



ASPEN PINES

LOVE IS LIFE. AND IF YOU MISS LOVE, YOU MISS LIFE. -LEDBUSCAGUIA

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

Are You Ready For Some Football?

This year, the big game lands on February 7th. Millions of people will tune in to see the NFL Championship game and join in all the related festivities. For fans who love the sport, for people who watch just to see the halftime show, or for those who are entertained by the outrageous commercials, the annual championship game is the most anticipated sporting event in the U.S. In fact, most would consider it an unofficial holiday. So, get those delicious game day foods on the table, get your TV ready, and enjoy the game!

Automatic Withdraw/ Online Payments

As residents you are welcome to sign up for automatic withdraw or do online payments. You would not have to drop off checks every month or worry that your water bill isn't included as we would take all this out for you. If you are interested in signing up for these please contact us at the office and we will inform you how. There is no charge for automatic withdraw but it would come out every 2nd of the month. Online payments are through our portal and you would have to sign up and we can give you that information.

Random Acts of Kindness

With National Random Acts of Kindness Day on February 17th, here are some ideas to make someone's day! Bring muffins to share at work. Call a friend who is going through a difficult time. Put a quarter in an expired parking meter. Pay for the drive-thru order of the person behind you. Write to an old teacher who made a difference in your life. Leave an attentive server a big tip. Order and ship something off of a friend's Amazon wish list. Babysit for a single mom, free of charge. Play board games with residents at a nursing home.

Aspen Pines News

*Remember if you need to change your furnace filters you can pick them up 4 for \$10 in the office

*The speed limit through the property is 15MPH. SLOW DOWN

*We recently remodeled the gym! Stop in to check out whats new and get a great workout in!!

*Resident referrals are an easy way to earn \$200. Tell your friends who are looking to move to stop in the office for more information.

*Don't forget to rent the clubhouse for your event! Call the office for details!

Why Do You Love Aspen Pines?

We would like all residents to submit homemade heart shaped crafts with a note attached on why you love living at Aspen Pines. You can use the heart that we have attached or use anything you have yourself. **Most creative entry will get a prize!** Happy Valentine's Day, we LOVE having you here! Entries must be in on or before 2/26

Aspen Pines Apartment Homes | nbast@legacymgt.com
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FEBRUARY 2016



Resident News
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CITY SPOTLIGHT

DELRAY BEACH

FLORIDA

Delray Beach, Florida's "Village by the Sea," offers award-winning beaches, a bustling, artsy downtown district, vibrant nightlife and rich cultural heritage. It's no surprise that Delray was named the "most fun small town in America" by Rand McNally and USA Today in 2012. Even more, the average temperature in February and March is a comfortable 76 degrees. That makes it the perfect place to escape to if you've had enough of winter!

Where to Eat

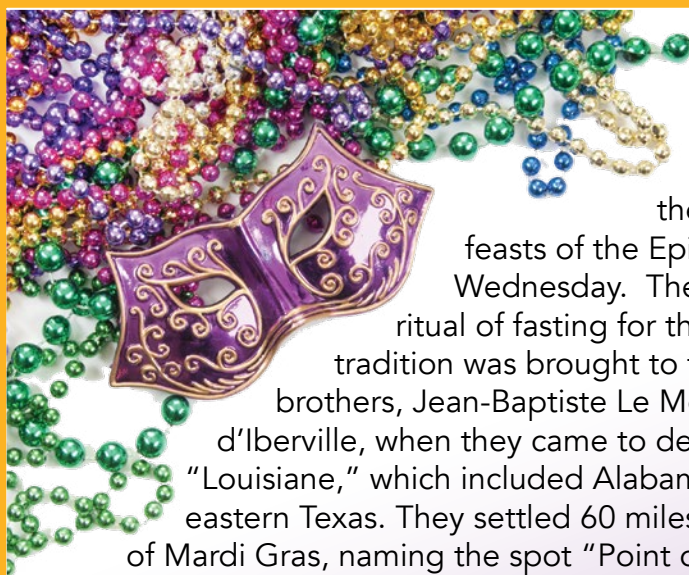
There are countless dining options in Delray, but a local favorite is *Dada*. Set inside a historic and eclectic house, this American café features a tree-filled patio, live music, and some of the most delicious food you will ever sink your teeth into, like the Bacon-Wrapped Dada Dates appetizer or the Habanero Maple Glazed Salmon dinner (sub-culture.org/dada). Another must-try is *Cabana El Rey*, a lively restaurant that dishes up Latino fare. Try the Ceviche Mixto as an appetizer and don't forget a glass of the house-made sangria (cabanarestaurant.com).

