



## SEPTEMBER 2011



*"By all these lovely tokens  
September days are here,  
With summer's best of weather  
And autumn's best of cheer."*

**Helen Hunt Jackson**

### Office Hours

Mon. thru Fri. 8:30am - 4:30pm  
Sat. 10am—4pm  
Sun. 12pm—5pm

### Important Numbers

(703) 754-7711 Office  
(703) 754-7711 Emergency  
(703) 754-7758 Fax  
www.MarqueApartments.com

### Email:

marque.leasing@communityrealty.com

### Management Team

**Roberta Corgnati**  
Community Manager

**Pat Mayer**  
Community Assistant Manager

**Suzanne Butturff**  
Leasing Agent

**Jeanette Corgnati**  
Marketing/Leasing Agent

**Richard Wright**  
Chief Engineer

**Edgar Pullen**  
Assistant Maintenance Engineer

**Jesus Martinez**  
Day Porter

## From the Manager's Desk...

September has arrived. It is back to school for many. Kids are downtrodden...parents rejoice! Summer is coming to a close. We feel a slight chill in the air after the evening sun sets. It seems that mother nature knows we are all ready for a little relief from the heat.

Fall is a beautiful season...one in which we enjoy breathtaking hillsides painted with red, yellow and orange leaves. We reap from nature's bounty of fresh apples, pumpkins, and squash. The smell of cinnamon comes wafting from our ovens. Fall is a season that tingles our senses! All of these wonderful things mark, for many, the beginning of the holiday season. It will be here before we know it! But I am getting ahead of myself...we still have 126 shopping days...plenty of time. Lets slow down and enjoy this wonderful time of year first!

We have had a busy summer here at The Marque and are embarking on a busy fall as well. We have welcomed many new residents to our community and are thankful for each and every one of you. We hope that you continue to reach out to new residents and take time to partake in the activities and events offered. Please join us for a Wine & Cheese Tasting this month. It is a great way to get to know your neighbors and share a taste or two of our delicious local wines and cheeses. Please see the calendar for the date and time. There are many other fun activities on the September calendar, so we hope you will find one or two others that you will enjoy.

As the Marque community grows, please keep in mind that we are a shared environment. Be thoughtful of other residents. We know there are many rules in place and we hope you understand that these are to protect those who live here and to help keep this a safe and beautiful community. We thank all of you for helping make The Marque a warm and welcoming home for everyone.

**Roberta Corgnati**  
Community Manager

## Happy Birthday to You!

Stop by the Café to celebrate our **September** birthdays. We will share cake & birthday cheer  
September 14th 2011



## Welcome New Residents



*Time to unpack and settle in! We are so happy to have you.*

James Kerns  
Ebert Lewis  
Sarah and Clyde Kimball  
Michelle Harig  
The Matthews Family  
Patricia Byrne

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## IN THE KNOW...



### KEYS AND FOBS

Replacement costs for KEY FOBS are \$35. House keys cost \$7 and Parking Remotes \$50. Please see us in the office if you have lost keys or FOBS during office hours.

### AFTER HOURS LOCKOUT SERVICE

If you are locked out after office hours, please call (703)754-7711 and the answering service will notify Roberta. If she is available the fee is \$50 to open your door. You may also call Priority Lock directly at (703)330-0249. Their fee is \$75.

### HOUSE CLEANING

Our preferred vendor for housecleaning is [Nelly's Cleaning Services](#). Rates range from \$55 for a 1 bedroom to \$75 for a 3 bedroom. Nelly also provides carpet cleaning services. Call Nelly at (703)656-1336 for more information.

### HAIR SALON

Looking for a new spring style. Come see [Gisela](#) or [Helen](#) in our hair salon. For an appointment please contact : [Gisela, \(703\)895-1977](#) or [Helen, \(571\)242-1295](#).

### DRY CLEANING

Our preferred dry cleaning vendor is [Catharpin Cleaners](#). Pick up and delivery is on Tuesdays and Thursdays in the lobby coat closet. Stop by the leasing office for more details.

### SOMMERVILLE SKIN CARE STUDIOS

A board certified aesthetician, Lynn Zimmerman can help give your skin a refreshing renewal with her facials. Call (866)597-1928 for a revitalizing appointment.

