



January 2019

Our Community Manager is Leaving!



After 3 wonderful years of service our dear Alexandra Guthrie is leaving us to pursue a new career path in life. Her final day with us will be January 4th so please wish her well if you happen to see her before she leaves. We all will miss her dearly, but don't worry Patrick, Donya and David will be right here to help with anything you may need.



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Please join us for our Chili Cook off on January 25th, 2019 from 5pm-6:30pm at the Housing Office. Entries must be turned in by 5:30pm, you get to be the judge on the best tasting chili by putting a PINK ticket in a cup in front of your favorite choice. Each prize will win a credit towards your next month's rent. 1st - \$100, 2nd - \$50, 3rd - \$50. Must be present to qualify at the end of the event when winners are announced.

Don't forget to RSVP by calling the housing office at 256-430-1517 or e-mail us directly at david.ugarte@huntcompanies.com



Happy New Year Redstone Family!

Be sure to join us Friday, January 25th, starting at 5pm to 6:30pm for our Chili Cook Off! We will be providing drinks, cutlery, crackers, sour cream and shredded cheese if you would like extra toppings. Feel free to bring them with your dish. You get to be the judge on which chili you like the best vote for your favorite and the winners will win a credit towards their next month's rent. Remember the winners will be announced at the end of the event so be sure to stay till the end to find out if your chili is the best there's ever been!

Don't forget to RSVP by January 24th by calling the housing office or e-mailing david.ugarte@huntcompanies.com

Hunt Update

With the holidays ending we would like to remind everyone about our holiday decorations/outside lighting policy from the Resident Handbook:

-Christmas lighting may not be erected before Thanksgiving and must be removed no later than January 10th. Outside decorative lights are to be turned off no later than midnight, except on Christmas Eve and New Year's Eve, when they are allowed to remain on overnight. Outside lights are not authorized during daylight hours.

-Decorative lighting for other occasions such as Halloween is authorized but cannot be put up earlier than one month prior to the occasion and must be removed no later than one week after the occasion.

Live a Better Lifestyle in the New Year!

With a new year comes new opportunities and a chance to start off fresh! Check out these awesome tips on how to live a better lifestyle to be a more confident and better you!

- 1) DRINK UP!: Our bodies are up to 70% water! Being dehydrated can zap energy levels, slow down your metabolism, and make you feel hungry. We recommend grabbing a 32 ounce water bottle. All you have to do is fill it up twice a day and you're good to go.
- 2) STRESS LESS!: There are things you can do right now to take your stress down a notch. Try an eight count breath – breathe in for a count of eight and out for a count of eight. Try this for even just 4 minutes a day and you'll sleep and feel better.
- 3) NUTURE YOURSELF!: We so often forget to take the time to care for ourselves. The time that you spend caring for yourself physically can reap huge mental and physical rewards.
- 4) LIVE CONSCIOUSLY!: The environment that surrounds us can impact both our mental and physical health. We can't always control our environment, but we can do small things like making a clutter-free (and stress free!) zone in our office or home. Think of one area in your life that you can declutter.

DEVELOP. INVEST. MANAGE.®

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Happy New Year! 	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Martin Luther King Jr. Day	22	23	24	25 CHILI COOKOFF  <small>Please join us for our Chili Cook off on January 25th, 6:00 am to 8:00pm at the Housing Office. Entrants must be received by 2:00pm, you get to be the judge on the best tasting chili by getting a 100% ticket in a cup in front of your favorite chiles. Each prize will win a credit towards your next month's rent, up to \$50. And \$50 and \$25. Must be present to qualify at the end of the event when winners are announced. Don't forget to RSVP by calling the housing office at 256-842-3215 or email to david@redstonefamilyhousing.com</small>	26
27	28	29	30	31		



- TUESDAY



- WEDNESDAY



- THURSDAY

Please be sure to like us on Facebook now at Redstone Family Housing !

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