

Martin Luther King, Jr. Day

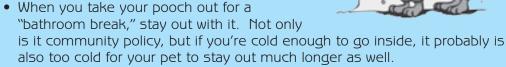
This month we celebrate the accomplishments of Dr. Martin Luther King, Jr. It was through his peaceful efforts that the Supreme Court ultimately ruled segregation unconstitutional and people began fighting for the rights of all U.S. citizens.

We honor Martin Luther King, his dream that all people should be treated equally and his legacy

that will benefit generations to come.

Cold Weather Pet Tips

Cold weather is here, which means it's time to give special attention to your pets both inside and out. Here are some winterizing tips for optimizing your animal's comfort and wellbeing:



- When you bring a pet in, wipe its paws and underside, making certain there is no ice clinging between the toes or on the sole of the foot. Animals drag a lot of moisture onto their bedding from every trip outside in snow. Plan on changing the bedding as frequently as necessary or simply placing it in the drver for a warm-up.
- For short-haired breeds, you might want to put them in a protective sweater before taking them outside. They will become chilled guickly after leaving a 70-degree house and walking onto freezing cold turf.

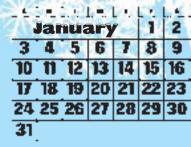
Snow Removal

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.

Winter Driving Tips

Severe winter weather makes driving difficult. Please follow these safety tips from the National Safety Council and help ensure everyone arrives safely.

- Reduce speed and increase space between you and the vehicle in front of
- Be familiar with how your vehicle handles on ice.
- Don't panic if you start to skid. Gently turn in the direction of the skid.
- Don't pump anti-lock brakes.
- Use extra caution on bridges and overpasses. These tend to freeze first.



Jan. 5 – Predators vs. Winnipeg 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. 15 – Harlem Globetrotters: Bridgestone

Jan. 16 – Ron White: TPAC Jan. 18 – **Madonna**: Bridgestone Arena Jan. 19 – **Predators vs. Chicago** Jan. 22-24 – Flea Market: The Fairgrounds

Jan. 16 – Predators vs. Minnesota

Jan. 22-26 - Opera: "Cosi fan Tutte": TPAC

Jan. 23 – **Tool**: Bridgestone Arena 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. 30-31 - NHL All Star Weekend: Bridgestone Arena

Feb. 2 - Predators vs. St. Louis Feb. 2 - Star Trek: The Ultimate Voyage:

Feb. 4 – Predators vs. Philadelphia Feb. 5 – Winter Jam 2016: Bridgestone Arena

Feb. 5 – **Peppa Pig**: Ryman Auditorium Feb. 5-6 – **Rodney Carrington**: TPAC

Feb. 6 - Predators vs. San Jose Feb. 6 - Jenny Lewis: Ryman Auditorium

Feb. 9 - Predators vs. Washington Feb. 10 - Yanni: TPAC

Feb. 11-14 – Antiques & Garden Show of Nashville: Music City Center

Feb. 11-27 - "Good Monsters": TPAC Feb. 12 – Barry Manilow: Bridgestone Arena

Feb. 12 - Beth Hart: Ryman Auditorium

Feb. 12-13 - "Madea on the Run": TPAC Feb. 12-14 – Ballet: "Attitude": TPAC

Feb. 14 - Disney Live: Bridgestone Arena Feb. 14 - Sam's Place: Ryman Auditorium

Feb. 15 - Predators vs. Dallas Feb. 16-21 - "Motown the Musical": TPAC

Feb. 18 - Predators vs. Boston Feb. 19-21 - Nashville RV Super Show.

Music City Center Feb. 20 - Predators vs. Los Angeles Feb. 26 - Scott Hamilton & Friends

Feb. 26 - Gary Clark, Jr.: Ryman

Feb. 26-28 - Flea Market: The Fairgrounds

Feb. 27 - Predators vs. St. Louis Feb. 27 - Tommy Emmanuel: Ryman

Feb. 28 – **2Cellos**: Ryman Auditorium

Feb. 29 – WWE Raw: Bridgestone Arena

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STAFF

Jim Lott Property Manager Taylor Nowels Assistant Manager Ron Stallins Maintenance Supr.

Wayne Michon Courtesy Officer

OFFICE HOURS

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



2964 Franklin Road Nashville, TN 37204 (615) 383-2224

Happy New Year!

Our office will be closed on Friday, January 1 to celebrate the New Year but will reopen on Monday, January 4. 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.

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.

Cash for the New Year

Refer your friends and family to live at our community and we will pay you \$300 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.

Cold Qs 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.







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

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.

HASHBROWN SOUP



1-30 oz bag shredded hashbrowns 2-32 oz chicken broth boxes 2 cans of cream of chicken soup 1/2 onion chopped 1/2 tsp pepper 1/2 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**



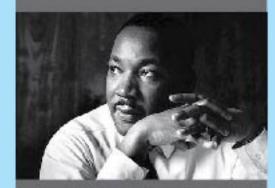
Did you know that every two seconds someone in the U.S. needs blood and that more than 41,000 blood donations are needed every day?

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 to find a blood donation site nearest you.

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.

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

PREPARATION

- . 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!



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HASSLE FREE NEWSLETTER (





ZE=E-ZXG 'G=Z/H=L 'GS=+-6X9 'G=E+Z/P 'GL=Z-B+6 'GL=G+L-9

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.

