

DeVille

Apartment Builders Inc.



July 2018

Inside this issue

Kitchen basics

Road trip safety

Movie previews and more!

Lifestyle

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Happening in July...

Independence Day, July 4. Celebrate the signing of the Declaration of Independence in 1776 with hot dogs, fireworks displays, and remembrance.

Global Forgiveness Day, July 7. A day to seek peace and ease conflict by forgiving those who have offended or harmed us.

Toss Away the Could Have's and Should Have's Day, July 21. The third Saturday of July will be the start of new beginnings. Today is the day to put the failures and regrets of the past behind you, root yourself in the here and now, and live each day to the fullest.

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.

Closed in Commemoration

Our Office will be closed on July 4th in commemoration of our country's birth. We wish all of you a safe and happy Independence Day!

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.

July is National Parks and Recreation Month

It's hard to imagine a world without parks. Fortunately, more communities are realizing the significance of recreation, parks, and open space.

The National Recreation and Park Association says that all across the country, people are seeing the potential of parks and their contributions to a healthy lifestyle.

July is the perfect time to visit a park near you. Take a picnic, visit the playground, play softball or tennis. Or just take a walk and enjoy the trees, flowers, and fresh air.

Healthier Picnicking

Planning a summer picnic? Remember these do's & don'ts when making or ordering your favorite sandwich: • Hold the mayo. Extra tip: Be sure to make this request even if you are ordering a mayonnaise-based salad sandwich such as tuna. Many places will still put additional mayo on the bread! • For fat-free tasty spreads, request one of the following: vinegar (this tastes surprisingly good), diet Italian dressing, or mustard. • Add extra lettuce, tomatoes and onions instead of adding meat. • Always choose the leanest cuts of meat. • Hold the chips, oil, and cheese unless lowfat is available. Enjoy!

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Saturday

Closed

Sunday

Closed

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Kitchen Basics

Stocking a kitchen with everything you need can be expensive and complicated. The Chicago Tribune asked a panel of experts to recommend 10 basic items they couldn't do without and eight extras that they'd love to have. Here they are:

- **Good cookware.** Heavy-duty cookware is usually best, the more expensive brands usually last longer and cook more evenly. Theo Gilbert, a professional chef, says he can make almost anything in a 3-quart sauté pan with a lid. Dana Benigno, a cooking teacher, recommends a 12-inch skillet with a lid, a 10-inch, slanted-sides sauté pan, an 8-quart stock pot and a 4-quart sauce pan.

- **An 8-or-10-inch chef's knife and a paring knife.** You should be able to handle just about anything with these two knives. To buy the right size knife go to a kitchenware store and see what they feel like in your hand.

- **Sharpening steel.** Most experts run their knives over sharpening steel before each use. This hones the knife, but does not actually sharpen it. (A sharpening stone is usually required.)

- **Heat resistant silicone spatula.** With these you'll probably never melt another spatula. They can withstand heat up to 500 degrees.

- **Durable wooden spoons.** They're great for long stirs because the handles won't get hot. They

also won't scratch your non-stick pans. Cherry, olive or boxwood are usually the best.

- **Food thermometer.** Get an instant read. They work quickly and measure from 0 to 222 degrees.

- **Measuring spoons and cups.** Buy good brands to make sure your measures are correct. Spoons can be used for dry and liquid measures. For cups though, you'll want to buy a set of dry measuring cups because you'll want to level them off when measuring. For liquids, buy a pitcher measuring up to either two or four cups.

- **A jellyroll pan or a sheet pan.** Jellyroll pans can be made into roasters by inserting a rack and if you flip it over it can be used as a cookie sheet. If you buy a sheet pan, buy a 13-by-18 inch.

- **Cutting boards.** Get one flexible, lightweight plastic one. That way you can transfer what you chop into your pots and pans. It is also dishwasher safe, so you can cut meats on it. For vegetables you should have a wooden board. Buy the biggest one you have space for in your kitchen.

- **Balloon whisk.** It can take care of a lot of jobs for you, such as aerating, whipping cream, emulsifying a dressing or getting lumps out of your sauces.

- **The extras:** a serrated peeler, strainers, a scale, grater/zester, oven thermometer, a covered Dutch oven, a cast-iron grill pan and an electric mixer.



