

# DeVille

Apartment & Builders Inc.



December 2019

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## LifeStyle

4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

### Holiday Office Hours

The Office will be closed on Tuesday, December 24th and Wednesday, December 25th for the Christmas holiday. We will also close on Tuesday, December 31st at Noon and Wednesday, January 1st in observance of New Year's Day. Happy holidays!

### Happening in December...

**National Stress Free Holidays Month.** Don't let the hectic demands of the holiday season get you down. Learn to recognize signs of stress, keep expectations realistic, and practice saying no before you burn out. Also, watch your diet and stick to your exercise schedule to stay healthy.

**World AIDS Day, Dec. 1.** World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and commemorate those who have died.

**Ugly Christmas Sweater Day, Dec. 20.** You know you've got at least one. Grab your least attractive Christmas sweater and show off your lack of good fashion taste.

**Christmas, Dec. 25.** The highlight of the year to children young and old.

**National Drunk and Drugged Driving Prevention Month.** Drinking and driving can make the holiday season deadly for drivers, passengers, and pedestrians. National Drunk and Drugged Driving Prevention Month seeks to spotlight the dangers of driving under the influence of alcohol, drugs, or both. According to the National Safety Council, more than 40,000 people died in alcohol-related traffic accidents last year, so this year, stay safe during the holidays.

### A Holiday Rent Reminder

Don't let the hustle and bustle of the holidays distract you from paying your rent on time. Payment is always due on the first of the month with late fees added to delinquent payments. Check your lease agreement for complete details. Thank you!

### Winter Weather Car Tips

Here are a few simple solutions to some of winter's common challenges:

- You can remove road salt from carpets with a solution of equal parts vinegar and water.
- Carry a blackboard eraser in your car to remove fog from the inside of windows.
- Leave the window open a crack to prevent frost from building up inside the car.
- Keep a broom with a shortened handle in the trunk of the car to dust off snow.

### A Wish for the Holidays

December has come again, bringing with it the wonders of holiday season. Decorations and delicacies abound, and we seem to smile more as the spirit of the holidays takes over.

As the year draws to a close, it reminds us that it's time to thank you, our valued residents, for having called DeVille Apartments & Builders Inc. home for another year. Please remember to take good care of yourself over the holidays. Get some rest, don't drive too fast to get where you're going, and do whatever is necessary to stay safe.

#### YOUR COMMUNITY STAFF

##### Chalet DeVille

330-492-8650

##### Chateau DeVille

330-492-8650

##### DeVille Northgate

330-492-8650

##### DeVille Regency

330-492-8650

##### DeVille Village

330-834-1396

##### DeVille Grandeur

330-834-1396

##### Fontaine DeVille

330-488-1051

##### Little Williamsburg

330-488-1051

##### London Square

330-477-6717

##### Perry Hills Colony

330-478-2246

##### Woodlawn Village

330-478-1467

#### OFFICE HOURS

##### Monday thru Friday

8:00 am-4:30 pm

##### Saturday

Closed

##### Sunday

Closed

#### CONTACT DIRECTORY

##### Corporate Office

(330) 492-8650

##### Corporate Fax

(330) 492-8671

##### Website

[www.devilleapts.com](http://www.devilleapts.com)

##### Corporate E-Mail

[deville@devilleapts.com](mailto:deville@devilleapts.com)







# Holiday shopping wisdom

**T**hat jingling you hear may not be bells. Could be what's left in your pocket. For those caught up in the buying frenzy of the holidays, Christmas Eve could find them with a handful of change in their pockets and little else.

Of course, every year you think you'll avoid the rush by accumulating gifts throughout the year. That would be smart, but it doesn't do much good in November and December and the shopping list looms.

A survey by The Wall Street Journal shows that more of us are controlling credit card debt by adopting new traditions that reduce the loot under the tree.

Women do most of the Christmas shopping, says Eileen Fischer of York University in Canada, who studies consumer behavior. They give gifts to reinforce relationships with spouses, kids, in-laws, co-workers, friends and helpers.

Here is some classic advice on keeping your holidays affordable:

- If you have a multitude of relatives to buy for, talk with them about exchanging cards this year. They will be happy to do it in most cases.
- Decide in advance how much you will spend on gifts.
- Give gift certificates to teens. They keep you within your specific amount, and teens enjoy shopping.

- Skip the stocking stuffers altogether.

- Shop with a specific list, especially online where easy clicks add up to big money.

- Don't buy for yourself at the same time. Stick to the project.

- Financial advisor Jane Bryant Quinn says: Add up your consumer debt and write the number at the top of your shopping list or computer.

- An advantage of buying less: Less time spent opening gifts. It can drag on and on for a large group.

The holidays are more joyful when you know you can pay the bills as they begin arriving in 2020.



## Eat right to avoid the flu

It's never too late to protect yourself (and your friends and family) from the flu. A flu shot may be your best line of defense, but you can also keep the flu virus at bay with help from these foods:

- **Chicken Soup.** Once again, your mother was right. Chicken soup provides fluids that help fight off viruses, and it can reduce inflammation and other symptoms of the flu.
- **Garlic.** Compounds in garlic (also onions) known as alliin and allicin have an antiviral impact. For maximum effect, chew a raw clove every three to four hours.
- **Pumpkin seeds.** The zinc in pumpkin seeds is said to help white blood cells fight off disease.
- **Citrus fruits.** The vitamin C found in most citrus fruits (as well as red bell peppers, broccoli, sweet potatoes, and other foods) can reduce cold and flu symptoms by up to 25 percent.
- **Blueberries.** Antioxidants are more plentiful in blueberries than in lots of other fruits and vegetables. Eat half a cup a day during flu season. Fresh are best, but even frozen ones offer strong benefits.



