

S	M	T	W	T	F	S
may	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 1-13 – “Dragons Love Tacos”: Nashville Children’s Theater

May 2 – Justin Moore: Ryman Auditorium

May 2 – Jack Johnson: Ascend Amphitheater

May 2 – Stone Sour: War Memorial Auditorium

May 3 – Halestorm: Municipal Auditorium

May 3 – The National: Ascend Amphitheater

May 4 – Foo Fighters: Bridgestone Arena

May 4 – Brantley Gilbert: Ascend Amphitheater

May 4-6 – Ballet: “Modern Masters”: TPAC

May 4-6 – Better Home Expo: The Fairgrounds Nashville

May 4-7 – Nashville Sounds vs. Memphis Redbirds

May 5 – A Prairie Home Companion: Ryman Auditorium

May 6 – Five Finger Death Punch: Bridgestone Arena

May 6 – David Byrne: Ryman Auditorium

May 6 – Beck: Ascend Amphitheater

May 8 – Post Malone: Municipal Auditorium

May 8-11 – Nashville Sounds vs. Colorado Springs Sky Sox

May 9 – Justin Timberlake: Bridgestone Arena

May 10 – Vance Joy: Ascend Amphitheater

May 10 – Big Sean: Municipal Auditorium

May 10 – The Gipsy Kings: War Memorial Auditorium

May 11 – Dashboard Confessional: Ryman Auditorium

May 12 – Iroquois Steeplechase: Percy Warner Park

May 12 – Jimmy Eat World: Ryman Auditorium

May 12 – Odesza: Ascend Amphitheater

May 12-13 – Fan Fest: Music City Center

May 13 – Bubble Guppies Live: TPAC

May 13 – Spoon: Ryman Auditorium

May 15 – Primus: Municipal Auditorium

May 18 – Trampled By Turtles: Ryman Auditorium

May 18 – Willie Nelson: Ascend Amphitheater

May 19 – Big Guitar Brewfest: First Tennessee Park

May 19 – Portugal. The Man: Ascend Amphitheater

May 19-20, 23 – Margo Price: Ryman Auditorium

May 20 – Steely Dan & Doobie Brothers: Ascend Amphitheater

May 21-22 – Fleet Foxes: Ryman Auditorium

May 21-24 – Nashville Sounds vs. Colorado Springs Sky Sox

May 23 – An Evening with Ghost: TPAC

May 25-27 – Flea Market: The Fairgrounds Nashville

May 25-29 – Nashville Sounds vs. Oklahoma City Dodgers

May 26 – U2: Bridgestone Arena

May 31 – Alan Cumming: TPAC

May 31 – Poison & Cheap Trick: Ascend Amphitheater

All dates subject to change without notice



Congratulations, Graduates!

Whether you are completing high school or receiving your college degree, we are proud of you! As you look back at the happy times, the friends you’ve made, and the things you’ve learned...and as you look ahead to a future full of promise and opportunity...we wish you good luck and success on your journey.



May 2018

Staff

Patsy Chance, CAM, NALP
Property Manager

Danielle White, NALP
Assistant Property Manager

Brennon Hughes
Leasing

Emily Hill
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., May 14
Apts. 141-276

Monthly Code

0 5 1 6

Wash & Dry

Please remember to be courteous when using the community laundry facilities. Remove your clothes promptly from the machines. Dispose of empty containers and put lint into garbage cans. Notify the office if any machines require repair or servicing. Let’s make the experience of doing laundry as pleasant as possible by keeping our laundry facilities neat and clean.

Air Conditioning Time

Now that warmer weather is here, many 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 we can fix the problem as quickly as possible.

Utility Closet

No matter how much storage space you have, everyone always wants more. Please remember that the A/C and water heater closet should not be used for storage. This space needs to be easily accessible for repairs and maintenance. Most importantly, it can be hazardous. Because of the conditions found in that closet, many household items that one would expect to find in such a closet (cleaning chemicals, rags, etc.) could be dangerous to you and your home. Please find another place to store your items. Visit your local home improvement store for a variety of storage and organization options to let you store even more stuff in your home.

