



January							1	2
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		
31								

- Jan. 5 – *Nashville Predators vs. Winnipeg Jets*
- Jan. 7-9 – *“It’s Who You Know”*: TPAC
- Jan. 7-10 – *Nashville Boat & Sport Show*: Music City Center
- Jan. 9-10 – *Monster Jam*: Bridgestone Arena
- Jan. 10 – *Sam’s Place*: Ryman Auditorium
- Jan. 14-Feb. 7 – *“Cinderella”*: Nashville Children’s Theater
- Jan. 15 – *Harlem Globetrotters*: Bridgestone Arena
- Jan. 16 – *Nashville Predators vs. Minnesota Wild*
- Jan. 16 – *Ron White*: TPAC
- Jan. 17 – *Nashville Pink Bridal Show*: Music City Center
- Jan. 18 – *Madonna*: Bridgestone Arena
- Jan. 19 – *Nashville Predators vs. Chicago Blackhawks*
- Jan. 22-24 – *Flea Market*: The Fairgrounds Nashville
- Jan. 22-26 – *Opera: “Cosi fan Tutte”*: TPAC
- Jan. 23 – *Tool*: Bridgestone Arena
- Jan. 25 – *The Tenors*: Schermerhorn Symphony Center
- Jan. 26-31 – *“Matilda the Musical”*: TPAC
- Jan. 28-31 – *NHL Fan Fair*: Music City Center
- Jan. 30 – *Macklemore & Ryan Lewis*: Grand Ole Opry House
- Jan. 30 – *Rebellion*: War Memorial Auditorium
- Jan. 30-31 – *NHL All Star Weekend*: Bridgestone Arena

All dates subject to change without notice

## Cash for the New Year

Refer your friends and family to live at our community and we will pay you \$100 once they pay their first full month’s rent. It’s that easy and just in time to help with those holiday bills. Call the office for more information today.

## Fireplace Safety

January is a cold month. If you choose to cuddle up next to a fire in the fireplace, be sure to follow these safety tips and keep warm:

- Keep everything a safe distance from the hearth.
- Keep the screen closed to prevent embers from popping.
- Never leave fire unattended.
- Make sure ashes are completely cooled before disposing.
- Clean the fireplace after each use.



## Cold As Ice

Our weather can get pretty cold pretty fast. Please let us know if you are going to be away from your apartment for any length of time this winter, and please leave the heat on in your home. Water line freeze-ups can cause major structural and property damage and can often be avoided with a little planning.



## Snow Removal

Please use extreme caution moving about outside after dipping temperatures and snowfall this winter. As a courtesy to our residents, we try our best to keep the primary walkways and stairways around our property clear of snow and ice. Unfortunately, we cannot clear all areas. Remember that ice is often difficult to see, and snow that has been compressed gets very slick.

Please take your time. Arriving unharmed a few minutes late is better than the alternative.

## Auld Lang Syne

The song “Auld Lang Syne” is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the New Year. At least partially written by Robert Burns in the 1700s, it was first published in 1796 after Burns’ death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scottish tune, “Auld Lang Syne” literally means “old long ago,” or simply, “the good old days.”

## January 2016

### STAFF

- Patsy Holt, CAM, NALP**  
Property Manager
- Kelli Whiteside, NALP**  
Assistant Manager
- Kirsten Porter**  
Leasing Consultant
- Danielle White**  
Leasing Consultant
- Jenny McNally**  
Part-Time Leasing Consultant
- José Ordonez**  
Maintenance Supervisor
- Mark Sharp**  
Maintenance Tech
- Tristan Warren**  
Maintenance Tech
- Thomas Young**  
Maintenance Tech
- Janet Goodman**  
Housekeeper

### OFFICE HOURS

- Monday-Friday**  
8:30am - 5:30pm
- Saturday**  
9:00am - 4:00pm
- Sunday**  
1:00-5:00pm

### PEST CONTROL

**Mon., Jan. 11**  
Apts. 141-276



5160 Rice Rd. • Antioch, TN 37013 • (615) 360-2009

## Ring In 2016

We hope you enjoy bringing in the New Year! Please remember that fireworks are not allowed in our community. Keep your neighbors in mind as you party. Noise should be kept to a minimum for the fun of all.

## Happy New Year!

Our office will be closed on **Friday, January 1** to celebrate the New Year but will reopen on Saturday, January 2. Wishing you the very best in 2016!

## It’s a New Year...

...and we’re honored to have all of you here as residents. After all, you are the reason we’re here. Making a community work and run smoothly isn’t easy. It takes the efforts of the management team and you, our residents, working together. We invite all of you to make a resolution to become involved in making your community the very best it can be. Feel free to share any ideas you have that will help make our community an even nicer place to call home.

## Martin Luther King, Jr. Day

This month we celebrate the accomplishments of Dr. Martin Luther King, Jr. It was through his peaceful efforts that the Supreme Court ultimately ruled segregation unconstitutional and people began fighting for the rights of all U.S. citizens.