### REJUVENATIONS

#### THERAPEUTIC BODYWORK

Tracy Sampogna, NCTMB, CST, ATRIC, WABA is a certified massage therapist offering Swedish Massage, Esalen, Thai, Reflexology, Shamanic & Reiki Treatments and more. Prices start at \$50 per half hour and go to \$160 for 2 hours. For an appointment call Tracy at (703)405-8150.

### OFFICE SERVICES

If you need anything copied, faxed, or notarized, please come by the leasing office anytime during office hours. We would be happy to assist you.

### GUEST SUITES

*Suite #148 and #149* are available for your guests for a fee of **\$100 a night**. *Suite #439*, a 2 bedroom furnished apartments is available for **\$150 a night**. Call the office to make reservations. *As a reminder, please let your guests know that we do not allow pets or smoking during their stay in the Suites.* Some visitors might be sensitive or allergic. Thank you.

### STORAGE UNITS

If you are doing some Spring cleaning and discovered you need storage space, no worries, storage is available. *Climate controlled floor bins are \$30 a month.* *Garage Units* which are not climate controlled vary in size and cost from **\$50-100 per month**. Please contact the office if you are interested in renting storage.

### SCHWAN'S

Every other Friday, Paul from Schwan's visits The Marque. You can order delicious prepared foods that make cooking a snap! Catalogs are in the office. See the calendar for dates.

### VAN SERVICE

We now have a driver available to take you to medical appointments, the airport or on day trips in The Marque Van. There will be a small fee for this service based on time and distance to cover the cost of gas and our driver. Contact the office for more details. This service will be by appointment.

### GARAGE & CARPORT PARKING

If you would like to keep your car in a covered or garage space, spots are still available. Garage parking runs \$175 a month & carports \$75.

### MAINTENANCE ISSUES

If you have a maintenance issue in your apartment when the office is closed, please call the office answering service at (703)754-7711. They will contact our Community Manager and Technician On Call who will promptly respond.

### QUIET HOURS

Just a little reminder that as a shared community we want to be conscious of our neighbors. Please reserve all activities that make a little extra noise for daytime hours. These include running the washer, dryer, dishwasher, or vacuum.

**Quiet hours are from 10 PM to 7 AM.**

### FARMER'S MARKET

Our 2011 Farmer's Market is open! **Every Thursday from May 5th through October, from 2 PM-6 PM** vendors will be selling delicious local fruits, vegetables, baked items, fudge, salsas, honey, and more! We hope you will enjoy supporting farmers and craftsman in our area!



# STONE FRUITS, BERRIES & NUTS

by Dr. Peggy Pettit

September has arrived with Labor Day marking the “end of summer” and all those attending school are returning for a new term with horizons of adventure and challenge. September also brings us the first day of autumn and fewer farmer markets offering fresh berries and stone fruits.

It may seem odd to be writing about nuts, berries and stone fruits as all of us already eat some of each type of these foods and too it is the end of summer! It would have been desirable to have thought of this topic in the spring in anticipation of summer’s bounty but alas, this writer did not. Publishing this at the end of summer does not diminish the content’s importance of potentially adding to the reader’s information base from which to improve their health while enjoying eating certain foods. We are fortunate today to have year-long variety of affordable fruits, berries & nuts, so we should take advantage of that.

What are stone fruits? Stone fruits have an outer fleshy part surrounding hard, stone like pits; for example: apricots, cherries, mangoes, nectarines, peaches and plums . Cornell Medical College research studies indicate that physiochemical compounds occurring naturally in these fruits have been shown to play a role in reducing the risk of chronic diseases such as cancer, heart disease, diabetes and arthritis. When selecting stone fruits, look for the most colorful varieties such as red fleshed plums and yellow fleshed peaches and orange/yellow fleshed mangoes. These stone fruits help prevent against age-related disorders of the eye such as macular degeneration and cataracts as well as a decent dose of blood-pressure- lowering potassium as well as fiber.

New research shows that blueberries, cranberries and strawberries may boost our aging brain and *that* has the potential to reduce age related diseases such as Alzheimer’s, Parkinson’s and dementia. According to the U.S.. Department of Human Nutrition Research blueberries rank first among berries for their powers to clean up damaged brain cells. Strawberries contribute highly to our intake of vitamin C and acai berries can help with our cardiovascular health. Cranberries are high in vitamin C and seem to keep bacteria from sticking to the surface of bladder cells.