Have a safe road trip

Here's how to make your next long-distance car trip enjoyable and safe ...

Family car trips are a summer standard. Here's how to make your next long-distance car trip enjoyable and safe:

- Pack a first-aid kit, water, blankets, snacks, and a flashlight.
- Bring headphones for all electronic devices so noise doesn't distract the driver.
- Schedule frequent rest stops so kids don't get restless.
- Keep all doors locked. If you have electric windows that can be controlled by the driver, lock them, too.
- Don't let kids lie down in the car. They can't be protected by seat belts in the prone position.
- Never put infants in the front seat.
- Never store materials like books and stereo equipment on the shelf behind the back seat. If you stop suddenly, these items can be thrown forward with tremendous force.



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 your 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.



MISSION: IMPOSSIBLE - FALLOUT The best intentions often come back to haunt you. This latest installment finds Ethan Hunt (**Tom Cruise**) and his IMF team (**Alec Baldwin, Simon Pegg, Ving Rhames**) along with some familiar allies (**Rebecca Ferguson, Michelle Monaghan**) in a race against time after a mission gone wrong. **Henry Cavill, Angela Bassett, and Vanessa Kirby** also join the cast.



Photo credit:
Glen Wilson

THE EQUALIZER 2 Denzel Washington returns to one of his signature roles in the first sequel of his career. Robert McCall serves an unflinching justice for the exploited and oppressed - but how far will he go when that is someone he loves?

SKYSCRAPER FBI Hostage Rescue Team leader and U.S. war veteran Will Sawyer (**Dwayne Johnson**) now assesses security for skyscrapers. On assignment in Hong Kong he finds the tallest, safest building in the world suddenly ablaze, and he's been framed for it. A wanted man on the run, Will must find those responsible, clear his name and somehow rescue his family who are trapped inside the building...above the fire line.

MILE 22 An elite American intelligence officer (**Mark Wahlberg**), aided by a top-secret tactical command unit, tries to smuggle a mysterious police officer with sensitive information out of the country. **John Malkovich and Iko Uwais** costar.

DON'T WORRY, HE WON'T GET FAR ON FOOT On the rocky path to sobriety after a life-changing accident, John Callahan discovers the healing power of art, willing his injured hands into drawing hilarious, often controversial cartoons, which bring him a new lease on life. **Joaquin Phoenix, Jonah Hill, and Rooney Mara** star.

MAMMA MIA: HERE WE GO AGAIN! The film goes back and forth in time to show how relationships forged in the past resonate in the present. **Lily James** plays Young Donna, Donna is played by **Meryl Streep**. **Amanda Seyfried, Colin Firth, and Pierce Brosnan** also star.

THE FIRST PURGE To push the crime rate below one percent for the rest of the year, the New Founding Fathers of America test a sociological theory that vents aggression for one night in one isolated community. But when the violence of oppressors meets the rage of the others, the contagion will explode from the trial-city borders and spread across the nation.

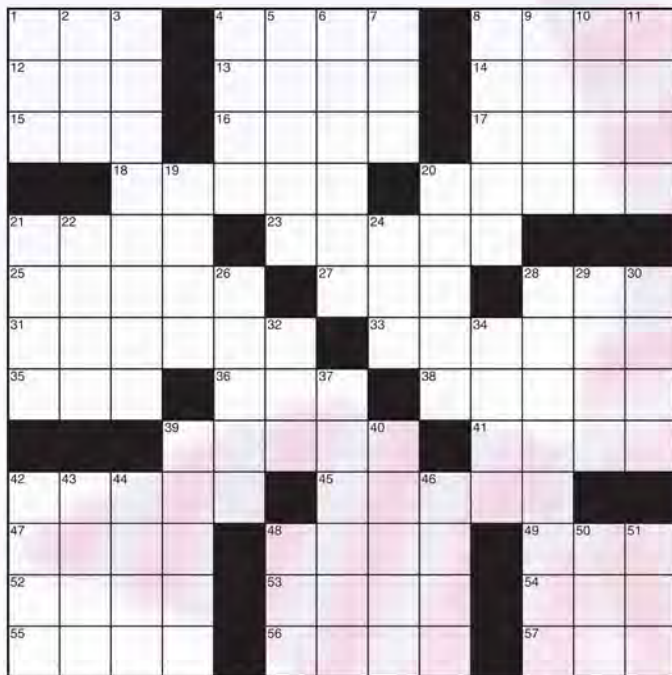
ANT-MAN AND THE WASP In the aftermath of Captain America: Civil War, Scott Lang (**Paul Rudd**) grapples with the consequences of his choices as both a Super Hero and a father. As he struggles to rebalance his home life with his responsibilities as Ant-Man, he's confronted by Hope van Dyne (**Evangeline**

