

S	M	T	W	T	F	S
August			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	

Aug. 1 – **Rod Stewart**: Bridgestone Arena
Aug. 1 – **Bring It!**: TPAC
Aug. 1-3 – **Sounds vs. Fresno**
Aug. 2 – **Sugarland**: Bridgestone Arena
Aug. 3 – **Dan & Phil**: TPAC
Aug. 3 – **Dave Barnes**: Ryman Auditorium
Aug. 4 – **Brit Floyd**: TPAC
Aug. 4-7 – **Sounds vs. Sacramento**
Aug. 5 – **Lauryn Hill**: Municipal Auditorium
Aug. 5, 12, 19 – **Americana at the Ryman**
Aug. 6 – **Gordon Lightfoot**: Ryman Auditorium
Aug. 9-11 – **Joe Bonamassa**: Ryman Auditorium
Aug. 9-Sept. 9 – **Shakespeare in the Park: “A Midsummer Night’s Dream”**: Centennial Park
Aug. 10 – **David Cross**: TPAC
Aug. 10-11 – **Tomato Art Fest**: Five Points, East Nashville
Aug. 11 – **Kenny Chesney**: Nissan Stadium
Aug. 11-Sept. 9 – **“Twinkle, Twinkle Little Star”**: Nashville Children’s Theater
Aug. 12 – **Slayer**: Municipal Auditorium
Aug. 12 – **Amanda Shires & Caitlin Rose**: Ryman Auditorium
Aug. 12 – **LSD Tour**: Ascend Amphitheater
Aug. 13-16 – **Sounds vs. Round Rock**
Aug. 14 – **Heather Land**: Ryman Auditorium
Aug. 15 – **Happy Together Tour**: Ryman Auditorium
Aug. 16 – **Black Music Honors**: TPAC
Aug. 17 – **Toto**: Ryman Auditorium
Aug. 17 – **Stars Align Tour**: Municipal Auditorium
Aug. 17-18 – **Professional Bull Riders**: Bridgestone Arena
Aug. 18 – **Titans vs. Tampa Bay** (preseason)
Aug. 18-19 – **Sounds vs. New Orleans**
Aug. 19 – **Nashville Pink Bridal Show**: Music City Center
Aug. 19 – **Justin Townes Earle**: Ryman Auditorium
Aug. 19 – **Jason Mraz**: Ascend Amphitheater
Aug. 21 – **Cake & Ben Folds**: Ascend Amphitheater
Aug. 22 – **ACM Honors**: Ryman Auditorium
Aug. 23 – **Jay-Z & Beyoncé**: Vanderbilt University Stadium
Aug. 24 – **Keith Urban**: Bridgestone Arena
Aug. 24 – **3 Doors Down**: Ascend Amphitheater
Aug. 25 – **Taylor Swift**: Nissan Stadium
Aug. 25 – **Def Leppard & Journey**: Bridgestone Arena
Aug. 25 – **Whitey Morgan**: Ryman Auditorium
Aug. 25 – **NeedToBreathe**: Ascend Amphitheater
Aug. 28 – **Charlie Puth**: Ascend Amphitheater
Aug. 29 – **Leon Bridges**: Ascend Amphitheater
Aug. 30 – **Titans vs. Minnesota** (preseason)
Aug. 31-Sept. 2 – **Widespread Panic**: Ascend Amphitheater
Aug. 31-Sept. 3 – **Sounds vs. Memphis**

All dates subject to change without notice



TRASH IN THE DUMPSTER

Make sure you are taking your bagged trash and depositing it in the dumpster, not beside it. Please do not leave trash outside your door or on the balcony/patio. Doing so invites bugs to your home (and your neighbors’ homes as well).

Deterring Auto Theft

Thousands of cars are stolen and broken into every year, and thieves are always looking for the easiest targets they can find. Take some measures that will help prevent your vehicle from becoming another statistic.

- Lock your car at all times, even while you are driving short trips.
- Never leave your keys in your car while you are not.
- Make sure the windows are rolled up tightly to prevent tools or other devices from being slipped in.
- Always park in areas that are well lighted.
- Don’t leave valuable items in the car. Keep these locked in the trunk out of sight or remove them from the car altogether.



NATIONAL SENIOR CITIZENS DAY

Each year on August 21, there are various events and activities held across the United States in recognition of National Senior Citizens Day. This day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements. Their valuable contributions to our communities create better places to live.

To celebrate National Senior Citizens Day, spend time with the senior citizens you know. Let them know that they are appreciated and loved. It may also be a good day to volunteer at a retirement home and share your smile with those who may not otherwise get visitors. If you are a senior citizen, check for special discounts and promotions that may be offered at stores and restaurants in your area.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute.

Keep Your Friends Close

Older adults who isolate themselves or have limited social contact may have higher levels of depression, use more medications and be hospitalized more. Be socially engaged as long as possible. Social circles such as clubs, hobby groups, and church friends help us find people who challenge us and engage our minds. Join or start a hobby you enjoy, sign up for a book club, or simply talk to people. You’ll discover the secret to keeping your mind fit and active!

Royal Arms of GREEN HILLS

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Schatten Properties Management Co., Inc.



What’s the Scoop?

There is nothing more refreshing than a scoop of ice cream on a hot summer day! So it is no surprise that more ice cream is consumed during the summer than any other time of the year. The International Dairy Foods Association reports that the average American consumes almost 22 pounds of ice cream per year. Did you know that it takes approximately 50 licks to polish off a single scoop of ice cream? Vanilla remains the most popular flavor among consumers, followed by Mint Chocolate Chip and Cookies & Cream.

Is your mouth watering yet? If so, grab a carton of your favorite ice cream and treat yourself to one of America’s favorite summer desserts!

