



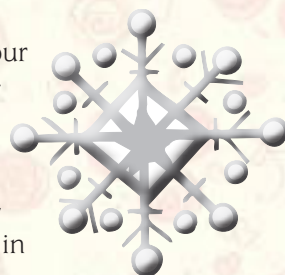
Predicting the Future

National folklore has it that on February 2 a groundhog will come out of his home to predict the future. If Punxsutawney Phil, the famous groundhog, sees his shadow, there will be six more weeks of cold and dreary winter weather. If he doesn't, spring is just around the corner. This tradition was started by German immigrants in Punxsutawney, Pennsylvania, who originally used badgers to predict spring's coming in their native land. Since groundhogs were easier to find in their new country, Groundhog Day emerged.

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.
- You can unfreeze your car locks with a lighter. Just hold the flame to your key and then insert the key in the lock. The heat will help melt the ice crystals in the lock.
- When the sun is out, open your curtains/blinds by utilizing natural heat.
- After you've been baking, leave your oven door open. You'll enjoy the heat and the smells!
- Waterproof your socks by putting a sandwich bag over them.
- Cover your windshield wipers with old socks so snow won't stick to them. Park facing east so the sun will help melt ice.
- Ice on frozen door handles can be melted off with hand sanitizer.



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 observing community policies.
- Being courteous by keeping the volume on stereos and televisions at a level that only you will hear.
- Parking vehicles, when you have more than one, in spaces that are farther away from the entrance to the building.
- 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—opening up the communication lines should conflicts arise.

S	M	T	W	T	F	S	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	FEBRUARY					

Feb. 1-7 – **"Cinderella"**: Nashville Children's Theater
 Feb. 2 – **Nashville Predators vs. St. Louis Blues**
 Feb. 2 – **Star Trek: The Ultimate Voyage**: TPAC
 Feb. 4 – **Nashville Predators vs. Philadelphia Flyers**
 Feb. 5 – **Winter Jam 2016**: Bridgestone Arena
 Feb. 5 – **Peppa Pig**: Ryman Auditorium
 Feb. 5-6 – **Rodney Carrington**: TPAC
 Feb. 6 – **Nashville Predators vs. San Jose Sharks**
 Feb. 6 – **Easy Riders Bike Show**: Music City Center
 Feb. 6 – **Jenny Lewis**: Ryman Auditorium
 Feb. 6 – **Ring of Honor Wrestling**: Municipal Auditorium
 Feb. 9 – **Nashville Predators vs. Washington Capitals**
 Feb. 10 – **Yanni**: TPAC
 Feb. 11-12 – **Willie Nelson**: Schermerhorn Symphony Center
 Feb. 11-14 – **Antiques & Garden Show of Nashville**: Music City Center
 Feb. 11-27 – **"Good Monsters"**: Nashville Repertory Theater, TPAC
 Feb. 12 – **Barry Manilow**: Bridgestone Arena
 Feb. 12 – **Beth Hart**: Ryman Auditorium
 Feb. 12 – **Nashville Love Jam**: Municipal Auditorium
 Feb. 12-13 – **"Madea on the Run" starring Tyler Perry**: TPAC
 Feb. 12-14 – **Ballet: "Attitude"**: TPAC
 Feb. 13 – **Judah & the Lion**: War Memorial Auditorium
 Feb. 14 – **Disney Live**: Bridgestone Arena
 Feb. 14 – **Sam's Place**: Ryman Auditorium
 Feb. 15 – **Nashville Predators vs. Dallas Stars**
 Feb. 16-21 – **"Motown the Musical"**: TPAC
 Feb. 18 – **Nashville Predators vs. Boston Bruins**
 Feb. 18-20 – **Chris Stapleton**: Ryman Auditorium
 Feb. 19-21 – **Nashville RV Super Show**: Music City Center
 Feb. 20 – **Nashville Predators vs. Los Angeles Kings**
 Feb. 20-21 – **Showbiz National Talent Competition**: Music City Center
 Feb. 22 – **Slayer**: War Memorial Auditorium
 Feb. 25-Mar. 13 – **"Rosa Parks & the Montgomery Bus Boycott"**: Nashville Children's Theater
 Feb. 26 – **Scott Hamilton & Friends**: Bridgestone Arena
 Feb. 26 – **Gary Clark, Jr.**: Ryman Auditorium
 Feb. 26-28 – **Flea Market**: The Fairgrounds Nashville
 Feb. 27 – **Nashville Predators vs. St. Louis Blues**
 Feb. 27 – **Tommy Emmanuel**: Ryman Auditorium
 Feb. 28 – **2Cellos**: Ryman Auditorium
 Feb. 29 – **WWE Raw**: Bridgestone Arena
 Feb. 29 – **Experience Hendrix**: Schermerhorn Symphony Center

