



## Gesundheit!

Are you prone to sneezing, coughing, wheezing, itchy eyes, or nasal congestion? Springtime often aggravates those with allergies, but there are also many possible allergens in your home. House dust may contain dust mites, food particles, animal dander, bits of plants and insects, and bits of fabrics. Here's some tips on how to eliminate common household allergens and pollutants:

- Vacuum two or three times a week. It's best to use a vacuum designed especially for people with allergies. Vacuums are now made with HEPA (high-efficiency particle air) filters and may be the best choice.
- Wash all bedding weekly in very hot water.
- Keep the air dry. In summer, use an air conditioner. In winter, if humidity is a problem, use a dehumidifier.
- Check the filters regularly and clean and replace when needed.

## A Change of Seasons...

...will have many of you also making changes to your wardrobe. Here are a few tips to keep in mind as you put away those out-of-season clothes:

- Make sure all items are clean before putting them up. Wash or professionally dry clean all clothing to keep stains from setting in.
- Roll sweaters rather than folding them to prevent permanent creases from forming and store in airtight storage boxes or plastic bags. Suede and leather items need to breathe, so don't store these in plastic.
- Use cedar chips as a moth repellent. Not only do they keep the moths away, but they smell much more pleasant. You can also place a few cedar chips in an old nylon stocking and tie it to a hanger in your closet to keep your closet smelling good.
- To prevent fading, store clothing out of direct sunlight or away from bright artificial lights.
- Are you short on space? Store your blankets inside decorative pillow shams and use them as an accent in your bedroom.

## Spring Cleaning

Spring is the perfect time to clean house! One of the toughest things about spring cleaning is getting started and finishing such a big feat.

- Start by making a list of chores you plan to tackle. Crossing completed items off the list will motivate you to keep going.
- Make it fun! Turn on your favorite music. Open the windows to allow in fresh air. Make energy-packed snacks to nibble on throughout the process.
- Enlist the help of friends, family or professionals.
- Consider donating, disposing or selling items you don't use so you don't have to clean them again next year.

After you're finished, sit back and admire your clean home. We appreciate all your hard work to keep your home and our community sparkling clean!



S	M	T	W	T	F	S
March				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

Mar. 1-4 – **SEC Women's Basketball Tournament**: Bridgestone Arena  
 Mar. 1-4 – **"Cabaret"**: TPAC  
 Mar. 1-4 – **Nashville Lawn & Garden Show**: The Fairgrounds Nashville  
 Mar. 1-18 – **"Mockingbird"**: Nashville Children's Theater  
 Mar. 2 – **TAO: Drum Heart**: TPAC  
 Mar. 2 – **Nashville 90s Block Party**: Municipal Auditorium  
 Mar. 2-3 – **Tedeschi Trucks Band**: Ryman Auditorium  
 Mar. 4 – **MercyMe**: Ryman Auditorium  
 Mar. 6 – **Predators vs. Dallas**  
 Mar. 7 – **Volunteer Jam**: Bridgestone Arena  
 Mar. 8 – **Predators vs. Anaheim**  
 Mar. 9 – **That's Inappropriate**: TPAC  
 Mar. 9 – **Lewis Black**: Ryman Auditorium  
 Mar. 9 – **Jeezy: War Memorial Auditorium**  
 Mar. 10 – **Predators vs. New Jersey Devils**  
 Mar. 11 – **Bianca del Rio**: TPAC  
 Mar. 11 – **MGMT**: Ryman Auditorium  
 Mar. 13 – **Predators vs. Winnipeg**  
 Mar. 14 – **Alvin Ailey American Dance Theater**: TPAC  
 Mar. 16 – **Snip Judgment**: Ryman Auditorium  
 Mar. 16-17 – **TEDxNashville 2018**: TPAC  
 Mar. 16-18 – **NCAA Men's Division 1 Basketball Championship, Rounds 1 & 2**: Bridgestone Arena  
 Mar. 17 – **The Wood Brothers**: Ryman Auditorium  
 Mar. 20 – **Tony Bennett**: Ryman Auditorium  
 Mar. 21 – **Jammin' to Beat the Blues**: Ryman Auditorium  
 Mar. 22 – **Predators vs. Toronto**  
 Mar. 22-Apr. 21 – **"Inherit the Wind"**: Nashville Repertory Theater, TPAC  
 Mar. 23-24 – **The Eagles**: Bridgestone Arena  
 Mar. 23-25 – **Flea Market**: The Fairgrounds Nashville  
 Mar. 24 – **Max, Val & Peta**: TPAC  
 Mar. 24 – **Mat Kearney**: Ryman Auditorium  
 Mar. 25 – **Brian Regan**: Ryman Auditorium  
 Mar. 27 – **Predators vs. Minnesota**  
 Mar. 28 – **Demi Lovato & DJ Khaled**: Bridgestone Arena  
 Mar. 28 – **Disney Junior Dance Party**: Grand Ole Opry House  
 Mar. 28-Apr. 22 – **"Wicked"**: TPAC  
 Mar. 29 – **Predators vs. San Jose**  
 Mar. 30 – **Chris Tomlin**: Bridgestone Arena  
 Mar. 30 – **Joe Rogan**: Ryman Auditorium  
 Mar. 31 – **Predators vs. Buffalo**

