

Enjoy the Weather!

Fall is a beautiful time to open your windows and let the breezes blow through. Please keep in mind that your home noise might blow through the community as well. Keep your TV and music levels for only you to enjoy.

Go Team!

If you are going to have your friends over to watch the game and cheer for your favorite team, please remember to be courteous of your neighbors. Keep noise down and have your guests park in the areas designated for visitors. Your neighbors appreciate it and will offer you the same courtesy.

Trash Talk

It's our pleasure to provide trash receptacles for your use. Make sure it is used for trash only with all bags secured tightly. Please do not use the receptacles for large items such as mattresses or furniture.



Jack-o-Lanterns

After you finish carving your pumpkin this year, we would appreciate it if you would consider putting a small flashlight in your jack-o-lantern instead of a candle. Flames of any kind left unattended are dangerous, and leaving an open flame exposed to the elements for a long period is an even bigger fire hazard. Use a flashlight or

glowstick—no fires will be started, no fingers will be burned and your jack-o-lantern will be just as spooky.

Safety First on Halloween

The National Safety Council encourages all parents to put safety first this Halloween.

- Make sure a parent or responsible adult always accompanies young children on neighborhood rounds. If older children are going alone, plan and review the route and agree on a specific time when children should return home. All unaccompanied children should stay in a group.
- Only go to homes with a porch light on, and NEVER enter a home or car for a treat.
- Put electronic devices down, keep heads up and walk, don't run, across streets.
- All costumes, wigs and accessories should be fire-resistant.
- Fasten reflective tape to costumes and bags.



October							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						

Oct. 1 – **Predators vs. Tampa Bay** (preseason)
 Oct. 1 – **John Prine**: Ryman Auditorium
 Oct. 2 – **Beyoncé**: Nissan Stadium
 Oct. 2 – **Ryan Bingham & Brian Fallon**: Ryman Auditorium
 Oct. 3 – **Gavin Degraw & Andy Grammer**: Ryman Auditorium
 Oct. 4 – **Predators vs. Columbus** (preseason)
 Oct. 5 – **John Hiatt**: Ryman Auditorium
 Oct. 5 – **Alter Bridge**: War Memorial Auditorium
 Oct. 6 – **Reel Rock 11**: TPAC
 Oct. 6 – **Rick Riordan**: War Memorial Auditorium
 Oct. 6, 8 – **Opera: "Don Giovanni"**: TPAC
 Oct. 6-9 – **Disney On Ice**: Bridgestone Arena
 Oct. 7 – **Todd Snider**: Ryman Auditorium
 Oct. 7-8 – **Pretty Lights**: Municipal Auditorium
 Oct. 7-8 – **Kid Rock Fish Fry**: Woods Amphitheater at Fontanel
 Oct. 8 – **Mexican National Football Team**: Nissan Stadium
 Oct. 8 – **Kansas**: Ryman Auditorium
 Oct. 9 – **Gilmore Guys**: TPAC
 Oct. 9 – **Switchfoot & Relient K**: Ryman Auditorium
 Oct. 10 – **Lindsey Stirling**: TPAC
 Oct. 13 – **Florida Georgia Line**: Bridgestone Arena
 Oct. 13-16 – **Shrine Circus**: Municipal Auditorium
 Oct. 13-Nov. 5 – **"Noises Off"**: Nashville Repertory Theater, TPAC
 Oct. 14 – **Predators vs. Chicago**
 Oct. 14 – **Local Natives**: Ryman Auditorium
 Oct. 14-15 – **Chris Stapleton**: Ascend Amphitheater
 Oct. 14-16 – **Southern Festival of Books**: War Memorial Plaza & Tennessee Capitol
 Oct. 14-30 – **Boo at the Zoo**: Nashville Zoo at Grassmere
 Oct. 15-16 – **Adele**: Bridgestone Arena
 Oct. 15-16 – **The Head & The Heart**: Ryman Auditorium
 Oct. 16 – **Titans vs. Cleveland**
 Oct. 17 – **Elvis Costello**: Ryman Auditorium
 Oct. 18 – **Predators vs. Dallas**
 Oct. 18-19 – **Phish**: Ascend Amphitheater
 Oct. 18-23 – **"Rent"**: TPAC
 Oct. 19 – **Bob Weir**: Ryman Auditorium
 Oct. 20-22 – **Ballet: "Something Wicked"**: TPAC
 Oct. 21 – **Bill Burr**: Ryman Auditorium
 Oct. 21-23 – **Flea Market**: The Fairgrounds Nashville
 Oct. 22 – **Predators vs. Pittsburgh**
 Oct. 22 – **Trailer Park Boys**: Ryman Auditorium
 Oct. 22 – **Restless Heart**: Municipal Auditorium
 Oct. 22 – **Mac Miller**: War Memorial Auditorium
 Oct. 23 – **Titans vs. Indianapolis**
 Oct. 23 – **Charlie Puth**: Ryman Auditorium
 Oct. 24 – **Alessia Cara**: Ryman Auditorium
 Oct. 25 – **Scott Bradlee's Postmodern Jukebox**: TPAC
 Oct. 25 – **Il Divo**: Ryman Auditorium
 Oct. 26 – **Griz**: Ryman Auditorium
 Oct. 27 – **Titans vs. Jacksonville**
 Oct. 27-Dec. 4 – **"Junie B. Jones Is Not a Crook"**: Nashville Children's Theater
 Oct. 28-29 – **Sturgill Simpson**: Ryman Auditorium
 Oct. 29 – **The Chainsmokers**: Municipal Auditorium

