

## Trash Goes in the Dumpster

Trash does not belong on your patio, balcony or by your front door. It not only looks "trashy" but encourages pests in your home. Get in the habit of taking your trash out daily!

## 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. Our community provides barbecue grills for your use. Please keep this area clean for everyone to enjoy.



## The Heat Is On

It's hot outside and your air conditioner will be working overtime. If you find your A/C is not working properly, please call in a service request right away and turn off the unit until someone can repair it.

Letting the unit operate while not working properly

may delay the repair by causing it to freeze up.

The maintenance team works hard so you don't have to. They are happy to repair any problems you have, but the summer is their busiest time of year. Service requests will be handled in the order they are received, with emergency repairs taking priority over routine maintenance. Be assured they will get to you as soon as possible. We appreciate in advance your "keeping your cool" over this very "hot" issue.

## FRUIT & VEGETABLE MONTH

June is National Fresh Fruit and Vegetable Month and a great time to add more fruit and vegetables to your diet. Grocery stores and farmers markets typically have a great selection at great prices this time of year. You can make a colorful, healthy meal the whole family will enjoy.



Keep these tips in mind when using and shopping for seasonal produce:

- Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
- Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrup).
- Select canned and frozen vegetables without sauces that can be high in sodium and saturated fat.
- Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.

S	M	T	W	T	F	S
june						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						

June 1 – **Old Crow Medicine Show:** Ryman Auditorium  
 June 1-2 – **Nashville Sounds vs. New Orleans Baby Cakes**  
 June 2 – **Rodrigo y Gabriela:** Ryman Auditorium  
 June 3 – **Darius & Friends:** Ryman Auditorium  
 June 4 – **Stars for Second Harvest:** Ryman Auditorium  
 June 4-9 – **"Miss Saigon":** TPAC  
 June 5 – **Marty Stuart's Late Night Jam:** Ryman Auditorium  
 June 6-9 – **CMA Fest**  
 June 7 – **Ariana Grande:** Bridgestone Arena  
 June 9 – **Sunday Mornin' Country:** Grand Ole Opry House  
 June 9 – **Wu-tang Clan:** Ryman Auditorium  
 June 12 – **Family Feud: Celebrity Edition:** TPAC  
 June 12-14 – **Nashville Sounds vs. Las Vegas Aviators**  
 June 14-16 – **American Artisan Festival:** Centennial Park  
 June 15-18 – **Nashville Sounds vs. Salt Lake Bees**  
 June 16 – **Rosanne Cash & Ry Cooder:** Ryman Auditorium  
 June 18 – **Vampire Weekend:** Ascend Amphitheater  
 June 20 – **Pentatonix:** Bridgestone Arena  
 June 21 – **JoJo Siwa:** TPAC  
 June 21 – **Billie Eilish:** Ascend Amphitheater  
 June 21-23 – **Flea Market:** The Fairgrounds Nashville  
 June 22 – **Monster Jam:** Nissan Stadium  
 June 22 – **Kenny G:** Ryman Auditorium  
 June 22 – **Nashville Symphony: Music of Queen:** Ascend Amphitheater  
 June 25 – **Jill Scott:** Ryman Auditorium  
 June 25 – **Jon Bellion:** Ascend Amphitheater  
 June 25-30 – **"Fiddler On the Roof":** TPAC  
 June 26 – **RAIN: A Tribute to the Beatles:** Ascend Amphitheater  
 June 27 – **Peter Frampton:** Ascend Amphitheater  
 June 29 – **Weird Al Yankovic:** Ascend Amphitheater  
 June 29-30 – **Nashville Sounds vs. Oklahoma City Dodgers**  
 June 29-30 – **Hannah Gadsby:** TPAC

All dates subject to change without notice

June 2019

### Staff

**Danielle White, NALP**  
Property Manager  
**Emily Hill**  
Assistant Manager  
**Brennon Hughes, NALP**  
Leasing  
**Sophie Muhammad**  
Leasing  
**Scott Lyons, CAMT**  
Maintenance Supervisor  
**Mark Sharp, CAMT**  
Maintenance Tech  
**Tristan Warren**  
Maintenance Tech  
**William Gant**  
Maintenance Tech  
**Olen Randolph**  
Groundskeeper  
**George Sidarous**  
Porter  
**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 10**  
Apts. 277-400

### Monthly Code

#1618



# MEADOWOOD VILLAGE

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

Schatten Properties Management, Inc.

## MAKE THE MOST OF YOUR SUMMER

June means summertime – warm temperatures and lots of daylight for time with friends and family. Here are some ideas to get a jumpstart on summer:

- Take photos of all your activities so you'll have fun remembering your summer. Blog, Facebook or even scrapbook your memories.
- It's never too late to get into shape – it begins today. Find a park or local gym for walking, playing ball, volleyball, or group activities. So many of our cities have walking/running trails or greenways that are perfect for strolling or running, or even bird watching!
- Be a tourist in your own city. Always wanted to visit a historic place or art center? Plan a day and do just that!
- Is there a drive-in close by? Pack up your friends and enjoy an evening there. This is great fun for kids who've never experienced it.

