

HAPPY
New Year



ASPEN PINES

**20
16**

Your Community Team

Nicole Kidd

Property Manager

Megan Ruberg

Asst. Property Manager

Jeff Dotson

Maintenance

Mike Dunaway

Maintenance

Office Hours

Monday Thru Friday

10:00 am-6:00 pm

Saturday

10:00 am - 4:00 pm

Sunday

By Appointment Only

Contact Directory

Main Office

859-442-8141

Office Fax

859-442-8145

Emergency Contact

859-442-8141

HAPPY NEW YEAR! 2016!

Another fresh new year is here, another year to live!

So, banish worry, doubt and fear, but love and laugh and give!

Happy 2016 to all of our wonderful residents here at Aspen Pines!

PROPERTY SPEED LIMIT!

We have asked the Wilder police department to help us crack down on residents and guests speeding through the property. We do have a speed limit and it's put in place for a reason! We have blind spots and curves throughout the property and residents just FLY through and drive in the middle of the lane. This will cause someone to get hurt or in a wreck or even run over! We have plenty of residents that are just trying to cross the street and have to jump back or RUN to avoid getting run over. The property will be patrolled and other residents will also help in getting license plates so the violators can be warned or ticketed! Thank you to the residents who have always respected the rules and speed limits on the property!

ASPEN PINES NEWS.....

*Thank you to all the residents who attended the holiday party! This is always one of our biggest events and great times were had by all. Congrats to all the winners of the prizes and thank you to all of our vendors who donated something!

*Your holiday displays were absolutely beautiful but it's now the time they have to come down. We will be inspecting the property within the first two weeks of January to make sure everyone has taken their decorations down. We look forward to seeing them all again next year!

*Remember you ARE responsible for checking and replacing your furnace filters. These are available in the office to buy 4 for \$10. To keep your air clean and your heating bills low the manufacturer recommends checking/changing your furnace filter monthly if needed.

*If you have a toilet leaking or running call Aspen Pines immediately! This can cause your water bill to skyrocket and remember you are responsible for payment for this!

JANUARY EVENTS:

*Stop in Aspen Pines to get your Joe on the GO!! We will be promoting our coffee bar and when the weather outside is frightful come warm up at Aspen Pines! Coffee bar available during regular business hours!

*Keep an eye out for our pizza night sign! Papa Johns does a day where you can get 50% off online orders! They will post the sign in the front of the property the day before the event!

Aspen Pines Apartment Homes | nbast@legacymgt.com
www.legacymgt.com | 1700 Aspen Pines Drive Wilder, KY 41071

JANUARY 2016



Resident News
a division of Scuttlebutt Social Marketing

KEEPING YOUR NEW YEAR'S Resolution

All too often we set a New Year's Resolution, but by the end of the first week, we've fallen off track. Use these tips to help stay the course this year! Whether you vow to train for a 5K, learn a new language, or finally quit smoking, researchers say it takes approximately 21 days for new habits to form. If you hang in there for at least that long, you are more likely to see the full potential of your success!

1. **Start on Monday.** Starting on a Monday gives you a full week to get on track without the social obligations that the weekend often brings.
2. **Schedule the time you need.** "Pencil in" the time you need to achieve your goals. It's easy to put new goals on the back burner since they are not part of your regular routine. Putting the time down on your calendar will help you remember your goals and make them a priority.
3. **Stay accountable.** Challenge a friend who has a similar goal to keep each other accountable. Follow-up with each other with a quick text or call at the end of each day to report successes and missteps. Always be encouraging and offer reminders of why you set this resolution in the first place.
4. **Set benchmarks and reward yourself** for sticking with it. It could be something as simple as a new song downloaded on your iPod or treating yourself to a long bubble bath.
5. **Put money on it.** Setting a goal and putting a dollar amount on it forces you to see the value in a tangible way. If fitness is your goal this year, try the free GymPact app in which you'll earn a cash reward for following through with your workout goals.

Sources:

http://www.huffingtonpost.com/jeanette-pavini/10-tricks-to-help-you-actually-keep-your-new-years-resolutions_b_4550549.html

<http://articles.mercola.com/sites/articles/archive/2015/01/08/7-psychological-tips-new-years-resolutions.aspx>

HEALTHY CHICKEN TORTILLA SOUP

Warm up with this hearty and healthy soup that won't deter your New Year's resolution diet!



Ingredients

- 2 tablespoons olive oil
- 1 small onion, diced
- 2 tablespoons minced garlic
- 2 jalapeños, finely diced
- 6 cups low-sodium chicken broth
- 1 can (14.5-oz.) fire-roasted diced tomatoes
- 1 can (14.5-oz.) black beans, drained and rinsed
- 3 chicken breasts (boneless, skinless)
- 2 limes, juiced, plus wedges for garnish
- Salt & pepper
- 1 cup cilantro, chopped
- 1 avocado, cubed
- 1 large flour tortilla, grilled and cut into thin strips
- Optional: crumbled Cotija cheese

Heat the olive oil in a large saucepan. Add the onions and cook for 2 minutes, or until softened. Add the garlic and jalapeños and cook for another minute. Pour the chicken broth, diced tomatoes, and black beans into the pot and bring to a boil. Lower heat to a simmer and add the chicken breasts. Cook the chicken for 20 to 25 minutes, or until chicken comes apart with the twist of a fork. Remove chicken from the pot and, when cool enough to handle, shred it and set aside. Add lime juice and fresh cilantro to the pot. In an individual serving bowl, add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado, and cheese. Yields 4 to 6 servings.

