BULLETIN BOARD

Think Pink

October is National Breast Cancer Awareness Month.

'Raven' Is One

How many words can you come up with using the letters in "harvest moon"?

October Pie

Celebrate National Pizza Month in October with either popular standard toppings (like pepperoni, mushrooms, sausage and extra cheese) or up-and-comers (hot honey, plant-based pepperoni and dill pickles).

EQUAL HOUSING OPPORTUNITY

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OCTOBER 2026

NOTES & NEWS

Tomorrow, Together

"Let us put our minds together and see what life we can make for our children." —Sitting Bull

Found Object Fall Decor

Americans spend billions on seasonal décor each year, but many innovative designers are turning to found object decorating. Clean and dried autumn leaves can be connected via thread for a beautiful autumn garland, herbs like rosemary or lavender and hand-picked wildflowers can be added to on-hand jars or glasses for beautiful centerpieces, and old plaid shirts can make cozy seasonal pillow covers.

I Can't Believe It's Just Butter

Hop on the brown butter bandwagon! Elevate cookies, coffees and more by transforming plain unsalted butter into "beurre noisette." Simply heat butter in a saucepan, stirring constantly with a silicone spatula for about 5 minutes or until the butter foams, browns and smells delicious. Remove from heat and use immediately.

HIGHLIGHTS

OFFICE STAFF

Property Manager	Adam Reeve
Asst. Property Manager	Tashia Bowles
Leasing Consultant	Jordan Martin
Leasing Consultant	Brianna Spence

MAINTENANCE TEAM

Maintenance Supervisor	Joe Sacre
Asst. Maint. Supervisor	Chay Harris
Maint. Technician	CJ Anderson
Maint. Technician	Travis Fitzgerald

Fire Safety

National Fire Prevention Week is observed in the United States and Canada during the week in which Oct. 9 falls. The date was chosen in commemoration of the Great Chicago Fire, which began Oct. 8, 1871. To help prevent fires, don't overload electrical circuits with too many appliances; don't run extension cords under rugs or carpets; unplug hair dryers and other small appliances when not in use; and when cooking at a stove, keep pot handles turned inward so they won't be knocked over. Use Fire Prevention Week as a reminder to check that smoke alarms are working properly and to talk with household members about a fire escape plan. If you're ever in a situation where a fire occurs, get out, stay out and call for help.

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	10 a.m.–3 p.m.
Sunday	CLOSED

TRIVIA WHIZ

Mystery Solved

From jewel heists and bank robberies to murders and more, these super sleuths became household names for their ability to unravel mysteries in TV land. Who's your favorite detective?

Joe Friday, "Dragnet." This radio show that became a TV series in 1951 was the crime drama that paved the way for all the rest and featured no-nonsense Sgt. Joe Friday (Jack Webb).

Perry Mason, "Perry Mason." Defense attorney Perry Mason (Raymond Burr) established his clients' innocence by using cross-examination skills and courtroom drama to get the guilty to confess.

Lt. Columbo, "Columbo." Known for his wrinkled trench coat and cigars, Columbo (Peter Falk), a homicide detective with the Los Angeles Police Department, tricked suspects with his absent-minded behavior and chatty demeanor, constantly asking, "Just one more thing."

Jennifer and Jonathan Hart, "Hart to Hart." Self-made millionaire Jonathan Hart (Robert Wagner) and wife Jennifer (Stefanie Powers) lived a glamorous life. But the power couple, along with their butler, often found themselves working as amateur detectives.

Jessica Fletcher, "Murder, She Wrote." Former English teacher turned mystery writer Jessica Fletcher (Angela Lansbury) became a pro at following clues and solving real crimes, many of which took place near her quaint, fictional hometown of Cabot Cove, Maine.

Benoit Blanc, "Knives Out." The detective, played by Daniel Craig, has been famous since his 2019 debut for his sharp wit, Southern drawl and climactic reveals. The mystery surrounding his character is deliberate, adding to the mystique of the murder mystery films in the "Knives Out" franchise.

100 Years of Winnie-the-Pooh

October marks the 100th birthday of the world's favorite honey-loving bear, Winnie-the-Pooh. In October 1926, English writer A.A. Milne published "Winnie-the-Pooh," charting the adventures of Christopher Robin, named after Milne's son, and his animals inspired by Christopher Robin's beloved toys.

Illustrator E.H. Shepard, who also illustrated "The Wind in the Willows," created the iconic black and white renderings of Pooh Bear's adventures in the Hundred Acre Wood, and the illustrated children's novel was an immediate success, selling 150,000 copies in less than two months. Today, first editions can be found for thousands of dollars, depending on condition.

Test your knowledge of this beloved silly old bear and his friends by matching the quote to the character.

A) "I wonder what's going to happen exciting today?"

B) "Could be worse. Not sure how, but it could be."

C) "What I like best is just doing nothing."

