

# DeVille

Apartment & Builders Inc.



July 2022

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4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

## July is...

**National Cell Phone Courtesy Month.** As the cell phone has developed into the smartphone, it's become one of the biggest distractions of all time. National Cell Phone Courtesy Month was founded in 2002 with the intent of making cell phone users more aware of their cell phone habits.

**National Ice Cream Month.** The hot days of summer are the perfect time to enjoy a dish, a cone, or anything else with ice cream. This commemorative month was designated by President Ronald Reagan, an ice cream lover himself, in 1984.

**Park and Recreation Month.** Parks play a vital role in maintaining healthy ecosystems, providing clean water and clean air, and enabling conservation of natural resources. Get out and enjoy some of America's parks all month (and all year) long.

## 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!

## Lady Liberty Dons Her Red, White & Blue

246 years ago, the wise founders of our country signed a document declaring that Americans had decided to govern themselves. Every year on the Fourth of July, from Philadelphia to Honolulu, St. Paul to San Antonio, and Anchorage to Atlanta, we celebrate our freedom with picnics, concerts, and fireworks displays. Through it all, we applaud those who have sacrificed so much to preserve our life, liberty, and pursuit of happiness!

## One Word on Fireworks...Don't!

The entire staff at DeVille Apartments & Builders Inc. join in wishing you a very safe and Happy Fourth of July! We hope that you will enjoy the many professional fireworks displays that will be put on throughout the city. It is for your protection that we remind everyone that fireworks are **strictly prohibited in our community**. Thank you!

## Our Declaration of Dependence

At DeVille Apartments & Builders Inc., we know how important each individual resident is to our community. Quite frankly, if it wasn't for great people like you, we wouldn't be here! That's why we make every effort to provide you with the comfortable, convenient lifestyle you deserve. If we can ever be of assistance, we hope you won't hesitate to call on us.

## Use It or Lose It!

Scientists suggest that keeping your brain active and challenged is the key to improving memory and overall brain power. Follow these basic tips to maintain a healthy brain: • Exercise your body regularly. All the good physical benefits help your brain, too. • Mental exercise (reading, writing, problem solving, games and crosswords) keep your mind sharp and reduces the risk of Alzheimer's. • Vitamins nourish the brain. • Diet is important for a sharp memory (fiber, fish & greens).

### YOUR COMMUNITY STAFF

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#### Perry Hills Colony

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### OFFICE HOURS

#### Monday thru Friday

8:00 am-4:30 pm

#### Saturday

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#### Sunday

Closed

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# A beginners guide to yoga



## MAKE YOUR OWN POPSICLES

Popsicle molds are available in most kitchen supply stores and supermarkets. Can't find them? No worries. Pick up popsicle sticks at a craft store, get some small paper cups and you're all set. These are a snap to make. Just whip up one of the recipes below, pour or spoon the mixture into molds and freeze.

- **Peaches and Cream:** Puree peeled fresh or canned peaches along with sugar to taste, some water, a little half-and-half, a pinch of salt and a touch of lemon juice.
- **Strawberry-Raspberry Yogurt:** Puree strawberries with seedless raspberry jam until smooth. Add plain low-fat yogurt, vanilla, and sugar to taste and whirl until combined.
- **Piña Colada:** Puree pineapple chunks with coconut milk, sugar to taste.
- **Key Lime Pie:** Combine sweetened condensed milk, a little grated lime zest, lime juice, and a little vanilla extract.

**Y**oga classes are everywhere these days. And for good reason. You don't have to be a triathlete to start; the benefits are both physical and mental; it doesn't require a lot of expensive equipment; and you can do it nearly anywhere.

Once you've decided to give yoga a try, you might be confused by the number of different types of yoga. So here's a primer on the many branches and traditions of yoga:

**Hatha.** This is an umbrella term for a variety of postures and breathing techniques. It is appropriate for any fitness level or age. Wear loose clothing, have a mat, and start with an instructor who can fine tune your postures.

Don't rely on videos in the beginning and don't eat a large meal for at least two hours before class.

**Iyengar.** This is a moderately difficult type of yoga that focuses on balance and alignment and sometimes uses straps and blocks to achieve precise postures. Wear clothing that doesn't hide your form.

**Ashtanga.** Generally, an extremely difficult and challenging form of yoga, though instructors can modify the forms for beginners. Postures are performed in increasingly difficult sequences in rooms heated to 80 degrees. Wear body-hugging clothing.