Where to Stay

There are many accommodation options in and around Delray Beach. *Wright by the Sea Hotel* offers old-Florida charm and fully equipped apartments, just steps from the sand (wbtsea.com). *The Sundry House* is a charming historic home that features 12 luxurious guest accommodations tucked within an acre of tropical gardens (sundryhouse.com). A more affordable option is to rent a private room or villa close to the beach via airbnb.com, with prices starting at \$65 per night.

What to Do

Aside from soaking up the Florida sun, make time to stroll down Atlantic Avenue and check out the many art galleries and shops. *The 19th Annual Downtown Delray Beach Craft Festival* lands on March 5 - 6 this year and is sure to delight serious art collectors and crafters alike. *Delray Yacht Cruises* (delrayyachtcruises.com) offer afternoon and evening sightseeing cruises on the Intracoastal Waterway. And you won't want to miss daily shark and alligator feedings over at the *Sandoway House Nature Center* (sandowayhouse.org).



MARDI GRAS *A Brief History*

Mardi Gras, French for "Fat Tuesday," refers to the celebrations that begin on or after the Christian feasts of the Epiphany and culminates the day before Ash Wednesday. The day is spent eating rich foods before the ritual of fasting for the Lenten season. This French-Catholic tradition was brought to the U.S. in the late 17th century by French brothers, Jean-Baptiste Le Moyne, Sieur de Bienville and Pierre Le Moyne d'Iberville, when they came to defend France's claim on the territory of "Louisiane," which included Alabama, Mississippi, Louisiana, and part of eastern Texas. They settled 60 miles downriver from New Orleans on the day of Mardi Gras, naming the spot "Point du Mardi Gras." In 1703, French settlers established the first organized celebration that we have come to know in the U.S. The tradition in New Orleans has expanded to the point where it is synonymous with the city, and embraced by residents of New Orleans beyond those of French or Catholic heritage. The celebrations are part of the basis of the slogan, "Laissez les bons temps rouler," which means "let the good times roll!" This year, Mardi Gras will be celebrated on Tuesday, February 9th.

Sources: mardigrasneworleans.com, history.com/topics/holidays/mardi-gras

HEALING MUSIC

The Benefits of Music Therapy

Music is powerful. Just listening to music can evoke emotion, pull you back into a memory with great intensity, and induce physiological responses that can make you feel energized or relaxed. Olive Sacks, M.D., professor of neurology at Columbia University says, "Nothing activates the brain so extensively as music." And because of its power, music is being used as a means for therapy and healing in a variety of ways.

Music therapy is the skillful use of music and musical elements by an accredited therapist to maintain and restore mental, physical, emotional, and spiritual health. As a profession, music therapy began to develop during World War I when music was used in Veterans Hospitals as an intervention to address traumatic war injuries. Veterans engaged in music activities that focused on pain relief. Several doctors witnessed the effect music had on the veterans' healing. Since then, the health community has embraced how music therapy can help many who have hearing and visual impairment, mental disabilities, or psychiatric problems, as well as those who suffer from dementia. Music has also helped heal victims of severe brain trauma. In 2011, Arizona congresswoman, Gabrielle Giffords, survived a gunshot wound to her left temple. Because language is controlled by the left hemisphere of the brain, Giffords was unable to speak. As part of her recovery, a music therapist trained her to engage the right side of her brain by pairing words with melody and rhythm to bring back speech. Music has also greatly helped children on the autism spectrum and those with attention and hyperactivity disorders, where music therapy encourages attention and focus, reduces hyperactivity, and strengthens social skills.

Currently, there are about 6,000 certified music therapists in North America who help patients on a regular basis.



Sources: musictherapyontario.com, themusictherapycenter.com, musictherapy.org

RED VELVET CAKE

with Cream Cheese Frosting

Cake Ingredients

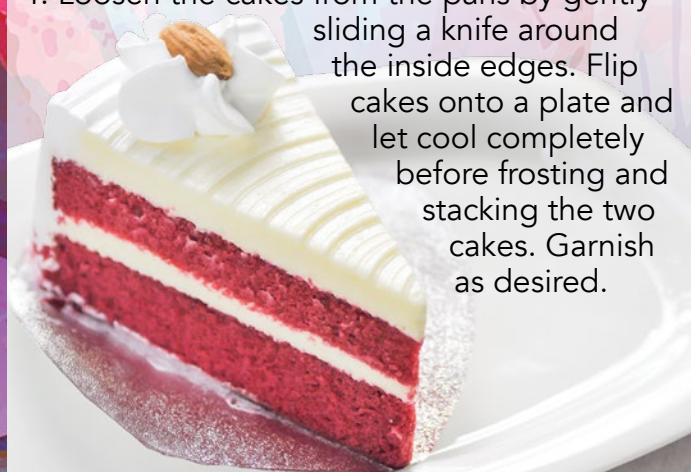
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
2 tablespoons cocoa powder
2 cups sugar
1 cup vegetable oil
2 eggs
1 cup buttermilk
2 teaspoons vanilla extract
2 oz. red food coloring
1 teaspoon white vinegar
½ cup prepared hot coffee