All dates subject to change without notice



MEADOWOOD VILLAGE

5160 Rice Rd. • Antioch, TN 37013 • (615) 360-2009

We Love Our Residents!

Whether you have just moved in or have been calling us home for a while, we love our residents and we want you to love the place you call home. So let us take care of all the challenges of maintenance, lawn care and repair so you can sit back and enjoy the people you love on this special day and every day at The Villages at Meadowood.

Share the Love!

When you're in love you want to tell everyone. If you love living at our community, let your friends and family know. If they decide to move in, you will receive a token of our love—a gift of \$100 after they pay their first full month's rent. Share the love and make everyone happy!

Leap Year

Enjoy February 29, 2016. It's Leap Year, so we'll have an extra day this year. Think of something special you want to do, to accomplish, something out of the ordinary. Take a leap and do it!

Black History Month

In February, the annual celebration of Black History Month recognizes the major role and impact that African-Americans have played in U.S. history. Nationally recognized since 1976, Black History Month commemorates the accomplishments and contributions of such individuals as Jackie Robinson, George Washington Carver, Harriet Tubman, Martin Luther King, Jr., Condoleezza Rice, President Barack Obama and Rosa Parks. Gain a greater appreciation for Black History Month by researching the stories and biographies of these and many other great African-American leaders online or at your local library.

Toasty Inside

During these cold winter months, you may be tempted to get warm quickly by using an electric heater. Use caution! Don't place your heater near combustible materials, never plug the heater around water, and never use while sleeping.

If you feel your thermostat is not working up to its potential, give us a call. We'll get you toasty in no time!

Staff

- Patsy Holt, CAM, NALP**
Property Manager
- Kelli Whiteside, NALP**
Assistant Manager
- Kirsten Porter**
Leasing Consultant
- Danielle White**
Leasing Consultant
- Jenny McNally**
Part-Time Leasing Consultant
- Scott Lyons**
Maintenance Supervisor
- Mark Sharp**
Maintenance Tech
- Tristan Warren**
Maintenance Tech
- Thomas Young**
Maintenance Tech
- Janet Goodman**
Housekeeper

Office Hours

- Monday-Friday**
8:30am - 5:30pm
- Saturday**
9:00am - 4:00pm
- Sunday**
1:00-5:00pm

Pest Control

Mon., Feb. 8
Apts. 277-400





BE HEART HEALTHY FOR HEART MONTH

We all know the risks for heart issues (smoking, high blood pressure, diabetes, etc.), but here are some that you might not think about.

If you maintain a healthy lifestyle, you have a 67 percent lower risk of dying from heart disease.

But if you also get seven or more hours of sleep a night, the percentage is 83.

After following a group of people for 25 years, researchers found that the happiest and most optimistic people had one third the heart disease risk of the others.

Optimistic, happy people look to the future and generally have healthier lifestyles.

Stress is a killer, literally. By meditating or participating in yoga classes, you may be able to reduce your risk by 50 percent.

When you feel stressed, practice deep breathing.

Try these power foods: dark chocolate (in moderation), nuts, green or black tea, fish, berries, oatmeal, citrus fruits, tomatoes, greens (broccoli, spinach and kale), avocado, pomegranate, just to name a few.

