

# DeVille

Apartment & Builders Inc.

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## Happening in April...

**April Fool's Day, April 1.** Look! Your shoe's untied!

**Income Tax Day, April 15.** Not exactly a holiday, but one day you shouldn't forget.

**International Jazz Day, April 30.** As designated by UNESCO, celebrates the historical, cultural, and educational contributions of this popular genre of music.

**Keep America Beautiful Month.** Do your part by keeping your neighborhood clean of litter. For ideas, go to the Keep America Beautiful Web site, at [www.kab.org](http://www.kab.org)

**National Kite Month.** Celebrate the arrival of spring by going to a park and flying a kite. The American Kitefliers Association plans events worldwide in April to promote the wonderful qualities that kite flying has to offer people of all ages and physical ability levels.

**Stress Awareness Month.** Sponsored by the Health Resource Network, a nonprofit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

**National Humor Month.** Laughter truly is the best medicine, so why not strengthen your funny bone? Visit [HumorMonth.com](http://HumorMonth.com) to find projects and resources that will help bring on the laughter.

## Celebrate Earth Day by Clearing the Air

The average American generates about 24 tons of CO2 emissions per year. This Earth Day, try cutting back with some of these tips:

- Check your tires. Keeping your vehicle's tires properly inflated can reduce your carbon footprint by 400-700 pounds a year.
- Eat less meat. Completely eliminating meat from your diet can save approximately 3,000 pounds of CO2 during the year.
- Drive with care. By accelerating slowly, maintaining a steady speed, and anticipating stops earlier so you don't have to slam on the brakes, you can cut carbon emissions by more than a ton.

## March Is Women's History Month

Do you ever wonder why different months are given certain designations? Here are a few great reasons why March has been chosen as National Women's History Month: • Edith Nourse Rogers, born March 19, 1881, was the first woman to have her name attached to major legislation, creating the Women's Auxiliary Corps. • The anniversary of the first Women's Collegiate Basketball Game is March 22, 1893. • Susan B. Anthony, who was arrested and fined for the outrageous act of voting, died March 3, 1906. • Sandra Day O'Connor, born March 26, 1930, was the first woman appointed to the Supreme Court. • The Equal Rights Amendment passed March 22, 1972, prohibiting discrimination on the basis of sex. • "Cagney & Lacey," the first female television crime show, premiered on March 25, 1982.

## Furniture Shopping?

A good rule of thumb when furnishing your apartment is to create seating for six people in your living room. If your sofa area is too small for a love seat or armchair, look for oversized pillows to throw on the floor. In a pinch, you can always drag over kitchen or desk chairs when a crowd gathers in your home.



April 2021

Inside this issue

Spring cleaning 101

Beating spring Allergies

Sweater smarts and more!

## Lifestyle

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### OFFICE HOURS

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#### Saturday

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#### Sunday

Closed

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# Spring Cleaning 101

Spring cleaning is aptly named, because it's best to do it when bright light highlights dust and dirt that has accumulated over the winter. As you're cleaning, plan to de-clutter as much as possible.

- **De-cluttering and tidying**

Tackle clutter room by room, including drawers and cupboards, and evaluate and deal with things in the following ways.

- **Discard** Look for anything that can be thrown away, recycled, donated to a thrift store or sold online or at a garage sale. Don't forget the pantry, fridge and freezer.

- **Keep** Hold onto papers to be filed and anything that needs to be put away. Replace

all items in their correct place. Use storage boxes.

- **Take action** Identify anything that needs cleaning, repairing or replacing, paperwork that needs action or photos to put in albums, and so on.

- **Assemble your cleaning tools**

Before you start work, think about what you'll need to clean everything in the room you're tackling. Don't forget the windows, heavy-duty cleaners for any stains, something to reach cobwebs (such as a broom with its head wrapped in a clean, soft cloth), plenty of cloths and dusters, and stepladders for high places.

- **Your cleaning strategy** Start at the top of the house and work down. Work through

each room in the following pattern, always finishing a room before starting the next.

- Take down curtains and launder them, or take to the dry cleaner.

- Remove all pictures and other decorations from the walls.

- Think dry then wet—start with the dusting, sweeping and vacuuming, then move on to wet cleaning, such as that for windows and floors.

- Move all furniture to clean underneath it and blitz any neglected corners.

- Use the gentlest cleaning methods first, before moving onto something more aggressive for stubborn marks and stains.



## Eggs, Eggs Everywhere!

Eggs used for dyeing and hunting need to be handled carefully if you want to eat them later. A few simple rules to eat by:

- Only eggs hard-boiled in plain water and then dyed in natural or commercial dye are suitable for eating. This is called the "cold dyeing method."

- Eggs cooked and dyed at the same time in boiling water ("hot dyeing method") are for decoration only.

- Hard-cooked eggs for an egg hunt must be prepared with care to prevent cracking the shells. If the shells crack, bacteria could contaminate the inside.

