



Crown Villa Apartments

1201 King George Blvd., Savannah, GA 31419
(912) 925-8035



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NOTES & NEWS

Important Numbers

Office (912) 925-8035
Fax (912) 925-8017
Emergency Number (912) 335-9270

BULLETIN BOARD

The Crown Villa Team
Area Manager
Liz Knight
Leasing/Assistant Manager
Paige Davidson
Maintenance Technician
Rich Lenzen
Assistant Maintenance
Chris Weigle



CK48980

HIGHLIGHTS

Thanksgiving Dinner Nourishes Your Brain

The staple foods of a traditional Thanksgiving dinner will not only feed your holiday appetite, but their nutrients can also nourish your brain. The meal's centerpiece, turkey contains an amino acid used to produce dopamine, a chemical that improves mental alertness and memory. The bread crusts often used in stuffing are rich in antioxidants, and the side dish cranberries are also packed with them. Research suggests that antioxidants stave off brain aging and enhance cognitive function.

Sign Up for Rewards Programs

Even people who don't often fly can benefit from airline rewards programs. You might have enough points for free or low-cost travel after just a few flights.

In the Kitchen: Sweet Switch

Did you know you can make your own brown sugar? Just combine 1 cup of granulated sugar with 2 tablespoons of molasses. You can make it as needed for recipes, or do 3 or 4 cups at a time and store it in an airtight container.

Reduce Paper Waste

You can reduce the amount of junk mail you receive by up to 75 percent by registering with the Direct Mail Association Mail Preference Service. Visit www.DMAChoice.org.

Favorite Fall Flower

A Chinese philosopher advised, "If you would be happy for a lifetime, grow chrysanthemums." The flower of November has brought delight since it was first introduced to America in Colonial times, becoming the nation's favorite fall flower and among the most widely grown potted plants. Popular for their wide variety of colors and blooms, mums are a familiar seasonal decoration and often used as homecoming corsages.

TRIVIA WHIZ

The Lowdown on Elections

Every four years, Americans head to the polls in November to cast ballots for the nation's president.

Late fall was historically considered a good time for elections because the harvest was mostly over and winter weather hadn't set in yet. The days varied, however, until 1845, when Congress set the first Tuesday after the first Monday in November as the day for presidential elections.

Enjoy these additional facts about elections:

- Prior to 1804, the presidential candidate who received the second-highest number of electoral votes was named the vice president.
- The only bachelor elected president was James Buchanan.
- John F. Kennedy was the youngest elected U.S. president at 43. Ronald Reagan was the oldest at 73.
- The only president and vice president not elected to either office was Gerald Ford. He became vice president after Spiro Agnew resigned and became president when Richard Nixon resigned.
- American astronauts on the International Space Station can vote via secure email.
- Voting is compulsory in Australia, and citizens who do not vote can be fined.
- New Zealand gave women the right to vote in 1893. It was the first country to do so in modern times.

"Voting is the expression of our commitment to ourselves, one another, this country and this world."

—Sharon Salzberg



Guide to Great Gift-Giving

It can be difficult to find the right gift for someone when a birthday or holiday rolls around, but if you consider the recipient and his or her preferences, you should be able to produce a present that will be truly appreciated.

An older person might enjoy a grab bag of puzzle books and playing cards. For a child, assemble an assortment of classic toys such as a Slinky, Frisbee and Play-Doh.

A baseball glove or picnic basket could be perfect for someone who enjoys the outdoors.

For a friend or relative who's always on the go, consider a slow cooker and recipe book. Other nifty kitchen-related gifts include a basket filled with pretty kitchen towels, a vintage juice pitcher, and a selection of teas or coffees.

Readers and writers will appreciate a set of bookends, a journal with a fancy writing pen, or a box of colorful note cards and some postage stamps.

For the green-living recipient, try some DIY—assemble eco-friendly cleaning supplies, then wrap them inside reusable cleaning cloths.

And if you know someone who just moved out on their own, fill a small toolbox with a hammer, utility knife, screwdriver, tape measure, adjustable wrench, pliers and safety glasses. The recipient will think of you every time he or she works on a project.

What's Cooking

Lift Leftovers to New Heights

Just the mention of Thanksgiving brings to mind images of food—roast turkey surrounded by an assortment of side dishes ranging from corn casserole to Brussels sprouts. The annual meal is such a treat that many folks buy bigger birds and make extra portions of side dishes so there are plenty of leftovers to indulge in.

Reheating a typical Thanksgiving plate or topping a turkey sandwich with stuffing and cranberry sauce are great ideas, but you can also incorporate leftovers in entirely new dishes.

