

GRAYCROFT GRAYBROOK

100 Star Blvd. • Madison • TN • 37115
(615) 865-2575 • (615) 865-2273 (FAX)



October

MEET THE STAFF

Peggy Williams - Manager
Ingrid Reyes- Asst. Manager
Marion Blanco - Leasing Agent
Kara Brewington - Leasing Agent
Felix Aponte - Maintenance Supervisor
Todd Greene - Maintenance Tech
Travis Stevens - Maintenance Tech
Matthew Agrella, II - Groundskeeper
Axel Soto - Groundskeeper
Brian Miller - Courtesy Officer
Pat White - Housekeeper
Don Furbush - Floater Maintenance

OFFICE HOURS

Monday- Friday -- 8:00 am - 5:00 pm
Saturday -- 9:00 am - 4:00 pm
Sunday -- Closed

Refer a Friend

Refer a friend to Graycroft or Graybrook Apartments. If your friend is approved and moves into the community, you will receive a check for **\$200.00!**

Critter Ridder

The exterminator will be at Graycroft & Graybrook Apartments on **October 13th to treat apartments #101 - 240.**

Have a Great Month!

Rent Reminder

Rent is due on the 1st of the month and considered late on the 6th. All late rent must include a late charge equal to 10% of your monthly rental payment.

A Chill Is in the Air

Summer is gone and winter is just around the corner. Be prepared! We ask all residents to take a few minutes of your time and turn on your heat to make sure it is working properly. If you notice a problem, please contact the office ASAP. We want to have all problems corrected before the cooler weather hits.

Ghosts and Goblins

Trick or treat? Late October means ghosts, witches and goblins will soon appear in our neighborhood. As Halloween approaches, please watch out for the little ones haunting the community. Have a safe, happy and spooky holiday!

Watch Nature's Splendor

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn." —Elizabeth Lawrence

"THERE IS NO SEASON WHEN SUCH PLEASANT
AND SUNNY SPOTS MAY BE LIGHTED ON,
AND PRODUCE SO PLEASANT AN EFFECT
ON THE FEELINGS, AS NOW IN OCTOBER."

~ NATHANIEL HAWTHORNE

PUMPKIN POWER

Archaeologists believe that pumpkins could be the oldest domesticated plants on the planet. Evidence found in Mexico suggests people cultivated pumpkins as far back as 10,000 B.C. Here are a few more things you might not know about this round, orange squash.

- Pumpkins are a good source of vitamins A and C and potassium. About 90 percent water, they are also high in fiber.
- Morton, Ill., is known as the pumpkin capital of the world. The town is home to the Libby's food plant, where almost all of the country's canned pumpkin is produced. Most of the pumpkins processed at the factory are grown nearby.
- A pumpkin generally has about 500 seeds, which are a good source of iron and can be roasted and eaten. The flowers that grow on pumpkin vines are also edible.
- There are more than 40 varieties of pumpkins. They come in different colors and sizes and have names such as Baby Bear, Orange Smoothie and Speckled Hound. Connecticut Field and Howden are among the varieties most often sold for carving.
- Pumpkins were a staple in the diets of many Native American tribes. They also dried strips of pumpkin and wove them into mats.



CROWS VS. RAVENS



Is that black bird flying overhead a crow or a raven? The two can look similar, but here's how to spot the difference: A raven is larger and has a heavier bill than a crow. Crows have fan-shaped tail feathers; ravens sport a wedge-shaped tail. Ravens often travel in pairs, but crows in groups. One of the most distinguishing traits is the birds' calls. Crows make a high-pitched cawing sound, while ravens produce a low croak.



Think Pink

October is Breast Cancer Awareness Month, and the National Football League shows its commitment to the cause through the campaign "A Crucial Catch," which focuses on the importance of regular breast cancer screenings. During October, NFL players, coaches and referees wear pink caps, shoes, socks and other apparel. Much of the game-worn apparel is auctioned off online, with proceeds benefiting American Cancer Society programs.



PUMPKIN MAC AND CHEESE

Ingredients:

- 8 ounces rotini pasta
- 5 tablespoons butter, divided
- 1/4 cup all-purpose flour
- 1 12-ounce can evaporated milk
- 1 cup milk
- 1/2 cup canned pumpkin
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- 2 cups shredded Swiss or Gruyere cheese
- 1 cup shredded cheddar cheese
- 1/2 cup bread crumbs



Directions:

Cook pasta as package directs. Drain and set aside.

Heat oven to 375° F. Grease 2-quart baking dish. In 4-quart saucepan over medium heat, melt 3 tablespoons butter. Stir in flour; cook 1 minute.