All dates subject to change without notice



MEADOWOOD VILLAGE

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

It's a Season of Changes

It is now officially fall—the season of change. Has any of your contact information changed? Have your phone numbers at home or work changed recently? It is important that we have the correct numbers on file in the event we need to contact you.

Did you get a new roommate? Please notify us promptly when there is a change in the occupants in your home. It is very important that our records are current, especially for emergency purposes. So let us know if you change vehicles or roommates, get a new pet, or make any other changes so we can update our files. Thanks. We appreciate you and hope you will never change where you choose to call home.

Fire Prevention Week

October 9-15, 2016 is National Fire Prevention Week. We encourage our residents to take this time to develop and practice a fire escape plan. Originally proclaimed as Fire Prevention Day in 1920 by President Woodrow Wilson, it commemorated the anniversary of the Great Chicago Fire of 1871. In 1924, 15,000 U.S. citizens lost their lives to fire. In 1925, in order to help prevent this large loss of lives, Calvin Coolidge extended the day to a week.

To learn more, visit www.nfpa.org.



October 2016

Staff

Patsy Holt, CAM, NALP
Property Manager

Kirsten Porter
Assistant Manager

Danielle White
Leasing Consultant

Scott Lyons
Maintenance Supervisor

Mark Sharp
Maintenance Tech

Tristan Warren
Maintenance Tech

Malachi Sanders
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., Oct. 10
Apts. 141-276



Halloween

FUN FACTS



Halloween is the second highest grossing commercial **holiday** after Christmas.

Chocolate candy is the favorite of 50% of kids (Snickers is preferred), followed by 24% who like non-chocolate and 10% who want gum.

If you have a fear of Halloween, you are a **Samhainophobic**.

Boston, Massachusetts holds the record for the most **Jack O'Lanterns** lit at once with a whopping 30,128.

It's rare for a **full moon** on Halloween, but if you're around on 10/31/2020, it's predicted to happen.

Americans purchase over 20 million pounds of **Candy Corn** each year.

You might enjoy spending **Halloween** in Tombstone, AZ, Cape Fear, NC or Skull Creek, NE.

SPOOKY SQUARES

	x		-	
x	☹	/	☹	/
	-		-	
+	☹	+	☹	-
	x		+	

19

Try to fill in the missing numbers. Use the numbers 1 through 9 to complete the equations.

