don't start out the year hoarding and forgetting about the gifts you've been given. Gather your unused gift cards, and do a bit of shopping for yourself and others.

Martin Luther King Jr. Day, Jan. 20. A national U.S. holiday celebrating the groundbreaking civil rights leader (born Jan. 15, 1929).

Ideas for a Healthy, Happy 2025

Build a better budget. If there's one New Year's resolution that will help you the most in the long run, it's vowing to save more money. Before you head back to the office in January, outline a rough budget that works for you — and make a plan for how you'll stick to it. Apps like Mint and YANB (youneedabudget.com) can help you do this as painlessly as possible.

Practice mindfulness. Anxiety can nag at anyone during any season, in all parts of life. It can be easy to let the idea of the future or past experiences inform your reality of the present. Practicing mindfulness means doing everything you can to be grateful for what you have in the moment, where you are in life, and who you are right now.

Drink less alcohol. You already know you don't need to drink to have fun — so why not make this year the one you cut back and join the sober curious movement? Doing so can help to improve your mood, sleep, skin and your immune system. Plus, it'll also help you save money in the long run.

Explore new hobbies. Another sleepy Sunday? Today's the day you try Ethiopian food, attend a ballet, or take a painting class — whatever feels fun. When researchers followed 7,500 people for 25 years, they found that those who complained of major boredom were roughly twice as likely to die from heart disease.

Life Hacks

Sneakers looking a little worn? Place some white non-gel toothpaste on an old toothbrush, scrub it into the dirty spots, leave it for 10 minutes, and wipe away. They'll look good as new.

Never Use A Wet Oven Mitt. If an oven mitt gets wet, it's no longer an oven mitt. Water transfers heat much faster than dry materials, so the heat will hit your hand almost instantly.

Take A Picture Of Your Fridge. Going to the grocery store? Take a picture of your fridge and pantry before you leave. This way you can actually see what you need, which means less trips back and forth.

Turn Gift Cards Into Cash. Get a gift card from Christmas or your birthday you don't want? You don't have to spend it on a bunch of useless stuff anymore! *CardCash.com* lets you trade your unwanted gift cards to people for a percentage of the value. That pointless \$100 gift card can now become \$80-\$90 of cold hard cash, just don't tell your Aunt Nancy you traded her Christmas gift for cash.

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An Artificial Intelligence cheat sheet



Easy Sports Party Tips

No matter the sport, it's a tradition to get together with friends for some fun while watching the game. Although the competition is enough to keep everyone excited, there are some party tips that help ensure everyone is having fun.

Here are a few tips for planning a fun party from Food Network.

Pre-Game Strategy Start by making a list and then, to cut down on time, visit a warehouse store, like Sam's Club, to get all your party supplies in one stop. Since you're shopping for a group, buy in bulk to get better deals.

Menu Party food should be delicious, but it should also be fun and casual – this isn't an occasion for champagne and caviar.

Stadium Seating Arrange furniture in an "L" shape with extra chairs around the perimeter of the room. That way, most guests will have a good view of the television and they can also sit and talk.

Post-Game To avoid hours of clean-up after the game, use disposable paper products for everything from tablecloths to plates and napkins.

The technology is evolving so quickly that you're forgiven if you don't remember the finer details of artificial intelligence. But like it or not, AI's role in our everyday lives is only going to grow, and a basic working understanding will serve you well.

Just what is AI?

Artificial intelligence, or AI, analyzes and interprets data in order to simulate human intelligence—meaning the way we gather information and learn from experience, solve problems, make decisions, and adapt to changing circumstances. But unlike humans, traditional AI can't come up with new ideas on its own, and can only make suggestions based on its analysis of existing data.

Is that the same as generative AI?

Not exactly. Generative AI is designed specifically to generate new content—something that traditional AI isn't programmed to do. Though both systems analyze and interpret data, generative AI identifies patterns in large datasets and then creates new variations based on the information it gleans from the existing dataset. For example, generative AI might train on photos of pickup trucks, and then generate a recognizable image of a pickup truck that does not match any of the photos in the original dataset.

What are they good for?

Traditional AI excels at performing specific tasks with clear and consistent rules, like monitoring your credit card transactions to detect fraudulent

activity or segregating spam emails from your regular inbox. It excels at automating unavoidable and time-consuming chores.

Generative AI outputs new material based on input or parameters from users. For example, a user might request a haiku about a tree and receive a complete haiku based only on that suggestion. More specific instructions yield more defined outputs.

Does generative AI really "create" new material?

That's a subject of fierce debate, but Uncle Sam doesn't seem to think so. AI-generated content, including text, images, or music, is not eligible for copyright protection. If you want something you can own and legally protect, you'll have to create it the old-fashioned way—with your human brain.



CAST-IRON SMOKED QUESO DIP Scoring big on game day requires championship-level snacks that keep the crowd full and ready for action. You can take your tailgate to the house with this easy dip recipe so you can focus on the big screen.