All dates subject to change without notice



# MEADOWWOOD VILLAGE

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

## The Luck o' the Irish

The luck o' the Irish must have been smilin' down on us when you chose to make your home here with us. We love having you because, after all, you're the reason we're here. We sincerely hope you plan to remain when your lease expires. If your lease is about to expire, make plans to stop by the office to renew your lease soon. Should you have any questions please feel free to call or stop by the office.

## Spring Forward

You'll lose an hour of sleep, but it just might be worth it! Daylight Saving Time returns on Sunday morning, March 11 so set your clocks forward and begin enjoying that "extra" hour of daylight!

## Grilling Safety

Home grills cause an average of 8,800 fires a year, according to the National Fire Protection Association. Make sure you know the rules for grilling in our community by stopping by the office.

## Patios/Balconies/Breezeways

With spring fast approaching, now would be a great time for everyone to clean up patios and balconies. We would also like to remind everyone that breezeways are not to be used for storing bikes or other miscellaneous items. Trash should be taken to dumpsters immediately and not placed outside of doorways. Thanks for your assistance in helping to keep our community looking great!

## Polite Pets

Pets can make wonderful companions, but not everyone is a pet owner or pet lover. Be a responsible pet owner and accompany your pets when outside and keep them on a leash. Walk your pets in designated areas and always clean up after your pet. If you wish to adopt a pet, check with the office before bringing your pet home. The community has specific rules and regulations regarding pets.

March 2018

### Staff

**Patsy Chance, CAM, NALP**  
Property Manager

**Danielle White**  
Assistant Property Manager

**Brennon Hughes**  
Leasing

**Emily Hill**  
Leasing

**Scott Lyons**  
Maintenance Supervisor

**Mark Sharp**  
Maintenance Tech

**Tristan Warren**  
Maintenance Tech

**William Gant**  
Maintenance Tech

**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., Mar. 12**  
Apts. 277-400

### Monthly Code

# 1718



## LET'S CELEBRATE March

- 8 International Women's Day
- 11 Daylight Saving Time Begins
- 14 Pi Day
- 17 St. Patrick's Day
- 20 Spring Begins

## THIS IS EXERCISE?

Let's face it, many of us just do not enjoy exercising. How about working some of these into your daily routine?

Play **video games**? Do it while standing up. It gets you moving and keeps you off the couch. Better yet, try some of the live action role playing games. See how active your imagination is!

**Hiking** is a great way to experience nature, spend time alone or with friends and by crossing over various elevations, can get your heart rate up.

Take a **walking tour** of your city. Whether you get a map provided by town officials or do a bit of research on your own, you'll exercise and learn about where you live at the same time.

**Play with your kids!** Roughhousing connects you with your children and helps get in your daily exercise.

### Let's dance!

Swing, Zumba, Tango, Hip hop and more. Find a partner or do it yourself – on a wii or sign up for classes. It's fun and gets you going!

Do yourself a favor and get a **standing desk**. Strengthen your legs, fix your posture and be more productive.

**Yoga** can be for your mind and your body and can be done anywhere – even in the comfort of your own home. Search for online yoga workouts and you're set.

Join a **kickball or softball league** – any rec game will help you meet new friends and get those endorphins racing.

Exercise is something you do for your health. Commit to doing it daily!



## MARCH MADNESS

The tradition of champions **CUTTING DOWN THE NETS** is a long one but since 1986 the winning school has also been given the hardwood court, too! Many sell and / or auction off pieces to fans.

