

DeVille

Apartment & Builders Inc.

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It's Time to Fall Back in the Fall!

Daylight Saving Time ends at 2 am on Sunday, November 3rd. Be sure to set your clocks back one hour before going to bed on Saturday night and enjoy the extra hour of sleep!

A Salute to Our Veterans

Veterans Day is a very important holiday in our country for it honors all of those, living and dead, who served with the U.S. armed forces in times of war. This day was formerly known as Armistice Day, and was first proclaimed by President Woodrow Wilson on November 11, 1919, to mark the one year anniversary of the ending of World War I. In 1954, following World War II and the Korean Conflict, Armistice Day became known as Veterans Day. This commemorative day is observed each year on November 11th. In reality, the day to honor our veterans should be every day, for we owe so much to the brave men and women who have fought for freedom around the world.

Breakfast: Microwaved Oatmeal to the Rescue!

Even if you're in a hurry, you can get a great breakfast in just a few minutes. And it doesn't take any fancy shopping to get prepared. A big box of regular oats holds enough for 20 breakfasts (skip the instant kind). Here's how to make it:

Put a cup of oats in your bowl, add a cup-and-a-half of water and set the microwave on high for about one minute 30 seconds.

Ding! Take it out (use a potholder). Add low-fat milk and some artificial sweetener. If you have time to top it with fruit, so much the better.

You'll feel strong and energetic all morning.

The Great American Smoke-Out

On the third Thursday of November, Americans will extinguish their cigarettes in observance of the Great American Smoke-Out. If you are trying to quit, remember the benefits of a smoke-free lifestyle. You'll look, smell and feel better and add years to your life. When you quit you'll say good-bye to sick days and welcome increased health and vigor.

Entertaining Tips

Small, intimate dinner parties are a memorable way to celebrate the holidays with friends and family. It's easier to plan a more elaborate menu and afford high quality cuisine when you are hosting six rather than 16. Get creative with your menu and present your guests with personalized ornaments or picture frames as party favors.

Give Peace a Chance

Observe World Peace Day this November by keeping the peace right here at home. Your neighbors will appreciate your courtesy as you walk softly on stairs, keep voices down in hallways/breezeways, turn volumes to low on television/stereos and quiet barking dogs. "Let peace begin with me." Thank you!



November 2019

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Lifestyle

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Saturday

Closed

Sunday

Closed

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Keep your eyes open for these common sleep disorders

Barking dogs and ambulance sirens can interfere with a good night's sleep, but so can a number of physical conditions. Because sleep is essential to your health, get familiar with these common disorders and conditions that prevent restful shut-eye:

- **Teeth grinding.** Technically known as "bruxism," grinding your teeth can cause pain in the jaw, as well as annoy whomever you're sleeping with. It's often associated with anxiety and stress. A mouth guard can reduce tooth abrasion, so talk to your dentist.

- **Sleep paralysis.** While drifting off to sleep, or waking up, you may suddenly realize you're unable to move your

body. The condition can go on for several minutes. It happens when part of your brain is in REM sleep and it shuts down your ability to move so you don't injure yourself during dreams. It's not dangerous—just unnerving.

- **Obstructed sleep apnea.** An obstruction in the upper airway can cut off oxygen for 20-40 seconds as you sleep, preventing you from getting the rest you need. And you may not even be aware of the problem unless a partner notices your breathing difficulty. Treatment depends on the seriousness of the condition; surgery is one option, but lifestyle changes such as losing weight and avoiding alcohol can also

be effective.

- **Night terrors.** Not a nightmare, but an intense sensation of fear that's most common in children. Though scary for parents and kids alike, night terrors aren't considered dangerous and usually don't result in any lost sleep.

- **Restless leg syndrome.** An irresistible compulsion to move parts of your body as you're trying to fall asleep, RLS is a neurological disorder that can affect your arms, torso, and even phantom limbs. Stretching or shaking your limbs can bring some relief; iron supplements may be effective, but have your iron level tested by your doctor before taking any pills.



Children's chores lead to adult success

Kids usually hate doing chores, but it's an important part of growing up. That's what Julie Lythcott-Haims, author of *How to Raise an Adult* and former dean of freshmen at Stanford University, said in a 2015 interview recently reviewed on the *People* magazine website.

"By making them do chores—cleaning the dinner table, folding the laundry—they realize 'I have to do the work of life in order to be part of life,'" Lythcott-Haims says.

Tech Insider says that children who do chores grow up to be more independent at work. In particular, they're good at spotting when their co-workers are dealing with tasks that are challenging.

"If kids aren't doing the dishes, it means someone else is doing that for them," says Lythcott-Haims. "And so they're absolved of not only the work, but of learning that work has to be done and that each one of us must contribute for the [sake] of the whole."



Germs love to hide in these places

You might think your bathroom is the germiest place in your home. You'd be wrong, according to the MSN website. Watch out for these locations that have lots more germs than your toilet:

- **Cutting boards.** To keep them free of germs, don't just rinse them in the sink. Wash your cutting board in water and dish soap, then soak in water mixed with bleach—two teaspoons for plastic, two tablespoons for wood.