MEADOWWOOD VILLAGE

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

We Think the World of Our Residents

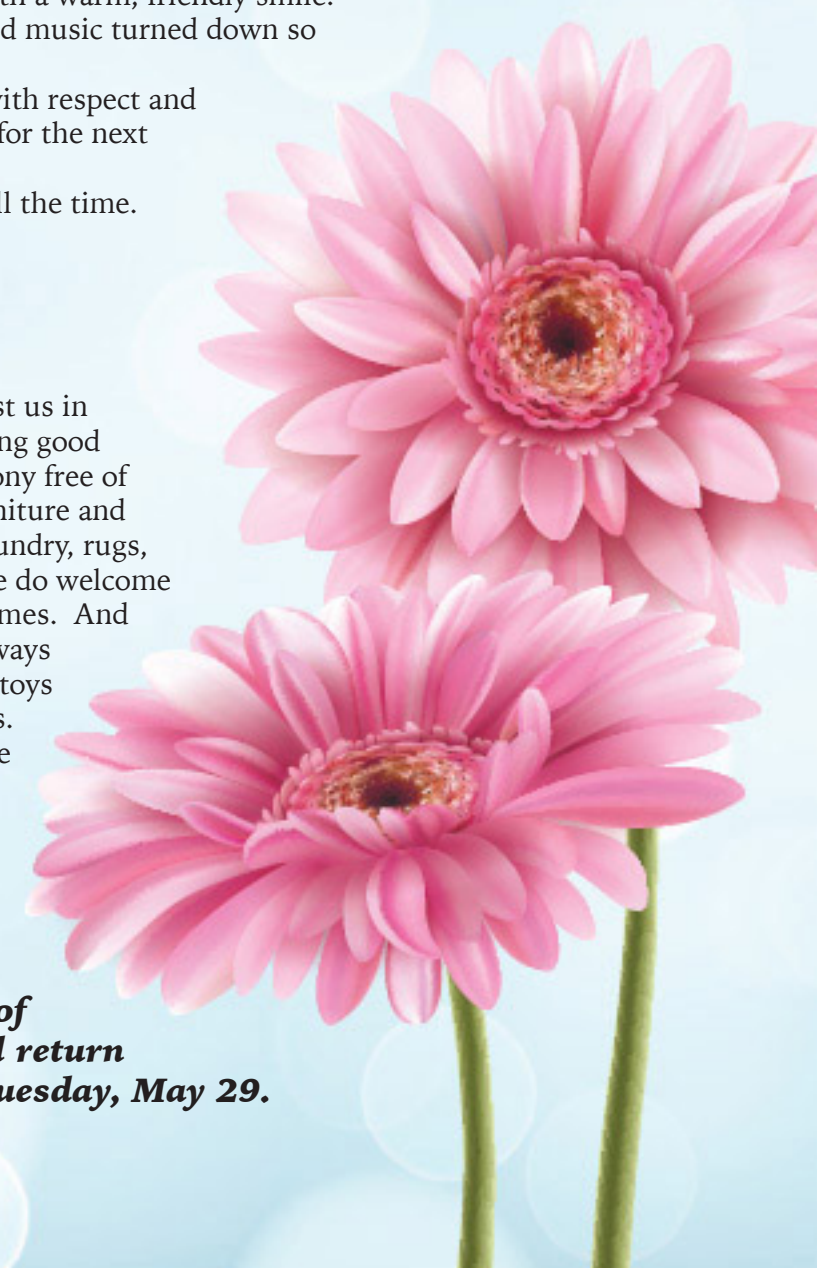
It’s our residents who make our community a wonderful place to call home. We just want to say thanks to all of you who do your part in making it the very best it can be. You add to the unique mix of the community by doing the following:

- Driving slowly and carefully through the community.
- Parking in designated parking spaces.
- Taking the time to be sure trash is in its proper place.
- Greeting your neighbors with a warm, friendly smile.
- Keeping your televisions and music turned down so only you can hear them.
- Treating all the amenities with respect and leaving them neat and tidy for the next person.
- Paying your rent on time, all the time.

Looking Good!

Thanks to all of you who assist us in keeping our community looking good by keeping your patio or balcony free of anything other than patio furniture and plants. Please do not hang laundry, rugs, towels, etc. on your patio. We do welcome hanging baskets and wind chimes. And please remember that breezeways are for breezes, not for bikes, toys and other personal belongings. Please store these items inside your home.

Our office will be closed on Monday, May 28 in observance of Memorial Day, but will return to hours as usual on Tuesday, May 29. Enjoy your holiday!



- MAY 5**
Cinco de Mayo
- MAY 6**
Kentucky Derby
- MAY 8**
National Teacher Day
- MAY 13**
Mother's Day
- MAY 19**
Armed Forces Day
- MAY 28**
Memorial Day
- MAY 28**
National Hamburger Day



LUNCH IS READY!



Who's ready for **National Hamburger Day?**

We are!

Check out some delicious and fun recipes on our Hassle Free Newsletter page on Pinterest!



Monday, May 28 is Memorial Day, an official holiday that was borne out of the Civil War with a desire to honor those who died while serving in the military.