Gradually stir in evaporated milk and milk; cook until mixture is thickened and smooth. Stir in pumpkin, salt, pepper and nutmeg.

Remove from heat; whisk in cheeses until smooth. Stir in cooked pasta; toss to mix well. Spoon into baking dish.

Melt remaining 2 tablespoons butter; stir in bread crumbs. Sprinkle on top of casserole. Bake 30 minutes or until sauce is bubbly and mixture is golden.



Find more recipes at
www.CansGetYouCooking.com.

WORDS THAT RHYME WITH "Sky"

Aye • Buy • By • Cry • Dry
Eye • Fry • Guy • Hi • High • I
Lie • My • Nigh • Pie • Sty
Thai • Thigh • Tie • Why

M C F T K Y R D H D H G
D R C H B D S T Y G G O
Y G H I P H A K G H I Y
S H I G I Y K H E C H O
C G S H E A L C Y G S T
V H G G G X I V E H H I
B N H B H C E G G A D I
H C I K U E G H I X C H
J V D G S Y T J M Y G T
C B C S H A S I S G H Y
G R V C B C B G E U L E
R H Y V J Y A E G Y H W

CORN MAZE CRAZE

With winding paths cut through acres of tall cornstalks, unique designs and plenty of twists and turns, corn mazes are a popular fall attraction for all ages.

Ingenious idea. In 1993, Broadway producer Don Frantz turned a Pennsylvania cornfield into the shape of a dinosaur and charged visitors to make their way through the cornstalk course. The trend took off, and soon there were hundreds of corn mazes around the U.S.

A-maze-ing progress. In the early corn maze days, farmers used tape measures, posts and string to map out their creations. Now, many hire corn maze design companies, which use a computer to make a blueprint. Farmers plant the corn in early summer, and when the crop is a few inches tall, a GPS-guided mower cuts the pattern.

Complex creations. Corn mazes have evolved over the years from simple patterns to intricate themes best seen from an aerial view. Eye-catching designs include cartoon characters, pop culture icons, sports teams and patriotic patterns.

The Perfect Pair

Crisp and creamy, sweet and savory, apples and cheese are an ideal culinary couple. Maybe that's the reason October is both National Apple Month and American Cheese Month.



Whether you want to plan a tasting party or simply seek a snack, here are a few combinations to try.

Mildly sweet with a hint of vanilla, the Gala apple pairs well with the tang of extra sharp cheddar. When eaten with a creamy goat cheese, Gala will taste even sweeter.

The tart, green Granny Smith won't be overpowered by the kick of some pepper jack or Asiago. Granny Smiths also combine nicely with sharp blue cheese.

Crisp, sweet and juicy, Fuji apples complement the buttery texture of havarti, the slightly salty Gorgonzola or a nutty fontina.

Known for its crunchy, sweet flesh, the well-named Honeycrisp apple pairs well with many different cheeses, including a creamy Gruyere or Brie, a robust aged cheddar, or some tangy provolone.

The Piñata apple is known for having a classic apple taste with a tropical twist. Try one with a nutty Edam cheese.



With all the varieties of apples and cheeses available, you are sure to find a combination that is the perfect pair for your palate.

Knock-Knock Time

They are corny, but it's hard to resist answering when you hear those familiar words—"Knock, knock." Oct. 31 is National Knock-Knock Joke Day, so join in the fun!

Knock, knock.
Who's there?
Scold.
Scold who?
Scold outside—let me in!

DATES TO REMEMBER

October

1

1 RENT DUE

6 RENT LATE

2	3	4	5	6	7	8
9	10 Columbus Day	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29



Attention, Pet Owners

When taking your pet out, please make sure to keep it on a leash and to walk it next to the woods away from buildings. Also, be a great neighbor and clean up after your pet when it's finished doing its business. We'll all be most appreciative.

Trick or Treat

If you want children to come to your door for treats on Halloween, please turn on the porch light at the front door.

Pass the Pierogi

No matter how you spell it—pierogi, pierogy or pirogi—this stuffed dumpling from Eastern Europe tops the menu on Oct. 8, National Pierogi Day.

3 Things You Need to Know

Americans consume about 400 million pounds of cranberries a year, which is good because these little berries can give your health a boost.

1) One cup of cranberries provides 18 percent of the recommended daily amount of vitamin C, manganese and fiber. They are also high in vitamins E and K.

2) Fresh cranberries are at their peak from October through December.

3) To balance their tartness, combine fresh cranberries with other fruits, such as oranges, apples or pineapple.