



## A/C Tips From Our Techs

Your thermostat has two positions for the fan, "auto" and "on." It also has three settings for your choice of climate, "cool," "heat" and "off." "Auto" means your system will cool or heat your home by adjusting your thermostat to your desired temperature. "On" means your fan will run constantly, regardless of any other setting. Adjust your thermostat accordingly. For energy savings, do not change the temperature drastically to cool your home. A slight adjustment

in temperature will cause the desired results at a lower cost.

If your air conditioner is not working, turn the unit off and call the office. Leaving the unit on can cause further damage and delay repair time.

## Pool School

To make sure everyone has fun poolside, we thought we would give our residents a refresher course in "pool school."

- Be courteous of others using the pool.
- No lifeguard is on duty, so swim with caution.
- Wear appropriate attire to the pool.
- Guests must be accompanied by the resident at all times.

Please contact the office for a complete outline of the pool policies, and most importantly, be safe!

## Summer's Hot! Keep Your Cool!

- Eat light when temperatures are high. The body produces less heat while digesting light vegetables and fruits.
- Wear light-fitting cotton. Cotton breathes and helps you stay cool.
- Cool down by running cold water over your hands and feet. You lose most of your heat through your hands and feet.
- Drink before you're thirsty. If you wait until you're thirsty, you're already slightly dehydrated. Drinking plenty of fluids when out in the summer heat will help prevent dehydration. Coffee, tea and soft drinks with caffeine along with alcoholic beverages all contribute to dehydration, so for each cup or glass you drink, drink a glass of water.



JUNE						
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		

June 1-3 – *Nashville Sounds vs. Round Rock Express*

June 1-5 – *Disney's "Beauty and the Beast": TPAC*

June 3-4 – *Music City Jazz Fest: Woods Amphitheater at Fontanel*

June 4 – *Gregory Porter: TPAC*

June 4 – *Music of John Williams with the Nashville Symphony: Ascend Amphitheater*

June 5 – *K-Love Fan Awards: Grand Ole Opry House*

June 7 – *Stars for Second Harvest: Ryman Auditorium*

June 7 – *City of Hope Celebrity Softball Challenge: First Tennessee Park*

June 7-12 – *"If/Then": TPAC*

June 8 – *Marty Stuart's Late Night Jam: Ryman Auditorium*

June 8 – *Happy Together: War Memorial Auditorium*

June 9-12 – *CMA Music Festival*

June 9-12 – *Bonnaroo: Manchester, TN*

June 12 – *Sunday Morning Country: Grand Ole Opry House*

June 12-13 – *Harry Connick, Jr.: Ryman Auditorium*

June 13-16 – *Nashville Sounds vs. Memphis Redbirds*

June 15 – *See Jane Sing: TPAC*

June 16 – *"Weird Al" Yankovic: Grand Ole Opry House*

June 17-20 – *Nashville Sounds vs. Round Rock Express*

June 18 – *Monster Jam: Nissan Stadium*

June 19 – *Ringo Starr: Ryman Auditorium*

June 20 – *Huey Lewis & the News: Schermerhorn Symphony Center*

June 21 – *Selena Gomez: Bridgestone Arena*

June 23 – *Vince Gill: Ryman Auditorium*

June 24-26 – *Flea Market: The Fairgrounds Nashville*

June 25 – *The Wild Feathers: Ryman Auditorium*

June 25 – *Gregg Allman Laid Back Festival: Woods Amphitheater at Fontanel*

June 25-28 – *Nashville Sounds vs. Omaha Storm Chasers*

June 26 – *Fiesta! A Celebration of Equality, Diversity & Unity: TPAC*

June 26 – *Bob Dylan: Woods Amphitheater at Fontanel*

June 27 – *Justin Bieber: Bridgestone Arena*

June 28 – *Slipknot: Bridgestone Arena*

June 28 – *Bring It! Live: TPAC*

June 30 – *Del & Dawg: Ryman Auditorium*

June 30 – *Nashville Sounds vs. Oklahoma City Dodgers*

All dates subject to change without notice

## JUNE 2016

### STAFF

*Patsy Holt, CAM, NALP*  
Property Manager

*Kelli Whiteside, NALP*  
Leasing Consultant

*Kirsten Porter*  
Leasing Consultant

*Danielle White*  
Leasing Consultant

*Scott Lyons*  
Maintenance Supervisor

*Mark Sharp*  
Maintenance Tech

*Tristan Warren*  
Maintenance Tech

*Malachi Sanders*  
Groundskeeper

*Janet Goodman*  
Housekeeper

*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., June 13**  
Apts. 1-140

# MEADOWOOD VILLAGE

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

## Father's Day

Let's give a special thanks to all the fathers and men in our lives who have loved, protected and provided for us. A dad's job is a difficult one. We thank you for your commitment to those who look up to you. Although your special day is in June, we appreciate you all year long! Happy Father's Day!

## Dog Do's and Don'ts

It's beautiful weather outside and your pet probably loves being outside as much as you!

- Do pick up your pet's waste and dispose of it properly.
- Do keep your dog on a leash. It's a city-wide law and animal control will be called if we see a stray animal.
- Don't let your dog bark uncontrollably. Be considerate of your neighbors and community by making sure your pet behaves.
- Don't forget to keep your dog hydrated during the warm summer months. Also, make sure the pavement is not too hot for their sensitive paws.

