

# DeVille

Apartment & Builders Inc.



June 2019

Inside this issue

Avoid the burn this summer  
Summertime food safety  
Movie previews and more!

## Lifestyle

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### Happening in June...

**Leave the Office Early Day, June 3.** It's the first Monday of June, the weather is great, and there's somewhere you'd rather be. Punch out early, and live a little.

**Men's Health Week, June 10–16.** The week preceding Father's Day heralds the awareness and prevention efforts of men's health issues. Let's keep the men in our lives healthy. Get more info at [menshealthmonth.org/week.html](http://menshealthmonth.org/week.html).

**Flag Day, June 14.** A patriotic celebration of the flag of the United States of America, a symbol of freedom and hope around the world.

**Father's Day, June 16.** Tell dad how much you appreciate everything he's done for you.

**Summer Solstice, June 21.** An instant in time when the Earth's axial tilt is most inclined toward the sun in the northern hemisphere, and when summer traditionally begins.

### June is National Sun Safety Month

Practice sun safety this month and all year round to protect your skin and eyes. For example: Beware of sunburn, which increases your risk of developing skin cancer. Check your local UV Index for important information to help you plan your outdoor activities and prevent overexposure to the sun. The UV Index forecast is issued each afternoon by the National Weather Service and EPA.

### Life Hacks

- **Need some change?** Put your cash into a vending machine and hit the coin return button without ordering anything.
- **Hate getting those squeaky, wobbly, or bumpy carts at the grocery store?** Try grabbing one from the parking lot before you enter the store. People usually ditch the bad ones inside, and it also gives you a chance to test it out before you start shopping.
- **Headache?** Drinking two glasses of Gatorade can relieve headache pain almost immediately, without the unpleasant side effects caused by traditional pain relievers.
- **Having trouble sleeping?** Look at photos of other people sleeping. This triggers a response in your brain that actually makes you feel more tired.
- **Want to make a drink cold really fast?** Wrap it in a wet paper towel and put it in the freezer for two minutes.
- **Hiccups?** Inhale through your mouth, swallow saliva twice, and slowly exhale through your nose for an effective cure.

### Sofa-Buying Basics

A sofa can be an big investment, so choose one that stands up to sitting over the years. The three key components of a durable piece include cushion, frame and springs. Look for foam cushions that are hand-wrapped with a high grade of Dacron. Some upgraded cushions even include coils within the foam to produce a firmer seating surface. Your frame should be made with kiln-dried hardwood and double-bolted for durability. Springs should be hand-tied. Ethan Allen says a quality sofa frame will last 20 years or more, so be sure to choose a style that you and your guests are comfortable living with—and sitting on.

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##### Saturday

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##### Sunday

Closed

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# How to look confident and collected... even when you're not

There are many business situations that can make you feel stressed. A meeting with the boss, a sales call, giving a speech, or speaking out to present an idea at a meeting, just to name a few.

The basic tools for performing well under these circumstances are preparation and self-confidence, but sometimes they aren't enough.

- It helps to calm yourself before a meeting with physical exercise to decrease your adrenaline level. Take a walk or push on a wall to burn adrenaline. Walk slowly to the meeting to reduce your heart rate.

- Focus on the material and the information you have to offer. Don't think about yourself or the impression you are making.

- Know that you don't have to be perfect. If you make a misstep, just move on.

- When speaking to a group, remind yourself that the audience really doesn't care very much about how you look or whether you are a good speaker. They are interested in your subject.

- Some advisors recommend finding one or two agreeable faces in an audience and looking at them rather than scanning an entire group.

- Avoid nervous gestures such as putting hands in and out of pockets, buttoning and unbuttoning a jacket, moving a hand to your eyeglasses, or toying with a pencil.

- If the situation allows it, focus on the others at a meeting and let them do more of the talking.

- Psychologists say it's important to look at the person you are talking to. Even if you don't make eye contact, which is best, look at them.

With practice and more self-confidence, you won't look nervous even if you are.



## 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.



## Enjoying 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's some 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.



**MEN IN BLACK: INTERNATIONAL** The Men in Black have always protected the Earth from the scum of the universe. In this new adventure, they tackle their biggest threat to date: a mole in the Men in Black organization.

**LATE NIGHT** Katherine Newbury (**Emma Thompson**), a late-night talk show host for the past 28 years, has an all-male writing staff because she has problems working with other females. However, after meeting Molly Patel (**Mindy Kaling**), an Indian-American chemical plant worker with a talent for comedy, Katherine hires her. When the head of the network tells Katherine this season will be her last and that she'll be replaced by a stand up male comedian, Katherine decides she's not giving up without a fight.

**SHAFT** JJ, aka John Shaft Jr. (**Usher**), may be a cyber security expert with a degree from MIT, but to uncover the truth behind his best friend's untimely death, he needs an education only his dad can provide. Absent throughout JJ's youth, the legendary locked-and-loaded John Shaft (**Samuel L. Jackson**) agrees to help his progeny navigate Harlem's heroin-infested underbelly. And while JJ's own FBI analyst's badge may clash with his dad's trademark leather duster, there's no denying family. Besides, Shaft's got an agenda of his own, and a score to settle that's professional and personal.

**GAMBIT** In this X-Men spinoff, we learn more about Gambit, a mutant from Louisiana who can infuse objects with energy and have them explode. He's also a thief and a womanizer and his name comes from his ability to manipulate playing cards and his fondness for gambling.