In 2003, the US Food and Drug Administration (FDA) approved a qualified health claim that evidence suggests that 1.5-3 ounces of nuts daily as part of a diet low in saturated fat and cholesterol reduces heart-disease risk. So A healthy handful of nuts may help protect you against heart disease by improving cholesterol levels. Additionally these snacks offer loads of other health benefits but these protein powerhouses are also high in calories! Listed from lowest to highest in calories: pine nuts, pistachios, almonds, cashews, pecans, English walnuts, Macadamia nuts, and Brazil nuts. One study found that people who eat nuts live two to three years longer than those who do not. However, this may be because people who eat nuts tend to eat less junk food.

Almonds are a favorite snack of dietitians as they are an excellent source of Vitamin E, help lower cholesterol, are high in fiber and calcium and lower calories than most nuts. Brazil Nuts contribute selenium a mineral crucial for thyroid health with one nut containing a day’s worth. Cashews can give us iron and Vitamin K for strong bones and blood clotting normally. Macadamia Nuts contain the most fat of any nut, they also have the highest percentage of heart healthy monounsaturated fat which helps our nervous system.

The southern specialty, Pecans, can help to lower cholesterol and contribute to prostate health. Pine Nuts help us to maintain proper blood sugar levels and may boost our satiety hormone which can help us feel full. Pistachios have fewer calories per nut than many other varieties plus they are rich in an antioxidant that is important to healthy vision and skin. All that as well as pistachios are loaded with potassium. English walnuts are a good source of protein and fiber plus they have a type of brain boosting *omega 3* fatty acid.

Almonds: 23 nuts = 163 calories

Brazil Nuts: 6 nuts = 186 calories

Cashews: 18 nuts = 163 calories

Macadamia Nuts: 11 nuts = 204 calories

Pecans: 19 halves = 196 calories

Pine Nuts: 167 nuts = 191 calories

Pistachios: 49 nuts = 162 calories

Walnuts: 14 halves = 185 calories

Adding a variety of fruits, berries and nuts to your plate will not only boost overall nutrition in your diet but also broaden your culinary horizons. Here’s to Happy and Healthy Eating!

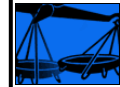
## SEPTEMBER HOROSCOPE



**VIRGO:**  
**AUG. 23 - SEPT. 22**

*The sign of the Virgin is traditionally modest, meticulous, reliable & practical.*

The symbol is the Virgin, the ruling planet is Mercury and the element is the Earth. Virgos are Modest, Shy, Meticulous, Reliable, Practical, Diligent, Intelligent and Analytical. Instinctively responsive to the needs of others, Virgos readily adapt to different people and changing circumstances by finding ways to make themselves useful. They love to apply their analytical skills to solving the problems of others. They are generally perceived to be quite witty and entertaining. They are compatible with Capricorn, Taurus or another Virgo.



**LIBRA:**  
**SEPT. 23 - OCT. 22**

*The sign of the Scales is diplomatic, romantic, charming & sociable.*

The symbol is the Scales, the ruling planet is Venus and the element is air. Librans are seekers of balance, harmony and justice. Often Libras seem a bit indecisive. They must study every angle of a situation before making a decision. Libras are master strategists and organizers. They are friendly, sociable and charming. When bored they quickly become lethargic and may need those around them to supply the spark to get them back on track. They are diplomatic and not averse to compromise--particularly if it will avoid discord. While Librans may not be team leaders, they can be counted on to plan any project's steps well. They are most compatible with Aquarius, Gemini and Libras.



## An Inconvenient Truth about Treadmills

Here is the truth about hard surfaces like sidewalks, asphalt roads, treadmills, low giving tracks, and any other surface that doesn't really give...



The leg bones such as the femur, tibia and fibula are weight bearing bones. The foot bones are not supposed to bear weight. Every time the foot strikes on hard, un-giving surfaces, 2.5-3 times the body's weight is born by the foot bones alone. This is the chief cause of injuries with which the street runner is saddled. This constant pounding can cause cumulative damage that moves up the leg, making running very painful and causing the runner to break down.