**Vinyasa.** This type is challenging and requires stamina, as it involves continuous movement.

Postures flow from one form to the next. You need light clothing.

**Kundalini.** A combination of hatha yoga, chanting and meditation to awaken the energy near the base of the spine. It is moderately difficult and demands loose, comfortable clothing.

**Bikram.** A very challenging series of 26 poses designed to increase flexibility and sweating. Rooms are heated to 90 degrees, so very light clothing is a must, as is drinking plenty of water.

**Jivamukti.** There are different levels of difficulty to this type of yoga, but most are considered very challenging. It integrates Ashtanga poses with music, chanting and meditation. Comfortable clothing is recommended.



## Want a better complexion? Check the fridge.

Your mother was right. What you eat really does affect your complexion. In her book *Smart Medicine for Your Skin*, dermatologist Jeanette Jacknin pinpoints which foods to eat to combat specific skin conditions.

Eating yellow or orange fruits and vegetables helps prevent sun damage. These foods are packed with beta-carotene and antioxidants, like vitamins C and A. Combined they act like a natural sunscreen.

Recent research has shown that drinking green tea can also prevent sun induced skin damage. Green tea contains polyphenols which reduce cell damage caused by ultraviolet radiation. (Note: these foods should supplement *not* replace topical sun screens).

To combat wrinkles, include almonds, brown rice and olive oil in your diet. These foods contain high amounts of vitamin E which can protect the cell membranes of the skin. In fact, a study conducted in Australia recently found that people who eat these foods have the least amount of wrinkles.

To improve the skin's elasticity and prevent thin skin, eat whole grains, seafood and garlic. These foods are rich in selenium which can slow the signs of aging by preserving the suppleness of skin tissue.



# How to find flea market treasures

It's unlikely that you'll find a million-dollar painting at the flea market or a yard sale. But at Sotheby's, the famous auction house, appraisers say about 5 percent of letters they get contain photos of paintings or furniture worth \$10,000 or more.

## What to look for in paintings

- Small tears are OK unless they run through the face on a portrait.
- Check the back for labels and stamps from a museum or gallery.
- Don't believe the signature. All forgeries have a famous signature.

▪ **Content.** Paintings of women and still lifes of fruit or flowers, that have an intrinsic decorative value, recoup the purchase price better than hobbyist paintings of hunters, for example.

## What to look for in furniture

- The item should impress you and stand out from other items at the sale. Look for great workmanship on the legs, arms, handles and doors.
- Imperfections: Don't worry about chairs that are missing upholstery. Much of the value of great furniture is in the frame. The legs should be in good condition.

## Collectables

- Ask why the item is being sold, and where it came from. Any information about its history could help to establish the item's authenticity.
- Smaller pieces are more valuable. Whether they are models of trains or antique furniture, collectors have a limited space to display them. Always arrive early, because the best pieces at a yard or garage sale are sold first. The best pieces may not be offered at all. Never have antique furniture refinished without checking with an appraiser.

## Items you should not buy at a Flea Market

- **Bike helmets.** Helmets are designed to protect you from one accident, and one accident only. Sometimes the damage isn't visible, so buy a new helmet to make sure you're getting full protection.
- **Child car seats.** Like helmets, car seats are really only meant to protect in one accident. But damaged car seats are common; a survey found that one in ten have been in an accident. Plus, car seat technology improves each year.
- **Tires.** If they've been in an accident, tires are likely to be unstable and unreliable. Make sure you can get an accurate history.
- **Mattresses.** Bed bugs could lurk in any used mattress. You might also end up sleeping with other people's mold, mites, bacteria, and bodily fluids.
- **Shoes.** Used shoes have been molded to their previous owner's feet—and poorly fitting shoes will make you miserable, or you'll just never want to wear them.
- **Stuffed animals.** Stuffed animals can be hard to send through the extra-hot cycle on a washing machine, and like mattresses and upholstered furniture, they can be full of creepy crawlies and other unsavory finds.



## Top off your Independence Day celebration with Wave the Flag Cupcakes

These cupcakes are sure to be a hit with your family and guests. With their patriotic colors, they're perfect for a Fourth of July picnic, or anytime you feel like "waving the flag." The secret in these sweet delights is that there are more blueberries baked inside -- and thanks to a quick trick or two, they're lower in fat and calories than cupcakes made the traditional way.

