

Happy
NEW Year

HAYWOOD MEADOWS

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January 2017

MEET THE STAFF

Johanna A. Graterol - Property Manager
James Bonilla - Maintenance

OFFICE HOURS

Monday - Friday -- 8:00 am - 5:00 pm
Saturday & Sunday -- Closed

Refer a Friend

Refer a friend to Haywood Meadows Apartments. If your friend is approved by the office and moves into our community, we will give you a **\$200.00** check!

Rent Reminder

Rent is due on the 5th day of each month and is considered late on the 6th. All late rent must include a late charge equal to 10% of your monthly rental payment. Thank you for paying your rent on time.

Resolve to Brush Up

Here's one New Year's resolution that's easy to stick to: Change out your toothbrush. Dentists recommend replacing your toothbrush (or the brush head of a battery- or electric-powered model) every three to four months. Waiting too long can leave you brushing with worn bristles, which will be less effective at removing dental plaque.

Happy New Year!

We wish all our residents Happy New Year! May your next 12 months be prosperous and blessed with family, friends and fun.

Memorable Melody: 'Snowbird'

When Anne Murray sang her 1970 breakthrough hit about a snowbird, she wasn't referring to retirees who spend their winters in the warmer parts of the country. The easygoing tune, composed by singer-songwriter Gene MacLellan, is about a woman wanting to fly away from heartache with the winter bird. The song soared to No. 1, making Murray the first Canadian female solo artist to top the U.S. music charts and the first to earn a gold record.

Go Green With Cold Water

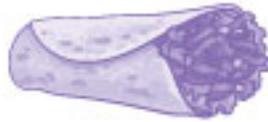
According to the Environmental Protection Agency, about 90 percent of the energy consumed by a top-load washing machine goes to heating the water. Think of all the energy you can save by washing your clothes in cold water. With the detergents available today, cold water is just as effective as hot for most loads.

"Begin,
BE BOLD
and venture to be wise."
—Horace

BEEF BURRITO WITH BLACK BEANS

Ingredients:

- 1/2 pound ground beef
- 2 teaspoons minced garlic
- 1 cup chunky salsa, divided
- 2 cups cooked brown or white rice
- 6 whole-wheat flour tortillas (9 inches)
- 1 can (15 ounces) black beans, drained and rinsed, divided
- 1 can (11 ounces) corn kernels, drained, divided
- 2 cups shredded pepper jack cheese, divided
- Sliced green onion, including green tops



Directions:

In medium nonstick skillet, brown ground beef and garlic over medium heat, breaking beef mixture into smaller chunks with spoon. Drain fat and stir in 1/2 cup salsa; set aside.

Spread 1/3 cup rice in center of one tortilla, leaving a 1/2-inch border. Scatter about 2 tablespoons of beans and 1 1/2 tablespoons corn over rice. Spread 1/3 cup beef mixture and 1/4 cup cheese over corn. Top with 2 teaspoons salsa and a few slices of green onion.

Fold in two opposite edges of tortilla 1 inch each and roll up. Place seam side down on microwave-safe dish.

Repeat with remaining tortillas. Place burritos in microwave and heat 1 minute, or until heated through. Serve with remaining salsa.

Find more recipes at
www.MidwestDairy.com.

Uplifting Invention

How did bananas inspire an easier ascent up ski slopes? Idaho's Sun Valley ski resort is home to the world's first chairlifts. Built in 1936, the lifts, which carry skiers uphill and drop them off on top of a mountain, were based on a conveyor system used to move bales of bananas from loading docks onto cargo ships. Engineers replaced the fruit hooks with chairs.

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

—Martin Luther King Jr.

Remembering MLK



Martin Luther King Jr. Day is a federal holiday celebrated on the third Monday in January. King, born Jan. 15, 1929, was a minister and social activist who played a pivotal role in the American civil rights movement.

- A gifted student, King skipped two grades and enrolled at Morehouse College in Atlanta at age 15. Four years later, he graduated with a degree in sociology.
- In 1955, King completed his dissertation and received a doctorate in theology from Boston University.
- King's "I Have a Dream" speech was not his first at the Lincoln Memorial. Six years before, in 1957, his address urging voting rights confirmed his emerging role as a prominent civil rights leader.
- His most famous speech came during 1963's March on Washington. The appearance established his reputation as one of the greatest American orators.
- Time magazine named King its Man of the Year in 1963.
- A year later, King received the Nobel Peace Prize for combating inequality through nonviolent resistance.
- King was posthumously awarded the Presidential Medal of Freedom and the Congressional Gold Medal.
- The Martin Luther King Jr. Memorial in Washington, D.C., was dedicated in 2011.