- In 1966 the Federal Government declared Waterloo, New York, the official birthplace of Memorial Day.
- Each year on Memorial Day, a national moment of remembrance takes place at 3:00 p.m. local time.
- At Arlington National Cemetery, troops will place an American flag at each of the more than 220,000 graves.
- Fly your flags at half staff until noon on Memorial Day, then raise to full mast until sunset.
- Every Memorial Day, bikers ride into Washington, D.C. to honor veterans, POWs, and MIAs.
- On average, there are 28 burials each day at Arlington National Cemetery.
- The American Battle Monuments Commission (ABMC) has created and maintains 25 American military cemeteries located in 10 foreign countries.

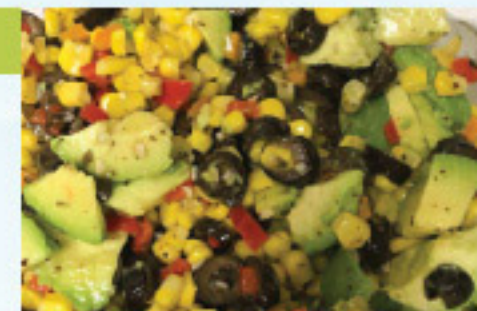
MAY THE 5th BE WITH YOU

It's not Mexico's Independence Day and is primarily celebrated in only one of Mexico's 31 states. So why is Cinco de Mayo so popular in the United States?

Cinco is a celebration of Mexican forces defeating the French army on May 5, 1862. As Mexican immigrants flooded into the American southwest, they joined their fellow Mexican-Americans already in the United States as a time to showcase their ethnic identity – similar to how the Irish-Americans celebrate St. Patrick's Day.

So throw a Fiesta! Enjoy some Mexican food and learn about the rich traditions and culture. Happy Cinco de Mayo!

AVOCADO SALSA



- 10 ounce package of frozen corn (thawed)
- 2 cans (2-1/4 oz. size) sliced ripe black olives (drained)
- 1 sweet red bell pepper (chopped into small pieces)
- 1 tsp. onion powder or 1 small onion (chopped)
- 5 garlic cloves (minced) – optional
- 1/3 C. olive oil
- 1/4 C. lemon juice
- 3 tbsp. apple cider vinegar
- 1 tsp. dried oregano
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 large avocados (chopped)

Combine the corn, olives, bell pepper, and onion or onion powder into a bowl. Mix the remaining ingredients (except the avocados) into another bowl. Pour over the corn mixture, stirring gently all the ingredients together. Cover and refrigerate overnight. When ready to serve, stir the ingredients together again. Peel and chop the avocados and stir into the salsa. Serve with your favorite tortilla chips.



It's National Physical Fitness and Sport month and there's not a better time than NOW to begin your journey into better health.

Whether you run, walk, do yoga, spin class, or play with your kids or grandkids, exercise is key. Integrate physical activity into your day – not an add on. Although it is recommended adults get 30 minutes a day of physical activity, you can break it up into 10-15 minute bursts that fit your schedule.

By staying active, you are doing one of the most important things to curb obesity, lower chances of heart disease and live healthy.

We Appreciate You!

Two special weeks for two groups of people!



NATIONAL NURSES WEEK

is Sunday, May 6 through Saturday, May 12. Their 2018 theme is "Nurses: Inspire, Innovate, Influence."

From hospitals, medical offices, nursing homes, community health centers, schools, ambulatory care centers, retail clinics, camps, homeless shelters, prisons, sporting events, and tourist destinations, nurses are always there with quality care and compassion.



TEACHER APPRECIATION WEEK

is Monday, May 7 through Friday, May 11. Their 2018 theme is "Teachers Deliver" and yes, they do!

Teachers deliver inspiration, motivation, and knowledge that shape the futures of millions of children every day! It's a time to honor the men and women who bring the passion and skills to educate our children.

Mother's Day Quotes

"Mother – that was the bank where we deposited all our hurts and worries."
T. Dewitt Talmage

"To a child's ear, 'mother' is magic in any language."
Arlene Benedict

"Life doesn't come with a manual, it comes with a mother."
Unknown

"A mother is not a person to lean on, but a person to make leaning unnecessary."
Dorothy Canfield Fisher

LEWIS LETTERWORKS

The Hassle free newsletter is published by Lewis Letterworks, Inc. For suggestions, comments or information about our services, call (815) 242-6000 or visit us on the web at www.lewisletterworks.com.



Spring Flower WORD SEARCH

- | | |
|-----------|-----------|
| Amaryllis | Marigolds |
| Bluebell | Peony |
| Daffodil | Poppy |
| Daisy | Rose |
| Gerberas | Sweet Pea |
| Iris | Tulip |
| Lilacs | Zinnia |
| Lily | |

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