

DeVille

Apartment & Builders Inc.



4811 Whipple Avenue NW Suite 101 • Canton, OH 44718

Happening in November...

National Native American Heritage Month. Established to commemorate America's first people, this month offers Native Americans an opportunity to share their culture, traditions, music, and philosophy of life.

National Alzheimer's Disease Month. Signed into law by President Ronald Reagan in 1983, National Alzheimer's Disease Month recognizes the efforts to treat and cure Alzheimer's while supporting individuals and families struggling with the disease.

Military Family Appreciation Month. In this month-long celebration of those who support the men and women serving in America's armed forces, the Department of Defense, and the nation, honors the commitment and sacrifices made by the families of U.S. service members.

Veterans Day, Nov. 11. Honoring the men and women who have served in the U.S. armed forces, observed on the date of the conclusion of World War I.

National Games and Puzzles Week, Nov. 20-26. Encouraging families and friends to spend more time together playing games, doing puzzles, challenging their brains, and having fun.

Life Hacks

Clogged drain? Pour one cup of baking soda and half a cup of vinegar down it. Cover the plug with a plate and wait for 30 minutes, then blast it with hot water. Problem solved!

Gum in the carpet? When gum freezes, it gets brittle and easily breaks apart. Therefore, if you ever get gum stuck in your carpet, freeze it with an ice pack for about 30 minutes and it will start to crumble and be easy to remove.

Avocado tip. To tell if an avocado is good to eat, just pop off the little button on the stem end. Green means good. Brown means it's too ripe, and likely a slimy mess inside.

Want your strawberries to last longer? Wash them with diluted vinegar. This can extend their life by up to two weeks.

Getting a lot of scam calls recently? Next time you get one, pick up the phone and mute your microphone. This will mark your number as a "ghost number" and you should start receiving less and less calls from telemarketers.

Give Peace a Chance

Observe World Peace Day this November by keeping the peace right here at home. Your neighbors will appreciate your courtesy as you walk softly on stairs, keep voices down in hallways/breezeways, turn volumes to low on television/stereos and quiet barking dogs. "Let peace begin with me." Thank you!

Daylight Saving Time ends Sunday, Nov. 2nd

If you set your clocks back an hour on Saturday night, you'll wake the next day feeling well rested. You've had an extra hour of sleep.

Daylight Saving Time was used in many countries during World War I. President Franklin Roosevelt brought it back during World War II. It was called War Time. While it saved just 1 percent of energy use, considering the whole country, it was a lot.

YOUR COMMUNITY STAFF

London Square

330-477-6717

Perry Hills Colony

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OFFICE HOURS

Monday thru Friday

8:00 am-4:30 pm

Saturday

Closed

Sunday

Closed

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Stress-free Friendsgiving Tips



A meatless Thanksgiving?

A vegetarian Thanksgiving isn't a contradiction of terms. The traditional turkey may be a favorite, but you've got other options available that don't force you to compromise your principles or your enjoyment. Consider these meatless alternatives:

- **Butternut squash with stuffing.** Take four medium-size butternut squash, $\frac{3}{4}$ cup of raw wild rice, a cup of chopped red onion, and other spices and ingredients. Find the recipe on vegkitchen.com for a dish that serves eight people.
- **Lasagna.** A good, filling entrée that can be prepared with all kinds of vegetables and meat substitutes (like tofu). Spinach, zucchini, and mushrooms are popular ingredients.
- **Winter squash risotto.** Risotto calls for patience and lots of careful stirring, but can result in a satisfying and delicious meal. One medium butternut squash, or 2 to 3 delicata squash, can be used in a risotto.

Recipes found on Veggie Table's site at theveggietable.com.

Since we can't always make it home for Thanksgiving, this holiday gives folks a different way to enjoy the day. For first-time Friendsgiving hosts and guests, here are some tips to make sure it all goes as smoothly as possible:

- **Assign turkey duty to the host.** Transporting a fully cooked turkey all but guarantees a cold supper, so the bird and gravy should be made at the host's place.
- **Let friends pick their dishes.** A group text or a shared spreadsheet (with categories like appetizers, side dishes, veggies and desserts) will make planning much easier.

Your friends can simply add their name and what they plan to bring.

- **Don't forget the drinks.** Make sure one person doesn't get stuck with the whole haul. Instead, have each guest bring a favorite libation.
- **Make sure there's plenty of food to go around.** After confirming guests and significant others, make sure everyone knows how much food to prepare for the number of guests attending the party.
- **Arrive ready.** Make sure your dish is as close to finished as possible before heading over to the festivities. With oven space at a premium, slow cooker dishes are a great choice.