**TOY STORY 4** Woody (**Tom Hanks**) has always been confident about his place in the world, and that his priority is taking care of his kid, whether that's Andy or Bonnie. So when Bonnie's beloved new craft-project-turned-toy, Forky (**Tony Hale**), declares himself as "trash" and not a toy, Woody takes it upon himself to show Forky why he should embrace being a toy.

**ONE UPON A TIME IN HOLLYWOOD** In 1969 Los Angeles, once-famous TV actor Rick Dalton (**Leonardo DiCaprio**) finds out it's much harder to make the transition to film than he thought, and now finds himself struggling to maintain any career at all. Just as he begins contemplating a move to Italy to take part in the growing world of Spaghetti Westerns, he and his stunt double Cliff Booth (**Brad Pitt**) decide to team up to pursue careers in film, right around the time of the infamous Charles Manson murders. And as it just so happens, one of the victims, Sharon Tate (**Margot Robbie**), is Dalton's neighbor.

**THE SECRET LIFE OF PETS 2** Continuing the story of Max and his pet friends, following their secret lives after their owners leave them for work or school each day.

**X-MEN: DARK PHOENIX** During a life-threatening rescue mission in space, Jean Grey (**Sophie Turner**) is hit by a cosmic force that transforms her into one of the most powerful mutants of all. Wrestling with this increasingly unstable power as well as her own personal demons, Jean spirals out of control, tearing the X-Men family apart and threatening to destroy the very fabric of our planet. The film is the most intense and emotional X-Men movie ever made. It is the culmination of 20 years of X-Men movies, as the family of mutants that we've come to know and love must face their most devastating enemy yet—one of their own.

**THIS MONTH ON DVD & BLU-RAY**

June 4	Tyler Perry's A Madea Family Funeral
June 4	The Man who Killed Don Quixote
June 4	Gloria Bell
June 11	Captain Marvel
June 11	Five Feet Apart
June 11	Captive State
June 18	Us

Release dates subject to change.

## Simple Rules for Savvy Cooking

Celebrity chef Sandra Lee offers some savvy cooking tips and a delicious recipe for Greek Chicken and Rice.



There's nothing that says family cooking quite like a fragrant

casserole served straight from the oven. To make sure recipes - like this Greek Chicken and Rice - are cooked with care, the Pyrex(r) brand has teamed up with Editor-In-Chief of Semi-Homemade Magazine and Food Network star Sandra Lee to offer at-home chefs a few easy rules to uncomplicate your kitchen.

"I'm pleased to work with the Pyrex brand to share these 4 Simple Rules. I've been a fan of Pyrex products for many years - using them in my own kitchen," said Lee. "The 4

Simple Rules are easy to follow and incorporate into your everyday cooking lifestyle."

1. Always place hot glass bakeware on a dry, cloth potholder or towel. Never place hot glass bakeware on top of the stove, on a metal trivet, on a damp towel, directly on a counter or in a sink.

2. Never put glass bakeware directly on a burner or under a broiler.

3. Always allow the oven to fully preheat before placing glass bakeware in the oven.

4. Always cover the bottom of the dish with liquid before cooking meat or vegetables.

Visit [pyrexware.com/4simplerules](http://pyrexware.com/4simplerules) for savvy cooking tips and more recipes from Sandra Lee.

### Greek Chicken & Rice

Prep Time: 25 minutes

Bake Time: 40 minutes

Makes 4 servings

- 4 6-ounce boneless, skinless chicken breasts, trimmed of fat
- 2 teaspoons Greek seasoning
- 1 teaspoon garlic salt
- Nonstick cooking spray
- 1 can (14-ounces) petite diced tomatoes with garlic and olive oil, drained
- 1 can (13.75-ounces) artichoke quarters, drained and rinsed
- 1 box (10-ounces) frozen chopped spinach, cooked and well drained
- 1 cup converted rice
- 1 cup frozen onions
- 2 tablespoons lemon juice
- 2 cups reduced-sodium chicken broth
- 1/3 cup pitted kalamata olives
- 1 package (4-ounces) crumbled feta with garlic and herbs

Preheat oven to 375° F.

Season chicken breasts with Greek seasoning and garlic salt. Spray a large skillet with cooking spray; add chicken. Cook chicken for 4 to 6 minutes or until

browned, turning once. Set aside. In a large bowl, combine tomatoes, artichokes, spinach, uncooked rice, onions, and lemon juice.

Transfer to a 3-quart (9 x 13) Pyrex baking dish (Note: cover the bottom of the dish with chicken broth before adding rice mixture). Push chicken breasts down into the rice mixture.

Pour broth over top of chicken; top with olives and sprinkle with feta. Cover with aluminum foil and bake in preheated oven for 40 to 45 minutes.



Courtesy of Family Features.

# June 2019

saturday

sunday	monday	tuesday	wednesday	thursday	friday	1 saturday
2 Cancer Survivors Day	3 Leave The Office Early Day	4 June is National Iced Tea Month	5 Hot Air Balloon Day	6 Drive-In Movie Day	7 Doughnut Day	8 Best Friends Day
9 Donald Duck Day	10 June is Soul Food Month	11 Cotton Candy Day	12 Superman Day	13 Roller Coaster Day	14 Flag Day	15 National Flip-Flop Day
16 Father's Day Happy Father's Day!	17 Eat Your Vegetables Day	18 Go Fishing Day	19 Juneteenth	20	21 Summer Solstice	22 Stupid Guy Thing Day
23 Let It Go Day	24 Please Take My Children to Work Day	25 June is National Camping Month	26 Beautician's Day	27 Sunglasses Day	28 Insurance Awareness Day	29 Armed Forces Day
30 Meteor Watch Day						

Rent Due.