## Satellite Dishes

As residents of our community, you are allowed to install satellite dishes. However, we have very strict installation guidelines and require you to contact the office prior to installation. As a rule, holes may not be drilled in the side of the building. The dish should not extend beyond your balcony or patio. To get more information on the restrictions and installation guidelines, please contact the office.





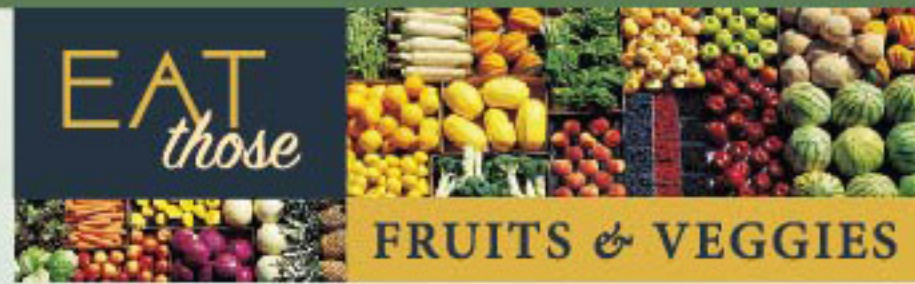
## TAKE A HIKE

Literally, we want you to take a hike and enjoy what our Earth has to provide. Day hiking is a great activity for the entire family with many places to do so right in your town.

Here's a great checklist for you to get prepared for your adventure.

- Navigation  
*(compass, map or guidebook)*
- Sunscreen  
*(lip balm and sunglasses)*
- Insulation  
*(for higher elevations)*
- Headlamp or flashlight with extra batteries
- First Aid
- Fire supplies
- Repair kit including tools  
*(duct tape)*
- Nutrition  
*(extra food for all involved)*
- Hydration
- Emergency Shelter

For younger kids or non-experienced hikers, check out your city's greenways and parks. Many offer hiking trails and nature walks.



Perhaps one of the best benefits of summer is the freshness of fruits and vegetables. Farmer's Markets are popping up all everywhere and new foods are being added weekly as the harvest produces.

Know how to store your fruits and veggies? Here are some tips and check out our pinterest page for even more ideas!

Mandarin oranges can be stored in a cool, dark spot for a few days, but should be refrigerated to extend shelf life up to 2 weeks. When picking your oranges, avoid those with cuts and soft spots.

Choose fragrant, symmetrical cantaloupes with no visible bruises. Store uncut at room temperature for up to one week. Refrigerate cut slices in an airtight container for up to five days.

Peaches need to have firm, fuzzy skins that yield to gentle pressure. Store unripe peaches in a paper bag. When ripe, store at room temperature and eat within 1-2 days.

Fresh zucchinis need to have a slightly prickly, shiny skin; free of cuts and bruises. Store zucchini in a plastic bag in the refrigerator for 4-5 days. Wash only when you're ready to use it.

For all squash varieties, choose glossy, small to medium sized squash. Refrigerate for use within 3-4 days.

Tomatoes need to have bright, shiny skins and firm flesh. Store at room temperature away from direct sunlight and use within 1 week after ripe. Tomatoes taste best if not refrigerated, but do refrigerate if you can't use them before they spoil.



You'll enjoy the longest day of the year on Monday, June 20, as the tilt of our planet's semi-axis is the most inclined toward the sun. This day will see the longest period of daylight on our continent.

This also means the start of our summer months so get outside and enjoy every minute of daylight you can!

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## COOL Summer TRIVIA



In the United States, over 650 million long-distance summer trips are made.



Watermelon is part of the cucumber, pumpkin and squash family and consists of 92% water. Americans consume 15 pounds of watermelon annually.



The #1 flavor of popsicles is cherry.



Tweets around the world were more positive as their region approached the summer solstice than those who lived in parts of the world that were approaching the winter solstice.



According to the Guinness World Records, the tallest sandcastle ever made was constructed in Connecticut, USA, in May 2011. It was 37 feet, 10 inches tall.



The typical peanut butter and jelly sandwich eaten on the beach contains over 7,000 grains of sand!

## Tacos ON THE GO



- Small bags of Fritos
- Hamburger meat
- Shredded lettuce
- Chopped tomatoes
- Sour cream
- Shredded cheese
- Avocados (prepare these at camp)
- Salsa - if you are just using hamburger meat
- Chili (Optional)

Get as many small bags of Fritos as you need for the number of people you have. Brown & cook your hamburger meat at home. Put in a container which can be warmed on grill at campsite. Put lettuce, tomatoes, sour cream, cheese and avocados in cooler. The lettuce and tomatoes can be prepared at home before placing in cooler. (A good option is to prepare chili to take. Place the chili while it is still very hot in a wide-mouth thermos & use instead of the hamburger meat.) At campsite take your bags of Fritos, crush slightly, open bag and let each person put their ingredients in. Eat directly from the bag. Clean up is easy-dispose of bags.



Fill in the crossword using the words below.

- |           |           |
|-----------|-----------|
| 3 LETTERS | 5 LETTERS |
| Dad       | Daddy     |
| Hug       | Teach     |
| Tie       | Thank     |

- |           |           |
|-----------|-----------|
| 4 LETTERS | 6 LETTERS |
| Card      | Family    |
| Gift      | Father    |
| June      | Friend    |
| Love      |           |
| Time      |           |

