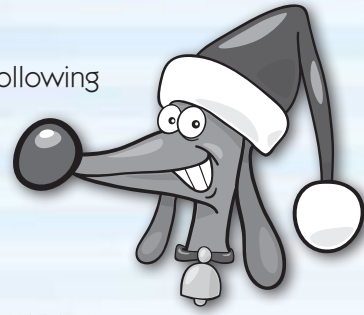


Furry Friends

If Santa brought you a new furry friend, don't forget the following to make sure you and your pet are happy:

- Have your pet properly vaccinated.
- Be sure your pet has a collar with ID and rabies tag.
- Begin house training immediately. Talk to a vet about different methods.
- Schedule your pet to be spayed or neutered.
- Register your pet with our office so we can welcome our new resident and review our community pet policies with you.



HEATING UP ON COLD DAYS

We are all pinching pennies after the holidays. Remember that the temperature at which you set the thermostat will affect your energy savings. Here are some things to keep in mind:

- During each 24-hour period, you will save about 3% on your heating bill for every 1 degree that you lower the thermostat setting during the winter. For example, if you normally keep your thermostat set at 75° all the time, and you lower it by 3° to 72°, you will save about 9% (3x3%) on your heating bill. In other words, you will save about 9¢ for every dollar you spend on heating costs. So you may want to lower the thermostat setting below 72° at night or during the day when people are not home.
- On sunny days, take advantage of the free heat. Open blinds, shades, and curtains to help keep your home warm. At night, close the blinds, shades, and curtains to help keep heat in your home rather than allowing it to escape through the window.

If you are having trouble staying warm in your home, do not use the stove for additional heat – it is dangerous. Contact the office; there may be a problem with the heater. We will be happy to service it for you.



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 1700's, 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 Scotch tune, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days."

S	M	T	W	T	F	S
jan	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. 1 – *Predators vs. Philadelphia*
 Jan. 5-6 – *Monster Jam: Bridgestone*
 Jan. 10 – *Gregory Alan Isakov: Ryman*
 Jan. 11 – *Bob Seger: Bridgestone*
 Jan. 12 – *Willie Nelson & Friends: Bridgestone*
 Jan. 14 – *Bobby Bones: Ryman*
 Jan. 15 – *Predators vs. Washington*
 Jan. 15-20 – *On Your Feet: TPAC*
 Jan. 16 – *Ronnie Milsap: Ryman*
 Jan. 17 – *Predators vs. Winnipeg*
 Jan. 17 – *Greensky Bluegrass: Ryman*
 Jan. 18-19 – *"The Screwtape Letters": TPAC*
 Jan. 19 – *Predators vs. Florida*
 Jan. 20 – *Pavlo: TPAC*
 Jan. 22-23 – *Shen Yun: TPAC*
 Jan. 24 – *Metallica: Bridgestone*
 Jan. 24 – *Aaron Watson: Ryman*
 Jan. 25 – *Panic! At the Disco: Bridgestone*
 Jan. 26 – *Harlem Globetrotters: Bridgestone*
 Jan. 26-27 – *Paw Patrol Live: TPAC*
 Jan. 31 – *Cher: Bridgestone*
 Jan. 31-Feb. 2 – *Tedeschi Trucks Band: Ryman*

Feb. 2 – *Predators vs. Dallas*
 Feb. 2 – *The Glenn Miller Orchestra: TPAC*
 Feb. 5 – *Predators vs. Arizona*
 Feb. 5 – *Disney's DCappella: Ryman*
 Feb. 7 – *Predators vs. Dallas*
 Feb. 7-8 – *St. Paul & the Broken Bones: Ryman*
 Feb. 7-23 – *"Top Dog/Underdog": TPAC*
 Feb. 8 – *TobyMac: Bridgestone Arena*
 Feb. 8-10 – *Ballet: "Attitude: Lucy Negro Redux": TPAC*
 Feb. 8-10 – *"The Wizard of Oz": TPAC*
 Feb. 9-10 – *NWHL All-Star Weekend: Bridgestone*
 Feb. 9-10 – *Dawes: Ryman*
 Feb. 10 – *Predators vs. St. Louis Blues*
 Feb. 10 – *Dancing with the Stars: Opry House*
 Feb. 12 – *Predators vs. Detroit*
 Feb. 12-17 – *"A Bronx Tale": TPAC*
 Feb. 13, 15, 16 – *Brothers Osborne: Ryman*
 Feb. 14 – *Predators vs. Montreal*
 Feb. 16 – *Disturbed: Bridgestone*
 Feb. 17 – *Charlie Wilson: Bridgestone*
 Feb. 17 – *Switchfoot: Ryman*
 Feb. 19 – *Tesla: Ryman*
 Feb. 21 – *Predators vs. Los Angeles*
 Feb. 21 – *Les Ballets Trockadero de Monte Carlo: TPAC*
 Feb. 21 – *I'm With Her: Ryman*
 Feb. 22 – *Dierks Bentley: Bridgestone*
 Feb. 22-23 – *Blackberry Smoke: Ryman*
 Feb. 23 – *Predators vs. Colorado*
 Feb. 23 – *Ira Glass: TPAC*
 Feb. 24 – *Sesame Street Live: Bridgestone*
 Feb. 24-25 – *Rainbow Kitten Surprise: Ryman*
 Feb. 25 – *Predators vs. Edmonton*
 Feb. 27 – *Fleetwood Mac: Bridgestone*
 Feb. 27-Mar. 2 – *Kacey Musgraves: Ryman*
 Feb. 28 – *Celtic Woman: TPAC*

