

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	October			

Oct. 1-2 – **Alison Krauss & David Gray**: Ryman Auditorium
 Oct. 3 – **Mutemath**: Ryman Auditorium
 Oct. 4 – **Aaron Watson**: Ryman Auditorium
 Oct. 4 – **The XX**: Ascend Amphitheater
 Oct. 5-7 – **Opera: "Tosca"**: TPAC
 Oct. 5-8 – **2017 Nashville Oktoberfest**: 5th Ave. N., Germantown
 Oct. 6 – **Anderson Cooper & Andy Cohen**: Ryman Auditorium
 Oct. 6 – **STS9**: Ascend Amphitheater
 Oct. 6-7 – **Ed Sheeran**: Bridgestone Arena
 Oct. 6-7 – **Kid Rock Fish Fry**: Woods Amphitheater at Fontanel
 Oct. 7 – **TajMo**: Ryman Auditorium
 Oct. 8 – **Kevin Smith**: Ryman Auditorium
 Oct. 9-15 – **Jason Isbell**: Ryman Auditorium
 Oct. 10 – **Predators vs. Philadelphia**
 Oct. 10-15 – **"Fun Home"**: TPAC
 Oct. 12 – **Predators vs. Dallas**
 Oct. 12-Nov. 4 – **"Bloody Bloody Andrew Jackson"**: TPAC
 Oct. 13-14 – **Chris Stapleton**: Bridgestone Arena
 Oct. 14 – **Adam Carolla**: TPAC
 Oct. 14 – **Mark Chesnutt**: Municipal Auditorium
 Oct. 16 – **Titans vs. Indianapolis**
 Oct. 16 – **NeedToBreathe**: Ryman Auditorium
 Oct. 17 – **Predators vs. Colorado**
 Oct. 17 – **Together**: TPAC
 Oct. 17 – **Paramore**: Ryman Auditorium
 Oct. 18 – **Katy Perry**: Bridgestone Arena
 Oct. 19 – **Ralph Stanley Tribute**: Opry House
 Oct. 20 – **"Men Are From Mars, Women Are From Venus"**: TPAC
 Oct. 20 – **LCD Soundsystem**: Municipal Auditorium
 Oct. 20-21 – **Cody Jinks**: Ryman Auditorium
 Oct. 21 – **My Brother, My Brother & Me**: TPAC
 Oct. 22 – **The Adventure Zone**: TPAC
 Oct. 22 – **PJ Masks Live**: Ryman Auditorium
 Oct. 23 – **Foo Fighters**: Bridgestone Arena
 Oct. 24 – **Predators vs. Calgary**
 Oct. 24 – **Primus**: War Memorial Auditorium
 Oct. 25 – **Kenny Rogers Farewell Concert**: Bridgestone Arena
 Oct. 25 – **Evanescence**: Ryman Auditorium
 Oct. 26-28 – **Ballet: "Lizzie Borden"**: TPAC
 Oct. 27 – **Penn & Teller**: TPAC
 Oct. 27-28 – **Moon Taxi**: Ryman Auditorium
 Oct. 27-29 – **Flea Market**: The Fairgrounds Nashville
 Oct. 28 – **Predators vs. NY Islanders**
 Oct. 29 – **The Weeknd**: Bridgestone Arena
 Oct. 29 – **Macklemore**: War Memorial Auditorium
 Oct. 29, 31 – **Bon Iver**: Ryman Auditorium
 Oct. 30 – **Michael McDonald**: Ryman Auditorium
 Oct. 31-Nov. 5 – **"An American In Paris"**: TPAC

All dates subject to change without notice



Creepy Crawlers

This is the month you may see lots of creepy crawlers, but make sure they are of the Halloween variety. If you have any pests and/or insects in your home, please notify the office immediately and we will take care of it. Our community offers pest control so you only have to be haunted with creepy crawlers once a year.

Fireplace Safety

- Keep everything at a safe distance from the hearth.
- Use only dry, cured wood. The best types are oak or hickory; pine has a high sap content and can easily start a fire outside your fireplace.
- Make sure the damper is open before lighting the fire.
- Keep the screen closed to prevent popping embers from exiting.
- NEVER leave your fire unattended.
- Don't burn garbage or plastics, and never use a starter fluid.
- Be sure ashes are completely cooled before disposing of them.
- We recommend that you not use the popular three-hour logs. These types of logs build up creosote which can cause chimney fires.
- Clean the fireplace after each use.

This Month In History

October 28, 1636 – Harvard University, the oldest institution of higher learning in America, was founded in Cambridge, Massachusetts.
October 16, 1701 – Yale University was founded in Killingworth, Connecticut (as the Collegiate School of Connecticut). The school moved to New Haven in 1716.
October 13, 1775 – The United States Navy was created after the Second Continental Congress authorized the acquisition of a fleet of ships.
October 19, 1781 – The surrender of the British at Yorktown, ending the Revolutionary War.
October 13, 1792 – The cornerstone of the White House was laid by George Washington.
October 26, 1825 – The Erie Canal opened as the first major manmade waterway in America, linking Lake Erie with the Hudson River.
October 3, 1863 – President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.
October 8, 1871 – The Great Fire of Chicago erupted.
October 26, 1881 – The shoot-out at the O.K. Corral in Tombstone, Arizona, occurred between the feuding Clanton and Earp families.
October 28, 1886 – The Statue of Liberty was dedicated on Bedloe's Island in New York Harbor.
October 27, 1904 – The New York City subway began operating.
October 1, 1908 – Henry Ford's Model T went on sale for the first time.
October 21, 1915 – The first transatlantic radio voice message was made by the American Telephone and Telegraph Company from Virginia to Paris.
October 28, 1919 – Prohibition began in the U.S. with the passage of the National Prohibition (Volstead) Act by Congress.
October 6, 1927 – The first full-length feature film using spoken dialogue, "The Jazz Singer," opened in New York.
October 29, 1929 – The stock market crashed, resulting in the Great Depression.
October 31, 1941 – Mount Rushmore National Memorial was completed.



