



# CHARLESTON PINES

# 20 16

## Your Community Team

- Shannon Lorenzen**  
Senior Property Manager
- Elizabeth Kannady**  
Assistant Manager
- Cassie Easton**  
Leasing Agent
- Ty McKeehan**  
Pool Technician
- Don Cecil**  
Maintenance Technician
- Tom Rosenacker**  
Lead Maintenance Tech

## Office Hours

- Monday Thru Friday**  
10:00am-6:00pm
- Saturday**  
10:00am-5:00pm
- Sunday**  
Closed

## Contact Directory

- Main Office**  
859-647-6999
- Office Fax**  
859-647-6940

## Happy New Year!

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!

## Are you Satisfied?

We take pride in our reputation. The staff at Charleston Pines wants you to be happy with us and our service. Should you ever find that we are not meeting expectations, please contact our office. With the wealth of internet websites and social media, it is so tempting to feel the urge to jump on line at the first moment of disappointment. These resources are wonderful to exercise our freedom of speech, however before venturing out there to let off some steam, reach out to us during normal business hours or send an email to our property manager. We love hearing from you. To those of you who have endured a frustration at any point during our transition and busy season, Thank you for your patience.

## Holiday Décor Storage Tips

Post-holiday decoration clean-up is not nearly as exciting as decorating. These tips will make the process less agonizing and you'll be super organized for next year's festivities. Use clear plastic storage bins to store decorations, labeled with the inside contents (white duct tape and a permanent marker does the trick). You can also use plastic bins made for underneath your bed if you lack storage space. Sturdy egg cartons or plastic apple containers are perfect for storing individual tree ornaments. Lights always in a tangled mess? Cut strips of cardboard, about six inches wide, to wrap strands of lights around before placing them into a bin. Hanging a clear garment bag on a sturdy hanger in your closet to store rolls (and rolls) of wrapping paper –genius!

## Easy Chocolate Mousse

Microwave ½ cup heavy cream in a microwave-safe cup for 1 minute. Put 1 cup dark chocolate chips into a large bowl and pour hot cream over the chips. Set aside to melt. Pour 1 ½ cups heavy cream into another large bowl. Add ½ tsp. vanilla extract and 2 tbsp. confectioners sugar and beat with a hand mixer until stiff peaks form. Stir the chocolate cream mixture until smooth and set aside for 20 minutes. Next, gently fold the whipped cream into the chocolate, little by little, until all combined. Scoop mousse mixture into individual serving cups or wine glasses, cover, and chill. Garnish with fresh berries, whipped cream and chocolate shavings!

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JANUARY 2016



**Resident News**  
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# 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://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](mailto: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	2
3 Rent is LATE at Midnight	4 Trivia Day	5 national Bird Day	6	7 Do you need Pest Control to come Monday?	8	9
10 If Rent is Still Unpaid, Add Another \$25 Late Fee	11 Pest Control	12 Please Make sure your beautiful outdoor Holiday lights are taken down.	13	14	15	16
17	18 Martin Luther King Jr. Day	19	20	21 National Hugging Day	22 Do you need Pest Control to Come Monday	23 National Pie Day
24	25 Pest Control  "Opposite Day"	26	27	28	29	30
31						

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**WOW!** **\$300 FREE!**

**Receive \$300 for referring a friend to our community!**

If your referral signs a lease and joins our community, you will receive \$300 off your next months rent!

Contact the office for details!

