

DeVille

Apartment & Builders Inc.



July 2025

Inside this issue

Pick the proper car seat
Summertime food safety
July quick reads, and more.

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.

Stay Safe on the Fourth!

Don't let a trip to the hospital ruin your holiday. We would like to remind residents that **fireworks are strictly prohibited in our community.** If you witness violations of this policy, please contact the local authorities.

Closed in Commemoration

Our office will be closed on Friday, July 4th in commemoration of our country's birth. As always, maintenance will be available should there be an emergency. We wish all of you a safe and happy Independence Day!

How to Use a Fire Extinguisher

To quickly get a fire extinguisher going, then use it properly, remember **PASS: P: Pull.** Pull the pin to discharge material. **A: Aim.** Aim low. Point to spray at the bottom of the blaze first. **S: Squeeze.** Squeeze the lever above the handle to operate, and release it to stop the spray. **S: Sweep.** Sweep the extinguisher from side to side until the flames are out.

Life Hacks

Stuck in traffic? Stuck in traffic on the highway? Pay attention to the lanes that semi trucks are merging to, and follow them. They usually communicate over the radio which lanes are blocked or shut down from an accident.

Want to find the best spot to eat at an airport? Look at where the flight attendants and flight crew are eating. Chances are they've been there many times and know where the best spots are.

Business card overload? Attending a conference and collecting a stack of business cards? Instead of overstuffing your wallet, snap a picture of each card with your phone.

It's a quick and easy way to keep all that important contact information organized and accessible.

Air Conditioning Problem?

To prevent the possibility of additional damage to your air conditioning system, **please turn the unit off as soon as you notice that it is not cooling properly.** Then, contact the Management Office to submit a Maintenance Request.

YOUR COMMUNITY STAFF

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

Corporate Email

deville@devilleapts.com





Summertime Food Safety

Picnics and barbecues are great ways to take advantage of the summer sun, but the higher heat can also increase the chances of food poisoning. Keep these tips in mind as you plan your potluck.

KEEP IT COOL. Perishables like potato salad and meats should be kept at or below 40 degrees Fahrenheit, rather than set out to warm on the picnic table. Stash it in a cooler with ice packs, and open the lid as little as possible.

SEPARATE PLATES. If you tote raw hamburger to the grill on one plate, don't use that plate for the cooked patties. The same rule goes for utensils that touched raw meat.

COOKS SHOULD WASH THEIR HANDS. If you shred salad leaves after grilling chicken, you could unintentionally add raw meat juices to the veggies. A thorough hand washing will take care of most problems. No nearby sink? Don't forget to pack the antibacterial hand sanitizer.

Choose the best car seat for your youngest passengers

Safety is your No. 1 concern when driving with small children. The proper car seat is crucial. Here's how to choose one that protects your most precious cargo:

- **Check the safety label.** Make sure it meets or exceeds federal safety requirements for carrying children.
- **Be cautious used seats.** A previously owned seat that's more than six years old may not be safe. Look for missing parts, cracks, or other signs of wear and tear. Call the manufacturer to ask about durability and recalls.
- **Get the seat that fits your child.** Infant seats are designed for children from birth to about 20-35 pounds. Some can be converted to hold a child up to about 40

pounds. Otherwise, you'll need a front-facing safety seat capable of holding children until they reach 40 pounds, and after that a booster seat can be used until they hit about 80 pounds. Keep careful track of how big your children grow.

- **Learn the safety belt test.** When your child is between 8 and 12 years old, he or she may be ready to ride with just a seat belt. Do the child's knees bend at the edge of a regular car seat? Does the belt ride low on his or her hips? Does the shoulder belt lie on the child's collar or shoulder? Does the child sit comfortably with seat belt and shoulder strap correctly fastened? If any of the answers to these questions are no, keep the child in a safety seat until he or she has grown sufficiently.



Get (a little) sun A few minutes of direct sunlight each day can bring big benefits.

Sunlight prompts the body to produce vitamin D. According to a University of Alabama study, people who get the least exposure to the sun have a greater risk of prostate cancer, multiple sclerosis, depression, and high blood pressure.

SUN PROTECTION. People often think that a tan will protect them from the sun's UVA and UVB rays. Not true. A tan is the body's desperate attempt to protect itself from sun damage. Rather than being helpful, sun tanning can lead to wrinkles, skin cancer, and other skin problems.

