

DeVille

Apartment & Builders Inc.



December 2024
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Happening in December...

Cookie Cutter Week, Dec. 1–7. Roll out the ginger-bread, shortbread, and sugar cookie dough, then use your favorite cutters to shape and bake a batch of tasty holiday cookies.

World AIDS Day, Dec. 1. Since 1988 this day has helped to raise awareness to the issues surrounding this global pandemic and those it affects.

Ugly Christmas Sweater Day, Dec. 16. We all have one from our Aunt Betty in Bugtussle. Don't hide it in your closet or regift it—wear it proudly today. You will be in good company.

Christmas, Dec. 25. It doesn't matter what you believe or whether you were naughty or nice this year. Today is about peace, love, reverence, and fellowship. We can all observe that.

Kwanzaa, Dec. 26–Jan. 1. This weeklong African-American celebration of family, community, and culture helps to usher in the new year on a positive note.

Safe Toys and Gifts Awareness Month. Because your child's favorite toy can present a choking hazard or other serious injury, the folks at Prevent Blindness have created a list of guidelines that will help you make a safe toy purchase this holiday season. Visit their website at www.preventblindness.org/safe-toy-checklist.

Holiday Office Hours

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

Stay Fit as You Celebrate

The holidays are full of temptation, and staying fit while everyone else is indulging in treats can be tough. If you don't want to start the new year with unwanted pounds, follow this advice from the Abilene-RC website:

Stick to your exercise routine. Keep going to the gym or working out at home on your usual schedule. Recruit a buddy if necessary to keep you on track.

Choose fitness activities you enjoy. Don't force yourself to do exercises that you find boring, or excruciatingly difficult. Pick something as simple as yoga, dance classes, or a light run that you'll actually do, not avoid.

Start out slow. If you're starting an exercise routine during the holidays as a proactive measure, take things easy at first. Remember to stretch and warm up before any physical activity.

Watch your food intake. It's all right to have a big dinner to celebrate, but don't overdo it. Stick to reasonable portions, and don't go back for seconds, thirds, or fourths.

Giving Gift Cards?

When purchasing gift cards this holiday season, inspect them for signs of tampering. Check to see if the PIN on the back of the card has been exposed. Thieves sometimes uncover that number to steal money that is later loaded onto the card. It's best to buy cards that are sealed in packaging or stored behind the checkout counter.

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Waist Not

Use these tips to keep holiday treats from ending up around your middle.

Grandma lied. Sure, she always seemed sweet and innocent, but when she told you that “holiday treats don’t have calories,” she was fibbing. In fact, holiday foods are some of the most calorie-dense around, leading many of us to pack on more than a few pounds between Thanksgiving and New Year’s. Beat back the holiday pounds this year by steering clear of the highest-calorie seasonal treats as much as possible. But since there’s always a lovely grandma waiting to plump you up, here are some strategies for reducing the impact of such kindness on your waistline.

Dealing with desserts

The biggest temptation comes from an abundance of sweets.

Ways to cut back:

- **BE AN ANGEL** A slice of plain angel food cake has about 100 calories; glaze and sprinkles add another 25-50.

- **FEAST ON FRUIT** Compotes of holiday fruits, poached pears, and cinnamon-baked apples are low-calorie sweets. (Hold the whipped cream.)

▪ CHOOSE YOUR COOKIES

Reach for ginger snaps or other light cookies such as madeleines. Meringues are even better, around 20 calories each.

▪ CHOOSE YOUR CHOCOLATE

Go for the antioxidant-loaded dark chocolate squares.

- **SLICE IT** Skip toppings: go for single-crust fruit-filled pies.

EGGNOG

Eggnog is not just flavored milk. Store-bought eggnog contains up to 350 calories per cup and has more saturated fat in one serving than you should have all day. You’ll have to do a lot of turkey chasing or caroling to burn that off.

Good Opt for low-fat versions. They save about a third of the calories or more.

Better Fill your glass with half skim milk and half eggnog. Before long, you’ll find the undiluted stuff way too rich.

Best Soy versions of eggnog have as little as 90 calories per cup. And regular soy intake has its own nutritional benefits, such as increased bone density.

CREAM GRAVY

Flour, grease, and salt may comprise three of the four basic food groups for college freshman, but you don’t have to go to school to know a serving of homemade cream gravy can usually add hundreds of calories to the plate.

Good Believe it or not, purchased cream gravies tend to run at about half the calories as homemade.

Better Homemade cranberry sauce tops turkey (and even mashed potatoes) beautifully and is rich in antioxidants.

Best Au jus, the natural (defatted) juices of the meat, make an ultra low-calorie and very tasty alternative.

SALAD DRESSING

Why is this caution any different from the rest of the year? Because, for some reason, we use the holidays to go crazy with those high-cal, super-heavy dressings.

Good put the dressing in a small bowl and dip each bite gently in instead of slathering it on top.

Better Stick to olive oil-based vinaigrette.

Best Squeeze a lemon wedge on your salad and get your holiday going with a sprinkle of dried cranberries.