Running on these hard surfaces has an effect on the ankles, knees, hips, and up into the lower back also. Using the same muscles, tendons and ligaments over and over again, results in over-use syndrome. When running on grass or trails, every step is subtly different from the previous one, resulting in use of multiple muscles, tendons and ligaments; ergo, strengthening instead of weakening. Strengthening versus weakening; which is the better term? The young get away with these abnormal habits longer than those of us who are a little older, but the damage is still cumulative.

The most exasperating aspect of this whole diatribe is that many professionals with expertise in anatomy and physiology are the ones who don't promote the truth about treadmill damage. The unsuspecting public isn't made aware of the potential body injury problems that occur from excessive running on hard surfaces. Could it be they don't want to interfere with the resulting breakdown of the average street runner? Is there no longer the simple "do no harm" policy in the medical profession? Or does the term "money talks" rear its ugly head again!?

The moral of all this is, next time you get on a treadmill, walk as fast as you like, for as long as you like, but do not run, as harm is automatic!! You'll still sweat, you'll lose calories and cardio-vascularization is occurring, but the damaging effects of the time on the machine is negated!!!

*For your long term benefit, Bud Maxwell*

## Happenings In & Around Gainesville...

### BLUEGRASS AT BRENTSVILLE

**Location:** Brentsville Courthouse Historic Center  
12229 Bristow Road, Bristow, VA 20136  
**Date/Time:** Saturday, Sept 17, 2011(1:00-5:00 PM)

Enjoy the lively sounds of a bluegrass band on the grounds of Brentsville Courthouse Historic Centre while enjoying tastes of local wines and food. Guided tours of the historic buildings will be available throughout the day.

**Admission Fee:** \$10.00, free under 6  
**Phone:** (703) 365-7895      **Phone:** (703) 792-4754  
**Website** [www.pwcgov.org/brentsville](http://www.pwcgov.org/brentsville)

### SUMMER MOVIE SERIES- GNOMEO & JULIET

**Location:** Signal Hill, 9300 Signal View Dr  
Manassas, VA 20111  
**Date/Time:** Sat., Sept. 10, 2011  
(7:30 P-10:00 PM)  
**Phone:** (703) 335-8872

Come join us for Manassas Park's Summer Movie Series presentation of Gnomeo and Juliet! The movie will begin at 7:45 at Signal Hill Park.

### FIG LOVERS FEAST

**Location:** Ticonderoga Farms  
26469 Ticonderoga Road  
Chantilly, VA 20152  
**Date/Time:** Sat., Sept. 10, 2011  
(12:30 PM-5:00 PM)

Fig Tasting, Fine Wine, Cheese, Cracker Pairings  
Fig Recipes, Sorbet, Preserves

Hayride Visit to Fig Groves Indulge in a variety of delicious figs & take home one pound free to savor and share!

**Admission:** \$55 per person Pre-pay discount is \$50 per person with Master Card/Visa reservation by August 30.

**RSVP:** 703-327-4424 - osimpson@ticonderoga.com  
**Website:** [www.ticonderoga.com](http://www.ticonderoga.com)

### THE FLYING KARAMAZOV BROTHERS (COMEDY)

**Location:** Hylton Performing Arts Ctr.  
10960 George Mason Circle  
Manassas, VA 20110  
**Date/Time:** Sat., Sept. 17, 2011  
(8:00 PM-10:00 PM)

They aren't Russian. They aren't brothers. And they certainly don't fly. Misnomers aside, this zany four-some presents an unforgettable spectacle of music, comedy, dance, theater, and, not least of all, juggling. And boy, do they juggle-everything from bowling balls to chain saws-and with a bit of philosophy thrown in for good measure...and good laughs. They started on the streets of San Francisco in the '70s, and have since appeared on Broadway!