SKIING ON A BUDGET

You may think that a winter escape to hit the slopes is out of reach for your budget. After all, a one-day ski lift ticket often costs well over \$100, and that's without equipment rentals! With websites like Liftopia.com and GetSkiTickets.com, you are bound to save hundreds on lift tickets by purchasing ahead of time. Borrowing gear from a friend, or renting equipment off-site, will also save you a bundle. In addition, packing your lunch and a Thermos of hot cocoa, and storing it in a rented locker, is a great money saver. Here are three ski resorts that offer all of the white, powdery snowbanks you've been dreaming of... without breaking the bank!

June Mountain, California is situated in the heart of the Sierra Nevada Mountains near Yosemite. Recently renovated in 2013, June Mountain offers a smaller ski resort experience, all while offering the charm of the June Lake community where amenities for lodging, dining, and spas are plentiful. The best news of all comes for families with younger children, ages 12 and under – their lift ticket is FREE! Check out JuneMountain.com for more information.

Solitude Mountain Resort, Utah is where you'll often find locals who don't want to fuss with the crowds and higher ticket prices of surrounding ski resorts. Dining, lodging, and other amenities are available at the base of the mountain, however, taking advantage of amenities in Salt Lake City (a 45-minute drive from Solitude) will save you money. One-day lift tickets for adults start at \$37*. SkiSolitude.com has more details.

Jay Peak Resort, Vermont averages 355 inches of snowfall each year which earns Jay Peak the title of the snowiest skiing and snowboarding venue in the eastern U.S. One-day lift tickets for adults start at \$35* per day and comfortable lodgings via Airbnb.com average about \$70 per night. Visit JayPeakResort.com for details.

*Lift ticket prices may vary. Compare pricing through the ski resort website and through the discount sites listed above for the best deals.



TRIVIA CHALLENGE

Let It Snow

1. Who played Jon Snow on the HBO TV series Game of Thrones?
2. Which U.S. state has a name that means "snow-covered" in Spanish?
3. What American city shoveled and plowed a record 108.6 inches of snow during the 2014-2015 winter season?
4. Quarterback John Huarte and wide receiver Jack Snow finished in the top ten of Heisman Trophy balloting in 1964 while both played at what university?
5. Who had a hit in the summer of 1970 with the song Snowbird?

Think you know the answers? Email your answers, with "Let It Snow Trivia" in the subject line to: triviamaster@scuttlebutt.com for your chance to win cool stuff!

Five Trivia winners will be selected each month. Be sure to include your full name, phone number, and mailing address in your email submission so we may contact you with prize information should you be selected. Deadline for entry is January 31, 2016 and winners will be notified by February 15, 2016. Good luck!

THIS MONTH IN HISTORY

January

January 1, 1892 Ellis Island in New York Harbor opened. Over 20 million new arrivals to America were processed until its closing in 1954.

January 7, 1610 Astronomer Galileo Galilei discovers four of Jupiter's moons.

January 8, 1935 Elvis Presley (1935-1977) was born in Tupelo, Mississippi.

January 15, 1974 Happy Days premieres on television.

January 25, 1924 The first Winter Olympic Games begin in Chamonix, France.

January 27, 1967 Three American astronauts were killed as a fire erupted inside Apollo 1 during a launch simulation test at Cape Kennedy, Florida.

January 28, 1901 Baseball's American League was founded.

JANUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rent is Due OFFICES CLOSED Happy New Year!	2
3 Bengals vs Ravens Home	4 Rent Is LATE~ add \$50 late fee	5	6	7 Permakil	8 Bubble Bath Day!	9
10 Additional \$25 late fee if rent is not paid	11	12	13 Evictions are filed for non payment of rent	14 Dress your pet up day!	15 Book your clubhouse rental today!!	16
17	18	19 Stop in Aspen Pines to get your joe on the go!	20	21 Permakil	22	23
24	25	26	27	28 Fun at work day!	29	30
31 Backward Day!						



WORD SEARCH

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

BEBOP HONKY TONK
 BLUES JAZZ
 BOOGIE MARIACHI
 CLASSICAL MOOD
 COUNTRY MOTOWN
 DISCO MUZAK
 DOO WOP NEW AGE
 DOWNBEAT POP
 DUB PUNK
 EMO RAGGA
 FOLK RAGTIME
 FUNK RAP
 GANGSTA RAVE
 GARAGE ROCK AND ROLL
 GOSPEL ROCKABILITY
 GRUNGE SOUL
 HARD ROCK SWING
 HIP HOP TECHNO



TYPES OF TUNES

answer key

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