BLACK HISTORY MONTH

What began as Negro History Week in 1926 has evolved into 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.



Valentine Candy

- 1 cup creamy peanut butter
4 ounces softened cream cheese
1 cup powdered sugar
1 cup crushed pretzels
White Chocolate for melting

Add the peanut butter to the crushed pretzels, blending well. Add the cream cheese and powdered sugar. Thoroughly mix together. If mixture is too dry, add a little more peanut butter until you get the right consistency. When all of the ingredients are mixed together, roll into small balls. Place on a cookie sheet or something you can put in the freezer. Freeze the rolled balls for 15 minutes. Prepare your white chocolate for melting.

Dip the balls in the melted white chocolate and place the small balls on parchment or waxed paper. For a festive look, dip just the end of a ball of candy after you have dipped it in the white chocolate in crushed peppermint right before the white chocolate sets up firmly.

Romantic Couples THROUGH THE AGES

MARIE AND PIERRE CURIE - their love life kept up with their groundbreaking scientific discoveries. Marie was wed in a simple dark blue dress, which doubled as her lab outfit.

CHURCHILL AND CLEMENTINE - their first meeting, he was tongue-tied, she was unimpressed. Four years later and just a few months after their second meeting, he proposed. She was the strong willed woman who could stand up to his presence and reputation. He relied heavily on her support and sage advice.

WILLIAM AND IDA MCKINLEY - although this First Lady was a semi-invalid, they were, at times, so engrossed with one another during social gatherings that they completely ignored others. After McKinley, our 25th President, was assassinated, he exclaimed to his secretary before he died, "My wife...be careful...how you tell her!"

GRACE KELLY AND PRINCE RAINIER - Kelly, one of the highest paid and most respected actresses in the world, married Prince Rainer III of Monaco. She gave up her acting, became involved in many cultural and charitable organizations, and gave the Prince three children. Tragically, she died in a car crash.

JOHN AND ABIGAIL ADAMS - they wrote over 1,000 letters to one another during their courtship and marriage. Abigail ran the family farm and managed the budgeting while John was a statesman.

JACKIE AND RACHEL ROBINSON - Although he was the big man on the UCLA campus, participating in four varsity sports, he endeared himself to Rachel through his bashfulness and modesty. They both presented a united front in the face of brutal racism and frightening threats.



Love Foods FROM ALL OVER

Want to know what your international friends are dining on this Valentine's Day?

In Australia and New Zealand they're cooking up Garlic Chicken in Puff Pastry, paired with a Crème Brulee for dessert.

Our Brazil friends are having Brie Fondue with Truffles for after dinner sweets.

How about Seared Duck Breasts with Honey, Soy and Ginger followed by Valentine Cookies for our guests across the pond.

South of the Border likes their Clams with Chorizo and Eggless Chocolate Mousse to top it off.

Germany serves Steak with a Red Wine and Balsamic Sauce and ends the evening with Frosted Heart Cookies.

PRESIDENT'S DAY WORD SEARCH

A grid of letters for a word search puzzle.

- ADAMS, EISENHOWER, FORD, GARFIELD, HOOVER, JEFFERSON, KENNEDY, LINCOLN, OBAMA, POLK, ROOSEVELT, WASHINGTON

Show the Love...

In the chaotic world, it's refreshing to see and hear the good that is around us. What are some ways you can practice random acts of kindness? We'll get you started!

Return a shopping cart. Or better yet, help an elderly person or new mother with their cart.

Write thank you notes.

Complain less. It's draining being around people who complain all the time, but do we realize how much we complain? Look for the good in people and situations.

Do something good for your neighbor. Get to know them. Bake them cookies.

Volunteer somewhere. Find your passion and get involved. Take your kids too. Help them to find their passion.

Make positive comments. Build people up and encourage them.

Let someone go in front of you in traffic. Thank them if they let you go in front of them.

Pick up trash.

Buy a cup of coffee for a friend or for the next person in line.

This gets you started. Now find more ways! Let's make our world a better place!



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