

RESERVE

at Ft. Mitchell

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

Your Community Team

Nicole Kidd

Temp 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

Office Fax

(859) 331-8479

Emergency Contact

(859) 331-8474 ext 3

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!

RESERVES NEWS....

*We loved your holiday décor but please make sure you have taken everything down. We will be sending letters to residents who still have lights/décor up.

*Clean up after your pets! We provide doggie stations throughout the property for your convenience. If caught not cleaning up after your pet we will send you a letter with a fine.

*Please make sure you are keeping the common laundry rooms clean! We also want to remind you not to keep your clothes in long once finished so other residents can use them too.

*Thank you to all who attended our New Years Party! We look forward to another wonderful year here at Reserves!

HOW MANY CANDY HEARTS ARE IN THE JAR???

Stop in Reserve's office during business hours to guess how many candy hearts are in the jar!! You have all month to stop in and one guess per resident! The resident closest to the right number will win a \$50 gift card! We will end the game on 2/29 and decide the winner on 3/1. Are you feeling lucky?

RANDOM ACTS OF KINDNESS DAY

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.

WORK ORDERS..

Make sure you are calling us here at Reserves to put in your work orders. You can also sign up on our portal online and put in your work orders that way. If you need online registration information please call the office for help. We want to make sure we stay on top of work orders and take care of leaks before they are out of control in other apartments or below.

Reserve at Ft. Mitchell Apartment Homes | reserve@legacymgt.com

www.legacymgt.com | 2351 Reserve Drive Ft. Mitchell, KY 41017

FEBRUARY 2016



Resident News
a division of Scuttlebutt Social Marketing

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

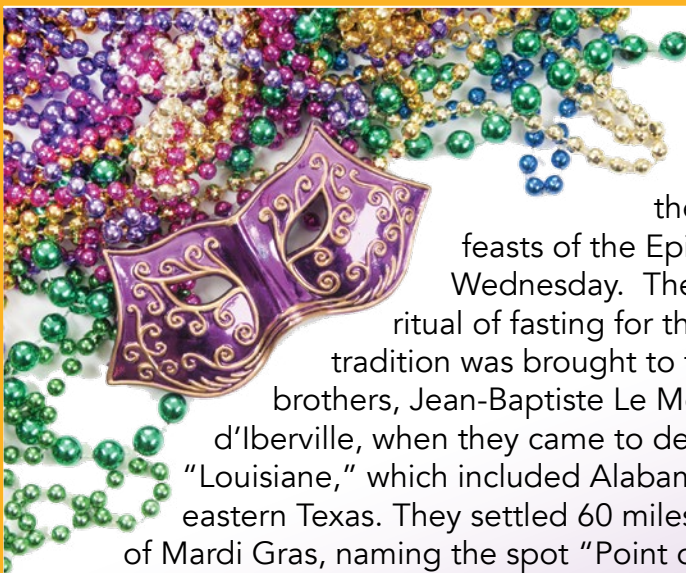
There are countless dining options in Delray, but a local favorite is *Dada*. Set inside a historic and eclectic house, this American café features a tree-filled patio, live music, and some of the most delicious food you will ever sink your teeth into, like the Bacon-Wrapped Dada Dates appetizer or the 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 Permakil	4 Rent is Late add your \$50 late fee	5	6
7 Superbowl Sunday!	8	9	10 \$25 late fee if rent hasn't been paid yet	11	12 Stop by to get your Joe on the go!	13
14 Happy Valentines Day!!	15	16	17 Permakil	18	19	20 Love your pet day!
21	22	23	24	25	26	27
28	29 Leap Day!					



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