



LAKE SIDE

-LUXURY LIVING-

200 Lake Club Court • Charlottesville, VA 22902 • (434) 984-5253

OCTOBER 2021



NOTES & NEWS

Not Your Usual Pumpkins

While the classic round, orange pumpkin is an iconic seasonal sight, chances are you've noticed the unusual heirloom varieties that have cropped up. And the trend is the weirder the better, say plant breeders. From the eerie to the whimsical, pumpkins in peculiar shapes, colors and textures are popular picks.

The (Scary) Silver Screen

Fall is here. The evenings are getting shorter, the nights are getting cooler, and Halloween is just around the corner. In the spirit of the season, why not stay in with a warm blanket and a scary movie? *IMDb.com* (the Internet Movie Database) lists these frightening flicks among their top-ranked horror films. You might want to watch with a friend.

- "Psycho" (1960)
- "The Shining" (1980)
- "Alien" (1979)
- "Faust" (1926)
- "Frankenstein" (1931)

HIGHLIGHTS

OFFICE STAFF

Property Manager Adam Reeve
 Asst. Property Manager Rachael Mixon
 Leasing Consultant Pam Ankeney
 Leasing Consultant Tashia Bowles

MAINTENANCE TEAM

Maintenance Supervisor Joe Sacre
 Asst. Maint. Supervisor Chay Harris
 Maint. Technician Lee Staton
 Maint. Technician Steven Huff
 Groundskeeper Glenn Thacker

Pool Closing Soon

The swimming pool will be closing on October 15th for the fall and winter seasons. We hope everyone enjoyed cooling off in the pool during the hot months. We will notify everyone when the pool is open again!

Enjoy the Hot Tub

Even though the pool is closing, don't forget the hot tub is still available for your enjoyment and relaxation. After a long, busy day, stop by and get away from the stress of the day.

Candy Corn's Cousin

While candy corn is the classic sweet this time of year, its cousin, the candy pumpkin, is another popular choice. Fans who favor the confection say its squashy shape and larger size yield a creamy texture and intense flavor.

BULLETIN BOARD

It's Your Move

What do celebs Will Smith, Salma Hayek, Cher and David Letterman have in common? They all play chess. If you haven't already, get in on the game on National Chess Day, the second Saturday in October.

Taco 'Bout Some Deals

If you're a fan of tacos, be on the lookout for freebies and discounts on National Taco Day, Oct. 4.



Important Numbers

Leasing Office (434) 984-5253
 Fax (434) 977-4637
 Emergency Maintenance (434) 972-7014

service@liveatlakeside.com or
www.liveatlakeside.com
 for nonemergency work orders.

Office Hours

Monday–Friday 10 a.m.–6 p.m.
 Saturday 11 a.m.–4 p.m.
 Sunday CLOSED

TRIVIA WHIZ



A Classic Candy

It's been advertised as "Two great tastes that taste great together." The combination of chocolate and peanut butter in Reese's Peanut Butter Cups is a candy favorite.

- In surveys and sales, those orange wrappers filled with chocolate-covered cups of peanut butter rank as one of the most popular candies in America.
- Harry B. Reese created his version of the treat in his home in Hershey, Pa. Decades later, the Hershey Co. bought the brand.
- First sold in 1928, they were simply called penny cups in their early days, since they cost 1 cent each.
- Both fans and food scientists say the candy's appeal comes from its contrasting textures and tastes: the smooth, sweet chocolate paired with the slightly crunchy, salty peanut butter.
- Reese's recipe now makes about \$2 billion in sales each year.
- There are over 60 different Reese's products, such as mini and king-sized cups, cups with dark chocolate or white crème, and cups that are stuffed with a mix of peanut butter and pretzels or cookie bits.
- You can get that Reese's flavor in other foods, including ice cream, cereal, cupcakes and snack mix.
- Peanut butter pumpkins, trees, hearts, and eggs are among the brand's annual holiday shapes.
- In 2020, Reese's debuted its first peanut butter cup featuring a color. Franken-Cups, named after the famous monster, have a two-toned coating of milk chocolate and green crème.



Your Fall Fun To-Do List

Get excited for fall with these fun activities that all ages can enjoy.

Revel in nature. Fall is a popular season to get outdoors. Savor the sights of nature by hiking a local trail, taking a scenic drive, or visiting an apple orchard, pumpkin patch or corn maze.

Play outside and in. Take advantage of a sunny afternoon with a game of soccer or touch football with friends. Chilly or rainy

weather? Organize a board game get-together or pull out a jigsaw puzzle for some old-fashioned fun.

Go to market. It's the month of fall festivals and craft shows, where you can get a head start on holiday gifts, or simply browse local, homemade products. And even though gardening season is winding down, many farmers' markets still have plenty of produce and other goodies to admire.

Make something. Carve pumpkins and roast the seeds. Create a fall wreath or decorate your space with leaves, acorns and pinecones you collect. Make indoor s'mores and get creative with the ingredients. Brew apple cider in a slow cooker or on the stovetop—as a bonus, your home will smell amazing!

Cozy up. Pop some popcorn, grab some blankets, get comfy on the couch and watch a spooky movie marathon. Or curl up with a book and chill out to music.

Little Seeds, Big Flavor

You may have seen them on a salad bar or in the snack aisle, or perhaps you've cooked with them. Pepitas, a type of pumpkin seed, are a food trend showing up year-round.

