



# January 2012

## STAFF



Community Manager: Nina Sevier  
Assistant Manager: Brittany Poole  
Service Manager: Terry Grubbs  
Service Technician: Charles Hyde  
Courtesy Officer: Tremaine Frison

## MAKE ONLINE PAYMENT



CLICK HERE TO GO TO  
OUR ONLINE PAYMENT PAGE  
(Login to Resident Portals is Required)  
[www.columnsapartments.com  
/tracerridge](http://www.columnsapartments.com/tracerridge)

## MAINTENANCE PROBLEMS?



FOR NON-EMERGENCY  
SERVICE REQUESTS  
CLICK HERE TO GO TO  
OUR SERVICE REQUEST PAGE  
(Login to Resident Portals is Required)  
[www.columnsapartments.com  
/tracerridge](http://www.columnsapartments.com/tracerridge)

## AFTER HOURS CONTACT



**Emergency Service:**  
662-891-5000

**Courtesy Officer:**  
662-871-4936

## How to Bounce Back from the Holidays

- Take the time to write up a grocery list and review the local grocery store's coupons. Start this month by being prepared with enough food to make quick meals at home. You can easily save \$20 or more each week by using coupons and planning ahead.
- Instead of going to the arts and craft store every time your child has a project due, use it as opportunity to teach your child creative ways to use things already in your home.
- Skip the vending machine today. This daily habit might be costing you \$1.00 or more for something you can buy in the grocery store for a fraction of the price.
- Avoid late fees - pay your bills on time! Give yourself a weekly allowance in cash to pay for incidentals and stick to it. When the money is gone - no more spending!
- Stretch out the time between haircuts. If you normally get your haircut once every six weeks, try stretching it to once every eight and save yourself the cost of at least two haircuts a year.
- Use 1/3 less of dishwashing soap and laundry detergent. The portion size of the scoops in laundry detergents is simply too big - you'll be amazed just how far 2/3 of the suggested amount will go.
- Meet a friend for breakfast or lunch instead of dinner. Dinner is always the most expensive meal if you're eating out.
- If you are making a major purchase of any kind, be sure to ask the sales person if the store has any last year's models on sale. Stores are constantly trying to move inventory; take advantage of the savings!
- Dust off your Crockpot and plan a soup or chili dinner. It makes twice as much, so you can freeze the leftovers for an easy dinner later this month.
- Whenever you find a coin, place it in a jar. At the end of the year, donate it to your favorite charity and write off the donation on your taxes!
- Wait until the dishwasher is completely full before running it - save your money and the earth's resources.



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**Come!** Like us!



## GIVE US YOUR FEEDBACK!

RESIDENT SURVEYS ARE NOW  
AVAILABLE IN YOUR RESIDENT  
PORTAL ACCOUNT



**AN ECI COMMUNITY**  
Excellence • Commitment • Integrity



## Midori Melon Ball Drop

### Ingredients

- 2 oz Midori melon liqueur
- 1 oz Skyy Infusions Citrus vodka
- 1/2 oz elderflower liqueur
- juice of 1/2 lemon
- sugar for rimming
- melon ball for garnish



### Directions

1. Rim a chilled cocktail glass with sugar.
2. Pour the liquids into a cocktail shaker filled with ice.
3. Shake well.
4. Strain into the prepared glass.
5. Garnish with a melon ball.

## Top 5 New Year's Advice

1. **Log What You Eat:** Even if you don't need to lose weight, get in the habit of being conscious about what you eat. Logging your food helps you become aware of what is going into your body, which will help you to make better food choices as time goes by.
2. **Move, Move, Move:** You can lengthen and better your life through the simple act of exercising for 20 minutes daily. Go for a walk, take the stairs at work, hit the gym! It will make you feel better too.
3. **Take a Moment to Relax:** Meditation or taking at least 20 minutes a day to sit calmly and relax will improve your overall happiness and ability to cope throughout the day with life's demands. It has also been proven to lower blood pressure.
4. **Prioritize What's Most Important:** Don't look back, but look around you. Spend time with family, friends, parents, spouse and children.
5. **Eat Breakfast:** Eating breakfast is a cornerstone to losing weight. Make sure the meal has lots of protein or complex carbs.