## Fathers Day

Fathers Day is a day to not only honor fathers but all men who are a father figure. Stepfathers, uncles, grandfathers, and adult male friends are all honored on Fathers Day. So for all those men out there who have impacted someone's life in a positive way, we appreciate you and wish you a Happy Fathers Day!



## THE POOL IS OPEN!

Our pool is open and it's going to be a fun summer! Be courteous of others in and around the pool and obey ALL the pool rules.



## DO THESE IN JUNE



- Walk through a Nature Center • Create your own Salsa
- Start a Summer Journal Slideshow • Visit a Farmer's Market
- Pick Fresh Berries • Picnic at a State Park
- Go for a Hike • Enroll in a Summer Book Reading Program
- Make Homemade Ice Cream • Sleep with your Windows Open
- Grill Corn on the Cob • Plant a Patio Herb Container Garden
- Pick Wildflowers • Bake a Cherry Pie • Gaze at the Stars
- Visit a Fire Station • Freeze your own Popsicles
- Watch a Baseball Game • Shop at a Flea Market
- Grill a Foil Packet for Dinner • Float in a Canoe
- Enjoy an Outdoor Concert or Festival



Can you match the **DADS** with their TV shows?

- |                      |                             |
|----------------------|-----------------------------|
| A. Steve Douglas     | ___ Full House              |
| B. Howard Cunningham | ___ Gilmore Girls           |
| C. Michael Kyle      | ___ My Wife and Kids        |
| D. Danny Tanner      | ___ Fresh Prince of Bel-Air |
| E. Frank Costanza    | ___ This Is Us              |
| F. Philip Banks      | ___ Bonanza                 |
| G. Luke Danes        | ___ Happy Days              |
| H. Jack Pearson      | ___ Modern Family           |
| I. Ben Cartwright    | ___ My Three Sons           |
| J. Javier Delgado    | ___ Seinfeld                |

## 06 JUNE

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- 06 D-Day Anniversary
- 08 National Best Friend Day
- 14 Flag Day
- 14 World Blood Donor Day
- 16 Father's Day
- 18 International Picnic Day
- 21 Summer Begins

*Summertime is always the best of what might be.*

CHARLES BOWDEN

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*Save a Life!*



Each year, millions of lives are saved through blood donation. Adequate supplies can be ensured only through regular donation, so in honor of World Blood Donor Day, find time this month to give the gift that keeps on giving. Go to [www.redcrossblood.org](http://www.redcrossblood.org) to find a local donation site.

## SAVING MONEY

### WANT TO FIND SOME "HIDDEN" MONEY?

- **UNUSED GIFT CARDS** - Many gift cards go unclaimed. Check your wallet, a drawer, or unopened mail to see if you have any. If you need your balance, call the number on the back of the card for updated amounts.
- **RECEIPTS** - Although stores may give you credit for returned items, it may not be for the full amount unless you provide a receipt within a certain time frame. Keep your receipt in your wallet, not in the bag, until you know your purchase works.
- **PANTRY** - Be really thrifty by using up ALL items in your pantry before buying new groceries. You may need to be creative in how you prepare the food or you may just have a smorgasbord a few evenings, but you could be saving your food budget for a week or two.
- **RENTED STORAGE UNIT** - It's fine for a couple of months, but if you're not using the stuff in it, it's okay to toss or sell it. Savings of \$100-\$200 a month can add up quickly in your pocket.
- **CABLE FEES** can kill a budget. Cut the cord and either do without, purchase a digital antenna or stream your TV programs. You may find yourself reading more or having quality time with family and friends instead.

What other ways can you think of to spend less and save more?



## Blueberry FRUIT CRISP

- 1 cup self-rising flour
- 3/4 cup sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg

1/2 cup of mayonnaise  
*(be sure to use a brand that is made with eggs)*

- 4 cups blueberries  
*(you could substitute blackberries or strawberries), washed and thoroughly drained*

Heat oven to 350 degrees.

Mix together the flour, sugar, cinnamon and nutmeg.

Add the mayonnaise and blend well (the mixture will be thick but pliable).

Put blueberries in an 8x10 baking dish (no need to grease first).

Pour the mixture over the blueberries, making sure to cover all the berries.

Bake for 35 minutes.

Serve immediately with ice cream or whipped cream.

**DADS MATCH:**  
A. My Three Sons, B. Happy Days, C. My Wife and Kids, D. Full House, E. Seinfeld, F. Fresh Prince of Bel-Air, G. Gilmore Girls, H. This Is Us, I. Bonanza, J. Modern Family

