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July						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
30	31					

July 1-3 – **Nashville Sounds vs. Oklahoma City Dodgers**
 July 4 – **Let Freedom Sing!**: Downtown Nashville
 July 6 – **Soggy Bottom Boys**: Ryman Auditorium
 July 6 – **MercyMe**: Ascend Amphitheater
 July 7 – **Yonder Mountain String Band**: Ryman Auditorium
 July 7 – **My Morning Jacket**: Ascend Amphitheater
 July 7-9 – **Nashville Sounds vs. Memphis Redbirds**
 July 8 – **CONCACAF Gold Cup**: Nissan Stadium
 July 8 – **Nashville Symphony: Pokémon**: Ascend Amphitheater
 July 8-9 – **Heroes & Villains Fan Fest**: Music City Center
 July 9 – **Jill Scott**: Ryman Auditorium
 July 10 – **OneRepublic**: Ascend Amphitheater
 July 10 – **Dancing with the Stars**: Grand Ole Opry House
 July 12 – **James Taylor**: Bridgestone Arena
 July 13 – **Dailey & Vincent**: Ryman Auditorium
 July 14 – **David Blaine**: Ryman Auditorium
 July 16 – **Sam's Place**: Ryman Auditorium
 July 16 – **Hans Zimmer**: Ascend Amphitheater
 July 19 – **Ted Nugent**: Ryman Auditorium
 July 20 – **Infamous Stringdusters**: Ryman Auditorium
 July 21 – **Steve Earle**: Ryman Auditorium
 July 21-23 – **Flea Market**: The Fairgrounds Nashville
 July 22 – **The Moody Blues**: Ryman Auditorium
 July 22 – **Styx & REO Speedwagon**: Ascend Amphitheater
 July 23 – **Tig Notaro**: TPAC
 July 25 – **Against All Odds Tour**: Municipal Auditorium
 July 25-28 – **Nashville Sounds vs. Las Vegas 51s**
 July 27 – **Ricky Skaggs**: Ryman Auditorium
 July 28 – **Foreigner & Cheap Trick**: Ascend Amphitheater
 July 28-30 – **Little Big Town**: Ryman Auditorium
 July 29 – **Manchester City vs. Tottenham Hotspur**: Nissan Stadium
 July 29 – **Logic**: Ascend Amphitheater
 July 29-31 – **Nashville Sounds vs. Salt Lake Bees**
 July 30 – **Slayer**: Municipal Auditorium
 July 31 – **Shawn Mendes**: Bridgestone Arena
 July 31 – **Foster the People**: Ryman Auditorium
 July 31 – **Goo Goo Dolls**: Ascend Amphitheater

All dates subject to change without notice.



Let Us Take Care of You

We're honored that you chose Meadowood Village as a place to call home. We hope we show our appreciation by keeping our community clean and neat. Our maintenance team is always ready to help you with any needs you might have, and our office staff is just a phone call away.

Don't Lose Your Cool

Keeping your cool can be difficult to do when your air conditioner doesn't work properly. If you find that the air conditioner is not cooling, turn the unit off and contact the office with a service request. Allowing the unit to continue running will cause it to freeze up and will take longer to repair.

Grilling

The Fire Marshal's office has asked us to remind you that grills are not to be used or stored on your patios or balconies. For a great barbecue, we do provide barbecue grills for your use. Contact the office for any questions you may have regarding the use of grills.



July is National Hot Dog Month

According to the National Hot Dog and Sausage Council, Americans will be consuming hot dogs in record numbers this summer. The Council estimates that over 7 billion will be eaten by Americans between Memorial Day and Labor Day.

During the July 4th weekend alone (the biggest hot dog holiday of the year), 155 million will be downed. Every year, Americans eat an average of 60 hot dogs each.

What is the most popular condiment for a hot dog? Council research shows that for adults, mustard is the condiment of choice, while children prefer ketchup. But preferences change from region to region. For instance, hot dogs in New York are generally served with a lighter mustard and steamed onions, while Chicago hot dogs can come with mustard, relish, onions, tomato slices, or pretty much anything at all.

Stay Cool in the Summer Heat

- Drink a lot of fluids to keep your body hydrated. Carry bottled water with you when you are going to be outside for extended periods.
- Use sunscreen to protect your skin from the sun's harmful rays.
- Wear loose-fitting, light-colored clothes to keep your body cool.
- Use sunglasses and a hat to protect your eyes.

July 2017



MEADOWOOD VILLAGE

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

Our office will be closed on Tuesday, July 4, in observance of Independence Day, but we will reopen on Wednesday, July 5. Please make sure your rent is paid on time.

Celebrate Wisely

We wish everyone a happy Fourth of July holiday! As you celebrate the independence of our great country, we would like to remind you that fireworks are not to be set off on the property. This policy has been established by the local authorities for the benefit of everyone. Be aware that even sparklers can be dangerous and should be used only with extreme caution and common sense.

Leave the fireworks to the professionals and visit a public display in our area. So sit back, relax and have a safe holiday.