## Pet Home Care 101



- All animals spill and drip water and food. To trap drips, place food and water bowls on a plastic placemat.
- As for shedding, you can pick up the hairs on furniture and clothes with a damp sponge, masking tape wrapped around your hand, or a pet hair roller.
- Use Febreze to eliminate pet odors that get trapped in fabrics like dog beds, carpets, couches and car interiors.
- Because cat scratching is an innate behavior, you shouldn't attempt to eliminate scratching. Prevent problems with inappropriate scratching by understanding your cat's preference. Encourage acceptable scratching habits by placing several sisal-covered posts in two or four areas most used by the cat, such as sleeping and play locations.
- When accidents happen with dogs or cats, never punish or shove the pet's nose in his mistake. For dogs, reinforce good house-training routines, including frequent walks and praise when he goes outside. For cats, respect the three things they want of their litter box: cleanliness, privacy and an escape route.
- Fleas live much of their cycle on pets but their eggs mature deep in carpets and upholstery. An effective flea control plan involves killing the fleas on your pet as well as in the environment. Control fleas by vacuuming them up when they're in the egg, larval and cocoon stages. Be sure to throw away the bag afterward.
- When taking a pet outdoors (for walks, etc.), tuck a small towel in your pocket and clean up the animal's paws before it tracks in moisture and mud.
- When bathing your pet in the bathroom, cover the floor with towels. Towel-dry the pet, replacing towels as they get too wet. Allow the pet to shake off as much water as he can. Don't let your pet get chilled and be sure to offer a treat.
- Ticks are a big problem in some areas. Whenever your pet comes in from outside, use a pet hair roller lightly across the top of its coat to trap ticks before they burrow to the skin.

## Calendar

Acceptance of using Portals to pay rent has been overwhelming. We are so glad that we have been able to provide this convenience. Rolling out this service, however, we have discovered that the payment of rent via credit or debit card creates a significant additional cost for processing. Effective January 1, 2011 there will be a convenience fee if you choose to pay your rent via credit or debit card. No convenience fee will be charged if you use ACH to pay your rent via Portals.

1 <b>Rent Due</b> New Years Day	2 MSU vs Memphis Ice Hockey	3 MSU vs Memphis Ice Hockey	4	5 Last day to pay rent without late fees.	6 Rent is late. You must pay with certified funds and include late fee.	7
8	9	10	11	12	13 MSU vs Auburn Ice Hockey	14 MSU vs Auburn Ice Hockey
15	16 <b>Martin Luther King, Jr. Day</b>	17	18	19	20	21 Cheerleading Bumble Bee Championship
22	23 Team Hoyt Regional Rehab Center Benefit	24	25	26	27	28
29	30	31	1	2	3	4

## Events for January

### Area Events and Functions

1/2, 1/7-8, 1/14-16: Public Ice-skating 1/16/12 is the last session at BancorpSouth Arena from 1pm, 4pm

1/2 & 1/3: MSU vs Memphis Ice Hockey at BancorpSouth Arena 7pm

1/13 & 1/14: MSU vs Auburn Ice Hockey at BancorpSouth Arena 7pm

1/21/2011: Cheerleading Bumble Bee Championship at BancorpSouth Arena

1/23/2011: Team Hoyt Regional Rehab Center Benefit at BancorpSouth Arena 6:30 PM



**Thank you to all the residents that participated in our Holiday Celebration. Congratulations to all the winners at the party. A special "Thank You" to all that donated gifts and can goods to our adopted family. Trace Ridge Residents are the best. Happy New Year!!**