All dates subject to change without notice

S	M	T	W	T	F	S
					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		

january/
february 2019

staff

Jim Lott
Property Manager

Taylor Nowels
Assistant Manager

Robert Irwin
Maintenance Supervisor

John Chambers
Courtesy Officer

office hours

Monday-Friday
8:00am-5:00pm

THE Voice of VILLA ADRIAN

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(615) 383-2224



Our office will be closed on Tuesday, January 1 in observance of the New Year. Regular hours will be resumed on Wednesday, January 2.

CELEBRATIONS

Just a reminder that fireworks are not allowed in our community. If you're having guests over, please keep noise to a minimum for the courtesy of your neighbors and make sure guests park in designated areas.

Frozen Pipes

As the temperatures start to drop, please remember you can help prevent water damage to your home and your personal property from frozen pipes.

- Keep heat on at all times.
- Open cabinets under the sink in the bathroom and kitchen.
- Allow faucets to drip slowly.

Hopefully, these precautions will prevent water damage to your home this winter. However, it is in your best interest to have a renter's insurance policy in force to provide coverage for your property in the event of a mishap in your home. For more information on this matter, please do not hesitate to call the office. Thanks for your cooperation.

MAKE SURE YOU INSURE

Get any big ticket items over the holidays? Make sure you've notified your insurance agent. You can cover all your electronics, furniture and clothes for so little. Call them today!



1 GOAL, 1 CHANGE FOR THE NEW YEAR

Are you like most people? Choosing too many New Year resolutions and not keeping any of them? Change that in 2019 by picking one thing you want to change or something you want to accomplish and zone in on that.

Write it down, have a plan, choose a mentor and choose a date to start and a target future date. Posting on social media creates accountability and support, track your progress and treat yourself (not just food) when you reach your milestone!

Here are some suggestions: lose 5 pounds, keep up with all credit card receipts, save \$500, organize your kitchen, go from 2 packs of cigarettes a week to 1.

YOU CAN DO THIS!



OUR COLD WEATHER FRIEND

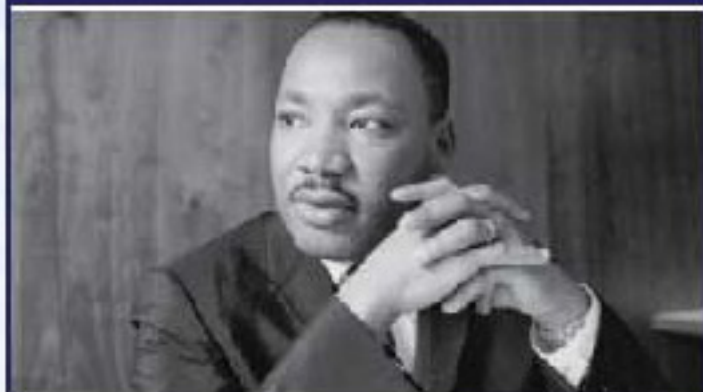
January is National Soup Month and who doesn't want to celebrate?

A good pot of delicious vegetable soup can give you the vegetables and protein you need along with filling you up with fewer calories from the water/broth. Soup is tasty, affordable and can make you feel better!



We have a delicious recipe for you here and others on our [Hassle Free Newsletter Pinterest page](#).

KNOWING DR. MARTIN LUTHER KING, JR.