- Make sure your eggs do not stay outside of refrigeration for longer than two hours.

- Eat hard-cooked eggs (in the shell or peeled) within one week.

Source: Whole Foods Market

## Want to Green Up Your Spring Cleaning?

If you really want to green up your cleanser collection, it's a pretty easy thing to do. You just need five ingredients, all of which are affordable and readily available. With this stash you can clean anything in your home: distilled vinegar and antiseptic essential oil, liquid soap and detergent, washing soda and baking soda.

**Vinegar and essential oils.** These ingredients are neutralizers of stains and odors, they also dissolve scale and help remove the dirt trapped in wood. Make sure you use white distilled vinegar because apple cider vinegar can stain some upholstery. If you need to kill bacteria and mold then antiseptic essential oils will be a big help. You can choose from the following list: birch, lavender, cinnamon, eucalyptus, clove, rose, lemongrass, sweet orange or tea tree.

**Liquid soap or detergent.** Soap is better for you and the environment. However, if you use soap to wash your clothes it can leave a graying film on them. When selecting a detergent, go for the most biodegradable one available.

**Baking soda and washing soda.** These are mineral neutralizers. They can cut grease and dissolve wax. Baking soda is also mildly abrasive. Washing soda is for heavy duty jobs, but it can be caustic, so make sure you wear gloves.

—adapted from Mother Earth News







# Know your allergies to defeat them this spring

**A**llergy season is upon us, creating misery for millions of Americans. Here are some tips for alleviating allergy attacks caused by pollen and mold:

- Keep your windows closed at night. Use air conditioning, which cleans, cools, and dries the air.
- Minimize early morning activities outdoors between 5 and 10 a.m. This is the time of day when pollen is most prevalent.
- Keep your car windows closed when you drive.
- Take a vacation during the height of the pollen season. Pick a place that's more pollen-free, like the beach or the sea.
- Take the medications prescribed by your allergist.
- Don't spend too much time outdoors when the pollen count, humidity, or wind factor is high.
- Avoid raking leaves or mowing lawns, which stirs up molds and pollens.

Delegate these tasks to someone who isn't allergic.

- Don't hang sheets or clothing out to dry. Pollens and molds may collect on these items.
- Don't grow too many indoor plants. Wet soil is a breeding ground for molds.

## **Pollen**

The pollen of such trees as oak, western red cedar, elm, birch, ash, hickory, poplar, sycamore, maple, cypress, and walnut is often the cause of early spring seasonal allergic rhinitis (hay fever).

Late spring and early summer hay fever is usually caused by pollinating grasses, including timothy, bermuda, orchard, sweet vernal, red top, and some blue grasses. Other weeds that can cause pollen allergy include sagebrush, pigweed, tumbleweed, Russian thistle, and cockleweed.

Note that pollen from plants with bright flowers, such as roses, usually does not cause allergic problems, since these

flowers have large and waxy pollens that are carried from plant to plant by insects such as bees. On the other hand, many trees, most grasses, and certain low-growing weeds are primarily wind-pollinated.

## **Mold**

Molds are parasitic, microscopic fungi without stems, roots, or leaves. They contain no chlorophyll, and their spores float in the air like pollen. Mildew is caused by molds.

Outdoor mold spores begin to appear after a spring thaw and reach their peak in either July, August, September, or October in the northern United States.

Molds are present in almost every possible habitat. Outdoors, they can be found in soil, vegetation, and rotting wood. Inside, molds are found in attics, basements, bathrooms, refrigerators and other food storage areas, garbage containers, carpets, and upholstery.

**SWEATER SMARTS.** What's this? As you smooth the sweater down over your middle, you see your shirt showing through a small hole. Upon closer inspection, you find a half-dozen, randomly spaced little holes. The moths have done it again—they've chewed holes in your favorite cashmere sweater.

*Here's a tip:* Before stowing your sweaters for the season, place them in a Ziplock® storage bag and pop it in the freezer for 24 to 48 hours. The frigid temperature will kill any larvae and eggs that are present. After this, take them out for thawing and shake out the sweaters to remove any dead eggs.







*Happy Easter!*

# April 2021

				thursday	friday	saturday
sunday	monday	tuesday	wednesday	1	2	3
4 Easter  Dictionary Day	5  Go For Broke Day	6  Army Day	7  World Health Day	8  April is Jazz Appreciation Month	9  Unicorn Day	10  National Sibling Day
11  Barbershop Quartet Day	12  Walk on Your Wild Side Day	13  Scrabble Day	14  National Dolphin Day	15 Tax Day  High Five Day	16  National Stress Awareness Day	17  Haiku Poetry Day
18  Animal Cracker Day	19  National Hanging Out Day	20  Chinese Language Day	21  Administrative Professionals Day	22  Jelly Bean Day	23  April is National Poetry Month	24
25  Hairstylist Appreciation Day	26  Get Organized Day	27  Tell a Story Day	28  Pay it Forward Day	29  International Dance Day	30  Honesty Day	