**OLDEST COACH** to win a title was Jim Calhoun at age 68 (2011).

**YOUNGEST COACH** was Emmett McCracken at age 31 (1940).

Filling out a bracket?

Odds are **ONE IN 9,223,372,036,854,775,808 QUINTILLION.**

The record for **MOST OVERTIMES** in a single game is four, once in 1956 and in 1961.

The **LONGEST DROUGHT** between appearances in 66 years is Harvard.

### THREE INDIVIDUALS

have won an NCAA championship as a player and as a coach: Joe B. Hall, Bob Knight and Dean Smith.

The **CONNECTICUT HUSKIES** won his and her national championships in the same year in 2004 and 2014.

### AUSTIN CARR

scored 61 points for Notre Dame in the first round of the tournament in 1970.

**VILLANOVA**, as No. 8 seed, was the lowest seed to ever win the NCAA Tournament and they did it in 1985.

Preoccupied workers could cost employers \$4 billion of lost productivity. Over **80 MILLION** live video streams of the tournament are viewed during work.

## Scrambled St. Patrick's Day

How many of these St. Patrick's Day words can you unscramble?

1. aurnclpeeh \_\_\_\_\_
2. wboainr \_\_\_\_\_
3. cuykl \_\_\_\_\_
4. ldog \_\_\_\_\_
5. ovlrec \_\_\_\_\_
6. riIsh \_\_\_\_\_
7. mircklie \_\_\_\_\_
8. hsrokcarn \_\_\_\_\_
9. iswh \_\_\_\_\_
10. hramc \_\_\_\_\_

## IRISH quiche



- 1 lb. sausage
- 1 cup shredded cheddar cheese
- 4 green onions (chopped into small pieces)
- 4 eggs
- 2 cups milk
- 1 cup baking mix (like Bisquick)
- 1/4 tsp. ground cumin (optional)

Heat oven to 400 degrees. Crumble the sausage, cook and drain. Place in a 10 X 13 inch baking dish (which has been lightly sprayed with cooking spray). Sprinkle cheese and the green onions on top of the sausage. In separate bowl beat eggs, milk, baking mix and cumin with a whisk until well blended. Pour this mixture over the sausage/cheese/onion mixture. Bake about 25 minutes. Cool for a few minutes before serving.



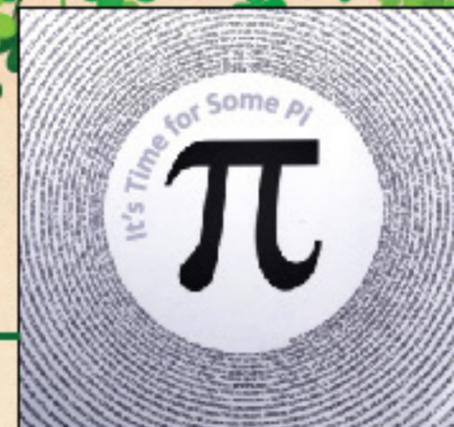
## KNOW YOUR IRISH

Last year over 9,584,400 people visited Ireland's shore. Star attractions such as the filming locations of Star Wars and Game of Thrones helped tourism.

Be prepared when you travel to Ireland by keeping up with some of the slang words used. Try your tongue at these!

- **SNOG** means kiss. "Me and the Mrs. were snogging in the pub yesterday."
- **THE JACKS** means toilet/restroom. "Excuse me while I go to the jacks."
- **KNACKERED** means exhausted. "I was knackered with all the work we did yesterday."
- **NOODLE** means your head. "What's going on in your noodle?"
- **FODDERED** means eaten. "The last time we went out, he picked from my plate until it was foddered."
- **LOCK-HARD** means unsolicited advice. "Next time I want your lock-hard, I'll ask for it!"
- **HOP ON** means fight. "I'm sorry, let's not hop on."
- **FOUNDERED** means extremely cold. "I'm so foundered. These temperatures have me wearing two sweaters today."

**NOW YOU KNOW HOW TO TALK AROUND THE IRISH!**



Pi Day is celebrated on March 14th (3/14) around the world. Pi (Greek letter "π") is the symbol used in mathematics to represent a constant — the ratio of the circumference of a circle to its diameter — approximately 3.14159.

Pi has been calculated to over one trillion digits beyond its decimal point and will continue infinitely without repetition or pattern. Pi's infinite nature makes it a fun challenge to memorize, and to computationally calculate more and more digits.

 Our Pinterest page has some fun Pi facts and humor that you'll want to check out!  
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