MEADOWOOD VILLAGE

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

Staff

Patsy Chance, CAM, NALP
Property Manager

Brennon Hughes
Leasing

Scott Lyons
Maintenance Supervisor

Mark Sharp
Maintenance Tech

Tristan Warren
Maintenance Tech

William Gant
Maintenance Tech

Kenneth Lasalle
Groundskeeper

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., Sept. 11
Apts. 1-140

Monthly Code

9915

Welcome Home!

A friendly welcome to all our new residents! We are glad you chose us as your new home. Old and new residents alike, remember if there is anything we can do for you, please do not hesitate to contact the office.

Avoid Late Fees

Everyone should be aware that rent is due on the first of the month. Unfortunately, not everyone pays rent on that day. Please remember that paying your rent late can negatively affect your future by putting a "ding" in your rental history. Plus it costs you more! Avoid late fees by paying your rent on the 1st.

Warming Your Home

Fall is officially here! There is a chill in the air and the nights can get cold. When you turn on the heat for the first time, there may be a burning smell. Do not be alarmed. It is just the unit going to work after lying dormant for so long. Dust collects on the heating element and it takes just a few minutes for it to "burn off." If the smell continues for an extended period or your heater doesn't seem to be working, please give us a call. We will be happy to check it out and make sure your home will be warm in the cold months ahead.



Feeling Fall

Fall fun can be found all around you!

Find a farm that caters to fall activities such as hayrides, corn mazes and animals. Buy a pumpkin to carve.

Orchards are in peak season and give you an opportunity to pick your own items at a lower cost.

Find a state park and hike through the gorgeous colors. Explore canyons, forests and mountains.

Picnic at one of your favorite spots. Spend the afternoon by yourself, with your family or friends, by reading a book, playing games or taking a nap.

Find time to explore where you live.

Be a tourist in your own city for a day.

Contact your city office or connect online for a list of activities.



Do we really need an excuse to celebrate coffee? Rumor has it that coffee beans were first discovered in Ethiopia when a goat herder found his goats frolicking and full of energy after eating the red fruit of the coffee shrub. The rest is history as more than 83% of adults drink coffee in the U.S. and 25 million people around the world depend on the production of coffee for their livelihoods.

October 1 is International Coffee Day, so check out our pinterest page at **Hassle Free Newsletter** to find some delicious coffee recipes!



Some of the myths surrounding breast cancer are just that – myths.

The truth is that only a small percentage of breast lumps turn out to be cancer. Performing routine self-exams is one way to take charge of your health.

Did you know that approximately 2,190 men will be diagnosed with breast cancer each year? 410 will die because awareness among men is less and they delay seeking help and treatment.

A mammogram is the standard for the early detection of breast cancer. They require very small doses of radiation and the benefits nearly always outweigh the potential harm from the radiation exposure.

Statistically, only about 10% of individuals diagnosed with breast cancer have a family history of this disease.

Familiarize yourself with awareness of breast cancer and other cancers.

Take charge of your health with knowledge.

Sausage Pumpkin Manicotti

- 14 – 16 uncooked manicotti shells
- 1 lb. Italian pork sausage – mild or hot
- 2 large cloves garlic – chopped
- 2 Tbs. ground sage
(may use chopped fresh sage leaves if desired)
- 1 egg
- 1 container (15 oz.) ricotta cheese
- 1 cup canned pumpkin
(not canned pumpkin pie mix)
- 1/2 cup grated Parmesan cheese
- 1/2 Tsp. pepper
- 1/2 Tsp. sea salt
- 2 cups shredded mozzarella cheese (8 oz.)
- 3 cup Alfredo pasta sauce
(homemade or purchased)

Heat oven to 350 degrees.

Cook pasta shells in boiling water for 7 minutes. Rinse in cool water.

Cook sausage, garlic and sage until done. Make sure sausage is chopped into small pieces while it is cooking. In bowl, beat egg, add ricotta cheese, pumpkin, Parmesan cheese, pepper, salt, 1 cup of mozzarella cheese, and the cooked sausage mixture. Fill shells with this mixture.

(TIP: Place the stuffing mixture into a freezer zip lock bag. Cut off small end and squeeze mixture into the shells.)

Spread 1 cup of the Alfredo sauce in an ungreased 9 x 13 glass baking dish. Arrange stuffed shells over the sauce then pour the remaining 2 cups of Alfredo sauce over the shells.

Cover with foil and bake 30 – 35 minutes. Uncover and top with the remaining mozzarella cheese. Bake another 10 minutes until cheese melts.

Beautiful Colors

The world's most popular color is blue. Some say it is because of the sky, sea, twilight. Others mention relaxation and calming. Oh, and mosquitos love dark colors, especially blue.

Red is the first color a baby sees. Red has the longest wavelength among colors which makes it easy to process. Redheads also require up to 20% more anesthesia to be knocked out.

Yellow can cause nausea, so it is avoided in airplanes. Yellow highlighters don't leave a shadow on the page when they are photocopied.

Pink suppresses anger and anxiety. Some prisons and mental health care institutions paint their walls pink to control behavior.

Want to avoid car accidents? Choose a white car. It is the most visible color under all conditions except snow. Silver is next.

The human eye can see more shades of green than any other color. Night vision goggles use green phosphor for that reason.

Take a look at all the restaurant signs. What do you see that's common? Red and yellow are the most appetizing stimulators.

An orange cup makes hot chocolate taste better than in any other cup color. And there is no single English word that is a true rhyme for orange.

