



January 2026

The Four Seasons

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Your Staff to Serve You

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Four Seasons Office Hours

Monday-Friday: 9am-5pm

Saturday & Sunday: CLOSED

Website

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The Four Seasons

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Bring on the New Year

"What the new year brings to you will depend a great deal on what you bring to the new year."

—Vern McLellan

New Year's Resolutions

The top focuses for New Year's resolutions are health, finances and relationships, according to the Pew Research Center. Nearly half of adults under 30 make resolutions, while a third of adults aged 30 to 49 do so. Only 21% of adults over 50 make a resolution.

Season of Slumber

A recent sleep study found that participants slept an hour longer in the winter than in summer, gaining 30 more minutes of REM sleep.

Reminder for Snow Shoveling/Blowing

Residents, please make sure you place excess snow on the sides of your driveway and not out on the street or onto your neighbor's property, or there will be a \$25 fee per occurrence. Snow in the street makes driving hazardous. The use of salt is also not permitted, as it damages concrete. We recommend using ice melt or any non-sodium product.

Honoring MLK

The third Monday of each January, Martin Luther King Jr. Day remembers the legacy of the American civil rights leader. It's the first federal holiday to honor an African American, and the first for a private citizen who never held a public office.

Reminder: Holiday Decor

Holiday decorations must come down 30 days after the holiday.

Ready, Set, Read!

Setting a yearly reading goal is a great way to motivate yourself to read more. Depending on how often you read now, your goal may be five books or 50.

Dog Leashes and Supervision

Reminder: Residents, remember that dogs must be on a leash and supervised at all times. They're never allowed to be left tied on a leash outside by themselves. Also, please remember that dog waste is to be picked up daily. These rules are in place for the cleanliness and safety of the park.

You'll Love Our Neighborhood!

CLASSIFIEDS

- Power washing: Jim, 815-520-3610
- E&C Exteriors: Power washing, siding, skirting, patios and driveways: Hayes Villareal, 815-708-3896
- *Interior and exterior painting: Mike Reidy, 815-323-5007
 - Lawn Mowing: Aydin, 815-979-9372, leave message if no answer
 - *RC Lawns & Landscaping, 608-449-8244
 - *Lawn Maintenance: Alejandro Nevarez, 815-329-3899
 - *Handyman Juan: tree trimming, tree removal and stump removal, 815-980-2029 or 815-372-7644
 - *J&A Lawn and Landscape: patios, fences, retaining walls, brush & tree removal, etc. For free estimates, call 815-544-4993; for 24/7 emergency service, call 815-540-1433.
 - Monthly Card Game hosted by Karen Witz- Call for info, 847-515-1531
 - Snow Plowing/Shoveling/Ice Removing/Salting, 815-394-9848
 - Dutch Outdoors LLC- Gutter Cleaning, Snow Removal, etc. 815-540-4701
 - Home Cleaning Services, Call Norma Escobar, 630-940-4574
 - *Dog Walker-Hour Walk or Less, Call Adriana, 224-308-4663
 - *Help with Errands and Doctor Appointments: Alice Marquis, 815-519-6602
 - Pressure Washing & Cleaning, interior/exterior painting, English 615-603-2997, Spanish 331-645-6307
 - Ultimate Exteriors: Free Estimates, gutter & exterior cleaning, roof repair, etc., 608-295-6514 **The Four Seasons** does not endorse the advertisers.



Your Money Mindset

If you're one of the more than 80% of Americans who stress about money, consider adopting a wealth mindset. A wealth mindset is not simply "wishing yourself rich," but a thoughtful, disciplined process to define what wealth means to you, reflect on your current behaviors and change what you can to move a little closer toward your dreams.

What does wealth mean to you? First, define wealth for yourself. Wealth may mean more money, increased leisure time, travel opportunities or some other abundance of resources. Be honest

and specific about the resource that matters most to you.

What's working right now, and what isn't? Reflect on your current financial behaviors. Review your bank statements and highlight the expense that are for needs and the ones that work towards your definition of wealth. Consider reducing the expenses that don't make either cut. Try budgeting alongside a like-minded trusted friend or loved one to encourage accountability, emotional support and perseverance.

What's next? Once you've aligned your current financial habits to work towards your personal wealth mindset, be intentional and creative in your next moves. Consider investing as little as a few dollars a month, pursuing a certificate or degree for career advancement or turning a passion project into an entrepreneurial adventure.

Good Things to Remember During the Holidays!

- Feeling sad doesn't mean you're ungrateful or broken
- You are **not behind** in life
- You are allowed to grieve what you don't have
- You don't need to "fix" yourself to deserve care
- Surviving hard days is strength, even if it doesn't feel like it
- Feelings are **temporary**, even the heavy ones
- You've survived every bad day so far
- Rest is productive when you're exhausted
- It's okay if your only goal today is getting through it
- You don't have to feel hopeful to keep going
- One day at a time is more than enough

- This season will pass, even if it drags
- You matter, even when you feel invisible

Books to Read in 2026

- *Kin* by Tayari Jones — deeply felt novel about lifelong friendship and divergent life paths (Feb 2026).
- *Brawler* by Lauren Groff — provocative short story collection from a major literary voice.
- *The Beheading Game* by Rebecca Lehmann — historical retelling with a twist.
- *The Keeper* by Tana French — final book in the acclaimed Cal Hooper trilogy *Worse Than a Lie* by Ben Crump — legal thriller exploring justice and truth.



