



April 2018

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Lifestyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in April...

April Fools' Day, Apr. 1. Play a joke on a friend—and be a good sport when someone does the same to you.

National Scrabble Day, April 13. Challenge your friends to a war of words on this day that pays homage to the game and the birthday of the man who created it, Alfred Mosher Butts.

National Volunteer Week, April 15-21. Let a cause near and dear to your heart inspire you to take action. Go to AllForGood.org to find a service project in your area and get involved this week.

Income Tax Day, April 17. Not exactly a holiday, but one day you shouldn't forget.

Earth Day, April 22. Since 1970, people around the world have focused on issues that affect our planet. The theme of this year's campaign is "End Plastic Pollution." Go to EarthDay.org to find out how you can be an environmental steward.

National Humor Month. Laughter truly is the best medicine, so why not strengthen your funny bone? Visit HumorMonth.com to find projects and resources that will help bring the laughter.

Happy Earth-Day to You!

The world's problems can seem overwhelming. How can just one person make a difference? On Earth Day, April 22, commit to make one small change to positively impact the environment. Make a pledge and make a difference. "I promise to (turn off the lights when I leave the room; turn off the water while shaving or brushing my teeth; send fewer items to the dry cleaner; eliminate unnecessary magazine subscriptions; avoid using postal mail and instead use e-mail or voice mail; copy on both sides of the paper; buy refillable pens and pencils; substitute burned-out light bulbs with energy-saving compact fluorescent fixtures; carpool; turn off computers, televisions, CD players and other electronic devices when not in use)."

Kitchen Space Savers

Two's company but three's a crowd in your kitchen? Try one of these creative space savers to give you added room:

- Nix the oversized table for a breakfast bar and stools or clear the room completely and opt for a set of wooden TV trays.
- Buy a kitchen cart that does double duty as work and dining space or a table with leaves that can be removed when not in use.

Save by Paying Yourself First

Save, save, save! This is advice everyone hears throughout their lives, mostly from those older than they are. Given that the average American's saving rate is a paltry 5.7 percent, it appears as though many are not heeding this good advice.

According to financial blog Get Rich Slowly, one of the best ways to ensure that people are saving enough is to pay themselves first. This strategy means that money is put into a savings account before paying bills and before spending money on food and cell phones. Handling money in this way ensures that it is being prioritized and helps to develop healthy financial habits.

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 thru Friday

8:00 am–5:00 pm

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CONTACT DIRECTORY

Corporate Office

(330) 492-8650

Corporate Fax

(330) 492-8671

Website

www.devilleapts.com

Corporate E-Mail

deville@devilleapts.com





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 he's been driving like an

idiot, so as you pass him, you give him a look that lets him know you're not happy. Problem is you don't know a thing about that driver or what frame of mind he's in. Don't risk angering him.

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



Tips on tipping outside the restaurant

Tipping isn't always as simple as calculating a standard 15 or 20 percent. All sorts of jobs don't automatically take 15 percent tips—taxi drivers, valet parking attendants, hairdressers, and the like. The following are guidelines on what you should tip for various services, according to hospitality and etiquette experts:

- **Uber, Lyft and taxis.** Ten percent to 15 percent of the bill; slightly more for short trips since most drivers prefer fares to the airport.
- **Shuttle to or from hotel or airport.** \$1 or \$2 goes a long way for a helpful driver, since many aren't expecting anything.
- **Skycap.** \$1 per bag.
- **Valet.** \$1 or \$2 per car.
- **Hotel maid.** \$1-\$2 for each night, left at checkout time.
- **Pizza and other deliveries.** Ten percent of bill.
- **Room service.** Usually added into bill at 15 percent to 20 percent. If not already on the bill, leave 15 percent, or \$2 minimum.
- **Barber or hairdresser.** Ten percent to 15 percent of bill; double that amount for a holiday bonus.



Practice self-discipline before you buy

If you're prone to impulse buying, try this trick to exercise a little financial restraint: Give yourself a spending limit, and don't spend more than that limit without taking 48 hours to think a purchase over. For instance, if you see a top you love that costs \$100, wait two days before handing over your credit card or cash you really can't spare.

Forcing yourself to think about a purchase will provide you with a cooling-off period that lets you decide whether you really want to spend your money.



RAMPAGE Primatologist Davis Okoye (**Dwayne Johnson**) shares an unshakable bond with George, an extraordinarily intelligent, silverback gorilla that's been in his care since birth. When a rogue genetic experiment goes wrong, it causes George, a wolf and a reptile to grow to a monstrous size. As the mutated beasts embark on a path of destruction, Okoye teams up with a discredited genetic engineer and the military to secure an antidote and prevent a global catastrophe. **Naomie Harris** co-stars.

