

September Community Newsletter

Tips for Living, Laughing and Loving Your Apartment Life

Question: I love style and living "green". I try to be as environmentally friendly as possible. So, how can I live up to this eco-friendly lifestyle while living in my apartment?

Answer: Have you considered upcycling? It's one of the hottest trends in decorating today. If you're not familiar with the term upcycling, it's actually just a fancy word for making over an unwanted item in a creative manner to give it new purpose and life.

And because it keeps perfectly usable items out of our landfills, upcycling is also eco-friendly. Another plus? In most cases, the items that are being upcycled are either inexpensive to purchase or even free.

Examples of Upcycling:

- ~ Picking up a well-used dresser from a Buy Nothing Facebook page and repainting it in a cheery color.
- ~ Adding cinder blocks for legs to a pallet to create a charming, rustic coffee table.
- ~ Using an old wooden ladder to hang decorative blankets.
- ~ Decouping an old crate and using it to store items.

Best Places to Find Items to Upcycle:

- ~ Thrift stores
- ~ Curb surfing
- ~ Facebook Marketplace and free goods websites (such as Buy Nothing pages)
- ~ Friends and neighbors

Upcycling really is a wonderful way to add unique, individual style to your apartment while also keeping usable items out of our already overloaded landfills.

Be Extra Alert! It's Time for Kids to Head Back to School

It's that time of the year again! Children are heading back to school. So, please drive slowly and carefully throughout the community and always be ready for the unexpected, such as:

- ~ Children darting out between cars.
- ~ Bicyclists suddenly crossing in front of you.
- ~ Kids paying more attention to their phones or devices than where they're walking.
- ~ Inexperienced teen drivers, who might, for instance, back out of a parking space without looking both ways.

Driving slowly and being cautious is especially important as we head into the winter months. As the days get shorter, it's more likely that children will be walking and riding their bikes to and from their homes in the dark.

And one last reminder -- it is illegal to pass a school bus that has its red lights flashing and it's stop-arm extended. While it may be an inconvenience to have to wait for children to load and unload these vehicles, it's important to do so to ensure their safety.

Autumn Chicken and Veggie Sheet Pan

Ingredients:

- Bone-in, skin-on chicken thighs
- Olive oil
- Fresh herbs - rosemary, thyme, sage
- Red wine vinegar
- Garlic
- Brussel sprouts
- Sweet potato
- Fuji apples
- Bacon
- Salt and pepper

Instructions:

Drizzle 2 Tbsp of olive oil, season with salt and pepper then toss to coat. Spread into a pan in an even layer. Top with chicken pieces and sprinkle bacon over veggie/apple mixture. Roast in preheated oven until chicken has cooked through and veggies are tender, about 30-35 minutes, broil during last few minutes for more browned crispy chicken skin. Serve warm.

Important Information Management

Park Properties Management Co, LLC

Community Manager

Lisa Bryant

September

World Alzheimer's Disease Month

Birthstone - Flower

Sapphire - Aster and Morning Glory

September

Blue Ridge Area Food Bank Canned Food Drive

FUN FACT: Happiness is a three day weekend!

Live for the buzz!

How to Be Green While You Clean

Being environmentally friendly while cleaning your apartment is a great way to reduce your ecological footprint and contribute to a healthier planet. Here are some tips on how to clean your apartment in a “green” way:

1. **Use Eco-Friendly Cleaning Products:** Choose cleaning products that are labeled as eco-friendly, non-toxic, and biodegradable. Look for products with third-party certifications like the EPA’s Safer Choice label, which indicates safer chemical ingredients.
2. **Make Your Own Cleaning Solutions:** Many effective cleaning solutions can be made at home using simple ingredients like vinegar, baking soda, lemon juice, and essential oils. For example, a mixture of vinegar and water can be used to clean glass surfaces.
3. **Avoid Aerosol Sprays:** Aerosol sprays can release harmful chemicals into the air and contribute to indoor air pollution. Opt for pump or trigger sprays instead.
4. **Reduce Paper Waste:** Instead of disposable paper towels, use reusable cleaning cloths made from old t-shirts or microfiber materials. Wash and reuse these cloths to minimize waste.
5. **Conserve Water:** When cleaning, be mindful of water usage. Turn off the tap while scrubbing or rinsing, and consider using a bucket of water for mopping instead of running the tap continuously.

Remember, every small change you make adds up to a more sustainable lifestyle. By adopting these practices, you can make a positive impact on both your living environment and the planet.

Great Fall Reads

The cool nights of fall are perfect for cuddling up under a blanket while enjoying a good page-turner. In need of a few suggestions? No worries. The following are three terrific books -- two fiction and one non-fiction -- to add to your fall reading list.

1. **The Burnout:**
“The Burnout” is the latest rom-com from Sophie Kinsella, the author of the popular Shopaholic series. This is a fun read about two burned-out professionals who meet at a rundown seaside resort.
2. **How to Sell a Haunted House:**
If you believe that autumn is best celebrated with a pumpkin spice latte and a spooky tale, then you’ll love “How to Sell a Haunted House” by Grady Hendrix. This is the tale of a brother and sister who don’t get along. But after their parents die in an accident, the two must work together to sell their family home, which just might be haunted.
3. **Unscripted: The Epic Battle for a Media Empire and the Redstone Family Legacy:**
If you’re a fan of HBO’s “Succession,” you’re going to love this non-fiction book by James Stewart and Rachel Abrams. It’s a wild look into the dysfunctional world of the Redstone family, the owners of the Paramount Global media empire.

Big Sky Calendar - September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rent Due Canned Food Drive Begins	2 Tailgating Day
3 Welsh Rarebit Day	4 Labor Day - Office Closed	5 Cheese Pizza Day	6 Read a Book Day	7 Inspections 600 Bldg and 401-403	8 Bagel Friday Starts @ 9:30 am	9 Wiener Schnitzel Day
10 Grandparent's Day	11 Patriot Day and National Day of Service and Remembrance	12 Day of Encouragement	13 Inspections 700 Bldg	14 Virginia Day	15 POW/MIA Recognition Day	16 Guacamole Day
17 Wife Appreciation Day	18 Cheeseburger Day	19 Inspections 1200 Bldg	20 Care for Kids Day	21 Inspections 1300 Bldg	22 Better N' Grandma's Donut Truck here 7 a-11 a	23 Autumn Equinox - Fall Begins
24 Punctuation Day	25 Daughter's Day	26 Garage Inspections 800 - 1300 Bldg	27 Women's Health and Fitness Day	28 Good Neighbor Day	29 Nat'l Coffee Day	30 Family Health and Fitness Day