

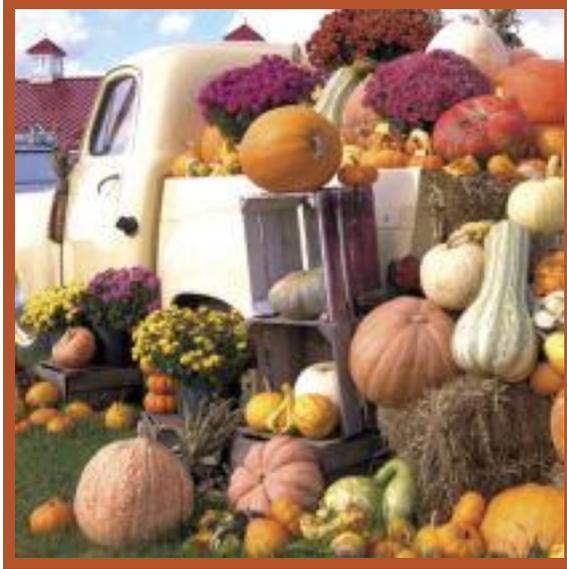


THE RESERVE at Stone Port

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OCTOBER 2018



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NOTES & NEWS



Happy Autumn

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HIGHLIGHTS

Annual Skeleton Festival Downtown

Skeleton Festival is back on Saturday, October 20th in downtown Harrisonburg!

Trick-or-treat at local businesses throughout downtown from 4-6pm. Pick up a Candy Map at the Visitor Center in the Hardesty Higgins House, 212 S. Main Street to see the list of trick-or-treat locations. Look for the orange balloons outside businesses!

Then join us for an all-ages party at the Turner Pavilion & Park from 5-8pm!

Festivities include: kid, dog, and adult costume contests; DJ dance party; food trucks; a community ofrenda; trunk-or-treating; wacky shacks, goober blobs, whisker biscuits, and more!

For more information, check out skeletonfestival.com



Halloween Party at the Clubhouse!

Join us on Saturday, October 27th, 2018 from 2pm-4pm at The Clubhouse for our first Halloween Party! Make sure to dress up in your best costume and be ready to have a blast! Keep an eye on our Facebook Page for more details!

Germ Hot Spots

Help dodge cold and flu germs by soaping up or sanitizing your hands after coming into contact with high-traffic surfaces that can harbor germs. Be vigilant after touching elevator buttons, stair handrails, communal gym equipment, store shopping carts, and restaurant menus and condiment containers. Viruses and bacteria can lurk on these hard surfaces up to 48 hours.

TRIVIA WHIZ



Popular Popcorn

October is National Popcorn Poppin' Month, a time to celebrate one of America's oldest and most popular snack foods. You'll be ready for a popcorn pop quiz after you learn these tidbits:

- Popcorn is a type of maize and is scientifically known as *Zea mays everta*.
- A kernel of popcorn contains about 14 percent water, and when heated, the water turns to steam. Unlike other grains, the shell is not water permeable, making it possible for pressure to build until the hull ruptures.
- The ideal popping temperature is 400° F. A single kernel pops with enough force to travel up to 3 feet.
- In Mexico, archaeologists found remnants of popcorn that date to 3600 B.C. Popcorn was also used by Native American tribes for food and for decoration.
- Americans consume 17 billion quarts of popped popcorn each year; the average American eats about 68 quarts. Nebraska produces more popcorn than any other state.
- In the popcorn industry, a popped kernel of corn is known as a flake, and "popability" refers to the percentage of kernels that pop.
- Kettle corn is a variation of normal popcorn, cooked with sugar and salt, traditionally in a large copper kettle.
- Popcorn is a whole grain and much healthier than many other snack foods. One cup of air-popped popcorn contains 30 calories. Popcorn is high in fiber and very low in fat, and contains no salt or sugar. Among other health benefits, popped corn helps build bones and muscle tissues and assists in digestion.



Board Game Benefits

A classic in family entertainment, the traditional board game is more than nostalgia. According to several studies, board games could be key to keeping your mind active and healthy. In fact, they can promote overall health for people of all ages.

Here are some of the benefits of playing board games:

Cognitive. In order to do well, players must learn the rules of the game and strategize techniques to help them win. Many board games also deal with problem-solving and

complex situations. These aspects of board games help develop the brain and sharpen memory. Research reported in the *British Medical Journal* found that playing board games reduces the risk of cognitive decline, such as that associated with dementia and Alzheimer's disease.

Social. Playing games together is a great way to get to know people and build relationships in a fun atmosphere. The competition offers players opportunities to outwit opponents and exhibit sportsmanship. Children can learn patience and cooperation as they gain a sense of belonging to a group.

Physical. The laughter and enjoyment that comes with playing board games releases endorphins in the body, which reduces stress, eases muscle tension and lowers blood pressure. These effects boost your immune system, helping to keep you healthy and feeling more positive.

A Pumpkin's Potential

Native to North America, pumpkins are incredibly versatile and nutritious. Here are some ways you can make sure no part of this autumn staple goes to waste.

Pumpkin puree. Pumpkin pulp, or flesh, is high in fiber, vitamins and minerals. To make puree from the pulp, cut the pumpkin in half, scoop out the seeds and strings, and place cut side down on a baking sheet. Bake at 350° F until fork tender, about an hour. Scoop out the flesh and puree in a food processor or blender. The paste can be used in a variety of tasty recipes, from soup to cheesecake.