Hibernation for Humans

Surveys show that Americans tend to dislike winter most of all seasons. If you'd rather hibernate through the darkest days, take a note from these animals' extraordinary adaptations to survive the winter.

Food for the freeze. Hedgehogs and bears pack on extra pounds before their long winter's nap, as the banked weight enables their survival during the food-scarce season. Humans also can feel hungrier during winter, because our bodies burn more calories in the cold. However, dieticians don't recommend a bear's calorie count. We just need a few extra nutrient-dense calories, plenty of protein and warming foods like soups.

Stay in, together. Bats and North American garter snakes hibernate in groups to conserve heat. Humans need community, too, and gathering with friends and family to watch movies, read books, craft or simply spend time together will help warm a dark winter night.

Freeze to life. An Alaskan wood frog's winter can reach sub-zero temperatures. These amphibians—the only ones to live above the Arctic circle—survive the chill by burying themselves in the forest floor, stopping their heartbeats and freezing up to 60% of their bodies, thanks to their blood having a special antifreeze that prevents cell damage ahead of the spring thaw. Some people opt for cold water therapy and ice baths to recover from exercise and improve immune function, though all therapies should be approved by a doctor.

Vegetarian Three Bean Chili

Ingredients:

- 2 tablespoons vegetable oil
- 1 large onion, diced
- 1 large green pepper, diced
- 2 large garlic cloves, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 can (28 ounces) crushed tomatoes
- 1 can (16 ounces) diced tomatoes
- 1 can (15.5 ounces) pinto beans, drained and rinsed
- 1 can (15.5 ounces) white kidney beans, drained and rinsed
- 1 can (15.5 ounces) red kidney beans, drained and rinsed
- 1 can (4 ounces) chopped green chilies, drained
- 1/2 teaspoon salt
- 1/4 teaspoon chipotle Tabasco pepper sauce
- Chopped parsley (optional)
- Shredded cheese (optional)

Directions:

Heat oil in large saucepan over medium heat. Add onion, pepper and garlic, and cook until softened, about 5 minutes. Add chili powder and cumin; cook 1 minute.

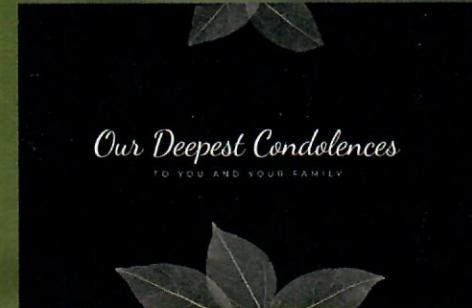
Add tomatoes, beans, green chilies, salt and Tabasco sauce. Over high heat, bring to a boil; reduce heat to low. Cover and simmer 15 minutes to blend flavors, stirring occasionally. Garnish bowls of chili with parsley and cheese.

For more recipes, visit www.CansGetYouCooking.com.



Our Deepest Condolences

TO YOU AND YOUR FAMILY



Our deepest condolences to Dean Loos on the passing of his mother, Virginia Loos; to Jana Storck on the passing of her mother, Lina Homolka; and to Martha on the passing of her husband, Stephen Vanderville.

welcome

Mario Lopez and Diane Miller and family.



Thank you to Mona Lacey for decorating our office for Christmas! And thank you to everyone who brought in treats and gifts to our office!

Laugh Away the Winter Blahs

If you find yourself with a case of the winter blahs, try watching a comedy or chatting with a funny friend. Studies show that laughter causes your brain to release mood-lifting endorphins.

January 2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<h1>January</h1>					New Year's Day	1	2	3
					Rent Is Due.			
4	Last Day to Pay Rent Before Late Fee Is Added.	5	Trash Pickup	6	7	8	9	10
11		12	Trash Pickup	13	14	15	16	17
18	Martin Luther King Jr. Day Office Closed.	19	Trash Pickup. MLK Day Will Not Affect This.	20	21	22	23	24
25		26	Trash Pickup	27	28		29	30
								31

Word Search

Category: Lunar New Year

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

1. Lunar
2. Clean
3. Chinese
4. Celebration
5. Cakes
6. Bamboo
7. Dim Sum
8. Firecracker
9. Gold
10. Jade
11. Lantern
12. Lion
13. Moon
14. Monkey
15. Noodles
16. Rat
17. Red
18. Rice
19. Snake
20. Tiger

Word Search Solution:

1. Abundance	2. Bamboo	3. Cakes	4. Celebration	5. Chinese	6. Clean	7. Dim Sum	8. Firecracker	9. Gold	10. Jade	11. Lantern	12. Lion	13. Moon	14. Monkey	15. Noodles	16. Rat	17. Red	18. Rice	19. Snake	20. Tiger
Y A N D C O N T E I N T M M	E C E L E B R A T I O N N T	F I R E C R A C K E R H T N	D I M S U M	C H I N E S E	G L E A S E R	R I C E	F I R E C R A C K E R	G O L D	J A D E	L A N T E R N	L I O N	M O O N	M O N K Y	N O O D L E S	R A T	R E D	R I C E	S N A K E	T I G E R