- 2 cups cheddar cheese
- 1 cup Monterey Jack cheese
- 1 teaspoon almond flour
- 1 cup heavy cream
- 1 cup salsa
- 1 teaspoon paprika
- 1 teaspoon sea salt
- 1/4 cup cooked chorizo
- 1 teaspoon liquid smoke
- cilantro, for garnish
- diced bell pepper, for garnish

In cast-iron pan, mix cheddar cheese, Monterey Jack cheese and almond flour. Pour in heavy cream and salsa; bring to gentle simmer. Whisk while simmering 5-7 minutes, or until queso dip begins to thicken. Add paprika, salt, chorizo and liquid smoke; adjust seasoning as necessary.

Garnish with cilantro and bell pepper.



it's **January!**

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LIVES CAN BE SAVED PER PINT OF BLOOD DONATED.

But less than 10 percent of people eligible to give blood do so. In honor of National Blood Donor Month, consider rolling up your sleeve this January. Find out where at redcrossblood.org

EAT,
DRINK
&

BE
HEALTHY

Good-for-you treats on the New Year's Eve party circuit:

100 CALORIES

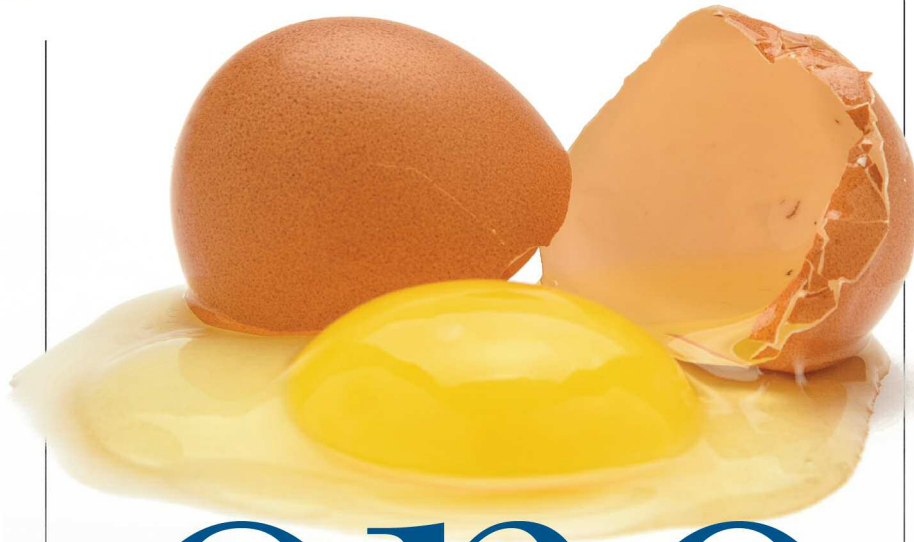
Three asparagus wrapped in prosciutto. The stalks have fiber, folate, vitamins A & C.

90 CALORIES

One 4-oz. glass of sparkling wine. It has heart-healthy antioxidants.

75 CALORIES

1/2 cup of crudité's with 2 Tbsp. hummus. You'll get a serving of veggies and good fat.



one

EGG A DAY DOESN'T INCREASE YOUR RISK OF HEART DISEASE.

It was once thought that the cholesterol in egg yolks could raise cholesterol, but research in *The American Journal of Clinical Nutrition* found no association. A real culprit: Saturated fat, found in meat and dairy products has been shown to increase your LDL, or "bad" cholesterol.

JANUARY 28 IS NATIONAL PLAN YOUR VACATION DAY

The average American takes only half of their vacation days.

Start strategizing that getaway (or staycation) today. Research shows that even the act of planning boosts happiness.



1 in 3

Americans skip breakfast.

If you're among the many of us, you may be missing out on key nutrients. New research from The Ohio State University found that those who didn't eat breakfast tended to have lower levels of folate, calcium, iron, and vitamins A, B, and D. They also ate more snacks high in sugar, carbs, and fat. Try to have a simple bite-like yogurt with fruit, a PB&J, or just a banana and glass of milk.



January 24 NATIONAL COMPLIMENT DAY

Find a reason to give someone a shout-out. It can be as simple as an appreciative "Thanks for being a great friend." Research shows both the giver and receiver get an emotional boost. In fact, one study showed that getting a compliment has the same positive effect as receiving a cash reward.



Happy New Year!!

January '25

			wednesday	thursday	friday	saturday
			1 New Year's Day Rent Due	2 National Science Fiction Day	3 National Fruitcake Toss Day	4 National Trivia Day
sunday	monday	tuesday				
5 January's Birthstone is Garnet	6 National Take Down the Christmas Tree Day	7 Harlem Globetrotter's Day	8 National Bubble Bath Day	9 Law Enforcement Appreciation Day	10 Houseplant Appreciation Day	11 January Flower: Carnation
12 Kiss a Ginger Day	13 Korean American Day	14 January is National Hobby Month	15 National Hat Day	16 National Nothing Day	17 Ditch New Year's Resolutions Day	18 National Use Your Gift Card Day
19 National Popcorn Day	20 MLK Jr. Day Civil Rights Day & Inauguration Day	21 International Sweatpants Day	22 Celebration of Life Day	23 National Pie Day	24 Macintosh Computer Day	25 National Opposite Day
26 Australia Day	27 Bubble Wrap Appreciation Day	28 National Kazoo Day	29 National Puzzle Day	30 January is Be Kind to Food Servers Month	31 National Hot Chocolate Day	