0

Each number is only used once. Each row is a math equation. Each column is a math equation.

14

Remember that multiplication and division are performed before addition and subtraction.

43 3 -3

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YOUR LIVING ROOM...

Living

In honor of October's Get Organized Week, let's focus on getting your living area organized and ready for the upcoming holidays. We've got some great ideas on our Hassle Free Newsletter Pinterest page!

- Do book bags, purses, satchels accumulate in your living area? Specify a closet or purchase a piece of storage furniture for that purpose. Practice storing those items in that closet or furniture for 30 days until it becomes a habit.
- Have a designated spot for mail and go through every piece on a daily or weekly basis. Pay, file, recycle and shred every week as well.
- Need a place for kids to play? Carve out a corner for toys in a storage ottoman or set up a bookcase and children's table.
- Utilize the areas around your sofa. Use baskets for extra blankets and pillows. Place a couple of low bookcases along the back of your sofa for book storage. Top it off with photos, a lamp and some treasured objects.
- Remotes - find a basket or container and put them there every single time.
- Too many photos? Rethink the digital photo frame to continuously show off your favorite ones. Consider cute photo boxes to store on shelves. Beautiful multi-framed photos can be placed on your walls.
- DVDs, CDs and books can be a gigantic monster just waiting to be tamed. Get them all together and sort through - making a pile for keeping and one for selling back or donating. Consider putting CDs onto iTunes and then donating. Once you have it under control, the options are endless for storing.
- Knick knacks and collections can outgrow themselves. Keep your favorites and give away or sell those that are not as sentimental.



Take a Hike

Really, just walk. October is a great month to get started on a walking regimen. With the craze of fitbits and walking apps, it's easy to see how far you've walked and how many calories you've burned. Once you download a free book to listen to, you may be surprised how far you go!



VEGETABLE HAMBURGER SOUP

- 2 lbs. hamburger meat - crumbled, cooked and drained
- 1 packet (out of a box of two) onion soup mix
- 1 can petite diced tomatoes - don't drain
- 1 can tomato soup
- 1 can pinto beans - don't drain
- 2-10 or 12 oz. pkgs. of frozen vegetables
- 5 cups water
- Salt and pepper to taste.

Place the cooked, drained hamburger meat in the bottom of the crock pot. Then add all the other ingredients. Cook on high for 6 hours or on low for 6 - 8 hours.



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LETTERWORKS

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WHAT CAN I DO



October is recognized as Breast Cancer Awareness Month, but we celebrate victories every day with all cancer survivors. What can you do to help someone who has cancer? It helps for you to just be there - holding their hand, letting them cry, encouraging them to talk if they want.

Sometimes when your friend is going through treatments, they will appreciate cards, letters, email or social media even more than visits. Survivors call these silent messengers.

Offer practical help by cooking for them or the family. Go to the store for them or drive them to their doctor appointments. Instead of saying what can I do or how can I help, just do something.

TIME TO SNUGGLE

There's nothing like clean sheets to make you want to snuggle for hours in your bed. Here's the low-down on how and when to wash.

Ideally, your sheets should be washed every week. Look at it this way. You spend at least 6-8 hours a night in your bed. Eight hours multiplied by seven days is 56 hours - in the same sheets.

Wash your sheets and pillowcases in warm or hot water (check care label) and generally wash them by themselves. They need a lot of room to get clean. Don't wrap sheets around the agitator as they might tear and wrinkle. Don't forget to pretreat any stains. Wash printed and colored pillowcases inside out to protect the color.

Your care label will also suggest drying methods. High drying causes wrinkling, shrinking and over-drying which weakens the fibers. Use wool or rubber dryer balls or use a couple of tennis balls tied in a cotton sock. Ironing your sheets will make them feel new again.

Store sheets, neatly folded, in a cool, dry closet or drawer. Avoid storing sheets in plastic containers which can trap moisture.

Pillows and comforters should be washed at least twice a year; mattress covers once a month; and throw blankets a couple of times a year.

