

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	30	31	MAY		

May 1 – *Nashville Sounds vs. New Orleans*
 May 1-14 – “*Goodnight, Moon*”: Nashville Children’s Theater

May 2 – *Emmylou Harris*: Ryman Auditorium
 May 2 – *Lil Wayne*: Municipal Auditorium
 May 3 – *A Perfect Circle*: Bridgestone Arena
 May 4 – *Opeth & Gojira*: War Memorial Auditorium

May 5 – *Pixies*: Ryman Auditorium
 May 5 – *Bastille*: Ascend Amphitheater
 May 5 – *Boston*: Municipal Auditorium
 May 5 – *In This Moment*: War Memorial Auditorium

May 5-6 – *Luke Bryan*: Bridgestone Arena
 May 5-7 – *Ballet: “7 Deadly Sins”*: TPAC
 May 5-7 – *Spring Tennessee Craft Fair*: Centennial Park

May 6 – *Garrison Keillor Celebrates the Ryman*: Ryman Auditorium

May 6 – *Seether*: War Memorial Auditorium
 May 6-7 – *Dave Matthews & Tim Reynolds*: Ascend Amphitheater

May 6-9 – *Nashville Sounds vs. El Paso*
 May 7 – *Sam’s Place*: Ryman Auditorium
 May 9 – *Breaking Benjamin*: War Memorial Auditorium

May 10 – *Steve Winwood*: Ryman Auditorium
 May 11-14 – *Nashville Sounds vs. Albuquerque*

May 12 – *Paula Poundstone*: TPAC
 May 12-13 – *Drew Holcomb & the Neighbors*: Ryman Auditorium

May 13 – *Iroquois Steeplechase*: Warner Park
 May 14 – *Alice Cooper*: TPAC

May 15 – *Phoenix*: Ryman Auditorium
 May 16 – *Whose Live Anyway?*: TPAC
 May 16 – *Georgia On My Mind*: Ryman Auditorium

May 17 – *New Kids on the Block*: Bridgestone Arena

May 17 – *Mastodon*: Ryman Auditorium
 May 17 – *Korn*: Municipal Auditorium
 May 18 – *John Legend*: Ascend Amphitheater

May 19 – *Alan Jackson*: Ascend Amphitheater
 May 19-20 – *Little Big Town*: Ryman Auditorium

May 23 – *Maxwell*: Bridgestone Arena
 May 23-26 – *Nashville Sounds vs. Omaha*
 May 23-28 – “*Beautiful: The Carole King Musical*”: TPAC

May 24 – *Hall & Oates*: Bridgestone Arena
 May 25-27 – *Music City Jazz Festival*: Riverfront Park

May 26-27 – *Eric Church*: Bridgestone Arena
 May 26-28 – *Flea Market*: The Fairgrounds Nashville

May 27 – *Nashville Symphony*: Ascend Amphitheater

May 27-30 – *Nashville Sounds vs. Colorado Springs*

May 31 – *Lake Street Dive*: Ryman Auditorium
 May 31 – *Train*: Ascend Amphitheater
 May 31 – *Julianne & Derek Hough*: Grand Ole Opry House

All dates subject to change without notice

Smokers Beware!

Please dispose of your cigarettes properly and don’t pitch them out the window of your car, and especially do not flick them off your patios and balconies. Not only does our staff have to pick all of them up, but this practice is a fire hazard. Remember that there is dry mulch and foliage surrounding your home and throughout the community.

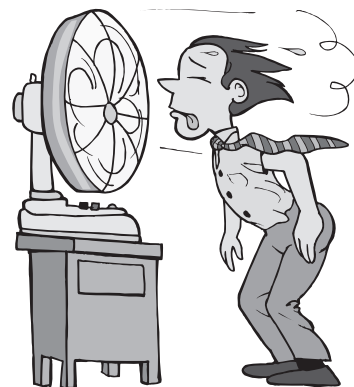
GRILLING

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 and picnic tables for your use. We do ask that this area be kept clean for everyone to enjoy.

Air Conditioning Time

Now that warmer weather is here, most of you will begin to rely on your air conditioning heavily. Here are a few things to keep in mind:

- Do not turn your air conditioning off during the day while you are away. While your air conditioning is off, the walls in your home will heat up and your cooling unit will have to run twice as long to cool when turned back on.
 - Try to keep your thermostat at a constant temperature. Raising and lowering the temperature only increases the amount of work the unit has to do. An ideal temperature setting is about 72 degrees.
 - Keep your blinds closed as much as possible, especially if you are on the south side of a building. Sunlight alone will easily raise the temperature in your home 10-15 degrees.
 - Remember that any air conditioning unit is designed to cool approximately 15 degrees cooler than the outside temperature. So when the temperature outside reaches 98 degrees, your home cannot realistically be cooled to 68 degrees.
- Please check your air conditioning and report any malfunctioning to our office so that we can correct those as quickly as possible.



MEADOWWOOD VILLAGE

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

MAY 2017

STAFF

Patsy Holt, CAM, NALP
Property Manager

Kirsten Porter
Assistant Manager

Danielle White
Leasing Consultant

Alicia Bailey
Leasing Consultant

Scott Lyons
Maintenance Supervisor

Mark Sharp
Maintenance Tech

Tristan Warren
Maintenance Tech

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., May 8
Apts. 277-400

MONTHLY CODE

2 7 1 8

A MONTH TO HONOR

Opportunities abound in May for us to honor many deserving people. Mothers and grandmothers certainly fit into this category. Don’t forget to express your gratitude to them for their unconditional love and support. Let’s also remember to do something special for these ladies on Mothers Day.

