



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

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!

Rent Reminder

Rent is due on the 1st day of each month and is considered late on the 5th. All late rent must include a late charge equal to 10% of your monthly rental payment. Thank you for paying your rent on time.

Slow Down

School time is here. Children will be walking to the bus stop! Please slow down to 10 mph (speed limit).

Happy Labor Day

Sept. 5 is Labor Day, a federal holiday that pays tribute to the achievements of the nation's workforce and marks the unofficial end of summer.

Happy Birthday

The staff would like to wish those residents celebrating a birthday in September a very happy birthday. Becky Duenez

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.

Critter Ridder

The exterminator will be here at Haywood Meadows on **Sept. 9th**. If you are in need of this service, please contact the office.

Attention, Smokers

Just a reminder that cigarettes are considered trash and should be disposed of properly. Please **DO NOT** throw cigarette butts onto the ground.

Smoke Detectors

We'd like to ask you to set aside some time each month (e.g., the day you pay your rent) to check your smoke detector. Should you experience difficulty with the detector, please contact the office.



“Develop a passion for learning. If you do, you will never cease to grow.”

—Anthony J. D'Angelo



HOORAY for HONEY



Celebrate National Honey Month in September by learning what honey has to offer in addition to natural sweetness.

Ease cold symptoms. A bit of honey in some hot tea or water will soothe a sore throat, and swallowing a spoonful can help quell a cough. According to www.MayoClinic.org, a study involving children found that honey did a better job of easing nighttime coughs and improving sleep than the cough suppressant dextromethorphan. (However, honey should not be given to children under 1 year old.)

Give yourself a wake-up call. If you're feeling a bit lethargic in the morning or facing an afternoon slump at your desk, skip the coffee and mix a spoonful of honey into a cup of tea. The blend of fructose and glucose offers an energy lift, plus you'll reap the benefits of the vitamins and minerals found in honey.

Be good to your skin. Honey's antimicrobial and moisturizing properties make it a great skin care product. Mix one teaspoon of honey and two tablespoons of warm water and massage it into dry or irritated skin. Honey is also an antibacterial agent and can reduce swelling. Some people use it to treat minor burns, cuts, scrapes and sunburn.

Funny Business



A few weeks after a young man had been hired, he was called into the personnel office. The manager angrily asked, "When you applied for this job, you told us you had three years' experience. I've discovered that this is the first position you've held."

"True," the employee admitted with a grin. "But in your ad you said you wanted a person with imagination."

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



Measurements

Acre • Century • Day • Foot • Fortnight
Furlong • Gallon • Hour • Inch • Liter
Meter • Mile • Minute • Month • Pint
Quart • Second • Week • Yard • Year

The Core of Apple Sayings

A favorite fruit, apples have also become a prevalent part of our language. Here are the stories behind some common expressions.

Apple of my eye. Signifying someone who is cherished, this idiom first appeared in Old English texts back in the ninth century. Its original, literal meaning referred to the pupil of the human eye, which was once thought to be spherical, like an apple.

An apple a day keeps the doctor away. While apples are loaded with disease-fighting nutrients, this adage is not meant to be a prescription. First recorded in Wales in the mid-1800s, it means that good nutrition can help you stay healthy.

Garlic Cream PASTA With Sun-Dried Tomatoes



Ingredients:

- 8 ounces elbow pasta
- 1 tablespoon unsalted butter
- 1/4 cup diced red onion
- 4 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 1 cup 2 percent milk
- 1/2 cup grated Parmesan cheese
- 1/2 cup low-sodium chicken broth
- Salt and pepper
- 1/3 cup julienne-cut sun-dried tomatoes, not packed in oil
- 1/3 cup chopped fresh basil

Directions:

Cook the pasta according to package directions.

Meanwhile, in a large, deep skillet, warm butter over medium heat until melted. Add onion; cook 5 minutes or until tender, stirring occasionally. Add garlic to skillet; cook 1 minute or until fragrant, stirring frequently.

Stir in flour; cook and stir 1 minute or until flour is dissolved and mixture is smooth and paste-like. Gradually whisk in milk, about 2 tablespoons at a time, until sauce thickens.

