



HAYWOOD MEADOWS

318 Faulkner Place • Nashville • TN • 37211
(615) 331-1898 • (615) 331-2998 (fax)



MEET THE STAFF

Johanna A. Graterol - Property Manager
James Bonilla - Maintenance

OFFICE HOURS

Monday - Friday -- 8:00 am - 5:00 pm
Saturday & Sunday -- Closed

Rent Reminder

Rent is due on the 1st day of each month and is considered late on the 6th. All late rent must include a late charge equal to 10% of your monthly rental payment. Thank you for paying your rent on time.

Refer a Friend

Refer a friend to Haywood Meadows Apartments. If your friend is approved by the office and moves into our community, we will give you a **\$200.00** check!

Welcome, New Residents!

Juan Telasco
Yeimi Avalos

Critter Ridder

The exterminator will be here at Haywood Meadows on **July 8th**. If you are in need of this service, please contact the office.

Happy Independence Day

We hope your Independence Day celebration is full of family, friends and fun! Have a safe and happy Fourth, and if you're traveling, drive carefully. The office will be closed Monday, July 4th.

Happy Birthday

The staff would like to wish those residents celebrating a birthday in July a very happy birthday.
Happy Birthday, Karissa Dolan

Welcome Home

Comfort and convenience are important in the place you call home. We strive to offer both to all of our residents. If there is anything we can do to make your stay more enjoyable, contact the office.

What's Your Number?

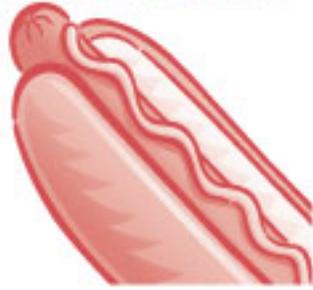
If you have a new cell phone/home phone number or email address, please contact the office and provide us with the new information. This will allow us to keep our files updated, and we will be able to contact you if necessary.

*"Liberty,
when it begins to take root,
is a plant of rapid growth."
-George Washington*



Summer Means

HOT DOGS



In 1957, the U.S. Chamber of Commerce proclaimed July as National Hot Dog Month. Easy to prepare, inexpensive and convenient, hot dogs are the perfect food to enjoy at a ballgame, picnic, festival or fair.

- The National Hot Dog and Sausage Council estimates that Americans consume 20 billion hot dogs each year.
- Although hot dogs are considered an all-American food, it is believed that frankfurters originated in Frankfurt, Germany, in the 1400s.
- The most popular hot dog topping is mustard, which is favored by 90 percent of adults. Children tend to prefer ketchup. Other favorites are onions, chili, relish and sauerkraut.
- Hot dogs were one of the first foods eaten on the moon. Apollo 11 astronauts Neil Armstrong and Buzz Aldrin ate wieners on their 1969 journey to outer space.
- In 1939, President Franklin D. Roosevelt served hot dogs to King George VI of England when he visited the United States.
- Of all the ballparks in the country, Dodger Stadium in Los Angeles sells the most hot dogs each baseball season.
- If you order a hot dog in New Zealand, it will come battered on a stick like a corn dog. To get one on a bun, you need to ask for an "American hot dog."

"A hot dog at the ballpark is better than steak at the Ritz."

—HUMPHREY BOGART



Reap the Rewards of Reading

The next time you have a few minutes free, pick up a book. Reading is beneficial in many ways.



Brain benefits. Think of your brain as a muscle that needs exercise to stay strong and healthy. Reading gives your brain a good workout, keeping it active and engaged. A recent study found that frequent brain exercise lowered cognitive decline by 32 percent. Reading can also improve focus, concentration and memory.

Rest and relaxation. Reading helps you relax. One study found that reading reduces stress by as much as 68 percent. A book can transport you to another world or just distract you enough to let tension drain away.



Knowledge. What you read fills your mind with information. Knowledge equips you to handle the challenges you encounter in life. Even if all you read is fiction, you can learn quite a bit about cultural influences, sociology, geography and history.

Reading will also improve your vocabulary, spelling and grammar. Researchers estimate that we learn 5 to 15 percent of all the words we know through reading.

Entertainment. Reading provides low-cost or even free entertainment. Whether you purchase books new or used or borrow them from the library, spending a few hours absorbed in a story is less expensive than going to a movie or dinner.



CAJUN SALMON BURGERS WITH LIME MAYO

Ingredients:

- 1/2 cup reduced fat mayonnaise, divided
- 1/2 teaspoon grated lime peel
- 1/2 teaspoon lime juice
- 3 pouches (5 ounces each) boneless, skinless salmon, drained
- 1 egg, beaten
- 1/3 cup panko bread crumbs
- 1/4 cup finely chopped green onion
- 1/4 cup finely chopped red bell pepper
- 2 teaspoons Cajun seasoning
- 1 tablespoon oil
- 4 hamburger rolls



Directions:

Mix 1/4 cup mayonnaise, lime peel and lime juice in small bowl until well blended. Cover and refrigerate until ready to serve.

For the burgers, mix salmon, egg, panko, 1/4 cup mayonnaise, green onion, bell pepper and seasoning in large bowl until well blended. Shape into four patties.

Heat oil in large nonstick skillet on medium heat. Add salmon patties; cook 5 minutes per side or until lightly browned and cooked through.

Serve salmon burgers on rolls with lime mayo and desired toppings.

Find more recipes at www.McCormick.com.



Past & Present

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

Amen • Baretta • Cheers • CSI • Dallas
Dynasty • ER • Frasier • Friends • Heroes
I Love Lucy • Ironside • JAG • Kojak
Lassie • M.A.S.H. • Maude • Seinfeld
The Simpsons • Zorro

Aquariums' calming Effects



The results of a study on fish gazing may lure you to an indoor aquarium for the health benefits, as well as the fun. Scientists studied the vital signs of people who visited a marine exhibit. Much like

meditation's calming effects, results showed their heart rate and blood pressure dropped and mood was buoyed after watching the tank full of fish swimming about.



Off-the-Rail Puns

A railroad engineer must not get sidetracked or he will lose his train of thought.

Those who steal trains must have a loco-motive.

A fired newspaper editor took an ex-press train out of town.



July
Dates
to
Remember

Happy
Independence Day!

1 RENT DUE

6 RENT LATE

REFER A
FRIEND TO
HAYWOOD
MEADOWS



					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

BANG, BOOM, OUCH!

The bombs bursting in air may be a fabulous sight to see, but they must be seen somewhere else. Just a reminder that fireworks are NOT permitted on the property. If you plan on celebrating Independence Day with fireworks, they must be taken somewhere off of the property to be enjoyed. Thank you for your understanding.

Summer Vacation

Summer is here! For many of you, vacation time is also here. If you will be traveling for an extended period of time during the summer months (a week or more), please notify the office of your departure/return date. It is also a good idea to have a hold placed on your mail/newspaper delivery.

Cancer: June 21 to July 22

The sign of Cancer is the crab, a soft creature with a hard outer shell—just like people born under this sign, who can be moody, pessimistic and manipulative, but are also loyal, intuitive and sentimental.

Cancers are very attached to the people in their lives, often treating friends and co-workers like family. They tend not to be very ambitious, and are content with a secure home and loving family.

Relaxing, helping loved ones and enjoying a meal with friends are what make a Cancer happy. If you meet someone who is sensitive, possessive and a born leader, you've likely found a Cancer.