- **Dish cloths.** These have everything that's necessary for bacteria to thrive: warmth, moisture, and organic material from food. Wash them often on a hot cycle and tumble-dry them in a dryer.

- **Smartphones.** You take them everywhere, including the bathroom, and you usually don't wash your hands every time you pick yours up. Clean your phone with a cloth soaked in a solution of 60% water and 40% rubbing alcohol. Wring the cloth out well so that the moisture doesn't damage your phone.

- **Keyboards.** Computer keyboards can be covered with 20,500 more bacteria than the average toilet seat. Clean your keyboard with a cotton swab dipped in rubbing alcohol while it's unplugged. Use compressed air to get rid of dirt around the keys.

- **Steering wheels.** You probably don't wear gloves when you drive, which means you're coating your wheel with germs and bacteria. Clean your wheel and other parts of your car regularly.



A BEAUTIFUL DAY IN THE NEIGHBORHOOD Tom Hanks portrays Mister Rogers in the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (**Matthew Rhys**) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.



21 BRIDGES Chadwick Boseman stars as a disgraced detective in the NYPD who is given a shot at redemption. Thrust into a citywide manhunt for a cop killer, he begins to undercover a massive conspiracy that links his fellow cops to a criminal empire and must decide who he is hunting and who is actually hunting him. During the manhunt, Manhattan is completely locked down for the first time in its history – no exit or entry to the island including all 17 bridges.

THE GOOD LIAR Career con artist Roy Courtney (**Ian McKellen**) can hardly believe his luck when he meets well-to-do widow Betty McLeish (**Helen Mirren**) online. As Betty opens her home and life to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life.

DARK WATERS Inspired by a shocking true story, a tenacious attorney (**Mark Ruffalo**) uncovers a dark secret that connects a growing number of unexplained deaths due to one of the world's largest corporations. In the process, he risks everything – his future, his family, and his own life – to expose the truth.

KNIVES OUT A fun, modern-day murder mystery where everyone is a suspect. When renowned crime novelist Harlan Thrombey (**Christopher Plummer**) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (**Daniel Craig**) is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

PRIMAL When Frank Walsh (**Nicolas Cage**), a hunter and collector of rare and exotic animals, bags a priceless white jaguar for a zoo, he figures it'll be smooth sailing to a big payday. But the ship bearing Frank's precious cargo has two predators caged in its hold: the cat, and a political assassin being extradited to the U.S. After the assassin breaks free – and then frees the jaguar – Frank feverishly stalks the ship's cramped corridors in hot pursuit of his prey, right up until the thrilling, unpredictable climax.

FORD V FERRARI American automotive designer Carroll Shelby (**Matt Damon**) and fearless British race car driver Ken Miles (**Christian Bale**) battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.

CHARLIE'S ANGELS Kirsten Stewart, Naomi Scott, and Ella Balinska are working for the mysterious Charles Townsend whose security and investigative agency has expanded internationally. With the world's smartest, bravest, and most highly trained women all over the globe, there are now teams of Angels guided by multiple Bosleys taking on the toughest jobs everywhere.

MOTHERLESS BROOKLYN Set in New York in 1954, Lionel Essrog, a lonely private detective afflicted with Tourette's syndrome, tries to solve the murder of his mentor and only friend. Armed only with few clues and an obsessive mind, Lionel slowly unravels closely guarded secrets that have major ramifications. It leads him through Harlem jazz clubs, Brooklyn slums and sets him against thugs and Gotham power brokers to honor his friend and save a woman who might his own salvation. **Edward Norton**, **Willem Dafoe** and **Bruce Willis** star.

HOME ENTERTAINMENT RELEASES

Nov. 5	Hobbs & Shaw
Nov. 12	47 Meters Down: Uncaged
Nov. 12	Good Boys
Nov. 19	Dora and the Lost City of Gold
Nov. 26	Angel Has Fallen



November 2019

					friday	saturday
sunday	monday	tuesday	wednesday	thursday	1	2
3 Daylight Saving Ends Zero Tasking Day	4 Use Your Common Sense Day	5 November is Peanut Butter Lovers Month	6 Saxophone Day	7 Hug a Bear Day	8 Cappuccino Day	9 November is Native American Heritage Month
10 Tongue Twister Day	11 Veterans Day Singles Day	12 November is World Vegan Month	13 World Kindness Day	14 Loosen Up, Lighten Up Day	15 Clean Out Your Refrigerator Day	16
17 Take a Hike Day	18 Apple Cider Day	19 Play Monopoly Day	20 Name Your PC Day	21 World Hello Day	22 Flossing Day	23 Eat a Cranberry Day
24 Celebrate Your Unique Talent Day	25 Shopping Reminder Day	26 Cake Day	27 Jukebox Day	28 Thanksgiving Office Closed In Observance Of Thanksgiving.	29 Office Closed.	30 Mousse Day