



The Village at Highland Park October 2011

Community Management Office

1104-03 Columbus Ave
Lemoyne, Pa 17043
717-737-4102

Justin Bethea
Residential Manager
jbethea@springwood.net

Jeff Elicker
Service Manager

Stacie Dawson
Leasing Consultant

Judy Stone
Porter

Emergency Maintenance
Phone # 717-730-3426



COMMUNITY ROOM NEWS

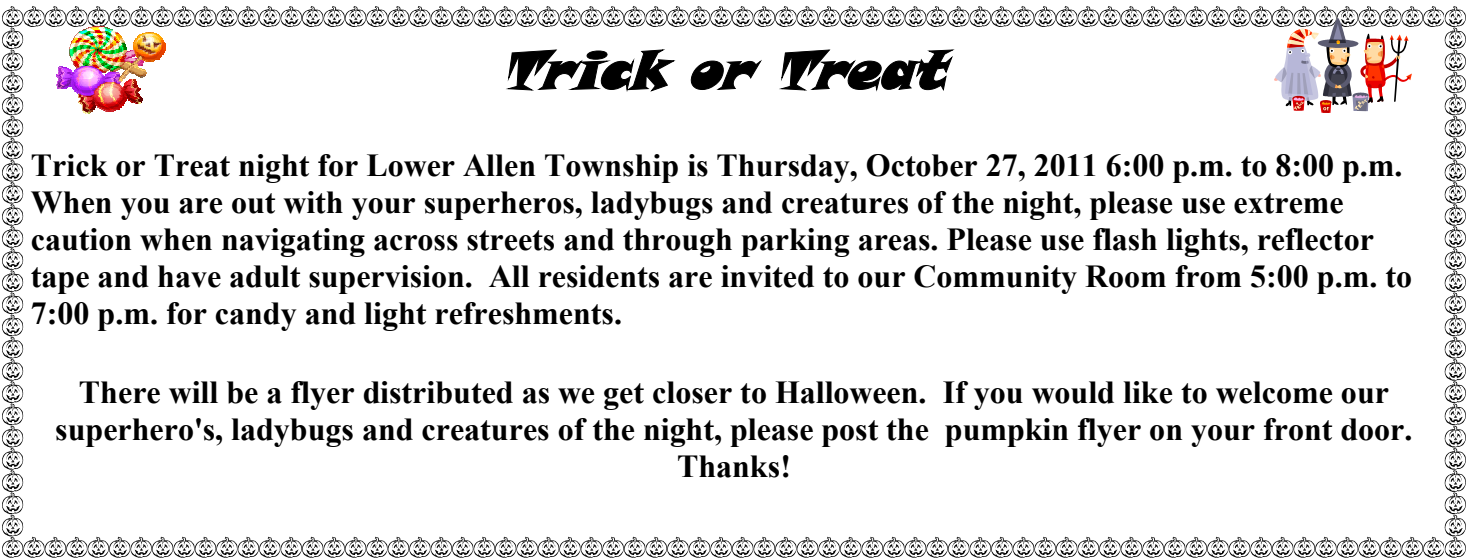
Regrettably, the opening of our brand new Community Room was delayed slightly due to maintenance tasks necessitated by September's tropical storms. Fortunately, we're back on track now. We will be sending out a special announcement next week with instructions on how and when to pick up your new access pass to the Community Room. We look forward to seeing you there!

Thanks to everyone who came out and visited with us during our end of summer pool party, over Labor Day weekend! Jeff Elicker would like to apologize to everyone for his misunderstanding the difference between "well done" and "on fire". Also, after receiving many requests, Justin's wife, Mary, was kind enough to let us pass along her blueberry buckle recipe which can be found on page two. Enjoy! Keep watching your newsletter for information on other upcoming community events.



Green Gene Says:

Freeze! If you only eat a small amount of bread, freeze it and take out a few slices a couple of hours before you need them. Also, when you cook, make a little extra that you can freeze, then thaw and re-heat when you're ready for a quick meal.



Trick or Treat



Trick or Treat night for Lower Allen Township is Thursday, October 27, 2011 6:00 p.m. to 8:00 p.m. When you are out with your superheroes, ladybugs and creatures of the night, please use extreme caution when navigating across streets and through parking areas. Please use flash lights, reflector tape and have adult supervision. All residents are invited to our Community Room from 5:00 p.m. to 7:00 p.m. for candy and light refreshments.

There will be a flyer distributed as we get closer to Halloween. If you would like to welcome our superhero's, ladybugs and creatures of the night, please post the pumpkin flyer on your front door.
Thanks!

LET'S GET READY:

Mother nature is taking away her leaves to prepare the trees for the long winter ahead. We should follow her lead and get our patios and balconies ready for the cold weather. Please remove plants, furniture and other items not designed for harsh weather. Please remember that only outdoor furniture is permitted on the patios and balconies.

Blueberry Buckle Coffee Cake

INGREDIENTS:

2 cups all purpose flour with additional 1-2 Tbsp
2 tsp baking powder
1/2 tsp salt
1/4 cup unsalted butter, softened
3/4 cup sugar
1 large egg
1/2 cup milk
2 pints of Blueberries

TOPPING INGREDIENTS:

1/4 cup unsalted butter, softened
1/2 cup sugar
1/3 cup all purpose flour
1/2 tsp cinnamon

Preheat oven to 375 degrees F. Grease an 8 inch springform pan. Set aside.

Sift together the 2 cups of flour, the baking powder and the salt. Set aside.
Cream the butter and sugar until fluffy, about 3 mins. Beat in the egg.

Add the flour mixture in 3 parts, alternating the milk. Toss the berries in with the remainder of the flour and fold in. Pour batter into the prepared pan. Set aside. Combine topping ingredients with a fork to make a crumbly mixture. Sprinkle this over the batter. Bake for 1 hour, then test for doneness by gently inserting fork. If it does not come out clean, give the cake another 5-10 mins. longer to bake. When the cake is cooled, run a knife around the edges and lift the cake out of the pan.

Staying active this winter

Staying physically active can be hard to do, especially in the winter. The days feel shorter, and it's cold outside! Following are some suggestions to "keep on moving" during the winter months. **As always, please check with your doctor before beginning any new exercise program.**

- * March in place while watching television, talking on the telephone, etc.
- * Put the television remote on the TV and get up to change the channel.
- * Get up and walk around the apartment during TV commercials.
- * When you are on the phone, walk around.
- * Walk at local malls, schools.

Physical activity is important for everyone. Benefits include:

- * Lowering blood pressure, decreasing cholesterol
- * Burning calories, building muscle and losing fat
- * Helps you feel better, gives you more energy and reduces stress

Whenever you exercise, remember these basic guidelines:

- * Start your exercise program slowly and work up to your abilities. If you haven't been exercising, check with your health care provider on the best way to start.
- * Make sure you do something you like to do, so you will continue exercising.
- * Wear layers of loose-fitting clothing so you may adapt to temperature/environment changes.
- * Avoid outdoor exercise in extremely hot and cold temperatures.
- * Start your exercise slowly by stretching and warming up (slow pace of exercise for 5 minutes). Finish your exercise by cooling down (slower pace exercise for 10 minutes).
- * Drink plenty of water before, during, and after you exercise.