

DeVilled

Apartment & Builders Inc.



July 2021

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Lifestyle

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Happening in July...

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.

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.

National Cell Phone Courtesy Month. For the next 31 days, exercise common sense when it comes to cell phone use. Keep your phone turned off when you're having dinner, taking a yoga class, or at the theater. If you are in a workplace or public setting, move to a more private location if you need to take a call.

Simple Tips for Saving Money

Saving money doesn't have to be complicated. Try these tips from the CNBC website:

- Go on a savings spree. For one month, save a dollar amount on the day that corresponds to the date. On the first of the month, for example, save \$1; on the second, save \$2, and so on. By the end of the month you'll have saved up close to \$500—and gotten into the habit of saving.
- Match spending and saving. For every dollar you spend, put another dollar into savings. This will help you curb your spending as you consider whether or not you want to commit the same amount to savings.
- Increase your retirement savings by 1%. Bump up your contribution to your 401(k) or whatever plan you have by just 1%. You won't miss the money, but in time it will add up to a sizable amount for your retirement.

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.

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!

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How to deal with a messy roommate

If you and your roommate don't quite see eye to eye on what's messy and what's not, the discord could make your living situation unbearable. Before it goes too far, clean up any potential chaos with these actionable tips.

- **Be realistic.** You're bound to be disappointed if you expect to keep 100% of a shared residence exactly the way you like it. Try not to worry about the mess in your roommate's room and focus solely on your shared spaces when you speak about the issue. Whatever you do, steer away from an accusatory tone. Instead, aim for an honest, yet positive conversation.

- **Sweep in some compassion.** You might assume your room-

mate leaves his stuff lying around because he just doesn't care—about the home, his things, or even you—but it's possible he isn't aware of the epic mess left in his wake. It could be that's his nature, or he's preoccupied with work stress, relationship problems, or family hardships. There's no need to play armchair therapist, but adding a touch of compassion as you try to understand what's going on in his life will help you approach the cleanliness issue from the best—and most successful—angle.

- **Do a clean exchange.** If your roommate has a lot on her plate (or is genuinely not good at cleaning), offer up a duty swap. Take on more of the clean-

liness chores in exchange for her covering other roles like grocery shopping or sorting the bills. Determine your strengths and weaknesses as a pair and then fill in the spaces where the other lacks.

- **Call in the pros.** if you just don't have the time to take on more cleaning responsibilities yourself—or the mess has gotten insurmountably bad—you can always seek professional help. If you can afford to split the bill for a one-time cleaning session, it can get your home back to square one. Or, if clutter is the issue, share the cost of a storage unit. Seeing the place reach its cleanest potential just might inspire your roommate to keep it that way.



Summertime Food Safety

Potlucks and barbecues are great ways to take advantage of the summer sun, but the higher heat can also increase the chances of food poisoning. Keep these tips in mind as you plan your picnic.

- **KEEP IT COOL.** Perishables like potato salad and meats should be kept at or below 40 degrees Fahrenheit, rather than set out to warm on the picnic table. Stash it in a cooler with ice packs, and open the lid as little as possible.

- **SEPARATE PLATES.** If you tote raw hamburger to the grill on one plate, don't use that plate for the cooked patties. The same rule goes for utensils that touched raw meat.

- **COOKS SHOULD WASH THEIR HANDS.** If you shred salad leaves after grilling chicken, you could unintentionally add raw meat juices to the veggies. A thorough hand washing will take care of most problems. No nearby sink? Don't forget to pack the antibacterial hand sanitizer.



Fresh or frozen? The choice is yours

Mom may have told you over and over again to eat fruits and vegetables that are fresh, but nutrition experts say that frozen produce isn't necessarily inferior. According to The New York Times, most nutrients are surprisingly hardy: Iron, for example, stands up to freezing quite well, and fiber does its job whether it's frozen or fresh.

Scientists at the University of California-Davis analyzed the vitamin content in several different varieties of fresh and frozen produce, including blueberries, broccoli, carrots, spinach, and strawberries. They found no significant differences between fresh and frozen items, and even discovered that frozen broccoli contains more riboflavin—a B vitamin—than the fresh selection. Similarly, frozen blueberries have more vitamin C than fresh.

Experts recommend looking for produce frozen using the IQF process—individually quick frozen—for the highest quality.