Graduates also deserve our praise and respect, and May will be filled with commencements. Whether you have a family member or friend graduating from kindergarten, high school or college, remember to express your congratulations. A little recognition can mean so much.

And finally, sometime during the Memorial Day activities, let’s pause to remember the men and women who lost their lives serving our great country. It’s because of their sacrifice that we enjoy the freedom of America.

Let’s all recognize and honor these special people in our lives.

Spring Is In – Time To Get Out!

With warmer weather and longer days, everyone will be spending more time outside riding bikes, taking walks and simply enjoying spring. Please remember the warm weather neighborhood courtesies. Move slowly when driving around the community or backing out

of the parking lot. Keep your balcony or patio tidy, and if you choose to listen to music outside, please keep it at a reasonable volume level. And most importantly, have a wonderful time. See you outside!

CINCO DE MAYO...

...is a Mexican holiday that observes the victory over the French on May 5, 1862. It is a big holiday for Mexican-Americans and is celebrated by families of Mexican descent with parades, dances and other fun and colorful festivities. We wish all our residents celebrating this day a Happy Cinco de Mayo!





Although not a holiday in Mexico, other countries love to celebrate Cinco de Mayo big time!

- The Fiesta Broadway is a mile-long street fair in downtown Los Angeles. Other activities continue all the way to the coast.
- Sydney, Australia hosts a Margarita Showdown with five local bars showing off to see who makes the best margarita.
- Vancouver, Canada holds an annual Cinco skydiving event, followed by a moustache contest.
- The annual air guitar competition is held on Cinco in the Cayman Islands.
- Chandler, Arizona celebrates with Chihuahua races.

Celebrate Mom

Most of us have fond memories of our mothers who gave so much of themselves to help us succeed. But if you look back on your life, you've had a lot of women who've helped "mother" you as well. Perhaps it was your friend's mom who took you both to practice, or a female teacher who prodded you to do your best, or a mentor who helped in your career.

You, too, can be a "mother" to others in your everyday walk. Look for ways to encourage those who need a hand up, offer your professional services to someone struggling and love on children who need it most.

BIKE FOR YOUR Health



It's National Bike Month and a great time to start this healthy exercise. Did you know that exercise boosts brainpower? Kids are even more positively affected by time on the bike.

A study found that elderly patients with knee pain and osteoarthritis actually improved their condition when cycling was integrated into their routines.

You can lose fat simply by exercising and biking is a great way to exercise.

Studies have shown that insomnia sufferers who cycled for 20-30 minutes every other day had their fall asleep time reduced by half with sleep time increasing by almost an hour.

Cycling just 20 miles a week reduces your risk of heart disease to less than half that of those who take no exercise. Pregnant women who ride have an easier, less complicated labor, recover faster and enjoy better overall mood through the nine months. Your baby also has a 50% lower chance of becoming obese and enjoys better in-utero neurodevelopment. Always check with your doctor before beginning an exercise program.

CINCO DE MAYO

WORD SEARCH

CELEBRATION	HOLIDAY	MEXICO
COSTUMES	MAY	PINATAS
DANCING	MARACAS	SALSA
FIESTA	MARIACHI	SOMBRERO

M C S D P Z M N A D
 U N W A X J H O T A
 Q F S Z L O E I S N
 C L U O L S P T E C
 V L G I M X A A I I
 S C D L J B M R F N
 V A F I B S R B S G
 Y R T Y Q B P E I C
 S A C A R A M L R G
 T X K G N U A E A O
 P E M X T I Y C I C
 X M N S Y G P F J Q
 S H O U M E X I C O
 T C M A R I A C H I
 U F X Z G K Y H M K
 X U G Z Z E E T Y P



CHICKEN/CHEESE QUESADILLAS

- 2 CUPS BAKED OR GRILLED CHICKEN (DICED)
- 1-1/2 CUPS SALSA (MILD OR HOT)
- 1 CUP GRATED MEXICAN FOUR CHEESE LARGE TORTILLAS

Mix chicken, salsa and cheese together. In large skillet put small amount of oil or butter. Place a large tortilla in skillet, heat and turn over. Place chicken mixture on top of the hot tortilla and fold in half. Leave until second side gets hot. Place in casserole dish and do as many tortillas as you have mixture. Sprinkle cheese generously on tops of quesadillas; heat in 350 degree oven for 10 minutes or until cheese begins to melt. May be dipped in salsa or ranch dressing. Use your imagination by adding onions, peppers, mushrooms, etc. to chicken mixture if desired.

LEWIS LETTERWORKS
 The Hassle Free newsletter is published by Lewis Letterworks, Inc. For suggestions, comments or information about our services, call (615) 242-9000 or visit us on the web at www.lewisletterworks.com.



Memorial Day is the holiday set aside to pay tribute to those who died serving in the military. What can you do?

- Visit cemeteries and place flags or flowers on the graves of our fallen heroes.
- Visit memorials.
- Find out if there are any observances in your area and attend. Participate in the National Moment of Remembrance at 3:00 p.m. to pause and think upon the true meaning of the day.