From the shortened Spanish phrase meaning "little seed of squash," pepita refers to a pumpkin seed without a hull. When you carve a common field pumpkin, the seeds you scoop out of it have white shells. Inside the shells are small, green seeds, which technically are pepitas.

However, most packaged pepitas sold in stores come from pumpkins that are bred to produce seeds without a shell. Easier to harvest, these pepitas are also larger and have a more robust color and flavor.

Pepitas and all varieties of pumpkin seeds are edible, and they're good for you. They provide nutrients such as protein, iron, fiber and healthy fats. They also contain

vitamin E, an antioxidant, as well as magnesium, which is needed to support muscles, bones and immunity.

Pumpkin seeds in the shell are usually roasted and eaten as a snack, but pepitas are more versatile and can be used in sweet and savory recipes. Raw or roasted, they add crunch to salads, stir-fries, cereals and breads. They can be subbed in for nuts in desserts and other dishes. Popular in Mexican cooking, pepitas are often blended into sauces and salsas.





WIT & WISDOM



Easy on the Ears

Wearing headphones or earbuds is a popular way to listen to music and other content on personal devices. Pause for some sound advice about using these go-to accessories safely.

How long and how loud you're piping your favorite tunes into your ears are the two listening habits you need to balance. To prevent damage to your hearing down the road, experts recommend what's called the 60/60 rule as a guide: Listen for no more than 60 minutes at a time at no more than 60% of your device's maximum volume.

Take a break at least once every hour to give your ears a rest. Set your device's volume just high enough so that you hear your music or movie at a comfortable level.

If you have ringing or buzzing in your ears or dulled hearing after using headphones, you've got the volume cranked up too high.

Consider noise-canceling or noise-isolating headphones. These block background noise without you having to dial up the volume to drown it out.

It's best to skip using headphones when walking, cycling or exercising outdoors. For safety, you need to hear what's happening around you in order to be alert and able to react.

Headphones shouldn't be shared, and be sure to clean them regularly. At least once a week, wipe down the tips on earbuds and the ear cushions on headphones.

Featured Recipe

Pizza Burgers With Mushrooms

Beef up the taste of burgers by adding a few mushrooms to the mix!

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 medium portobello mushroom, finely chopped
- 2–3 white button mushrooms, finely chopped
- 1/2 small onion, chopped
- 1/2 clove garlic, minced
- 2 teaspoons Italian herb seasoning blend
- 1 pound ground beef
- Salt, to taste
- 1 cup pizza or marinara sauce
- 1 cup shredded mozzarella cheese
- 4 hamburger buns

Directions:

Add olive oil to a skillet over medium-high heat. Sauté mushrooms, onions, garlic and herb seasoning for about 5 minutes, or until the vegetables are soft. Let the mix cool.

Transfer the mushroom mixture to a large bowl and blend with ground beef. Season with salt.

Form 4 patties. Reheat the pan and cook the burgers to your desired doneness. Top each patty with a dollop of sauce and a sprinkle of cheese, then cover the pan to melt the cheese. Serve on buns.

Find more recipes at MushroomCouncil.com.



“A smile is like an instant face-lift and an instant mood lift.”

—**Christie Brinkley**

“Use your smile to change the world; don't let the world change your smile.”

—**Chinese proverb**

“Just smiling at someone walking down the street can make the person's day. It's all about paying it forward.”

—**Mariska Hargitay**

“Everyone smiles in the same language.”

—**George Carlin**

“Let us always meet each other with a smile, for the smile is the beginning of love.”

—**Mother Teresa**

“As long as you live, keep smiling because it brightens everybody's day.”

—**Vin Scully**

“Nothing is more beautiful than a smile that has struggled through tears.”

—**Demi Lovato**

“Smiling is definitely one of the best beauty remedies. If you have a good sense of humor and a good approach to life, that's beautiful.”

—**Rashida Jones**

“Nothing you wear is more important than your smile.”

—**Connie Stevens**

“A smile is a curve that sets everything straight.”

—**Phyllis Diller**



October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>October</i>					1 Rent Is Due	2
3	4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 10% Late Fee for Unpaid Balance	7	8 	9
10	11 Columbus Day	12	13	14	15	16
17	18	19 	20	21	22	23
24/31	25	26	27	28	29	30

Word Search

Category: Languages

<p>H S I N A P S M O M U J D A N I S H C T U D A H S G S N A E R O K P S S I <u>R U S S I A N</u> A S W I T D D D D W G N P D A K A R A B I C E G O F H R L R C D S S T D L S I U I G A K E E R G I B L T A N A M R E G N S S I T N N I T A L N S H C H H S E N G L I S H C V G A D H J E F H C N E R F I</p>	<p>1. Russian _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p> <p>11. _____</p> <p>12. _____</p> <p>13. _____</p> <p>14. _____</p> <p>15. _____</p> <p>16. _____</p> <p>17. _____</p> <p>18. _____</p> <p>19. _____</p> <p>20. _____</p>
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Word Search Solution:

<p>1. Arabic 2. Aramaic 3. Danish 4. Dutch 5. English 6. Finnish 7. French 8. German 9. Greek 10. Italian</p>	<p>11. Japanese 12. Korean 13. Latin 14. Polish 15. Russian 16. Spanish 17. Swahili 18. Swedish 19. Thai 20. Turkish</p>
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