

Baby. IT'S COLD OUTSIDE!

These tips can help you in the coldest weather!

- Carry some kitty litter or birdseed in your car. If your tires start spinning in a pile of snow or slush, sprinkle the kitty litter or birdseed under them to gain traction.
- When the sun is out, open your curtains/blinds by utilizing natural heat.
- Cover your windshield wipers with old socks so snow won't stick to them. Park facing east so the sun will help melt ice.



Keep Warm Safely

- Keep space heaters at least three feet away from any other object and place on level, flat surfaces – never on cabinets, tables, furniture or carpet. Plug directly into a wall outlet – do not use an extension cord or power strip.
- Do not use your oven to heat your home. It can emit carbon monoxide.
- Never leave candles unattended.
- Rolled-up blankets or towels placed at the base of any exterior door can help keep cold drafts from entering.
- During extremely cold days and nights, allow your faucets to drip slowly.



valentine traditions

The symbols you see on cards and gifts during this time of the year have been around for centuries. Red hearts are used most often and have stood for love since ancient times. Ribbons are taken from the days when ladies gave a ribbon to their favorite knight in shining armor before he went into

battle. Lace decorates cards and boxes of candy and is a Latin word meaning "to catch," so lace was supposed to catch the heart of a loved one. Cupid, the Roman god of love, uses his bow and arrows to shoot love into people's hearts.

Be Healthier This Year

- Take a five-minute walk for every hour you sit.
- Focus on gratitude. You'll build a healthier immune system and be more positive and thankful.
- Watch one less TV show a day. Too much "still" screen time is linked with type 2 diabetes and heart disease.
- Make your bed – you'll probably get a better night's sleep.
- Unplug from technology an hour before bed.
- Eat from a smaller plate and bowl.
- Drink a glass of water with every meal.
- Walk during work breaks. Take the stairs. Park farther away. Use a stand-up desk.

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	FEBRUARY				

Feb. 1 – **Nashville Predators vs. Vancouver Canucks**
 Feb. 1-6 – **Immersive Van Gogh**: Lighthouse Art Space
 Feb. 3 – **Joss Stone**: Ryman Auditorium
 Feb. 4-5 – **Black Pumas**: Ryman Auditorium
 Feb. 6 – **The Beach Boys**: Ryman Auditorium
 Feb. 8 – **Louis Tomlinson**: Ryman Auditorium
 Feb. 8-13 – **"Mean Girls"**: TPAC
 Feb. 9 – **The Marshall Tucker Band**: Ryman Auditorium
 Feb. 10 – **Zach Bryan**: Ryman Auditorium
 Feb. 10 – **Dancing with the Stars Live**: Grand Ole Opry House
 Feb. 10-13 – **Antiques & Garden Show**: Music City Center
 Feb. 10-20 – **"School Girls; or The African Mean Girls Play"**: Nashville Repertory Theater, TPAC
 Feb. 11 – **Kacey Musgraves**: Bridgestone Arena
 Feb. 12 – **Three Dog Night**: Ryman Auditorium
 Feb. 13 – **Dodie Clark**: Ryman Auditorium
 Feb. 14 – **Dua Lipa**: Bridgestone Arena
 Feb. 15 – **Letterkenny Live**: TPAC
 Feb. 15 – **Punch Brothers**: Ryman Auditorium
 Feb. 16 – **MercyMe**: Bridgestone Arena
 Feb. 16 – **Hasan Minhaj**: TPAC
 Feb. 16 – **Beth Hart**: Ryman Auditorium
 Feb. 17 – **Claire**: Ryman Auditorium
 Feb. 17-Mar. 27 – **"Peter Pan: Wendy's Adventure to Neverland"**: Nashville Children's Theater
 Feb. 18 – **New Edition**: Bridgestone Arena
 Feb. 18 – **The New York Bee Gees**: TPAC
 Feb. 18 – **Robert Earl Keen**: Ryman Auditorium
 Feb. 19 – **Winter Jam**: Bridgestone Arena
 Feb. 19 – **America**: Ryman Auditorium
 Feb. 20 – **Gabriel "Fluffy" Iglesias**: Bridgestone Arena
 Feb. 20 – **The Temptations & Four Tops**: Ryman Auditorium
 Feb. 22-26 – **Tedeschi Trucks Band**: Ryman Auditorium
 Feb. 22-27 – **"The Prom"**: TPAC
 Feb. 24 – **Nashville Predators vs. Dallas Stars**
 Feb. 25 – **Dierks Bentley**: Bridgestone Arena
 Feb. 25 – **Colbie Caillat**: CMA Theater
 Feb. 25-27 – **Nashville Home & Remodeling Show**: Music City Center
 Feb. 25-27 – **Flea Market**: The Fairgrounds Nashville
 Feb. 26 – **Nashville Predators vs. Tampa Bay Lightning**: Nissan Stadium
 Feb. 26 – **Henry Ford's Innovation Nation**: TPAC
 Feb. 28 – **Elle King**: Ryman Auditorium

All dates subject to change without notice



FEBRUARY 2022

staff

Deena Beattie
Property Manager

Lex Brabson
Assistant Manager

Alexandria Slaton
Leasing Agent

Randy Hollis
Maintenance Supervisor

Jacob Silvey
Maintenance Tech

Andrew Lott
Maintenance Tech

Michael Huffman
Groundskeeper

Andrea Manquero
Courtesy Officer

pest control

Wed., Feb. 23
Bldgs. C, D, E

laundry code

4 8 8 9

Royal Arms of GREEN HILLS

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Schatten Properties Management Co., Inc.