- King's legal birth name was Michael King (along with his father's), but the elder King changed their names to Martin Luther King in honor of the Protestant German reformer Martin Luther.
- King sang with his church choir at the 1939 Atlanta premiere of the movie "Gone with the Wind".
- A very smart young man, Martin Luther was able to skip the ninth and twelfth grades of high school and entered Morehouse College at age 15.
- King married Coretta Scott in 1953 and they became parents of four children.
- In 1955, he led the Montgomery Bus Boycott (Rosa Parks) which lasted a year and ended in 1956 when the Supreme Court declared segregation on buses was unconstitutional.
- Dr. King founded the Southern Christian Leadership Conference to organize and conduct non-violent protests for civil rights.
- Traveling to India in 1959, King studied Mahatma Gandhi's principles on non-violence. He used these in his fight against racial discrimination, earning him the Nobel Peace Prize in 1964.
- Martin Luther King, Jr. was assassinated on April 4, 1968 in Memphis, Tennessee, at age 39.
- President Ronald Reagan signed a bill to declare Martin Luther King, Jr. Day – the first African American to be granted a national holiday.
- Hiroshima, Japan and Toronto, Canada also celebrate MLK Day.
- Over 1,000 streets are named after Martin Luther King, Jr.

- CHILLY
- COLD
- FROST
- FLURRIES
- GLOVES
- HOCKEY
- HOT CHOCOLATE
- ICICLE
- JANUARY
- MITTENS
- NEW YEAR
- SCARF
- SNOWFLAKE
- SWEATER
- WINTER

Winter WORD SEARCH

G	M	G	Y	T	I	S	D	Y	F	Y	N
E	N	I	S	L	W	C	E	L	S	I	E
O	K	O	T	E	L	K	I	E	O	S	W
K	R	A	A	T	C	I	I	C	C	C	Y
F	A	T	L	O	E	R	H	A	L	S	E
P	E	R	H	F	R	N	R	C	J	E	A
R	F	X	C	U	W	F	S	G	K	V	R
E	T	A	L	O	C	O	H	C	T	O	H
U	I	F	F	R	E	T	N	I	W	L	W
J	A	N	U	A	R	Y	W	S	N	G	G

PAST, PRESENT AND FUTURE



BULLET JOURNALING

You've seen it and heard about it, but what is Bullet Journaling and why does it matter?

Most of your calendars just give you a few lines to jot a note or two. Bullet journaling lets you take up as much room as you want. If you're creative, you'll enjoy some tutorials on lettering, coloring and artistic details. But if you're not artistic, all you need is a dot grid or a squared notebook and a pen.

Whether you're looking to post memories, keep future logs or weekly or daily posts, it's a fun way to track habits, collections, gratitudes and just about anything in between. Bullet journaling is a wonderful way to have a year in review – anything from trips, memories, day-to-day activities – it's all there for you to keep and review.

Check out our [Hassle Free Newsletter Pinterest page](#) for all the details.



Lovely LINEN CLOSET

It's one closet that gets all the junk. Take a weekend to totally clear out your linen closet and reorganize it from top to bottom.

Get rid of worn-out towels. Purchase a new towel every month to replace old ones. Same with washcloths and hand towels.

Too many sheets or mismatched ones? Donate ones that don't have a partner and buy one extra set.

Go through all medicines, makeup, hairbrushes, etc. and check for expiration dates. Keeping it simple will make your life simple.

Have room at the bottom of the closet for your hamper? Plastic trash cans are inexpensive and make for great hampers.

Before you know it, you'll have a closet you're proud to show off!

OLD FASHIONED POTATO SOUP

- 2 lbs. Idaho potatoes – cut into chunks
- 1/2 large onion (chopped)
- 1/2 cup celery (chopped)
- 3 Tbs. flour
- Salt and pepper to taste
- 3 – 4 Tbs. butter
- 1 can EVAPORATED milk
- Sharp shredded cheese for topping



Peel and cut 2 (two) lbs. Idaho potatoes into chunks. Peel and chop 1/2 large onion and 1/2 cup celery. Toss potatoes, onion and celery with 3 Tbs. flour. Season with salt and pepper. Set aside for 10 minutes. Melt 3 – 4 Tbs. butter in soup pot. Add potato mixture to the soup pot. Stir and coat with the butter and cover with enough water to cover the potatoes. (May use chicken broth if desired to give more flavor.) Bring mixture to boil. Stir in 1 can evaporated milk. Bring to boil. Reduce heat to simmer and cook uncovered about 30 minutes. Taste and adjust salt, pepper or seasonings. Continue simmering uncovered until soup reaches desired consistency and thickness. Fill soup bowls with soup and sprinkle sharp shredded cheese on top and serve.