A Sweet, Summery Treat

After some fun in the sun, a cooling treat is often the perfect way to cap off a summer day.

These Watermelon Berry Frozen Pops make dessert about as simple as possible by blending watermelon, blueberries, raspberries and honey before adding to ice pop molds and freezing throughout the day.

Watermelon Berry Frozen Pops

Servings: 8

- 6 cups watermelon
- 1 cup blueberries, divided
- 1 cup raspberries, divided
- 3 tablespoons honey

In blender, blend watermelon, 1/2 cup blueberries, 1/2 cup raspberries and honey until smooth. Press through fine mesh strainer to remove pulp and seeds.

Fill ice pop molds 3/4 full with liquid. Add remaining whole blueberries and raspberries to molds. Insert sticks and freeze at least 4 hours, or until completely frozen.



How to enjoy the sun while avoiding the burn

Summer is here, and the days are warm and sunny again. But if you're not careful, an afternoon on the beach or in the park can lead to a case of sunburn. And worse: Overexposure to the sun's ultraviolet radiation (UVA and UVB) can damage your skin and increase your risk of skin cancer. Sunscreen will offer some protection (though some researchers argue that it doesn't prevent melanoma, the most dangerous type of skin cancer), but you've got to follow the directions. Here is some good advice:

▪ **Sun block, by the numbers.** Pick the right protection in the

first place: A Sun Protection Factor (SPF) of 15 will block about 93 percent of harmful UVB rays; SPF 50 screens out 99 percent. Apply your sunscreen 30 minutes before going out. This gives your skin adequate time to absorb it.

▪ **Apply sufficient amounts.** Experts advise applying at least one full ounce of sunscreen before going out—roughly enough to fill a shot glass. Reapply your lotion every two hours, and after swimming or exercising enough to raise a sweat. During a long day outdoors, you should use from one-quarter to one-half of an eight-ounce bottle. Remember to apply sunscreen

to often-overlooked areas of your body like your ears, lips, and feet.

▪ **Minimize exposure.** Think of sunscreen as a second line of defense against sunburn and skin damage, not your primary protection. Wear a broad hat, sunglasses, and protective clothing, and try to avoid direct sunlight between 10 a.m. and 4 p.m., when the sun is strongest and the atmosphere absorbs less UV radiation than it does during the rest of the day.



New clothing: Wash, then wear

Should you wash that new shirt or sweater before wearing it? Probably, especially if it's clothing for a child.

Dr. Jennifer Shu, a pediatrician who answers questions on the CNN website, cautions that clothes have probably been handled by many different people in factories and stores before reaching store shelves.

In addition, clothing may have been sprayed or treated with chemicals to prevent bacteria growth or keep them smelling fresh. Wash new clothes, or at least air them out thoroughly, before letting them get close to any sensitive skin.



HAVE A SAFE & HAPPY

4th JULY

INDEPENDENCE DAY

July 2021

				thursday	friday	saturday
				1 Rent Due.	2 <i>World UFO Day</i>	3 <i>Compliment Your Mirror Day</i>
4 <i>Independence Day</i> <i>Have a Safe and Happy Fourth of July!</i>	5 <i>Bikini Day</i>	6 <i>International Kissing Day</i>	7 <i>Global Forgiveness Day</i>	8 <i>July is National Picnic Month</i>	9 <i>Sugar Cookie Day</i>	10 <i>July is Cell Phone Courtesy Month</i>
11 <i>Miniature Golf Day</i>	12 <i>Simplicity Day</i>	13 <i>World Cup Soccer Day</i>	14 <i>Shark Awareness Day</i>	15 <i>Hot Dog Day</i>	16 <i>Robin Hood Day</i>	17
18 <i>National Ice Cream Day</i>	19	20 <i>World Jump Day</i>	21 <i>Junk Food Day</i>	22	23 <i>Peanut Butter and Chocolate Day</i>	24 <i>Tell an Old Joke Day</i>
25 <i>Parents' Day</i>	26 <i>All or Nothing Day</i>	27 <i>Walk on Stilts Day</i>	28 <i>National Waterpark Day</i>	29 <i>International Chicken Wing Day</i>	30 <i>Talk in an Elevator Day</i>	31 <i>World Ranger Day</i>