WE APPRECIATE YOU!

February is the perfect time to let you know how much you are appreciated! We try our best to make this community one people want to call home, and you are a special reason why. Thank you for making Royal Arms one of the best places to live.

You Made Us Love You

You, our residents, give us countless reasons to appreciate you, and here are just a few:

- Paying your rent on time and obeying community policies.
- Keeping the volume on music and televisions at a level only you will hear them.
- Picking up litter around your home, even if you didn't put it there.
- Promptly removing your laundry from the machines.
- Offering a friendly greeting and smile to your neighbors each time you see them.
- Keeping trash in its proper place, not outside your door.
- Driving through the community slowly and carefully.
- Taking time to get to know your neighbors.

AT YOUR SERVICE

When something breaks in your home, you might see it as a problem. But when you notify the management office about the needed repair, we see it as a way to prove how important you are to us. In order for you to receive the reliable service you deserve, please report maintenance requests through the office and not to a maintenance team member on the property. Please do not delay in reporting your requests in order to avoid even worse damage that will take more time to repair. Besides, we want to send one of our experienced maintenance team members to save the day!

Pet Care

Please make sure your pets are leashed at all times for their and our community's safety. Be respectful of others and make sure you clean up after your pets.



February

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- FEB. 2 Groundhog Day
- FEB. 4 National Wear Red Day
- FEB. 9 National Pizza Day
- FEB. 14 Valentine's Day
- FEB. 17 Random Acts of Kindness Day
- FEB. 20 National Love Your Pet Day
- FEB. 21 Presidents Day



LET THE GAMES BEGIN



ARE YOU READY?

The **2020 Winter Olympics** are February 4-20 in Beijing, China. Taking advantage of facilities built for the 2008 Summer Olympics, they have repurposed many of these for "winter" use. Three zones will be used, located in Beijing, Yanqing, and Zhangjiakou.

Check out Olympics.com to keep up with schedules, locations, and much more!



To be awakened by a kiss on Valentine's Day is considered to be lucky.

Teachers receive the most Valentines, followed by kids, mothers, wives, sweethearts and pets.

The first Valentine's Day box of chocolates was introduced by Richard Cadbury in 1868.

This month over 1 billion Valentine's Day cards will be exchanged / 35 million heart-shaped boxes of chocolate bought / 189 million stems of roses sold / 220,000 wedding proposals received.

1,000 letters are received each year on Valentine's Day in the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived.

Hallmark has more than 1,330 different cards specifically for Valentine's Day.

During the late 1800s, Chicago's post office rejected more than 25,000 Valentine's Day cards on the grounds that they were so indecent, they were not fit to be carried through the U.S. mail.

GO RED FOR Women



Heart disease is the silent killer of women. Show your commitment and passion for fighting this cause by wearing red on Friday, February 4. Better yet, know the signs of heart disease and get informed on making the right choices to keep your heart healthy.

GOREDFORWOMEN.ORG

CHOCOLATE COVERED Strawberry BROWNIES



- 1 box of your favorite brownie mix
- Large fresh strawberries, rinsed
- 1 container of your favorite chocolate frosting

Prepare brownies according to directions on box – let cool. Half and quarter strawberries and place on the cooled brownies.

Heat container of prepared frosting in 10-second increments until slightly melted. Pour over the strawberries and brownies until the chocolate is set, about 30-60 minutes. Cut, serve and enjoy!



Check us out on **Hassle Free Newsletter** and pin your favorites!

PRESIDENTIAL QUOTES

99% of failures come from people who make excuses.
GEORGE WASHINGTON

Do what you can, with what you have, where you are.
THEODORE ROOSEVELT

It is easier to do a job right than to explain why you didn't.
MARTIN VAN BUREN

Leave nothing for tomorrow which can be done today.
ABRAHAM LINCOLN

It's amazing what you can accomplish if you do not care who gets the credit.
HARRY S. TRUMAN

What makes us Americans is our shared commitment to an ideal – that all of us are created equal, and all of us have the chance to make of our lives what we will.
BARACK OBAMA

Black History Month

Officially recognized in 1976, President Gerald R. Ford called upon the public to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." Check out our Pinterest page for great stories and photos.