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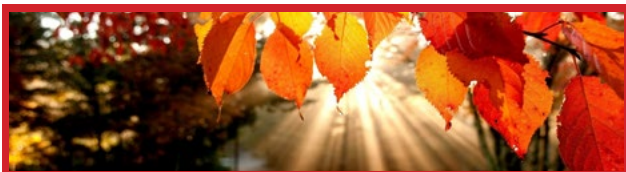
# The Andover GAZETTE

351 ANDOVER DRIVE, VALPARAISO, IN 46383 TEL (219) 462-6250

**Leasing Hours:** Mon - Thu: 9 am - 6 pm  
Fri 9 am - 5 pm  
Sat: 10 am - 2 pm  
Sun: **CLOSED**

**Maintenance Hours:** Mon - Fri: 9 am - 5 pm

## OCTOBER 2017



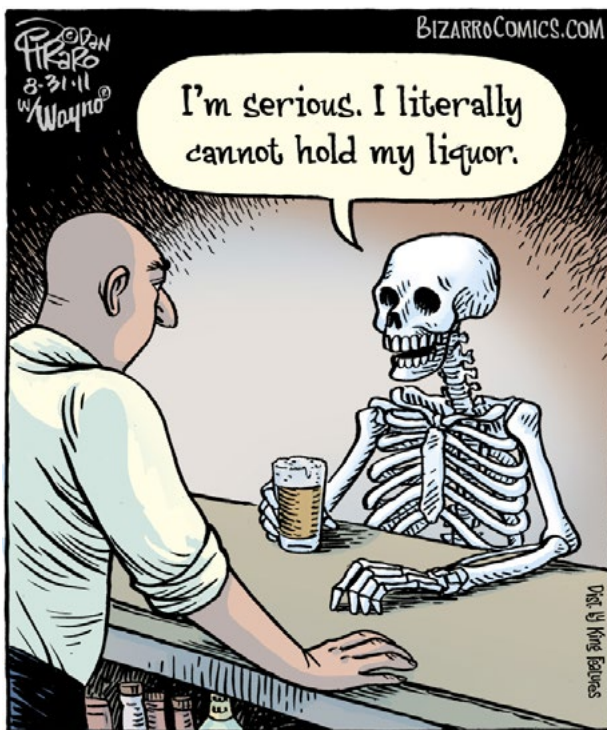
### THE ANNUAL CHANGING OF THE LEAVES

Every autumn reveals the beauty of the fall colors. While it may seem like magic, the science is quite simple. The mixture of red, orange and yellow is the result of chemical processes that take place in the tree as the seasons change from summer to winter.

During the spring and summer, the leaves have served as factories where most of the foods necessary for the tree's growth are manufactured. This food-making process takes place in the leaf in cells containing chlorophyll, which gives the leaf its green color. The chlorophyll absorbs energy from sunlight that is used in transforming carbon dioxide and water to carbohydrates, such as sugars and starch.

Along with the green pigment there are yellow to orange pigments, carotenes and xanthophyll pigments which, for example, give the orange color to a carrot. Most of the year these colors are masked by great amounts of green coloring.

In the fall, because of changes in the length of daylight and changes in temperature, the leaves stop their food-making process. The chlorophyll breaks down, the green color disappears, and the yellow to orange colors become visible and give the leaves their fall hues we all take as the unofficial signal that summer has come to an end.



## Community



### Community Balcony Contest:

Decorate your balcony by October 20th with Fall/Halloween festivities and show your spooktacular spirit! Prizes will be given for most creative, most colorful, most scary! Winners will be announced on October 28th!

**Courtyard Construction** will take place the first couple of weeks in October. We apologize for the noise; please be patient as we make these improvements.

## VALPARAISO EVENTS

**EAT UP WINE DOWN - October 5<sup>th</sup>, 5 to 10 PM**  
Food lovers, please your palate and enjoy a lovely evening in Downtown Valparaiso. Every 1st Thursday of the month, Eat Up Wine Down offers \$6 specials at the following restaurants: Blue Point, Casa Del Mar, Don Quijote, Fork & Cork, Main + Lincoln, Pikk's Tavern, Radius, and Sage Restaurant.

