



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 apartment and throughout the community.

AIR CONDITIONING TIME

Now that warmer weather is here, most of you will begin to rely on your air conditioning more. Here are a few things to keep in mind about using your air conditioning properly. Not only will these help maintain our cooling units, but they will help you avoid soaring electric bills.

- Do not turn your air conditioning off during the day while you are away. While your air conditioning is off, the walls in your apartment 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 live on the south side of the building. Sunlight alone will easily raise the temperature in your apartment 10-15 degrees in one day’s time.
- 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 apartment cannot realistically be cooled to 68 degrees. Please check your air conditioning and report any malfunctioning to our office so we can repair it as quickly as possible.

May Throughout History

- May 17, 1792 – New York Stock Exchange established
- May 30, 1896 – First automobile accident reported (in New York City)
- May 5, 1904 – Cy Young of the Boston Americans pitched baseball’s first perfect game, against Philadelphia
- May 20-21, 1927 – Charles Lindbergh’s solo transatlantic flight
- May 24, 1935 – First night baseball game (at Crosley Field in Cincinnati, between Cincinnati Reds and Philadelphia Athletics)
- May 6, 1937 – The Hindenburg disaster in Lakehurst, New Jersey
- May 8, 1945 – Victory in Europe Day, celebrating unconditional surrender of Germany to Allied forces
- May 18, 1980 – Mount St. Helens erupted

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 – **Sam’s Place**: Ryman Auditorium
May 1-15 – **“A Year with Frog and Toad”**: Nashville Children’s Theater
May 2 – **Alice Cooper**: TPAC
May 2-5 – **Nashville Sounds vs. Iowa Cubs**
May 3-4 – **Bonnie Raitt**: Ryman Auditorium
May 4 – **Bring Me the Horizon**: War Memorial Auditorium
May 5 – **Beyoncé**: Nissan Stadium
May 5-8 – **Fouten**: TPAC
May 6 – **The Avett Brothers**: Bridgestone Arena
May 6-9 – **Nashville Sounds vs. Memphis Redbirds**
May 7 – **A Prairie Home Companion**: Ryman Auditorium
May 7 – **Disturbed, Rob Zombie**: Ascend Amphitheater
May 8 – **Lucinda Williams**: Ryman Auditorium
May 9 – **Cyndi Lauper**: Ryman Auditorium
May 9 – **Scorpions**: Grand Ole Opry House
May 10 – **Pentatonix**: Bridgestone Arena
May 10 – **Georgia On My Mind**: Ryman Auditorium
May 10-15 – **“The Bridges of Madison County”**: TPAC
May 11 – **Deftones**: Ryman Auditorium
May 14 – **Iroquois Steeplechase**: Percy Warner Park
May 14 – **Dark Side of the Rainbow**: TPAC
May 14-15 – **Paul Simon**: Ryman Auditorium
May 14-17 – **Nashville Sounds vs. Fresno Grizzlies**
May 18 – **Silversun Pickups**: Ryman Auditorium
May 19 – **Cage the Elephant**: Ascend Amphitheater
May 19 – **Russell Peters**: War Memorial Auditorium
May 19-22 – **Nashville Sounds vs. Sacramento River Cats**
May 20 – **Maria Bamford**: TPAC
May 20 – **Joe Rogan**: Ryman Auditorium
May 20 – **Chris Tucker**: Municipal Auditorium
May 21 – **Jeff Foxworthy**: Ryman Auditorium
May 21 – **Trevor Noah**: Ryman Auditorium
May 21 – **Styx**: Ascend Amphitheater
May 22 – **Michael Carbonaro**: TPAC
May 22 – **Miranda Sings**: Ryman Auditorium
May 24 – **Dan & Phil**: TPAC
May 25 – **Bullet for my Valentine**: War Memorial Auditorium
May 26 – **Jimmy Buffet**: Ascend Amphitheater
May 27 – **I Love the 90s**: Bridgestone Arena
May 27-29 – **Flea Market**: The Fairgrounds Nashville
May 31 – **Mudcrutch**: Ryman Auditorium
May 31 – **Edward Sharpe & the Magnetic Zeros**: Ascend Amphitheater
May 31-Jun. 3 – **Nashville Sounds vs. Round Rock Express**
May 31-Jun. 5 – **Disney’s “Beauty and the Beast”**: TPAC

All dates subject to change without notice



may 2016



5161 Rice Road • Antioch, TN 37013 • (615) 367-0877

Lookin’ Good!

This time of year showcases our community. The lawns are green and manicured. The flowers are in bloom. Our team is hard at work making the grounds look their best for you. We know you are proud of our community.

Please do your part to keep our property looking beautiful. Please do not walk or bike through our landscaped beds, remember to dispose of trash properly and park only in designated areas, not on the grass.

VACATION PLANS?

Vacation is right around the corner. But before you leave, remember rent is due by the 5th and is considered late by the 6th. Avoid paying late fees by taking care of rent and your bills before you leave. That way you can spend your money on fun stuff during vacation instead of unnecessary charges when you get back. Bon voyage!