Stir in Parmesan cheese until well combined. Stir in chicken broth. Reduce heat; simmer 5 minutes, stirring occasionally. Season with salt and pepper, as desired. Remove from heat.

Add pasta to skillet; toss to combine. Stir in tomatoes and basil. Serve immediately.

Find more recipes at
www.DreamfieldsFoods.com.



Put Some Pep in Your Step



If you've been getting enough sleep but still feel sluggish, here are a few tips to turn your energy slump into a soar.

Take a walk. A recent study found that participants were invigorated by a brisk 10-minute walk, and the effects lasted up to two hours. When the daily walks continued for three weeks, overall mood and energy levels rose.

Drink up. Being dehydrated, even just a little, can leave you feeling tired and lethargic. Drink a glass of water for a quick pick-me-up, and make an effort to drink enough water every day to prevent dehydration in the future.

Have a snack. Plan ahead so your snack time combines protein, fiber and a bit of fat. Good options are peanut butter and apples or cheese on whole wheat crackers. Chia seeds are packed with B vitamins, fiber and protein, so stir a spoonful into some yogurt for a quick lift.

Keep calm. Anxiety and stress use up a lot of energy. Find a stress reliever that works for you.

REINING IN A RIVER

On Sept. 30, 1935, a crowd of 20,000 people watched President Franklin D. Roosevelt commemorate the completion of Hoover Dam.

- The dam, the largest in the world at the time, was designed to tame the Colorado River and provide water and hydroelectric power for the developing Southwest.
- About 21,000 workers contributed to construction of the dam, which rises 726 feet above bedrock. It is 660 feet thick at the base and 45 feet thick at the crest. The structure stretches 1,244 feet across the canyon.
- Now a National Historic Landmark, the dam stores enough water in Lake Mead to irrigate 1.5 million acres, and its 17 turbines generate the electricity needed to power 1.3 million homes.
- Hoover Dam receives about 7 million visitors each year. Lake Mead, the country's largest reservoir, is a popular recreation area, visited annually by another 10 million tourists.



DATES TO REMEMBER **September**

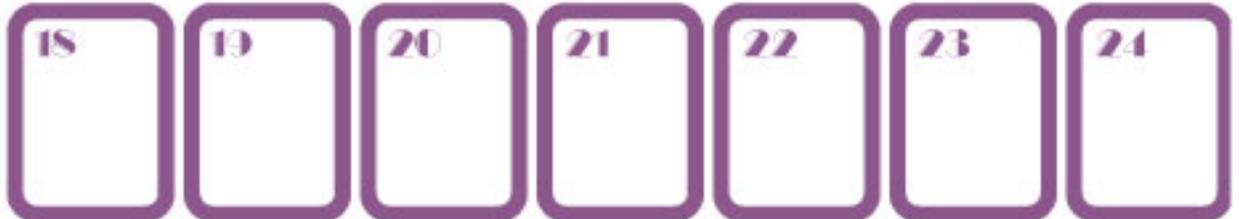


1 RENT DUE



5 RENT LATE

REFER A FRIEND TO HAYWOOD MEADOWS



Remember When: Cracker Jack Prizes

Along with caramel-coated popcorn and peanuts, kids young and old enjoyed Cracker Jack because there was a “Prize Inside,” as its iconic cardboard package advertised. Since 1896, the treat has been an American tradition, often associated with the national pastime of baseball. In 1912, toy surprises were added, which had many rummaging through a box to unearth the mystery trinket buried in the snack. Among the various novelties one could find: a tiny whistle, a ring or a spinning top. Today, instead of physical prizes, consumers get a code that links to a digital game.

Virgo: Aug. 23 to Sept. 22

People born under the sign of Virgo, Aug. 23 to Sept. 22, have a methodical approach to life and are always paying attention to details. They are also very intelligent, have an excellent memory and are good at problem-solving. Virgos like animals and nature, although they don’t tend to get involved in a lot of outdoor activities. Some people might find Virgos overly critical and emotionally detached, but that is because they are thinking rather than feeling. The Virgo qualities of honesty, loyalty and determination, however, can make them wonderful people to have as friends. Although they might try to analyze your life, just remember they are trying to be helpful, not controlling.