Savory or sweet seeds. Pumpkin seeds are not only yummy, but also full of valuable nutrients. To roast the seeds, separate them from the strings, rinse, and place the seeds in a single layer on an oiled baking sheet. Add salt for classic roasted pumpkin seeds, or brown sugar and

cinnamon for a sweeter treat. Bake at 250° F for 15 to 20 minutes.

Serving shells. The pumpkin rind isn't edible, but it can still be put to good use. Use the shell as a bowl to serve soup or dip. Or stuff the shell with a wild rice casserole or macaroni and cheese, then bake.

String stock. Finally, the stringy pieces that surround the seeds of a pumpkin can be used to make stock. Boil the fibers in water for about 30 minutes, cool and strain. Pumpkin stock is perfect for adding flavor to soups or casseroles.





WIT & WISDOM



Display Your Memories

If you're like most people, there's a good chance many of your photos are on your phone or computer, piled in a shoebox, or stuck in a scrapbook. Wouldn't it be nice to see images of your favorite people and places in your home every day? We've rounded up some creative ideas for ways to display photos, and to keep things simple, you don't even need to find frames.

Gather some vintage canning jars or simple glass bottles and slide the photos inside them. Arrange a whole collection on a bookshelf or tabletop.

For a fun and funky look, hang photo prints from wooden pants hangers. Create a more industrial vibe by attaching photos to old clipboards, which you can hang or lean against a wall.

Akin to a clothesline, stretch a piece of wire, twine or ribbon across a wall, bookcase or headboard. Secure snapshots to the line with clothespins.

For a back-to-nature feel, select three or four photos and arrange them stacked vertically, with a little space between them. Glue a long piece of string or ribbon to the backs of the photos. Repeat to make several rows. Tie the top end of each row to a small tree branch. Gather several branches in a vase to make a "photo tree."

And for the easiest solution of all, fill a small basket with treasured photos and place it on a side table or coffee table, where family members and guests can browse through the images.

Slow Cooker Pork Loin With Vegetables

Ingredients:

- 2-pound pork loin
- Salt
- Pepper
- 1 large red onion
- 1 1/2 pounds baby potatoes
- 1 pound baby carrots
- 4 garlic cloves, minced
- 1 cup apple butter
- 1/3 cup Dijon mustard
- 1/3 cup soy sauce
- 1 cup beef broth

Directions:

Place large nonstick skillet over medium-high heat. (If using regular skillet, add 1 tablespoon oil.) Season pork loin with salt and pepper, and place in skillet.

Sear pork loin on all sides, about 8 to 10 minutes.

Peel onion and cut into large chunks. Cover bottom of 6-quart slow cooker with half the onion, potatoes and carrots.

Lay seared pork loin over top and surround with remaining vegetables.

In small bowl, whisk together minced garlic, apple butter, mustard, soy sauce and broth. Pour mixture over pork and vegetables.

Cover slow cooker and cook on low 8 to 10 hours or high 4 to 6 hours.

Once potatoes are tender, cut pork loin into thin slices and place on platter, surrounded by vegetables.

Pour liquid from slow cooker over pork and serve.

Find more recipes at Musselmans.com.



"The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunities."

—**Lewis Grizzard**

"My favorite memories were with my dad, throwing a football around when he came home from work. As long as kids are having fun, that's the biggest deal at the end of the day."

—**Andrew Luck**

"Football is unconditional love."

—**Tom Brady**

"There's two times of year for me: football season, and waiting for football season."

—**Darius Rucker**

"Football teaches you hard work.

It takes a lot of unspectacular preparation to have spectacular results in both business and football."

—**Roger Staubach**

"I want little girls to grow up knowing they can do anything, even play football."

—**Jen Welter**

"Football fans share a universal language that cuts across many cultures and many personality types. A serious football fan is never alone. We are legion, and football is often the only thing we have in common."

—**Hunter S. Thompson**

"I am endlessly fascinated that playing football is considered a training ground for leadership, but raising children isn't."

—**Dee Dee Myers**

"In life, as in football, you won't go far unless you know where the goal posts are."

—**Arnold H. Glasow**



October 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--------|--|
| |  1 ADOPT A Shelter Dog MONTH | 2 | 3 | 4 Enjoy Your Favorite Tacos Today for National Taco Day! | 5 | 6 Dayton Days Autumn Celebration in Downtown Dayton From 8:30am-4:00pm |
| 7 Farming in the Valley at Creative Works Farm From 12p-5pm. (Petting Zoo, Corn Maze, Pumpkin Carving, And Much More!) | Columbus Day 8 | 9 Coffee and Conversation 9:30-10:30 a.m. At the Clubhouse | 10 | 11  BREAST CANCER AWARENESS | 12 | 13 Brunch With Brant From 10:30a-12p at the Clubhouse |
| 14 Knockerball Open Play at the Valley Mall | 15 | 16 | 17 Geeks Who Drink Trivia Night at Pale Fire Brewing From 8pm-10pm | 18 | 19 | 20 Annual Race to Beat Breast Cancer 5K Run/Walk From 9:30am-11:30am At Westover Park |
| 21 Yummmmm...today Is National Pumpkin Cheesecake Day! | 22 | 23 | 24 | 25 | 26 | 27 Halloween Party at the Clubhouse From 2p-4p |
| 28 Spirit of the Valley Festival on Sunny Slope Farm From 11am-5pm. Visit Onsunny slopefarm.com for Details | 29 | 30  | 31 HAPPY HALLOWEEN |  OCTOBER  | | |