Emmy-Winning TV Shows

Cheers • Dragnet • ER • Frasier • Friends
Get Smart • Gunsmoke • I Love Lucy
L.A. Law • Lassie • Law & Order • Lou Grant
M.A.S.H. • Maverick • NYPD Blue • Seinfeld
Taxi • The Monkees • The Waltons
Will & Grace

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

Hockey's History

From fierce face-offs to adrenaline-pumping power plays, it's no surprise that ice hockey attracts fans of all ages and backgrounds.



This fast-paced contact team sport is played on ice, with skaters using sticks to hit a puck into a goal. It originated in Canada, but historians agree that modern-day ice hockey is derived from ball-and-stick games of several cultures, including the Irish sport of hurling and field games played by North American Indians.

James Creighton is credited with popularizing the sport by organizing the first indoor ice hockey exhibition game in Montreal in 1875. Instead of a ball, the players used a small wooden disc, the first hockey puck.

The sport's first regional competition was held in 1892, with the winning team receiving the Stanley Cup, named for Canada's then-governor general, who was a fan of the game and donated the prize. Today, the cup is awarded annually to the National Hockey League's champion team and is the oldest professional sports trophy in North America.

Pigskin Picks

Football season winds down in January, with just the Super Bowl left to be played next month. If you find yourself yearning for some gridiron glory, check out one of these popular football films.



"The Longest Yard." In this comedy, a prison warden asks a former pro quarterback to put together a team of inmates to take on the guards in a football game. Both the original 1974 version with Burt Reynolds and the 2005 remake with Adam Sandler are full of laughs and celebrity cameos.

"Friday Night Lights." The true story of the 1988 Permian High School football team of Odessa, Texas, offers a look at the importance football has in the lives of many Lone Star State residents.

"The Blind Side." Another movie based on real-life events, this 2009 drama tells the story of homeless teen Michael Oher, who is taken in by a well-to-do family, excels on the football field in high school and college, and goes on to be an NFL first-round draft pick.

"Draft Day." Kevin Costner stars in this 2014 sports drama as general manager of the Cleveland Browns, which have the No. 1 overall pick in the NFL draft. Sports fans will get a kick out of the trades and maneuvering that happen before and after the choice is announced.

Tips for a Trimmer You

Losing weight is one of the most common resolutions made in the New Year, but for a lot of people, it's also one of the most difficult to achieve. If you want to drop a few pounds this year, there are some simple steps you can take to reach your goal.

Get more sleep. Many studies show that a lack of shut-eye leads to weight gain. Get at least seven hours a night.

Choose wisely. Foods high in protein and fiber make you feel fuller and give you more energy. Stock up on eggs, poultry, seafood, cottage cheese, vegetables, whole grains and seeds.

Make smart substitutions. Saute foods in stock or broth instead of oil. Cut back on high-calorie smoothies and coffee drinks. Choose plain popcorn instead of chips.

Dates TO REMEMBER

1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	January 2017			

5 RENT DUE

6 RENT LATE

REFER A FRIEND TO HAYWOOD MEADOWS



Popular Pages: 'House of Mirth'

Edith Wharton's 1905 novel reads like a soap opera set in New York City just before the turn of the century. Beautiful Lily Bart, nearly 30, is considered part of the social elite despite her lack of income. While waiting on an inheritance from her wealthy aunt, Lily begins the search for a well-to-do husband, but matters are complicated when the jealous Bertha Dorset attempts to ruin Lily's good name—as well as her chances with Lawrence Selden, the man she truly loves. Praised by readers and critics, the book is viewed as a uniquely American version of the novel of manners, a genre popularized most notably by British author Jane Austen.

Capricorn: Dec. 22–Jan. 19

Capricorn is the sign for those born Dec. 22 to Jan. 19. Loyal and hardworking, these folks appreciate the same qualities in others. Considered the most serious sign of the zodiac, Capricorns value family and tradition. They are excellent organizers and very resourceful, so often find success working in management, finance and education.

This sign is represented by the goat, and Capricorns tend to be stubborn and unforgiving. They also sometimes seem pensive because of their self-discipline and sense of responsibility. Despite this somber side, they have a great sense of humor which, combined with their intelligence and caring nature, make Capricorns wonderful friends.