**Tickets-** \$28, \$36, \$44 (Family Friendly Performance-half price tickets are available for youth through grade 12 when accompanied by an adult.)  
**Phone:** (888) 945-2468  
**Email** [stagecfa@gmu.edu](mailto:stagecfa@gmu.edu)  
**Website** [www.hyltoncenter.org](http://www.hyltoncenter.org)










### COX FARMS FALL FESTIVAL

**Location:** Cox Farms, 15621 Braddock Rd  
Centreville, VA 20120  
**Date/Time:** Saturday, September 24, 2011 - Sunday,  
November 06, 2011 (10:00 AM-6:00 PM)  
**Phone:** (703) 830-4121  
**Email** [info@coxfarms.com](mailto:info@coxfarms.com)      **Website** [coxfarms.com](http://coxfarms.com)  
**Cox Farms Fall Festival** [coxfarms.com](http://coxfarms.com)

Northern Virginia's largest & most famous Fall Festival! 5 giant slides, famous hayrides, rope swings, farm animals & their babies, cornfield adventure, apples & cider, food, entertainment, over 90 acres of fun! Everyone gets a small patch pumpkin to take home FREE with paid admission. 2011 Festival Hours 10am-6pm.

**SPECIAL OFFERS** and coupons available to [Cox Farms Members](#) and [Facebook](#) fans. Register free at [coxfarms.com](http://coxfarms.com) & Like us on [Facebook](#). Perfect for families, school groups and birthday parties.

# September Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1			1	2	3
				Chair Aerobics 10:30 am Tile Rummy 1:00 pm Farmer's Market 2:00 -6:00 pm Tea, 3:00 pm, Cafe Water Aerobics 5:30 pm	Exercise 10:30am Phase 10 1:00 pm Mexican Train Dominoes 7:00 pm	
4	5	6	7	8	9	10
	Exercise 10:30am Canasta 1:00 pm Billiards 7:00 pm  <b>LABOR DAY</b> Leasing Office Closed 	Arts/Crafts 2:00 pm Water Aerobics 5:30 pm Bingo 7:00 pm	Grocery 10:00 am Mexican Train Dominoes 1:00 pm Bingo 7:00 pm	Chair Aerobics 10:30 am Tile Rummy 1:00 pm Farmer's Market  2:00 -6:00 pm Tea, 3:00 pm, Cafe	Book Club 10:00 am Schwan's 10:30am Exercise 10:30am Phase 10 1:00 pm Mexican Train Dominoes 7:00 pm	
11	12	13	14	15	16	17
<b>GRANDPARENT'S DAY</b>    <b>PATRIOT DAY</b>	Exercise 10:30am Canasta 1:00 pm Billiards 7:00 pm	Arts/Crafts 2:00 pm Water Aerobics 5:30 pm Bingo 7:00 pm	Grocery 10:00 am Mexican Train Dominoes 1:00 pm Bingo 7:00 pm Birthday Party  7:30 pm	Chair Aerobics 10:30 am Tile Rummy 1:00 pm Farmer's Market 2:00 -6:00 pm Tea, 3:00 pm, Cafe	Exercise 10:30am Phase 10 1:00 pm Mexican Train Dominoes, 7:00 pm	<b>Wine &amp; Cheese Party</b> 5:00 pm in the Lounge   <i>All Residents Invited!</i>
18	19	20	21	22	23	24
	Exercise 10:30am Canasta 1:00 pm Billiards 7:00 pm	Monthly Discussion Group, 10:00 am Red Hatters 12pm Arts/Crafts 2:00 pm Water Aerobics 5:30 pm Bingo 7:00 pm	Grocery 10:00 am Mexican Train Dominoes 1:00 pm Bingo 7:00 pm  <b>INTERNATIONAL DAY OF PEACE</b> 	Chair Aerobics 10:30 am Tile Rummy 1:00 pm Farmer's Market 2:00 -6:00 pm Tea, 3:00 pm, Cafe  	Exercise 10:30am Phase 10 1:00 pm Schwan's 10:30am Mexican Train Dominoes, 7:00 pm  <b>FIRST DAY OF AUTUMN</b>  <b>NATIVE AMERICAN DAY</b>	<b>Game Night 7:00 pm</b>
25	26	27	28	29	30	
	Exercise 10:30am Canasta 1:00 pm Billiards 7:00 pm	Arts/Crafts 2:00 pm Water Aerobics 5:30 pm Bingo 7:00 pm	Grocery 10:00 am Mexican Train Dominoes 1:00 pm Bingo 7:00 pm	Chair Aerobics 10:30 am Tile Rummy 1:00 pm Farmer's Market 2:00 -6:00 pm Tea, 3:00 pm, Cafe  <b>ROSH HASHANAH</b> 	Exercise 10:30am Phase 10 1:00 pm Mexican Train Dominoes, 7:00 pm	