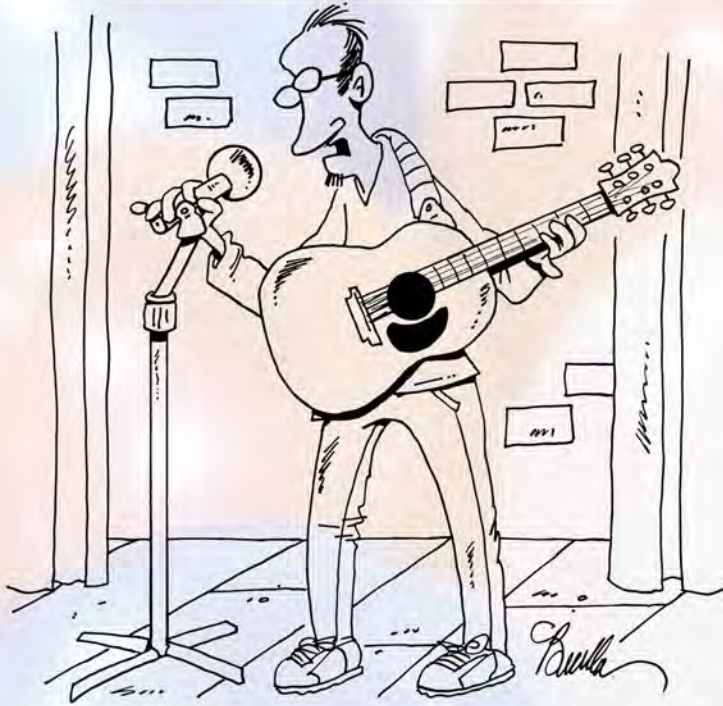
### Ingredients:

- 1 package (18- to 19-ounces) yellow cake mix
- 1/3 cup applesauce
- 3 egg whites
- 3 cups fresh blueberries, divided
- 1 package (8 ounces) reduced-fat cream cheese, softened
- 1/2 cup confectioners' sugar
- 1 teaspoon vanilla extract
- 1 red fruit-roll snack (from a 4.5 ounce box)

Preheat oven to 350 degrees F. In a large mixing bowl, beat cake mix with applesauce, egg whites and 1 1/4 cups water for 30 seconds on low speed, then 2 minutes on medium speed. Spoon the batter into 24 (2 1/2 inch) aluminum or paper lined muffin cups. Evenly divide 1 cup of blueberries onto tops of batter; do not stir. Bake cupcakes following package directions; remove to a wire rack and cool completely. In a small bowl, beat cream cheese, confectioners' sugar and vanilla until smooth. Spoon onto cooled cupcakes; spread to the edges. Unroll fruit snack and, with a sharp knife, cut into strips 1/8-inch wide by 2-inches long. On half of each cupcake, arrange strips, trimming each to fit. Arrange remaining 2 cups blueberries on the frosting on other halves of the cupcakes, about 10 blueberries per cupcake.

Makes 24 cupcakes. Per cupcake, including frosting and toppings: 135 calories; 3 g protein; 24 g carbohydrate; 3 g total fat (1.8 g saturated fat)

# Just for laughs



"Here's a blues number written about my inability to remember computer passwords."



"Sign here, initial here and emoji here."



"This memory foam mattress isn't working. I still can't remember where I put my glasses."

# July 2022

				friday	saturday
				1	2
				<b>Rent Due</b>	World UFO Day
sunday	monday	tuesday	wednesday	thursday	
3 Compliment Your Mirror Day	4 Independence Day  Have a Safe and Happy Fourth of July!	5 Bikini Day	6 International Kissing Day	7 Global Forgiveness Day	8 Be a Kid Again Day
10 July is Cell Phone Courtesy Month	11 National Blueberry Muffin Day	12 Etch A Sketch Day	13 Embrace Your Geekness Day	14 National Mac & Cheese Day	15 July is National Picnic Month
17 National Ice Cream Day	18 National Caviar Day	19 National Daiquiri Day	20 National Hot Dog Day	21 Junk Food Day	22 Hammock Day
24 Tell an Old Joke Day	25 Carousel Day	26 National All or Nothing Day	27 Take Your Houseplant for a Walk Day	28 National Intern Day	29 National Talk in an Elevator Day
31 World Ranger Day					30 International Friendship Day