

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.

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.



Winter Driving Tips

Severe winter weather makes driving difficult. Please follow these safety tips and help ensure everyone arrives safely.

- Reduce speed and increase space between you and the vehicle in front of you.
- 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.
- Do not use cruise control in slippery conditions.
- Be sure you and all your passengers are properly buckled up or in appropriate child safety seats.

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."

January						
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	29	30	31		

Jan. 1 – **Nashville Predators vs. Philadelphia Flyers**
 Jan. 4 – **National Geographic Symphony:** Grand Ole Opry House
 Jan. 5-6 – **Monster Jam:** Bridgestone Arena
 Jan. 9 – **The Troy Gentry Foundation:** Grand Ole Opry House
 Jan. 10 – **Gregory Alan Isakov:** Ryman Auditorium
 Jan. 10-13 – **Nashville Boat Show:** Music City Center
 Jan. 11 – **Bob Seger & The Silver Bullet Band:** Bridgestone Arena
 Jan. 12 – **Willie Nelson:** Bridgestone Arena
 Jan. 13 – **Nashville Pink Bridal Show:** Music City Center
 Jan. 14 – **Bobby Bones & the Raging Idiots:** Ryman Auditorium
 Jan. 15 – **Nashville Predators vs. Washington Capitals**
 Jan. 15-20 – **On Your Feet:** TPAC
 Jan. 16 – **Ronnie Milsap:** Ryman Auditorium
 Jan. 17 – **Nashville Predators vs. Winnipeg Jets**
 Jan. 17 – **Greensky Bluegrass:** Ryman Auditorium
 Jan. 17-Feb. 3 – **"Ghost":** Nashville Children's Theater
 Jan. 18-19 – **C.S. Lewis' "The Screwtape Letters":** TPAC
 Jan. 18-20 – **Log & Timber Home Show:** Music City Center
 Jan. 19 – **Nashville Predators vs. Florida Panthers**
 Jan. 19-20 – **Nashville Auto Fest:** The Fairgrounds Nashville
 Jan. 19-21 – **Music City Volleyball Championship:** Music City Center
 Jan. 20 – **Pavlo:** TPAC
 Jan. 22-23 – **Shen Yun:** TPAC
 Jan. 23 – **Bring Me The Horizon:** Municipal Auditorium
 Jan. 24 – **Metallica:** Bridgestone Arena
 Jan. 24 – **Aaron Watson:** Ryman Auditorium
 Jan. 25 – **Panic! At the Disco:** Bridgestone Arena
 Jan. 25-27 – **Nashville RV Super Show:** Music City Center
 Jan. 25-27 – **Flea Market:** The Fairgrounds Nashville
 Jan. 26 – **Harlem Globetrotters:** Bridgestone Arena
 Jan. 26-27 – **Paw Patrol Live:** TPAC
 Jan. 31 – **Cher:** Bridgestone Arena
 Jan. 31-Feb. 2 – **Tedeschi Trucks Band:** Ryman Auditorium
 Jan. 31-Feb. 3 – **Antiques & Garden Show:** Music City Center

All dates subject to change without notice

January 2019

staff

Morgan Belcher, NALP
Property Manager

Kayin Pridgen
Maintenance Supervisor

Lance Easley
Maintenance

Robbie Stanley
Groundskeeper

Officer Wright
Courtesy Officer

office/ clubhouse hours

Monday-Friday
8:30am - 5:30pm

Saturday
10:00am - 4:00pm

Sunday
Closed

laundry hours

Open 24 Hours

fitness center

Open 24 Hours

pest control

Wed., Jan. 9
Bldgs. 6-9

0121

The Saxony APARTMENTS

700 Saxony Lake Drive
Antioch, TN 37013
(615) 331-8751



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

IT'S TIME TO GO

Looking for a place to dump your live Christmas tree? Remember that our dumpsters are for trash only. A drop-off site for your discarded tree is provided at Cane Ridge Park.

Call Right Away

We know that some of you don't like to call in maintenance requests because you know we are busy. We appreciate your thoughtfulness, but actually the sooner we are notified of a problem the sooner we can begin fixing it. A leaky pipe may not seem like a big deal, but if left for any length of time it can cause damage to the cabinets and run up the water bill. Help us serve you better – call maintenance requests in right away and prevent them from turning into major issues.

GIVE YOUR PIGGY BANK A BOOST!

Does it seem your piggy bank is losing weight, especially after the holidays? Well, let us help! Simply refer a friend, family member or colleague to live at our community and you will receive a Resident Referral worth \$200! It's that easy to make some extra money and to get great neighbors! Call the office for details on how you can plump up your favorite piggy (bank, that is)!

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.



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

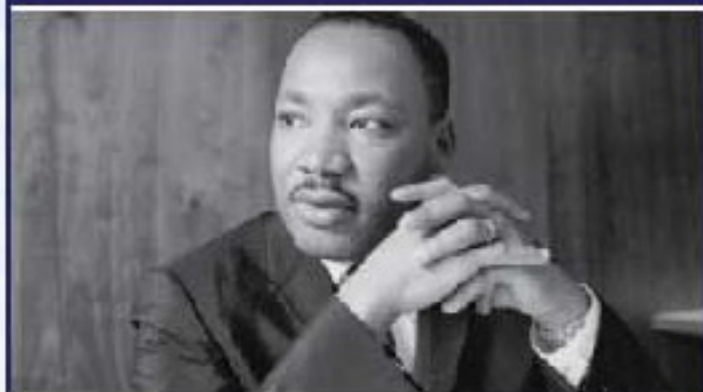
January is National Soup
Month and who doesn't
want to celebrate?

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 hamper.

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.