

### Creepy Crawlers

This is the month you may see lots of creepy crawlers, but make sure they are of the Halloween variety. If you have any pests and/or insects in your home, please notify the office immediately and we will take care of it. Our community offers pest control so you only have to be haunted with creepy crawlers once a year.

### Everyone Enjoys the Fall!

Even our pets are enjoying the cooler weather. As you take Fido outside, remember to be a responsible pet owner. Keep your pets on leashes at all times when outside. Direct pets away from landscaping, buildings and traffic areas to relieve themselves, and clean up anything they leave behind. Examine your pets regularly for ticks and fleas.

### Jack-o-Lanterns

After you finish carving your pumpkin this year, we would appreciate it if you would consider putting a small flashlight in your jack-o-lantern instead of a candle. Flames of any kind left unattended are dangerous, and leaving an open flame exposed to the elements for a long period is an even bigger fire hazard. Use a flashlight or glowstick—no fires will be started, no fingers will be burned and your jack-o-lantern will be just as spooky.

### Halloween Safety

To make sure your child stays safe on Halloween night, here are a few tips:

- Decorate costumes and bags with reflective tape. Have kids use glowsticks/necklaces to carry or wear around them. Make sure costumes are flame resistant. Use flashlights as you walk.
- Instead of masks, use non-toxic face paint and makeup so vision is not obstructed.
- Stop ONLY at homes with porch lights on and NEVER enter a home or car for a treat.
- Don't eat treats until you get home. Go through all the treats and get rid of opened or damaged ones. Look for choking hazards for small children. Avoid eating homemade treats made by strangers.
- Walk, don't run, from house to house. Look both ways before crossing streets. Walk on sidewalks when available.
- If you have older children who will be trick-or-treating without parents, map out their route and establish a time to return home. Make sure they stick together with friends, never venturing on their own.



# Buena Vista

## BUENA VISTA

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#### Staff

- Jerry**  
Manager
- Yami**  
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- Dontee**  
Leasing Specialist
- Christina**  
Leasing Consultant
- Nicolette**  
Leasing Consultant
- Dave**  
Maintenance Supervisor
- Kajerrel**  
Maintenance Tech
- John**  
Maintenance Tech
- Sergio**  
Maintenance Tech
- Scott Neff**  
Groundskeeper

#### Welcome Home!

A friendly welcome to all our new residents! We are glad you chose us as your new home. Old and new residents alike, remember if there is anything we can do for you, please do not hesitate to contact the office.

#### It's a Season of Changes

It is now officially fall—the season of change. Has any of your contact information changed? Have your phone numbers at home or work changed recently? It is important that we have the correct numbers on file in the event we need to contact you. Also, please notify us promptly if there is a change in the occupants in your home. It is very important that our records are current, especially for emergency purposes. So let us know if you change jobs, get a new pet or make any other changes so we can update our files. We appreciate you and hope you will never change where you choose to call home.

#### Avoid Late Fees

Everyone should be aware that rent is due on the first of the month. Unfortunately, not everyone pays rent on that day. Please remember that paying your rent late can negatively affect your future by putting a "ding" in your rental history and credit. Plus it costs you more! Avoid late fees by paying your rent on the 1st.

#### Office Hours

- Monday-Friday**  
8:00am - 6:00pm
- Saturday**  
10:00am - 5:00pm
- Sunday**  
1:00 - 5:00pm



**BUENA VISTA'S ANNUAL HALLOWEEN PARTY**  
**FRIDAY, OCTOBER 27**

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RENT IS DUE 1	2	3	RENT LATE Add \$50 Call for Pest Control 4	PEST CONTROL 5	6	7
8	Columbus Day 9	10	RENT LATE Add additional \$25 Call for Pest Control 11	PEST CONTROL 12	13	14
15	16	17	Call for Pest Control 18	PEST CONTROL 19	20	21
22	23	24	Call for Pest Control 25	PEST CONTROL 26	BUENA VISTA'S ANNUAL HALLOWEEN PARTY 27	28
29	30	Halloween 31				



# Feeling Fall

**Fall fun can be found all around you!**

Find a farm that caters to fall activities such as hayrides, corn mazes and animals. Buy a pumpkin to carve.