Statue of Liberty Fun Facts

- The total overall height from the base of the pedestal foundation to the tip of the torch is 305 feet, 6 inches.
- The height of the Statue from her heel to the top of her head is 111 feet, 6 inches.
- The total weight of the Statue of Liberty is 225 tons.
- During the restoration completed in 1986, the new torch was carefully covered with thin sheets of 24k gold.
- There are seven rays on her crown, one for each of the seven continents.
- The face on the Statue of Liberty measures more than 8 feet tall.
- A tablet held in her left hand is inscribed with the date JULY IV MDCCLXXVI (July 4, 1776).
- At the feet of the Statue lie broken shackles of oppression and tyranny.
- There are 154 steps from the pedestal to the head.
- The exterior copper covering of the Statue of Liberty is 3/32 of an inch thick (less than the thickness of two pennies) and the light green color (called a patina) is the result of natural weathering of the copper.

www.libertyellisfoundation.org



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Leasing Consultant
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Maintenance Supervisor
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Maintenance Tech
Tristan Warren
Maintenance Tech
Renea Sparkman
Groundskeeper
Trooper Tara Lee
Officer David Snowden
Courtesy Officers

office hours

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

pest control

Mon., July 10
Apts. 141-276

monthly code

7 4 1 7



THREE CHEERS FOR THE RED, WHITE AND BLUE!

Fly your flag proudly this July 4th. We love the colors of our flag, but did you know they have meaning?

White signifies purity and innocence; red stands for hardiness and valor, and blue proclaims vigilance, perseverance and justice. You can find their HTML codes and Pantone equivalents on the Department of State's style guide.

Did you know that Neil Armstrong placed the first American flag on the moon as part of the Apollo 11 mission in July 1969? Five more U.S. flags have since been planted on the lunar surface.

The flag that was immortalized in Francis Scott Key's tune during the War of 1812 is one of the few remaining specimens of a 15-star, 15-bar flag. It is on permanent display at the Smithsonian's National Museum of American History.

Other names for our flag are "The Stars and Stripes," "The Star-Spangled Banner," "The Red, White, and Blue" and "Old Glory."

After 9/11, "God Bless America" became common during the seventh-inning stretch along with "Take Me Out to the Ball Game".

Go to our Pinterest page at Hassle Free Newsletter to find out how "The Star-Spangled Banner" became a national pastime at ballgames in 1918.



Cool in the Kitchen

Don't let the heat outside keep you from fun in the kitchen!

Look for island-inspired recipes from Jamaica, Hawaii and other tropical locations. Try some fish dishes and purchase local fruit and vegetables from your farmer's market. Summer salad recipes are always a favorite!

We've got some delicious, easy and no-cook meals on our Hassle-Free Newsletter Pinterest page.

CRUNCHY TOSSED Salad

- 1/2 C. vegetable oil
- 1/4 C. sugar
- 2 Tbs. apple cider vinegar
- 1 Tsp. salt
- 1/4 Tsp. pepper
- 1 large head lettuce – broken into bite-size pieces
- 1 jar or large packet of real bacon bits or 6 bacon strips (cooked and crumbled)
- 4 green onions, sliced (use the green and white portion of the onions if desired)
- 2 C. chow mein noodles (crushed)

The first five ingredients make the dressing. In a jar with tight-fitting lid combine those five ingredients and shake well. Chill the dressing for one hour. Just before serving, combine the lettuce, bacon bits or crumbled bacon, onions and add the chow mein noodles last. Add the chilled dressing, toss and serve.

HOME Sweet HOME

Want to make your home look a bit more "summery"? Try out these inexpensive ideas to bring the sun into your home.

Change your doormat for one with bright, vibrant colors. Or decorate one to your liking.

Find some curtains to hang in the main room of your house. Pick a light fabric in your desired color or pattern.

Add something nautical to the room. A blue vase, sea shells, a beach sign.

Buy a couple of new couch or chair pillows with a summer feel. You can reuse them year after year.

Plants are a great way to bring the outdoors in! Even faux flowers can work by placing them in a vase with water.

Buy colorful napkins as displays on your dining table.

Display fruit. Nothing says summer like that!

Don't forget your balcony or patio. Dress it up with a plant, a summer pillow, maybe a comfy chair!



Fill in the crossword puzzle using the words provided.

- 3 LETTERS
RED
USA
- 4 LETTERS
BLUE
FLAG
FREE
JULY
- 5 LETTERS
PROUD
STARS
WHITE
- 6 LETTERS
FAMILY
FOURTH
SUMMER
- 7 LETTERS
FREEDOM
LIBERTY
STRIPES

Summer Savings

NEED TO SAVE SOME MONEY THIS SUMMER?

Here are some tips to get you going.

- According to Energy Star, almost half the energy used in your home goes toward heating and cooling. Turning up your temperature by only one degree can save you 3 percent on your utility bills.
- Plan a staycation. Week long vacations can run \$1,700 and up. Plan day trips in your town or nearby destinations. Pack fun picnics. Get maps and let the kids help with navigation. Tour museums, parks, hiking – the list is endless!
- Camp anyone? Camps through your recreation department, community center or YMCA can be affordable. Also check churches, zoos, museums and aquariums. Still too expensive? See if grants are available.
- Shop garage sales, flea markets and thrift stores for summer clothes and shoes. And then do the same for fall clothes.
- Consider cancelling your cable TV for the summer. Instead pick up Netflix or Hulu. Rent a "new release" and have a movie night complete with food and drinks.
- Festivals are in abundance in the summer and many of them are free!
- Always pack lunches during the work week. Upward savings of \$80+ a month.



You're a grand old flag, you're a high flying flag, and forever in peace may you wave.

- GEORGE M. COHAN



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