When you will be outdoors for more than 20 minutes, use a sunscreen that protects against both UVA and UVB rays. At the beach, use one with a sun protection factor (SPF) of 30.

July

QUICK READS



Second Half of the Year Day is July 1st (the 182nd day of the year). It's an opportunity to step back and analyze your year thus far with your goals and objectives (forget the new year's resolutions, which likely didn't survive beyond February), and take action to get back on track if required.

It's an excellent time to reflect on your relationships, money, nutrition, work, and other parts of your life that you might wish to change. Make the rest of the year count!



*July is the hottest month of the year.
Here's how you can*

eat to beat the heat

- **Load up on juicy fruits and vegetables.** They're an excellent source of water, so consuming them helps you stay cool and well hydrated. (You'll get important nutrients as well.)
- **Make low-fat eating a priority.** It's more than just a health plus. Fatty foods take longer to digest than carbohydrate or protein—and digestion generates heat. So you'll be cooler and more comfortable if you eat more quickly digested foods—such as fruits, vegetables, starches, lean meats and low-fat dairy products.
- **Tap the cooling flavors of fresh herbs.** Mint contains chemical compounds that create a feeling of coolness in your mouth and nose. Other herbs in the mint family (thyme, rosemary, basil) also add a refreshing note to the foods they're used in.
- **Even if your appetite flags, eat something.** Occasionally, frozen yogurt and fruit is fine for lunch or salsa with chips is okay for supper. Have unconventional meals, but don't skip eating altogether, because food supplies energy. If you're not eating, you will not feel as good.

Is it better to eat a hotdog or a hamburger at a barbecue?

Bite into the burger. Beef is high in zinc, iron, and protein, says Jessica Cording, R.D., a dietitian in New York City. Most hotdogs are loaded with sodium and also contain preservatives like nitrates that might raise your risk of diabetes and various cancers if you eat them too often. Just keep tabs on portions: Stick with 3 oz. meat (about the size of your palm) and pile on fresh veggies like lettuce, tomato, and cucumber slices. You can add cheese, too—just skip over other high-cal (add-ons like bacon and avocado which is healthy but caloric).



HOW TO GET A GREAT HAIRCUT

The perfect cut starts with the perfect pro. Meet your match with these simple tips:

SCOUT IT OUT

Spot a woman at your gym or local supermarket with amazing hair? Ask for a referral. Another resource: the cosmetic counters at your local department stores, says Jennifer Smith, a salon owner in San Diego. "Those makeup artists are like your concierge for beauty—they know who's who in the industry," she says.

DO YOUR HOMEWORK

Once you have a few names, see what local beauty bloggers and previous clients are saying about the stylist and salons," Smith says. Yelp and *booksy.com* are also rife with customer reviews.

SET UP A CONSULTATION

"Instead of jumping right into a cut, carve out some time to see if you mesh with the stylist," says Stephan Michaels, a salon owner in Atlanta. Use the time to talk about your hair history, your budget, and how much time you have to devote to styling. Many salons offer face time gratis, but some might charge a small fee.

HOW MUCH TO TIP?

nerdwallet.com asked three etiquette experts, two salon professionals and a certified financial planner. Most of these experts suggest leaving 15% to 20%, depending on the service and your satisfaction.

Going with 20% is nice for the stylist and you because that math is pretty simple.





HAVE A SAFE & HAPPY

4th JULY

INDEPENDENCE DAY

July

sunday

monday

tuesday

wednesday

thursday

friday

saturday

		1 Rent Due	2 World UFO Day	3 Compliment Your Mirror Day	4 Independence Day Have a Safe and Happy Fourth of July!	5 National Bikini Day
6 International Kissing Day	7 Global Forgiveness Day	8 Be a Kid Again Day	9 Sugar Cookie Day	10 July is Cell Phone Courtesy Month	11 National Free Slurpee Day	12 Etch a Sketch Day
13 Embrace Your Geekness Day	14 National Mac & Cheese Day	15 July is National Picnic Month	16 National Hot Dog Day	17 July is National Anti-Boredom Month	18 World Listening Day	19 International Karaoke Day
20 National Ice Cream Day	21 July's Birthstone is Ruby	22 Hammock Day	23 National Gorgeous Grandma Day	24 Tell an Old Joke Day	25 Talk in an Elevator Day	26 National Aunt and Uncle Day
27 Take Your Houseplant for a Walk Day	28 National Soccer Day	29 National Chicken Wing Day	30 Share a Hug Day	31 July is National Ice Cream Month		

2025