Photo credit: Frank Masi



AVENGERS: INFINITY WAR The Avengers and their Super Hero allies must be willing to sacrifice all in an attempt to defeat the powerful Thanos before his blitz of devastation and ruin puts an end to the universe. **Robert Downey Jr., Jeremy Renner, Scarlett Johansson, and Chris Hemsworth** star.

THE HUMANITY BUREAU In the near future, a government agency exiles unproductive members of American society to a colony known as New Eden. A caseworker soon makes it his mission to expose the bureau's secrets while also trying to save a banished woman and her young son. **Nicolas Cage** stars.

CHAPPAQUIDDICK On the eve of the moon landing, Ted Kennedy (**Jason Clarke**) is involved in a tragic single-car accident that results in the death of former Robert Kennedy campaign worker Mary Jo Kopechne (**Kate Mara**). The senator struggles to follow his own moral compass and simultaneously protect his family's legacy, all while simply trying to keep his own political ambitions alive.

SGT. STUBBY: AN AMERICAN HERO The animated true story of a stray bull terrier mutt and the lasting bond he forged with the doughboys of the 26th "Yankee" Division at the onset of America's entry into World War I. For his valorous actions, Stubby was the first dog promoted to the rank of Sergeant in U.S. Army history.

I FEEL PRETTY In *I Feel Pretty* an ordinary woman who struggles with feelings of insecurity and inadequacy on a daily basis wakes from a fall believing she is suddenly the most beautiful and capable woman on the planet. With this newfound confidence she is empowered to live her life fearlessly and flawlessly, but what will happen when she realizes her appearance never changed? **Amy Schumer** stars.

DUCK DUCK GOOSE In *Duck Duck Goose*, a high-flying bachelor goose named Peng (voiced by **Jim Gaffigan**) is injured in flight and finds himself saddled with two adorably hilarious and demanding ducklings (voiced by **Zendaya** and **Lance Lim**), on a long journey south that will turn this scrappy threesome into a family.

BAD SAMARITAN A valet (**Robert Sheehan**) develops a clever scam to burglarize the houses of rich customers. Things go smoothly until he robs the wrong customer (**David Tennant**), and discovers a woman being held

captive in his home. Afraid of going to prison, he leaves the woman there and makes a call to the police, who find nothing when they investigate. Now, the valet must endure the wrath of the kidnapper who seeks revenge on him, all while desperately trying to find and rescue the captive woman he left behind.

OVERBOARD Kate (**Anna Faris**) is a single, mother of three who's hired to clean a luxury yacht belonging to Leonardo—a selfish, spoiled and wealthy Mexican playboy. After unjustly firing Kate, Leonardo falls off the boat and wakes up with no memory of who he is. To get payback, Kate shows up at the hospital and convinces the confused amnesiac that they're married. As Leonardo tries to get used to manual labor and his new family, Kate starts to wonder how long she can keep fooling her fake husband.

HOME ENTERTAINMENT RELEASES

April 3	Father Figures
April 3	Insidious: The Last Key
April 10	The Greatest Showman
April 10	Molly's Game
April 10	All the Money in the World
April 17	The Post
April 17	The Commuter
April 24	Paddington 2
April 24	Hostiles



Happy Easter



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Easter</i> Rent Due.	2 <i>National Peanut Butter and Jelly Day</i>	3 <i>Find a Rainbow Day</i>	4	5 <i>Gold Star Spouses Day</i>	6 <i>Walk to Work Day</i>	7 <i>Pillow Fight Day</i>
8 <i>Zoo Lovers Day</i>	9 <i>Unicorn Day</i>	10 <i>Sibling Day</i>	11 <i>Barbershop Quartet Day</i>	12 <i>Walk on Your Wild Side Day</i>	13 <i>Scrabble Day</i>	14 <i>Dolphin Day</i>
15 <i>Jackie Robinson Day</i>	16 <i>Wear Your Pajamas to Work Day</i>	17 <i>Haiku Poetry Day</i>	18 <i>Banana Day</i>	19 <i>Bicycle Day</i>	20 <i>High Five Day</i>	21 <i>International Astronomy Day</i>
22 <i>Jelly Bean Day</i>	23 <i>Talk Like Shakespeare Day</i>	24 <i>Pig in a Blanket Day</i>	25 <i>Administrative Professionals Day</i>	26 <i>National Pretzel Day</i>	27 <i>Arbor Day</i>	28
29 <i>International Dance Day</i>	30 <i>Oatmeal Cookie Day</i>	<h1>April 2018</h1>				