Lilly) and Dr. Hank Pym (**Michael Douglas**) with an urgent new mission. Scott must once again put on the suit and learn to fight alongside The Wasp as the team works together to uncover secrets from their past.

HOTEL TRANSYLVANIA 3: SUMMER VACATION Mavis surprises Dracula with a family voyage on a luxury Monster Cruise Ship so he can take a vacation from providing everyone else's vacation at the hotel. The rest of Drac's Pack cannot resist going along. But once they leave port, romance arises when Dracula meets the mysterious ship Captain, Ericka. Now it's Mavis' turn to play the overprotective parent, keeping her dad and Ericka apart. Little do they know that his "too good to be true" love interest is actually a descendant of Abraham Van Helsing, ancient nemesis to Dracula and all other monsters.

HOME ENTERTAINMENT RELEASES

July 3	Blockers
July 10	A Quiet Place
July 10	Chappaquiddick
July 17	Rampage
July 17	I Feel Pretty
July 17	Truth or Dare
July 24	Ready Player One
July 31	Tully



ACROSS

1. Apprehend
4. Ship part
8. Astute
12. Exploit
13. Archipelago part
14. Therefore

15. Everyday article

16. Fastener
17. Shouts disapproval
18. Bamboozled
20. Like a windbag
21. Overly decorous
23. Detox therapy

47. Turkish money

48. Liturgy
49. Frigid
52. Keats creations
53. Passed with flying colors

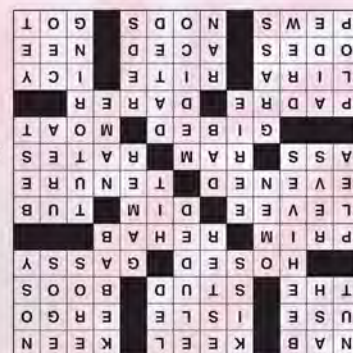
25. Embankment
27. Faint
28. Spa spot
31. Smoothed
33. Staying power?
35. Beast of burden
36. St. Louis pro
38. Mortgage seeker's concern
39. Ridiculed
41. Castle defense
42. San Diego baseballer
45. Risk taker

54. Born as
55. Seats with kneelers
56. Go-aheads
57. Figured out

DOWN

1. Zealot
2. Vesuvius dust
3. Drones' homes
4. Smooch
5. Fragrant compound
6. Sidestepped
7. Conducted
8. Skewered meat dish
9. Lover boy?
10. Stars have big ones
11. Snoopy
19. Augury
20. PS3 player
21. Urgent request
22. Guns
24. Chart topper
26. Bone-chilling
28. Instructing
29. Nitrogen compound

30. Cream of the crop
32. Tiny bit
34. Reputation
37. Medical practitioner
39. Not Astroturf
40. Old-fashioned
42. Raindrop sound
43. Campaign worker
44. Attracted
46. Clarets
48. Fled
50. Company V.I.P.
51. At a future time



sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 Rent Due.	2 World UFO Day	3 Compliment Your Mirror Day	4 Independence Day	5 Bikini Day	6 International Kissing Day	7 Global Forgiveness
8 July is National Ice Cream Month	9 Sugar Cookie day	10	11 Cheer Up The Lonely Day	12 Etch A Sketch Day	13 Friday the 13th	14 Mac & Cheese Day
15 Cow Appreciation Day	16 July is National Picnic Month	17	18 National Hot Dog Day	19 National Daiquiri Day	20 World Jump Day	21 Junk Food Day
22 Parent's Day	23 International Yada, Yada, Yada Day	24 Tell an Old Joke Day	25 Carousel Day	26 All or Nothing Day	27 Talk in an Elevator Day	28 July is World Watercolor Month
29 National Chicken Wing Day	30 Father-in-Law Day	31				

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