## How to avoid the 5-pound holiday weight gain

- At a dinner, eat just foods you like, not some of everything.
- Sit farther away from a buffet table so seconds (and thirds) are less convenient.
- Eat slowly. It takes 20 minutes for your body to recognize a full feeling.
- Drink water with your meals.
- When mixed drinks are being served, ask for club soda, water, or diet soda in your drink.
- Visit with many people so you have something to do in addition to eating and drinking.
- At home, keep cookies, candy, and other treats out of sight so you won't snack every time you walk by them.





**JUMANJI: THE NEXT LEVEL** The gang is back but the game has changed. As they return to Jumanji to rescue one of their own, they discover that nothing is as they expect. The players will have to brave parts unknown and unexplored, from the arid deserts to the snowy mountains, in order to escape the world's most dangerous game.



**SPIES IN DISGUISE** Super spy Lance Sterling (**Wil Smith**) and scientist Walter Beckett (**Tom Holland**) are almost exact opposites. Lance is smooth, suave and debonair. Walter is not. But what Walter lacks in social skills he makes up for in smarts and invention, creating the awesome gadgets Lance uses on his epic missions. But when events take an unexpected turn, Walter and Lance suddenly have to rely on each other in a whole new way. And if this odd couple can't learn to work as a team, the whole world is in peril.

**TRAUMA CENTER** Alone and trapped in a locked-down hospital isolation ward overnight, an injured young woman must escape a pair of vicious killers who are after the only piece of evidence that can implicate them in a grisly murder - the bullet in her leg. Luckily, a veteran cop (**Bruce Willis**) is assigned to protect her, and he becomes her protector as the night grows more dangerous.

**BLACK CHRISTMAS** Hawthorne College is quieting down for the holidays. One by one, sorority girls on campus are being killed by an unknown stalker. But the killer is about to discover that this generation's young women aren't willing to become hapless victims as they mount a fight to the finish.

**UNCUT GEMS** Set in the diamond district of New York City, Howard Ratner (**Adam Sandler**), a jewelry store owner and dealer to the rich and famous, must find a way to pay his debts when his merchandise is taken from one of his top sellers and girlfriend.

**THE AERONAUTS** Pilot Amelia Wren (**Felicity Jones**) and scientist James Glaisher (**Eddie Redmayne**) find themselves in an epic fight for survival while attempting to make discoveries in a gas balloon.

**1917** At the height of the First World War, two young British soldiers, Schofield (**George MacKay**) and Blake (**Charles Chapman**) are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers - Blake's own brother among them.

**RICHARD JEWELL** American security guard Richard Jewell (**Paul Walter Hauser**) saves thousands of lives from an exploding bomb at the 1996 Olympics, but is vilified by journalists and the press who falsely report that he was a terrorist.

**THE SONG OF NAMES** Tim Roth and Clive Owen star in an emotional detective story spread over two continents and a half century. Beneath the film's stunning and pulsing musical revelations burn the horror of a war and the lost souls extinguished from history.

**BOMBSHELL** A revealing look inside the most powerful and controversial media empire of all time - Fox News, and the explosive story of the women who brought down the infamous man who created it.

**JUST MERCY** After graduating from Harvard Law, Bryan Stevenson (**Michael B. Jordan**) might have had his pick of lucrative jobs. Instead, he heads to Alabama to defend those wrongly condemned. One of his first, and most incendiary, cases is that of Walter McMillian (**Jamie Foxx**), who, in 1987, was sentenced to die for the notorious murder of an 18-year-old girl, despite a preponderance of evidence proving his innocence and the fact that the only testimony against him came from a criminal with a motive to lie.

## HOME ENTERTAINMENT RELEASES

Dec. 3	The Goldfinch
Dec. 10	It: Chapter Two
Dec. 10	Once Upon a Time in Hollywood
Dec. 10	Hustlers
Dec. 17	Downton Abbey
Dec. 17	Abominable
Dec. 17	Ad Astra
Dec. 17	Rambo: Last Blood
Dec. 17	Overcomer
Dec. 24	Judy



# Stocking Stuffers?

While puppies and kittens can make great holiday surprises, before you bring home a new furry friend, please remember the following:

1. All pets must have management's prior approval (breed restrictions apply).
2. Buy a leash. Pets must remain on a leash at all times while outdoors.
3. Buy a scoop. Owners are responsible for picking up after their pets.

\*Additional pet policies may apply. See office for details.



sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 <b>Rent Due.</b>	2 <i>Cyber Monday</i>	3 <i>Giving Tuesday</i>	4 <i>National Cookie Day</i>	5 <i>International Ninja Day</i>	6 <i>Mitten Tree Day</i>	7 <i>National Cotton Candy Day</i>
8 <i>Pretend to be a Time Traveler Day</i>	9	10 <i>Dewey Decimal System Day</i>	11 <i>Kaleidoscope Day</i>	12 <i>Gingerbread House Day</i>	13 <i>Lost &amp; Found Day</i>	14
15 <i>National Cupcake Day</i>	16 <i>Chocolate-covered Anything Day</i>	17 <i>Clean Air Day</i>	18 <i>Bake Cookies Day</i>	19 <i>Regifting Day</i>	20 <i>Ugly Sweater Day</i>	21 <i>Winter Solstice</i>
22 <i>Date-Nut Bread Day</i>	23 <i>Family Roots Day</i>	24 <i>Egg Nog Day</i>	25 <i>Christmas Day</i>	26 <i>Kwanzaa</i>	27 <i>National Fruitcake Day</i>	28 <i>Card Playing Day</i>
29	30 <i>No Interruptions Day</i>	31 <i>New Year's Eve</i>  <i>Please Celebrate Responsibly!</i>	December '19			