Happy Mother’s Day

This month we celebrate a special day in which mothers are honored. More than 46 countries have officially set days for this, although the dates will sometimes vary. The United States, Canada, Denmark, Italy and Australia have all designated the second Sunday of May as Mother’s Day.

MEMORIAL DAY

Everyone looks forward to Memorial Day. A long weekend...the beginning of summer...great sales...pools opening...beautiful weather. But what does the day really stand for? Originally known as Decoration Day, it was established in 1868 to commemorate lives lost in the Civil War. Today it is a day of remembrance for those who fought for the freedom of our country. It is a day to pause and remember the many who have died for our individual rights.

Our office will be closed **Monday, May 30** in observance of Memorial Day.

staff

- Angie Logsdon, NALP**
Manager
- Taylor Whitaker**
Leasing Consultant
- Cody Robbins**
Leasing Consultant
- Brian Warren, CAMT**
Maintenance Supervisor
- Juan Argueta**
Maintenance Technician
- Kayin Pridgen**
Maintenance
- Marline Carpenter**
Groundskeeper
- Denell Coppock**
Housekeeper

office hours

- Monday-Friday**
8:30am - 5:30pm
- Saturday**
9:00am - 4:00pm
- Sunday**
Closed

pest control

Friday, May 13
Apts. 301-408



HAPPY Mother's DAY

May brings a celebration of Mother's Day and rightly so. But there are so many women who are mentors, examples and heroes to each of us.

In this day of social media, take a moment to write your mom or a special lady and let her know what she means to you. It could be your mom who has nourished and raised you, it could be a teacher that fostered the desire to learn, it could be a mentor that helped you in your professional life or it could be a friend who has inspired you to reach for the stars.

Your note could be the encouragement they need and it will be long cherished.



2 C. all-purpose flour
2 C. sugar
1/2 tsp. salt
1 tsp. baking soda
1 C. butter
1 C. water
1/4 C. creamy peanut butter
2 eggs
1 tsp. vanilla
1/2 C. buttermilk

ICING
1/2 C. butter
1/4 C. creamy peanut butter
1/3 C. plus 1 tbs. milk
16 oz. box powdered sugar
1 tsp. vanilla



PEANUT BUTTER Cake

CAKE BATTER: Stir together flour, sugar, salt and baking soda in large bowl. Set aside. Combine butter, water and peanut butter in a sauce pan over medium heat-bringing it to a boil. Add to the flour mixture and mix well. Set aside. Combine eggs, vanilla and buttermilk. Add to the peanut butter mixture. Stir all together then beat with mixer on medium speed until smooth. Spread into a greased 15 X 10 jelly roll pan. Bake @ 350 degrees for 18 – 20 minutes until it springs back when gently touched. **PREPARE ICING:** Combine butter, peanut butter and milk in sauce pan over medium heat. Bring to boil. Remove from heat and stir in vanilla and powdered sugar to a spreading consistency. Spread over warm cake.



We all know how useful our iPads and tablets are when it comes to cooking. But check out these apps you can download to make it even better!



Kitchen Stories delivers media-rich step-by-step recipes along with food and lifestyle articles. Save your favorites, add notes and create a shopping list of ingredients.



Enjoy the **Food Network?** You'll love the Food Network In The Kitchen app as it puts celebrity chefs right at your fingertips. Browse through thousands of recipes, photos and videos, searching by chef or ingredients.



If you want to save some of your recipes, try **Evernote**.



Sidechef serves recipes with step-by-step instructions, complete with photos, videos and even voice instructions. Timers are built in so you can follow along and keep your eyes and hands focused on cooking instead of on a touch screen.



BigOven app offers more than 250,000 recipes and includes great recipe management features. One feature lets you enter up to 10 ingredients in your pantry, with the app suggesting recipes for you.

Take Time to Remember

Did you know that Memorial Day began as a response to the carnage of the Civil War in which some 620,000 soldiers died? Long known as Decoration Day, many decorated the graves with flowers, wreaths and flags, and still do so today.

It is customary on Memorial Day to fly the flag at half staff until noon, and then raise it to the top of the staff until sunset. In 2000, Congress established a "National Moment of Remembrance", which asks Americans to pause for one minute at 3 p.m. in an act of national unity.

SUMMER FIT

Being fit is being healthy. There's still time for you to get in summertime shape by following these tips:

- 1 Set a goal – not just a weight number. Aim to run 2 miles without stopping, climbing a steep hill by the end of summer, swimming 10 extra laps this summer.
- 2 Don't forget strength training. Use those weights.
- 3 What works for you? Exercise at the gym, yoga at home, walking/running outside. Find what you like to do and then mix it up in different ways!
- 4 Check out your eating habits. Exercising and weight training work best when you eat right!
- 5 Hydrate – all the time with water!
- 6 Accountability – find a partner that will work with you or that will support your goals.
- 7 Take photos of yourself each week. You'll be amazed at your progress!
- 8 Reward yourself: a massage, a cheat day, an outfit or a total day of rest!

