

DeVille

Apartment & Builders Inc.



January 2021
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Winter driving tips and more!

Lifestyle

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Happening in January...

New Year's Day, Jan. 1. New Year's Day, Jan. 1. Let's get started on those resolutions.

Someday We'll Laugh About This Week, Jan. 2-8. Don't let the failures and embarrassments of the past continue to cast a shadow over you. Laugh and get over it. Let someday be now.

Law Enforcement Appreciation Day, Jan. 9. Show Law Enforcement Officers that you recognize the difficult and sometimes impossible career they have chosen, in public service to us all.

Martin Luther King Jr. Day, Jan. 18. A national U.S. holiday celebrating the groundbreaking civil rights leader (born Jan. 15, 1929).

Financial Wellness Month. It's perfect timing, because Americans are facing their New Year's resolutions and preparing for tax season. Focus on saving more for retirement, preparing for future health care expenses, tackling student loan debt, spending smarter, and bracing for economic shocks as the pandemic continues.

Tips for Keeping Your Fitness Resolutions

One week into the new year and already you've chowed down on a dozen brownies and missed going to the gym? Don't be too hard on yourself, but don't give up on the diet and exercise resolution either. Follow this advice:

- **Be realistic.** If you're trying to drop 20 pounds, don't try to lose it all in a month. Set your sights on losing no more than a pound or two a week.
- **Set specific goals.** Don't say you'll exercise more. Instead, commit to walking 30 minutes during your lunch break three days a week.
- **Find a partner.** You'll find sticking to your resolutions easier with a mutual support system. Get together with a buddy who's trying to accomplish the same goals and give each other encouragement and company.
- **Log your progress.** Writing down how much weight you've lost, or how many times you've gone to the gym in the past week gives you a sense of accomplishment—and the encouragement to keep going. Also, it helps you to track any trouble spots and allows you to find solutions.

Winterize Your Car

When you hit the road this winter, in addition to a tune-up, a full tank of gas and fresh antifreeze, the National Safety Council recommends that your trunk should carry: • A properly inflated spare tire, wheel wrench and tripod-type jack. • A shovel. • Jumper cables. • Tow and tire chains. • A bag of salt or cat litter.

Should Old Acquaintance Be Forgotten?

Absolutely not! Whether it's an old friend, new friend, co-worker or relative, tell them about the wonderful lifestyle you've discovered at DeVille Apartments & Builders Inc.! **When they come in and sign a lease, you'll be eligible for a great Resident Referral Bonus!** In addition to the Referral Bonus, having friends and loved ones live nearby makes it the gift that keeps on giving! Please see the Office for complete details.

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Tips for getting tastier takeout

Curbside pickup from fine-dining restaurants has elevated eat-at-home options, but the food doesn't always arrive hot, and reheating it while preserving taste and texture has always been a challenge.

Chinese, Indian and other Asian cuisines have always done takeout well. These tricks will help you get closer to the dine-in experience with smart ordering...

Order your to-go meal "deconstructed." Having the bread or the roll packaged separately prevents soggy sandwiches and burgers. Getting sauces, gravies and dressings on the side helps, too. Salads made with hardy greens, such as cabbage, collards and kale, will hold up better with dressing than lettuces, such as Boston and Bibb, which have a higher water content.

Have cooked entrées packed as kits—with some "home assembly," such as fajitas, tacos and rice bowls. If you are a real stickler for proper texture, you can order items fully prepped that you can bake fresh at home in your own oven, such as eggplant parmigiana, mac and cheese and meatloaf. If your favorite restaurant bakes from scratch, ask to have your bread dough raw and ready to bake for hot, fresh bread at home. Yes, doing this cooking yourself removes some of the ease of takeout, but it still saves you a lot of prep time.

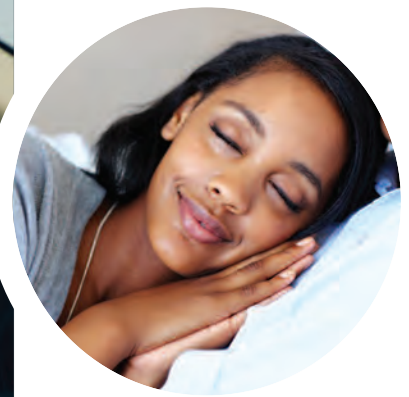
Choose dishes that you will enjoy warm or at room temperature, rather than piping hot. Avoid cream- and/or cheese-based dishes such as pasta Alfredo and carbonara—they will get gluey if not eaten right away. Deep-fried items, such as tempura and calamari, become greasier once they have cooled off. Dishes made with tomato-based sauces and grilled foods are better options.

Request specific reheating instructions for foods you want to eat hot, such as ribs and potato- or rice-based dishes, to avoid drying them out. Ask that foods that are to be warmed in the oven be wrapped in foil so they're ready to pop right in.

In general, take the extra minutes needed to warm food in conventional ways rather than in the microwave, which often changes its texture. For the oven, preheat to 350°F and use all your senses—how the food looks, smells and feels to the touch—to determine when it's ready. Check every few minutes to make sure it's not getting dry. For the stovetop, use a low heat to gradually bring up the food's temperature to avoid overcooking.

Order drinks without ice so they won't get watered down in transit. Cocktails and other large-batch-to-go drinks will hold up well in your fridge.

Courtesy of Tanya Holland, executive chef/owner of Brown Sugar Kitchen in Oakland, CA. She is the author of the cookbook *Brown Sugar Kitchen* and the host of the "Tanya's Table." TanyaHolland.com



Coffee+nap= more energy

Want to take a nap that will leave you refreshed and ready to go again? Try drinking a cup of coffee first.