We honor Martin Luther King, his dream that all people should be treated equally and his legacy that will benefit generations to come.





## Organize YOUR KITCHEN

For successful meal preparation, you'll want to focus on an organized kitchen. First step? Empty your cabinets and go through every item. Discard or donate those things you don't want, are broken or are not used.

Arrange your kitchenware by frequency of use. Everyday items should be placed on easy to reach lower shelves and less used items could be stored higher.

Group similar objects together such as baking items. Your cooking zone which includes pots and pans, should be as close to the range as possible.

Your favorite spatulas, spoons, wisks, etc., should be within easy reach of your cooking area.

Organize your pantry shelves as you would a library, all food grouped by category. Consider wire or see through baskets for potatoes or snacks for the kids.

Can we say enough about the versatility of the see through over the door shoe organizers? Put smaller items in each pocket for easy storage and easy view.



We're all looking for ways to carve time out of our busy schedules. A day of meal preparation may help you!

- A meal plan is a must for every meal that you want to prepare. List all your ingredients and go to the store for those items only. Invest in some of the same types of food containers for ease of stacking in the refrigerator.
- If you are new to meal prep, then start small, perhaps only 1-2 meals a week, adding another meal each week.
- Decide what meals are most important. Are you stressed in the mornings when you fix breakfast? Are your evenings totally engrossed with activities? Prepare the meals that will benefit you during your most stressful times.
- Stick to recipes that you know and love. It will make prep easier. Add a new dish/recipe when you know you really enjoy it.
- You don't have to cook everything at once, but any type of meal preparation makes a difference. Make sauces ahead of time & freeze; chop your veggies and fruit for the week; portion out your snacks; wash and prep your meat; make slow cooker kits.

The more meal planning and preparation you do, the easier it becomes which will save even more time!

Enjoy more tips on the Hassle Free Newsletter Pinterest page! Follow us today!

**LEWIS LETTERWORKS**  
The Hassle Free newsletter is published by Lewis Letterworks, Inc. For suggestions, comments or information about our services, call (815) 242-9000 or visit us on the web at [www.lewisletterworks.com](http://www.lewisletterworks.com)

**HASSLE FREE NEWSLETTER**

## MARTIN LUTHER KING, JR.



A man who, in his short 13 years of leadership, achieved great progress toward racial equality in the United States.

A man who taught and practiced non-violence with words and actions.

A man who died in the prime of his life, but a man who is respected and admired worldwide.

Let's continue in the tradition of this great man, believing that people, no matter their color, are all created equally.

Check out our Pinterest page to view several photos and quotes of Dr. Martin Luther King, Jr.

## HASHBROWN SOUP



#hfnrecipe16

- 1-30 oz bag shredded hashbrowns
- 2-32 oz chicken broth boxes
- 2 cans of cream of chicken soup
- ½ onion chopped
- ½ tsp pepper
- ½ tsp garlic powder
- 1-8 oz pkg cream cheese

Mix all ingredients together except cream cheese in a crock pot. Cook for 6-8 hrs on low heat. About 1 hr before serving add soft cream cheese and keep heating until melted.

## NATIONAL BLOOD DONOR MONTH



Did you know that every two seconds someone in the U.S. needs blood and that more than 41,000 blood donations are needed every day?

Although an estimated 38% of the U.S. population is eligible to donate blood, less than 10% actually do each year. One donation can help save the lives of up to three people.

In honor of National Blood Donor Month, click on [www.redcrossblood.org](http://www.redcrossblood.org) to find a blood donation site nearest you.

## Snowy Squares

Try to fill in the missing numbers. Use the numbers 1 through 9 to complete the equations. Each number is only used once. Each row is a math equation. Each column is a math equation. Remember that multiplication and division are performed before addition and subtraction.

	-		+		10
X		+		X	
	+		-		10
-		/		-	
	/		+		5
50		5		32	

8-1+5=10, 9+8-7=10, 4/2+3=5, 6X9=4+50, 1+8/2=5, 5X7=3+22, 2+0-2X9=5, 1+8/2=5

## Drink Your Tea!



You might think twice when wondering whether brewed tea might be a good option for you.

Green tea's antioxidants may interfere with the growth of some types of cancer, prevent clogging of arteries, burn fat and reduce risk of neurological disorders, reduce the risk of stroke and improve cholesterol levels.

One study shows that white tea has the most potent anticancer properties compared to more processed teas.

Black tea has the highest caffeine. It may protect lungs from damage caused by exposure to cigarette smoke. It may also reduce the risk of stroke.

Herbal teas are not made from tea, but are an infusion of leaves, seeds, roots or bark. Chamomile tea, touts that its antioxidants may help prevent complications from diabetes. Peppermint tea can help relieve symptoms of gas and bloating. Ginger tea can be used for nausea, vomiting or upset stomach due to motion sickness.