Cream Cheese Frosting

Combine with a hand mixer, until smooth:

½ cup butter, softened
6 oz. cream cheese, softened
2 teaspoons vanilla extract
2 cups powdered sugar

1. Preheat oven to 325°. In a medium bowl, combine flour, baking soda, baking powder, cocoa powder, and salt. Set aside. In a large bowl, combine the sugar, vegetable oil, eggs, buttermilk, vanilla extract, and food coloring until combined. Stir in the coffee and white vinegar.
2. Combine the wet ingredients with the dry ingredients a little at a time, mixing after each addition, until all is combined.
3. Generously grease and flour two round, 9-inch cake pans. Pour the cake batter evenly into each pan and bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean. Allow the pans to cool on a cooling rack until they are warm to the touch.
4. Loosen the cakes from the pans by gently sliding a knife around the inside edges. Flip cakes onto a plate and let cool completely before frosting and stacking the two cakes. Garnish as desired.



FEBRUARY 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|------------------|--|---|---|---|---|
| | 1 Rent is Due | 2 Groundhog Day | 3 | 4 Rent Is LATE~ add \$50 late fee Permakil | 5 | 6 Eat Ice cream for Breakfast Day |
| 7 SUPERBOWL SUNDAY | 8 | 9 Mardi Gras Day | 10 Additional \$25 late fee if rent is not paid | 11 | 12 Beerfest at Duke Energy Center | 13 Evictions are filed for non payment of rent |
| 14 Valentines Day | 15 | 16 Don't forget to drop off your heart craft why you love aspen pines! | 17 Random Acts of Kindness Day | 18 Permakil | 19 | 20 Rent the clubhouse for your party! |
| 21 | 22 | 23 | 24 National Tortilla Chip Day | 25 | 26 Did you need a garage? | 27 |
| 28 | 29 LEAP DAY! | | | | | |

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

Lucky Sudoku

| | | | | | | | | |
|---|---|---|---|--|---|---|---|---|
| 5 | | 9 | 6 | | 1 | | 2 | |
| 1 | | | | | | | | 3 |
| | | | 9 | | 3 | 5 | | |
| | | 2 | | | | 4 | 3 | |
| 3 | | | | | | | | 6 |
| | 9 | 6 | | | | 7 | | |
| | | 7 | 1 | | 2 | | | |
| 9 | | | | | | | | 2 |
| | 2 | | 3 | | 8 | 9 | | 4 |

WORD SEARCH

| | | | | | | | | | | | | |
|--------|--------|---------|-----------|---------|---------------|-------------|----------|-------|--------|-------|---------|---------|
| K | N | U | P | S | A | A | M | U | Z | A | K | H |
| C | O | D | E | M | R | O | I | B | E | B | O | P |
| R | O | Y | T | C | H | I | S | I | C | A | I | R |
| D | W | I | A | D | I | N | D | P | H | O | O | M |
| R | N | I | A | H | D | H | O | O | U | N | T | A |
| A | B | L | N | D | H | O | O | U | N | T | A | N |
| H | E | I | B | R | E | G | N | R | K | G | F | E |
| S | A | B | R | E | G | N | R | K | G | F | E | T |
| W | T | A | O | X | F | R | U | A | I | N | S | K |
| I | S | K | L | O | F | R | U | A | I | N | S | K |
| N | G | C | L | R | G | R | I | S | K | T | O | E |
| G | N | O | S | R | A | I | S | K | T | O | E | P |
| D | A | R | O | P | E | V | E | V | T | I | N | K |
| U | G | D | V | Q | M | S | E | U | L | B | M | K |
| B | N | V | D | R | O | L | E | P | S | O | G | E |
| BEBOP | BLUES | BOOGIE | CLASSICAL | COUNTRY | DISCO | DOO WOP | DOWNBEAT | DUB | EMO | FOLK | FUNK | GANGSTA |
| GARAGE | GOSPEL | GRUNGE | HARD ROCK | HIP HOP | HONKY TONK | JAZZ | MARIACHI | MOOD | MOTOWN | MUZAK | NEW AGE | POP |
| PUNK | RAGGA | RACTIME | RAP | RAVE | ROCK AND ROLL | ROCKABILITY | SOUL | SWING | TECHNO | | | |



TYPES OF TUNES

answer key

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