



# RESERVE at Ft. Mitchell

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## Your Community Team

**Jonathan Davis**  
Community Manager  
**Liz Summerfield**  
Leasing Agent  
**Kevin Daugherty**  
Maintenance Lead  
**Tom Rosenacker**  
Maintenance Rover

## Office Hours

**Monday Thru Friday**  
10:00A.M.-6:00P.M.

**Saturday**  
10:00A.M.-5:00P.M.

**Sunday**  
Closed

## Contact Directory

**Main Office**  
(859) 331-8474

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(859) 331-8479

**Emergency Contact**  
(859) 331-8474 ext 3

## 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!

## Martin Luther King Jr. Day: A Day to Serve

On Martin Luther King Jr. Day, let us honor his legacy by participating in a "Day of Service" by taking action to help our community become a better place to live. Some ideas include delivering meals or groceries to those in need, helping refurbish local schools or community centers, building homes for veterans, volunteering in a local soup kitchen, or reading books to children in after school care.

"Life's most persistent and urgent question is, 'What are you doing for others?'"—Martin Luther King, Jr.

## 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 & a permanent marker does the trick). You can also use plastic bins made for underneath your bed if you lack storage space. Sturdy foam egg cartons or plastic apple containers are perfect for storing individual tree ornaments. Lights always in a tangled mess? Cut strips of cardboard, about 6 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!

## Mini Fruit Pies

Celebrate National Pie Day on January 23rd by making these mini fruit pies, using a muffin pan! To make 12 mini pies, you'll need 2 (2-count) packages Pillsbury refrigerated pie crusts, 2 (21-ounce) cans pie filling of your choice, and 1 egg, whisked. Preheat the oven to 350 degrees and grease a muffin pan with cooking spray. Roll out one package of pie crust on a flat, floured surface and cut out 12 4-inch circles using a cookie cutter. Press each dough circle into the bottom of the muffin cups so a tiny rim of dough sticks out the top. Fill each cup with ¼ cup pie filling. Use the remaining dough to cut circles just large enough to cover the tops. Gently seal the bottom dough to the top dough by pinching the edges together. Use a pastry brush to brush tops of pies with the whisked egg. Bake for 25-30 minutes or until lightly golden. Remove and let cool for at least 15 minutes. Carefully lift each pie out, loosening edges with a knife, if needed. Serve slightly warm with a scoop of vanilla ice cream!

Reserve at Ft. Mitchell Apartment Homes | [reserve@legacymgt.com](mailto:reserve@legacymgt.com)  
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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 Office Closed Rent Due	2 Moon Hooch @Madison Live 8pm
3 Final Game Bengals host Baltimore	4 Rent Late	5 Residents Day Office open until 7pm	6 POST ON APARTMENT RATINGS!!!	7	8	9
10	11	12 Crucible @ Thompson House 6pm	13	14	15	16 The Elvis Tribute @ Taft Theatre 7pm
17	18	19 CHOOSE YOUR NEIGHBORS	20	21	22 Ratm2 @ Bogarts 7pm	23
24 School of Rock Woodward Theatre 7pm	25	26	27 Queensryche Bogarts 7pm	28	29	30
31 Los Lobos Southgate House 330pm						



## FUN FACT!



A snail can sleep for 3 years at a time.