It sounds counterintuitive, but that's the advice from the Health.com website. Why it works: The caffeine in a cup of coffee takes about 30 minutes to kick in. After a 30-minute nap, you'll wake up just as the caffeine takes effect.

Research backs the idea up. In 1997 the journal *Psychophysiology* reported that sleepy adults who drank 200 mg of caffeine (twice the amount in 8 ounces of brewed coffee) and then took a short nap performed better on a simulated driving test than people who got only the caffeine.



Driving in a blizzard? Follow these tips

The winter months can be dangerous for driving, especially if a blizzard hits your town or city. Don't take any chances. Respect the power of a blizzard, and remember these guidelines for staying safe:

- **Check weather conditions.** Don't set out in a blizzard unless you absolutely have to. Call ahead to make sure the roads are safe all the way to your destination.
- **Fill up your tank.** Don't risk running out of gas in a snowstorm. Stop at the gas station to top your tank off before heading out.
- **Dress appropriately.** Don't jump into the car in just a sweater and sneakers. Always bring a warm coat, heavy gloves, and winter boots.
- **Carry adequate supplies.** In your trunk you should have a shovel, road flares, booster cables, emergency food, a sleeping bag, and any other supplies that will help you stay warm and safe.
- **Prepare for the worst.** If you get stuck in the snow, stay inside your vehicle until help arrives. Run your motor to warm up the interior for no more than 10 minutes an hour. Don't risk draining your gas tank or suffering from carbon monoxide poisoning.



5 tips on dating during a pandemic

Whatever your dating life was like before the pandemic, it's most likely changed due to the circumstances at hand. Thankfully, many online dating platforms are rising to the occasion, providing secure and safe ways for people to connect. In turn, singles everywhere are getting creative, figuring out how to learn more about each other before meeting in person.

Here are some tips for mastering the art of virtual dating and navigating in-person dating first steps from the creators of the dating app, Bumble.

1. Switch up your means of communication. Doing one video call after another is exhausting. Break up how you regularly interact with potential dates. Suggest a voice call one day, video chat another day, or stick to texting during the week.

2. Don't treat virtual dates like job interviews. While it's common to ask questions about your date's life, there are ways you can

interact without making it seem like a job interview. If there's ever been a time to get creative with date ideas, it's now.

Hop on a video chat, throw on your chef's hat, cook the same meal from home, and compare the results for some friendly competition. Feeling lazy? Order takeout from the same restaurant.

3. Set time limits. If you have several hours on your hands, trying to fill the void with conversation can be daunting - and awkward. Instead, set expectations and boundaries by saying, "I only have a half-hour to chat today" (with no excuse required). Once the time is up, you can politely excuse yourself.

Not only does this give you an escape hatch if things aren't going well, but it also gives you a break - and a chance to mull things over before you divulge every secret you've had since 6th grade if things are going great.

4. Have "the COVID talk." At some point, especially if you want to meet in person, it's

necessary to discuss your level of comfort with social distancing. To avoid making the other person feel defensive, put it in terms of your lifestyle. Explain what health precautions you take, such as mask-wearing and avoiding crowds.

5. Plan a socially distant first date (or two, or more). If you've ever seen a Jane Austen adaptation, you know that dating in the 19th century was all about taking walks. It seems like a good time to revive that fad!

Too cold for a walk? Maybe you can go ice skating or skiing. If you'd prefer to connect over a conversation during a more low-key date, bundle up or meet at a semi-sheltered location like an outdoor market. Just keep your distance from crowds - and keep that mask on!

For more data-driven tips, expert advice and resources to help guide your dating journey in 2021, check out Bumble's Dating 101 in 2021, at [Bumble.com/DatingGuide](https://www.bumble.com/DatingGuide).

Don't overdo it when working from home

Working at home during the COVID-10 pandemic can be a blessing and a curse. The commute is much shorter, the dress code more casual (except for Zoom meetings), and the refrigerator is only a few steps away. But for all these reasons, the temptation to put in longer hours can lead to exhaustion and burnout. The Stylist website shares these tips on not overworking yourself:

- **Take regular breaks.** Every hour or so, get away from your computer. Stretch, take a walk around your home, eat a healthy snack, talk to your spouse or a friend, walk the dog—anything to refresh your mind and keep your body active.
- **Keep a simple routine.** Have a schedule for your day—when you'll start, what major tasks have to be completed by a specific time, and most importantly, when you'll quit. This can help you structure your day for efficiency without letting work drag on endlessly.
- **Exercise.** Carve some time out of your day for some simple exercise. Yoga, a walk around the block, or even simple meditation can keep your body and mind fresh throughout the day.





Happy New Year!!

January 2021

					friday	saturday
					1 New Year's Day Rent Due.	2 Fruitcake Toss Day
sunday	monday	tuesday	wednesday	thursday		
3 Chocolate-Covered Cherry Day	4 Weigh-In Day	5 January is Get Organized Month	6 Cuddle Up Day	7 Harlem Globetrotter's Day	8 Bubble Bath Day	9 Law Enforcement Appreciation Day
10 Houseplant Appreciation Day	11 Learn Your Name in Morse Code Day	12 Kiss a Ginger Day	13 Skeptics Day	14 January is Get a Balanced Life Month	15 Bagel Day	16 Appreciate a Dragon Day
17 Ditch New Year's Resolutions Day	18 MLK Jr. Day Thesaurus Day	19 Popcorn Day	20 Penguin Awareness Day	21 International Sweatpants Day	22 Hot Sauce Day	23 Handwriting Day
24 Belly Laugh Day	25 Bubble Wrap Appreciation Day	26 January is Creativity Month	27 National Geographic Day	28 Kazoo Day	29 Curmudgeons Day	30 January is Be Kind to Food Servers Month
31 Gorilla Suit Day						