D) "Sometimes the smallest things take up the most room in your heart."

Answers:

A) Piglet
B) Eeyore
C) Christopher Robin
D) Winnie-the-Pooh

Wash Hands the Right Way

Want to reduce your risk of colds by up to 20% and stomach bugs by up to 40%? Wash your hands — the right way, since many people get handwashing wrong. In observance of Global Handwashing Day on Oct. 15 and the upcoming season of extra chill (and usually extra illness), consider this expert guidance on handwashing:

Whistle while you wash. The CDC recommends that each handwashing session should take about 20 seconds. Help kids stay on track by singing these songs to reach the 20-second mark: "Baby Shark" and "Happy Birthday" (at least twice). Adults can pick their own 20-second chorus (like Dolly Parton's "Jolene" or Prince's "Raspberry Beret") to stay honest.

Beyond the bathroom. Most folks are accustomed to washing hands after using the restroom, but experts urge people to wash hands after coughing or sneezing, touching animals, changing diapers, caring for someone who is sick and using public transportation or grocery carts. It's also important to wash hands both before and after eating and preparing food.

Don't forget to dry. Bacteria spread more easily on wet hands, so washing hands without drying them could leave people even more susceptible to illness-inducing germs. Health professionals say people should resist the urge to dry wet hands on clothing because touching clothing with its daily dose of bacteria recontaminates wet hands.

Hacks for Hard Things

According to a 2025 report from Microsoft, the average employee is interrupted every two minutes, and 80% of workers believe they don't have the time and energy they need to be effective at work. Many experts agree that the most productive people leverage focus and productivity techniques to get stuff done when attention is a precious resource. These simple, easy-to-implement strategies can help make the most of your waking and working hours.

Novelty rule. Wellness podcaster Liz Moody recommends the "novelty rule" to transform daily life drudgery by making small changes to routines, like changing a walking path or workout routine, trying a new coffee shop or grocery store or making a new recipe.

Temptation bundling. Professor and behavior management researcher Katy Milkman coined today's term for the strategy of pairing to-do list items with favorite activities, like washing dishes while listening to a favorite podcast or binging the latest season while exercising. It differs from the "treat culture" of encouraging healthy habits with rewards because both the desirable and less desirable activities are done simultaneously.

The five-minute rule. Commit just five minutes to a small part of an overwhelming project. For example, if cleaning your home is overwhelming, set a timer to wipe down counters for just five minutes. This strategy helps procrastinators overcome the dread of starting and instead build satisfaction in small but steady increments.

Sweet and Salty Popcorn Party Mix

Pop up a tasty treat, perfect for movie night or a take-along snack. Adapt the recipe to include your favorite munchies or to use what you already have on hand.

Ingredients:

- 10 cups popped popcorn
- 2 cups miniature pretzel twists
- 1 cup peanuts
- 1 cup pecans
- 2 cups rice, wheat or corn cereal squares
- 1/2 cup butter (1 stick)
- 1/2 cup packed brown sugar
- 1/4 cup corn syrup
- 1/2 teaspoon baking soda

Directions:

Preheat oven to 300 F.

1. In a large bowl, combine popcorn, pretzels, peanuts, pecans and cereal; set aside.
2. In a saucepan over medium heat, melt butter, brown sugar and corn syrup. Stir mixture until it begins to boil. Let boil for 3 minutes without stirring. Remove from heat and stir in baking soda. The mixture will foam.
3. Pour syrup over popcorn mixture and stir until pieces are evenly coated.
4. Spread mixture onto a large, rimmed baking sheet. Bake for 30 minutes, stirring twice during baking.
5. Let mixture cool on baking sheet and stir several times. Store leftovers in an airtight container.

Find more recipes at Popcorn.org.

WIT & WISDOM

"The horizon leans forward, offering you space to place new steps of change."
—Maya Angelou

"Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find the right road."
—Dag Hammarskjold

"The horizon of many people is a circle with a radius of zero. They call this their point of view."
—Albert Einstein

"Exploration is wired into our brains. If we can see the horizon, we want to know what's beyond."
—Buzz Aldrin

"I trudge on, I gain a little, I feel encouraged, I get more eager and climb higher and begin to see the widening horizon. Every struggle is a victory."
—Helen Keller

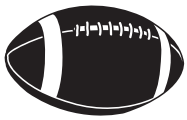
"We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon."
—Franklin D. Roosevelt

"For no matter how far a person can go the horizon is still way beyond you."
—Zora Neale Hurston

"Wide horizons lead the soul to broad ideas."
—Victor Hugo

"It is the eye which makes the horizon."
—Ralph Waldo Emerson

October 2026

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

"This Month In History"

OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1950: American novelist William Faulkner wins the 1949 Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery.

2006: The U.S. population reaches 300 million.

2021: "No Time to Die," the 25th film in the "official" James Bond series, premieres in the U.S.

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