Some classic uses for the bird are mushroom and turkey risotto, creamy turkey and wild rice soup, and turkey

enchiladas. Add seasonal flair to turkey pot pie by lining the bottom of the dish with leftover stuffing. You can also give your turkey a whole new flavor profile by making a turkey curry or Cajun gumbo.

Leftover sweet potatoes can serve as a main ingredient in biscuits, waffles, or a sweet potato and spinach frittata. Cranberry-orange muffins and cranberry turnovers are tasty ways to use up any extra berries in the fridge.

Many recipes will incorporate a variety of your leftover goodies. Potato cakes and turkey hash would make a hearty breakfast or brunch. Bubble and squeak is a traditional English dish of leftover vegetables fried in a skillet. Make it with mashed potatoes and whatever other veggies you have left from your turkey day meal.

Add seasonal flair to turkey pot pie by lining the bottom of the dish with leftover stuffing



WIT & WISDOM



Decoding Coffee Drinks

With all the options available, coffee sometimes seems complicated. If you're wondering what the difference is between a mocha and a macchiato, here's a basic guide to some popular coffee concoctions.

Espresso. This is the base for a number of coffee drinks. Basically a concentrated coffee shot, espresso is extracted by a special machine, then combined with steamed milk and milk foam in various proportions.

Cappuccino. Perhaps because it is often topped with chocolate, cappuccino is one of the most popular espresso drinks. It contains equal parts espresso, steamed milk and foamed milk. Done properly, this drink will have a smooth, silky texture, with the elements blending together.

Mocha. This sweet beverage is made by mixing chocolate powder with espresso, then adding steamed milk and foam. It tastes like a mix between cappuccino and hot chocolate.

Latte. Latte is Italian for "milk," which is the main ingredient in this drink. Steamed milk and foam are added to a shot of espresso to create a somewhat sweet beverage with a less intense coffee flavor.

Café au lait. Those who prefer brewed coffee over espresso often choose a café au lait, which is a cup of coffee with steamed milk added instead of cold milk.

Macchiato. The macchiato is simply a shot or two of espresso with a bit of foamed milk on top.



The Minute Chef

Easy Apple Tart

Ingredients:

- 1 refrigerated ready-to-use pie crust
- 1 pound Pink Lady apples, cored and sliced
- 2 tablespoons cold butter
- 1/4 cup granulated sugar
- 1 teaspoon cinnamon

Directions:

Remove pie crust from refrigerator and warm to room temperature, about 15 to 20 minutes.

Heat oven to 425° F.

Unroll the crust and place it on a large baking sheet. Arrange sliced apples on the crust, leaving about 2 inches of space around the edge.

Chop cold butter into small pieces and scatter over the apples.

Mix sugar and cinnamon together and sprinkle on top of the butter and apples.

Fold the sides of the open pie crust over the apples—this will not cover them, but contain them inside the crust.

Bake 20 to 25 minutes until crust is golden brown and apples are just soft.

Find more recipes at
www.AppleForThat.com.



"I am grateful for what I am and have. My thanksgiving is perpetual."

—*Henry David Thoreau*

"If you are really thankful, what do you do? You share."

—*W. Clement Stone*

"Best of all is it to preserve everything in a pure, still heart, and let there be for every pulse a thanksgiving, and for every breath a song."

—*Konrad von Gesner*

"If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get."

—*Frank A. Clark*

"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."

—*Henry Van Dyke*

"The thankful receiver bears a plentiful harvest."

—*William Blake*

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

—*Oprah Winfrey*

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

—*William Arthur Ward*

"Pride slays thanksgiving, but a humble mind is the soil out of which thanks naturally grow. A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves."

—*Henry Ward Beecher*



November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent Is Due	2	3	4 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	5
6 Don't Forget to Set Your Clocks Back One Hour!	7 Happy Birthday Kimberly Holesovsky!	8	9 	10	11 Veterans Day	12
13 Happy Birthday Julia Johnson!	14	15 Pest Control	16 A/C Filter Change Happy Birthday Dawn Cusack!	17	18 Happy Birthday Douglas McGarity!	19
20 	21	22	23	24 Happy Birthday Shaun Trought! Happy Thanksgiving, Office Closed!	25 Office Closed!	26
27 Happy Birthday Patricia Hodges!	28	29	30			

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Rent Is Due	2	3
4	5 Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!	6 Happy Birthday Lydia Smith, Radu Cojocariu and Gloria Diaz!	7	8	9	10
11	12	13	14 	15	16	17 Happy Birthday Kristina Alexander!
18	19	20 Pest Control Happy Birthday Daniel Alexander!	21	22	23 Happy Birthday Lionel Riasco-Ilorent! Office Closed!	24
25 Merry Christmas	26 Office Closed!	27	28	29	30	31 