

Skyline Tenant Newsletter

November 2015

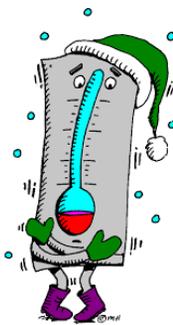


The holidays will soon be upon us, and with that in mind, we want to remind you of our Holladay Food Drive going on now through Nov 15th! All donations will be taken to Second Harvest Food Bank to assist in their constant effort to feed the hungry. We kindly ask that all donated food meet normal donation quality standards. Please take all donations to our onsite office in the second floor elevator lobby in Building C on Tuesdays and Thursdays. If we are not present, please give us a call or log a work order and we will come pick it up for you. We thank you for your help is supporting this wonderful cause!

Colder Temps Coming!

Can you believe that it is already November? This year has flown by and as the Holidays approach, so do the colder temperatures. With this in mind, there are several things we would like you to consider.

At this time of year the temperatures vary greatly from day to day, and this creates quite a challenge for our building systems in accommodating everyone's personal preferences. We want to remind everyone that space heaters are **NOT** authorized on campus as they present a fire hazard, and that suite thermostats should only be adjusted by acting practice managers. It is recommended this time of year for everyone to dress in layers when possible, outside and in, in order to best acclimate to the ever changing temperatures.



November in Nashville



November is chock-full of events all around Nashville. Here are a few events happening locally!

- **Nashville International Auto Show - November 6-8** See over 350 vehicles from around the world during the Nashville International Auto Show happening at the Music City Center. Everything from domestic to exotic will be there ready to view. Also, you can even test drive more than 50 different cars at the festival. It's perfect for motor heads or those looking for a great ride.
- **Blue & Gray Days - November 6-7** Step inside the past during Blue & Gray Days at the Carter House and Carnton Plantation. They will showcase what life was like during 19th century America with re-enactors, demonstrations, Civil War era games, and other fun filled things that will inspire both young and old. General admission to event also includes admission to both historic sites.
- **Christmas Villages - November 13-15 @ The Fairgrounds Nashville** The annual event showcases a variety of unique seasonal and gift items as well as holiday arts and crafts from more than 260 merchants and benefits the Vanderbilt Bill Wilkerson Center.

For more details please see Visit Music City TN@ www.visitmusiccity.com.



Holladay Properties CALL CENTER



When you have Maintenance,
Janitorial, or Security issues, please
notify the

Holladay Properties
Call Center @
1-888-774-2446
Or
www.HolladayMob.com

They will dispatch the request to the
appropriate department. The Call
Center is available 24 hours a day.
Please notify the **Call Center** if you see
anything in your office suite or the
common areas that require attention.

All	No Shave November
11	Veterans Day
19	Great American Smokeout
26	Thanksgiving
27	Black Friday

Property Management Team at Skyline

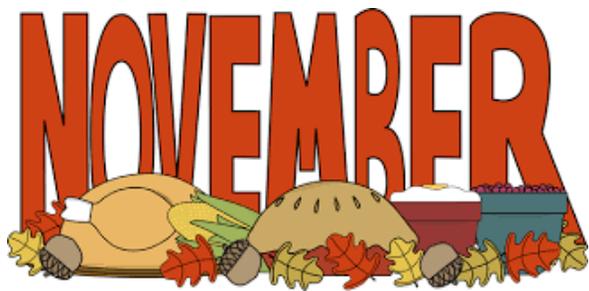
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Sharing / Promoting

Do you have news you'd like to share or services you'd like to promote within the building? Please use us as your means to do so. We would be happy to attach a flyer to our newsletter or include the information in it. Please email, fax or drop by with the information by the 20th of each month for publication in the next newsletter.

Savory loaded Sweet Potato



INGREDIENTS

- 2 large sweet potatoes (about 1¼ pounds)
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- 1 small bunch chard (about 8 ounces)
leaves removed from stems and both
chopped into 1-inch pieces; stems
trimmed, peeled of tough fibrous parts
and cut crosswise into 1-inch pieces
- Kosher salt and freshly ground pepper
- ¼ cup dried cranberries
- Juice of ½ lemon (about 3 tablespoons)
- 1/3 cup crumbled feta cheese (2 to 3
ounces)

PREPARATION

1. Preheat the oven to 375°. Place the sweet potatoes on a baking sheet and bake until soft, about 1 hour.
2. In a large saucepan or dutch oven, heat the olive oil over medium-high heat. Add the garlic and cook, stirring, until fragrant and golden, about 1 minute. Add the chard stems, and cook, stirring occasionally, for 5 minutes. Add the chard leaves, cranberries and lemon juice, season with salt and pepper and cook, covered and stirring occasionally, until the leaves are tender, 5 to 7 minutes. Let cool slightly, then stir in the feta.
3. Let the sweet potatoes cool for about 10 minutes, then slit the top open without cutting all the way through. Spread open each sweet potato and scrape the flesh with a fork to make it fluffy. Arrange the sweet potatoes on separate plates, then fill each with half of the chard mixture.

DON'T FORGET ABOUT THE NEW WEBSITE

It is your tenant handbook at your fingertips. It contains a directory of doctors/practices, tenant forms, a link to the online work order system, important numbers and much more.

www.skylinemedicalplaza.medicaloffice.info