**FALL HARVEST FESTIVAL - October 20<sup>th</sup> and 21<sup>st</sup>**  
**FRIDAY, 4 PM TO 6 PM:** Dress up in your best costume and go through Downtown Valpo and Central Park Plaza to get tasty treats from restaurants, retailers, and other organizations. Free Hayrides will be provided by the Valparaiso Parks Department.  
**SATURDAY, 11 AM TO 2PM:** Grab an instrument and join in on the music with Leonardo "The One Man Band" or jump a giant inflatable pumpkin bounce house.

Get your home ready for *Autumn*

- 1. GET A NEW DOORMAT**  
Throughout the fall and winter, dirt and dust gets tracked inside. Add a new doormat to keep the dirt outside.
- 2. KEEP VENTS AND RADIATORS CLEAR**  
Make sure the furniture in your home isn't blocking any heat sources in the floor or walls. If necessary, move your furniture around and rearrange your spaces so the vents are kept clear.
- 3. SWITCH TO FLANNEL SHEETS**  
When the days and nights start to cool down, you can make your bedroom even cozier with the addition of flannel sheets. They'll keep you warmer at night when the temperatures start to drop.
- 4. HANG HEAVIER CURTAINS**  
New curtains don't just give your room an instant update; they can also help keep your home warmer during the cooler months.

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**Facebook**

[www.facebook.com/AndoverApts/](http://www.facebook.com/AndoverApts/)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4 	5 Valparaiso Eat Up Wine Down 5-10 PM	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Community Balcony Contest Deadline Valparaiso Fall Harvest Festival 4-6 PM	21 Valparaiso Fall Harvest Festival 11 AM-2 PM
22	23	24	25	26	27	28 Community Balcony Contest winner announced
29	30	31 				

## Easy PUMPKIN PIE DIP

If you're looking for an outstanding and easy to throw together dip perfect for Fall gatherings, check out this awesome pumpkin pie dip that calls for just three main ingredients!

### INGREDIENTS

- 1 -15 oz. can pumpkin puree
- 1 -8 oz. container Cool Whip, thawed
- 1 package 1.5 oz. Vanilla Instant Pudding Mix
- 1 teaspoon pumpkin pie spice (optional but so yummy!)

### DIRECTIONS

Cream together all ingredients with an electric mixer until well combined and fluffy. Chill in the fridge until ready to serve. Serve with Vanilla Wafers, Cookies, or Graham Crackers.



(Courtesy of hip2save.com)

## Tips for a Healthy month

The temperature has finally dropped below 80 degrees and it's time to embrace short days, crisp air, and colorful leaves. Think of the new seasons as an opportunity to kick start healthy habits and take full advantage of all the flavorful seasonal produce. Here's some tips on how to have your healthiest fall yet!

### COMBAT THE COLD

Water, Water, and more Water! The easiest way to help avoid a cold is by staying hydrated. Additionally, the foods you eat are also soldiers. Pack your diet with pro-biotic yogurt, super foods full of vitamin C, and fall favorites such as pumpkins that nature makes with all the nutrients you need for a healthy season.

### SCARE OFF THE CANDY CRAVINGS

Maybe you don't have to hide from every bite-sized holiday treat -- where's the fun in that? Just don't become a sugar zombie. If you're expecting trick-or-treaters, only buy enough for the kids and wait until the day of to shop. If you buy candy sooner, keep it out of sight so the treats aren't haunting you all October long.

### EAT LIKE AN ATHLETE ON GAME DAY

We all have our game day favorites; buffalo chicken dip anyone? Unfortunately, we're all not doing two-a-days like our favorite quarterbacks to burn off the extra calories. Instead cut your calories ahead of time. Try filling your snack tray with veggies instead of chips, cut pizza slices smaller, and portion your dips into individual servings to keep you aware of your consumption.

### GET OUTSIDE AND ENJOY THE VIEWS

The changing of the leaves brings the opening of local pumpkin patches and apple orchards. Take an afternoon to exercise, bring fresh air into your lungs, and support your local community.

### October birthstone



## Tourmaline & Opal

October has two birthstones; Tourmaline and Opal. Tourmaline is a favorite gemstone for many because it's available in a rainbow of beautiful colors. Opal gemstones are truly unique because each individual gem is adorned with a one-of-a-kind color combination.