- **Make sure you have enough seating.** With the guest list set ahead of time, plan seating accordingly.
- **Stock up on the basics.** More people in your home means going through things like bathroom tissue, paper towels and garbage bags. Shop ahead to make sure you won't run out. And while you're at the store, it's not a bad idea to grab some paper plates and utensils for backup. (If you need to go out and grab a few last-minute food items, make sure you know which stores are open Thanksgiving this year.



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.



it's November!

It's the
superfood
of the season:

½ cup of
pumpkin
supplies
100% of
your daily
vitamin A
and **10%** of
your vitamin
C needs.

And 1 ounce of
roasted pumpkin
seeds delivers
5 grams of protein,
1 gram of iron,
and 23 per



NOVEMBER 27 IS NATIONAL FAMILY HEALTH HISTORY DAY

Find out what conditions are in your family tree so you can take the right steps to protect your own health. Talk to relatives and ask about their health issues (such as high blood pressure or diabetes) and the age they were diagnosed. The U.S. Surgeon General has an online tool (My Family Health Portrait) which allows you to create your own family health history at: cblit.github.io/FHH/html/index.html

NOVEMBER 15

AMERICA RECYCLES DAY

Along with paper, plastic and glass, many other items are recyclable, including electronics, batteries, and even eyeglasses. Visit americarecyclesday.org for a list of recyclables and where to take them.



THE AVERAGE SHOPPER SPENDS \$674 ON BLACK FRIDAY.

TIPS TO HELP YOU SCORE THE BEST DEALS

- 1 WORK THE SOCIAL MEDIA ANGLE** Many stores will post special offers on Facebook and X, formerly know as Twitter.
- 2 USE APPS LIKE SHOPSAVVY AND SHOPKICK** to scan bar codes and compare prices while you are shopping in the store. Websites like JoinHoney.com lets you install a browser extention so you can find the internet's best coupon deals when shopping online.
- 3 SAVE UP FOR SMALL BUSINESS SATURDAY** to support local shops, as well as Cyber Monday—when experts say you will be likely to get better deals on laptops, clothing, and travel.

You are
**THREE
TIMES**
more likely
to make
an *impulse*
purchase
on *Black
Friday*.

TIP: Set a spending limit. If you're shopping at a store, withdraw cash and leave the credit cards at home.

DAYLIGHT SAVING TIME ENDS NOVEMBER 2



TIME TO FALL BACK AN HOUR.

ALTHOUGH THE EXTRA HOUR IS A GOOD THING, IT CAN THROW OFF YOUR SLEEP AND ENERGY LEVELS.

To help your body adjust, go to bed and get up 15 to 30 minutes earlier starting the week before.

Learn why Arizona and Hawaii are the only two states that do not observe Daylight Saving Time at <https://tinyurl.com/3f74whpb>



HAPPY • THANKSGIVING •



November 2025

saturday

sunday	monday	tuesday	wednesday	thursday	friday	saturday
2 <small>Daylight Saving Ends</small> <i>Don't Forget to "Fall" Back One Hour</i>	3 <i>National Housewife Day</i>	4 <small>Election Day</small> <i>Don't Forget to Cast Your Ballot!</i>	5 <i>National Stress Awareness Day</i>	6 <i>National Nachos Day</i>	7 <i>National Cancer Awareness Day</i>	8 <i>National Cappuccino Day</i>
9 <i>World Freedom Day</i>	10 <i>US Marine Corps Birthday</i>	11 <small>Veterans Day</small> <i>We Salute Our Veterans. Thank You for Your Service!</i>	12 <i>Chicken Soup for the Soul Day</i>	13 <i>World Kindness Day</i>	14 <i>Loosen Up Lighten Up Day</i>	15 <i>Clean Out Your Refrigerator Day</i>
16 <i>National Button Day</i>	17 <i>National Take a Hike Day</i>	18 <i>November's Birthstone is Topaz</i>	19 <i>International Men's Day</i>	20 <i>Name Your PC Day</i>	21 <i>National Gingerbread Cooke Day</i>	22 <i>November's Birth Flower is Chrysanthemum</i>
23 <i>National Espresso Day</i>	24 <i>Celebrate Your Unique Talent Day</i>	25 <i>Shopping Reminder Day</i>	26 <i>National Jukebox Day</i>	27 <small>Thanksgiving</small> <i>Have a Happy and Blessed Thanksgiving!</i>	28 <i>Native American Heritage Day</i>	29 <i>November is National Gratitude Month</i>
30 <i>Secondhand Sunday</i>						1 <i>Rent Due</i>