Orchards are in peak season and give you an opportunity to pick your own items at a lower cost.

Find a state park and hike through the gorgeous colors. Explore canyons, forests and mountains.

Picnic at one of your favorite spots. Spend the afternoon by yourself, with your family or friends, by reading a book, playing games or taking a nap.

Find time to explore where you live.

Be a tourist in your own city for a day.

Contact your city office or connect online for a list of activities.



Do we really need an excuse to celebrate coffee? Rumor has it that coffee beans were first discovered in Ethiopia when a goat herder found his goats frolicking and full of energy after eating the red fruit of the coffee shrub. The rest is history as more than 83% of adults drink coffee in the U.S. and 25 million people around the world depend on the production of coffee for their livelihoods.

October 1 is International Coffee Day, so check out our pinterest page at **Hassle Free Newsletter** to find some delicious coffee recipes!

Some of the myths surrounding breast cancer are just that – myths.

The truth is that only a small percentage of breast lumps turn out to be cancer. Performing routine self-exams is one way to take charge of your health.

Did you know that approximately 2,190 men will be diagnosed with breast cancer each year? 410 will die because awareness among men is less and they delay seeking help and treatment.

A mammogram is the standard for the early detection of breast cancer. They require very small doses of radiation and the benefits nearly always outweigh the potential harm from the radiation exposure.

Statistically, only about 10% of individuals diagnosed with breast cancer have a family history of this disease.

Familiarize yourself with awareness of breast cancer and other cancers.

**Take charge of your health with knowledge.**

## Sausage Pumpkin Manicotti

- 14 – 16 uncooked manicotti shells
- 1 lb. Italian pork sausage – mild or hot
- 2 large cloves garlic – chopped
- 2 Tbs. ground sage  
*(may use chopped fresh sage leaves if desired)*
- 1 egg
- 1 container (15 oz.) ricotta cheese
- 1 cup canned pumpkin  
*(not canned pumpkin pie mix)*
- 1/2 cup grated Parmesan cheese
- 1/2 Tsp. pepper
- 1/2 Tsp. sea salt
- 2 cups shredded mozzarella cheese (8 oz.)
- 3 cup Alfredo pasta sauce  
*(homemade or purchased)*

Heat oven to 350 degrees.

Cook pasta shells in boiling water for 7 minutes. Rinse in cool water.

Cook sausage, garlic and sage until done. Make sure sausage is chopped into small pieces while it is cooking. In bowl, beat egg, add ricotta cheese, pumpkin, Parmesan cheese, pepper, salt, 1 cup of mozzarella cheese, and the cooked sausage mixture. Fill shells with this mixture.

*(TIP: Place the stuffing mixture into a freezer zip lock bag. Cut off small end and squeeze mixture into the shells.)*

Spread 1 cup of the Alfredo sauce in an ungreased 9 x 13 glass baking dish. Arrange stuffed shells over the sauce then pour the remaining 2 cups of Alfredo sauce over the shells.

Cover with foil and bake 30 – 35 minutes. Uncover and top with the remaining mozzarella cheese. Bake another 10 minutes until cheese melts.

## Beautiful Colors

The world's most popular color is blue. Some say it is because of the sky, sea, twilight. Others mention relaxation and calming. Oh, and mosquitos love dark colors, especially blue.

Red is the first color a baby sees. Red has the longest wavelength among colors which makes it easy to process. Redheads also require up to 20% more anesthesia to be knocked out.

Yellow can cause nausea, so it is avoided in airplanes. Yellow highlighters don't leave a shadow on the page when they are photocopied.

Pink suppresses anger and anxiety. Some prisons and mental health care institutions paint their walls pink to control behavior.

Want to avoid car accidents? Choose a white car. It is the most visible color under all conditions except snow. Silver is next.

The human eye can see more shades of green than any other color. Night vision goggles use green phosphor for that reason.

Take a look at all the restaurant signs. What do you see that's common? Red and yellow are the most appetizing stimulators.

An orange cup makes hot chocolate taste better than in any other cup color. And there is no single English word that is a true rhyme for orange.