SNACK DIP

Sour cream- or cream cheese-based dips grace many a snack buffet designed for distracted munching as we focus on mingling at holiday gatherings, New Year parties, and that greatest celebration of the season—yes, the Super Bowl.

Good Use a low-fat sour cream for a third fewer calories.

Better Substitute fat-free plain yogurt and cut the calories in half.

Best Put a little south-of-the-border spice in the season with salsa and you’ll be down to about 15-20 calories per serving. As for what you dip, skip the regular potato chips and instead lean toward baked potato, pita, or tortilla chips.

CANDIED YAMS

Some holiday recipes are sacred. Buttered yams whipped with brown sugar and marshmallows are close, but let’s face it: Yams are sweet enough without the added calories.

Good Switch from butter to one-third the amount of walnut oil. And substitute a drizzle of molasses for the brown sugar.

Better No butter or oil, just a splash of real maple syrup.

Best Baked whole yams, peeled and mashed, with a pinch of sea salt.



Holiday Party Pointers

Have you ever felt like you couldn't extend an invite to friends because your home is just too small? With a few smart design choices and furniture that works double—sometimes even triple—duty, you can quickly and easily transform any small living area from everyday space to mix-and-mingle mode.

Think outside the chair. Long ottomans offer a triple threat in small spaces, providing ample seating, storage, and a simple coffee table when paired with nesting trays. It's a solution that not only offers a place to quickly hide your mess in the 30 seconds before guests arrive, but it can easily be pushed toward a wall to create more mingling space in the center of the room.

Get vertical. Avid bakers might already own some multi-tiered cooling racks, but this vertical storage solution can be used for much more than sweets and treats. Just put some placemats atop the wire shelves for a touch of style, then arrange your hors d'oeuvres. To prevent guests from crowding in one spot, place multiple racks on a trio of strategically-placed side tables that nest together when not in use. Best of all, when the party's over, the racks can collapse flat for easy cabinet storage.

Stop, drop, and roll. On any given day, a small, drop-leaf bar cart provides a ton of storage with a minimal footprint. However, "Party Mode" is when this versatile piece really shines. It can double your surface area in a flash, and since

many are on wheels, you can easily transport it around the room for your guests to enjoy the food up top and the drinks down below.

Sleep it off. Speaking of drinks, any good party can end with someone needing to crash on the couch for the night. Make things a little cozier for your overnight guest with some easy couch-surfing upgrades. You can do this on the cheap with a spare pillow, top sheet, and a simple mattress topper that rolls up and stores compactly in your closet. Or, go all out with an all-in-one sleep kit. Some come complete with an eye mask, memory foam topper, compact pillow, sofa-sized blanket, and sheets custom-fit to your sofa. Party on!

Holiday stress busters

Appropriately enough, December is National Stress-Free Holidays Month. Here are some helpful hints to reduce stress during what should be a fun and relaxing time.

- **Recognize the signs of stress, such as irritability and anxiety.** Avoid these by putting yourself in control of things instead of just letting them happen.
- **Allow yourself to say "No."** Be realistic about what you can and cannot do during this busy month. Don't feel obligated to attend every holiday party or make 1,000 cookies from scratch for your church group.
- **Watch your diet.** It's very easy during this time to overindulge in holiday treats. Sugar overload will make you sluggish, and the stimulating effect of caffeine may make you overanxious.
- **Exercise.** Not only will it combat those extra calories you're consuming, it will also relieve tension and provide relaxation.



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 Rent Due	2 <i>National Bartender Day</i>	3 <i>Let's Hug Day</i>	4 <i>Santa's List Day</i>	5 <i>International Ninja Day</i>	6 <i>December is National Tie Month</i>	7 <i>Pearl Harbor Remembrance Day</i>
8 <i>December's Birthstone is Turquoise</i>	9 <i>Lost and Found Day</i>	10 <i>International Animal Rights Day</i>	11 <i>Kaleidoscope Day</i>	12 <i>Gingerbread Day</i>	13 <i>National Cocoa Day</i>	14 <i>Wishing you a magical, magnificent, and merry month of December!</i>
15 <i>National Ugly Sweater Day</i>	16 <i>National Chocolate Covered Anything Day</i>	17 <i>Wright Brothers Day</i>	18 <i>December's Birth Flowers are Holly & Narcissus</i>	19 <i>National Oatmeal Muffin Day</i>	20 <i>Go Caroling Day</i>	21 <i>Winter Solstice</i>
22 <i>National Cookie Exchange Day</i>	23 <i>Family Roots Day</i>	24 <i>Last-Minute Shoppers Day</i>	25 <i>Christmas Day</i> <i>Seasons Greetings!</i>	26 <i>National Thank You Note Day</i>	27 <i>National Fruitcake Day</i>	28 <i>National Call a Friend Day</i>
29 <i>Thank You for Another Great Year!</i>	30 <i>Are You Ready for 2025?</i>	31 <i>Happy New Year! Celebrate Responsibly!</i>	<h1>December '24</h1>			