TURN DOWN THE VOLUME

Everyone likes to listen to music, but no one likes to be able to hear it through the walls. Please remember that our quiet hours are 10:00 p.m. to 10:00 a.m. During that time, please remember to keep your music and television volume turned down. Also during that time, try to refrain from noisy activities, such as washing clothes or vacuuming. Be a respectful neighbor and turn down your car stereo before you drive into the community. We want everyone to be able to enjoy these hours in peace and quiet. Your cooperation is greatly appreciated.

Dog Do’s and Don’ts

- Do pick up your pet’s waste and dispose of it properly.
- Do keep your dog on a leash. It’s a city-wide law and animal control will be called if we see a stray animal.
- Don’t let your dog bark uncontrollably. Be considerate of your neighbors and community by making sure your pet behaves.
- Don’t forget to keep your dog hydrated during the warm summer months. Also, make sure the pavement is not too hot for their sensitive paws.

August 2018

Staff

Deena Beattie
Property Manager
Bonnie McDonald
Assistant Manager
Crystal Harrell
Leasing Agent
Randy Hollis
Maintenance Supervisor
Jimmy Luffman
Maintenance Tech
Jacob Silvey
Maintenance Tech
Michael Huffman
Groundskeeper
Mike Thomas
Courtesy Officer

Pest Control Filter Change

Wed., Aug. 22
Bldgs. C, D, E

Fitness and Laundry Code #7173

Sunflowers

- Sunflowers are native to the Americas.
- As young blossoms, they follow the sun as the earth moves throughout the day.
- They can remove toxins from contaminated soil and have been used at some of the world's biggest environmental disasters.
- The world's tallest sunflower reaches 30 feet and 1 inch.
- It is the only flower with the word "flower" in its name.

Love to Read

Celebrate Book Lover's Day on August 9 by reading one of your favorites or a brand new book.

Go to the library, check out a book, find a comfy chair, sit and read! Or spend the evening at the library with your children, looking through books and reading to them.

Your library may be part of an online program where you can check books out to read for a set time. Try some of their audio books as well!

Google "free ebooks" or try Bookbub.com.



Preheat oven to 350 degrees. Brown the hamburger meat with the chopped onion. Cook thoroughly and drain. Drain and add the green beans and tomato soup. Let this all cook together on low until all ingredients are beginning to bubble. While this is cooking together, separately cook the potatoes and mash. Add butter, milk, salt and pepper to the potatoes as if this was going to be a dish by itself. Spray a large casserole dish. Place the hamburger/green bean/tomato soup mixture into casserole dish. Spread evenly. Top with the mashed potatoes, then top with sharp cheddar cheese. Put in a hot oven and heat just until the cheese is melted. All you need with this is a salad and you have a complete meal.

- 2 lbs. hamburger meat
- 1 large can (28 oz.) of green beans
- 2 cans tomato soup
- 2-1/2 lb. potatoes
- 1 onion chopped
- Salt and pepper to taste



PREPARING FOR BACK TO SCHOOL

Whether we want to believe it or not, school is gearing up to start back! Here are some easy steps to get your family ready.

- Go through clothes and either save, sell or donate. Jazz it up by having a fashion show to see what still fits! Make a list of needed school clothes and begin shopping now. If your child wears uniforms, go online or check with families who have older children.
- Even though you may not have an official "supply list," you know the basics your child needs: backpack, lunchbox, pencils, pens, crayons. Purchase what you can now.
- Gently ease your children back into a nightly school routine. Teach them to pack their own lunches – you provide the food!
- No matter the age of your children, you can volunteer in the classroom. It's a great way to meet the kids, other parents and to help the teacher. Child in high school? Volunteer to be a test proctor or assist their homeroom teacher with various tasks.
- Share your passion for learning with them – daily!



Check out our Pinterest page, Hassle Free Newsletter



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By the Numbers BRAIN TEASE

Try to fill in the missing numbers.

The missing numbers are integers between 0 and 10.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up the totals to the right.

			7	6	36
		6			33
	4	10	9	7	28
2	9	10	10		38
	5	8	7	6	32
					29
22	35	42	41	20	37

SOLUTION: ROW 1: 3, 9, 8, 7, 6 ROW 2: 2, 6, 8, 6, 8, 0 ROW 3: 8, 4, 10, 9, 7 ROW 4: 2, 9, 10, 10, 1 ROW 5: 3, 5, 8, 7, 6

Simplify Your Life Week

The first week of August is "National Simplify Your Life Week." Let's take up the challenge and tackle what we bring into our house every day. Check our Pinterest page, Hassle Free Newsletter for ideas!

- 1 Bags, keys, purses, school bags, lunch bags – designate a landing station, whether it's a closet, a hang-up or in individual rooms. Do this immediately when you get home. Keys, wallets, etc. can go into a pretty decorative bowl by the front door or kitchen counter.
- 2 Mail can be overwhelming! Opt out of what you can, but go through each piece before the day is over. Have a recycle, shred, and a DO IT / FILE IT place. Then once weekly (establish a certain time/day) recycle and pay bills. Shred at work if you can.
- 3 Start a menu plan and you'll save time (and money) by knowing what you will have for dinner every night. Cook big meals for the weekend and prepare extra for leftovers during the week. Choose a night during the week to go out for "kids eat free" nights!
- 4 Have a nightly schedule – dinner, homework, family play, limited TV or video time.

Practice these tips for 21 days until it becomes a habit.

Mosquito Proof

It's been a tough year for those pesky mosquitos! Try these on your balcony or patio.

Plant citronella, rosemary, catnip, mint, marigolds, basil, lemongrass and garlic. They hate those smells and will naturally want to stay away. Citronella candles work good too.

Make sure you dump any sitting water. Keep birdbaths clean.

Make your own spray concoction combining equal parts water and witch hazel and essential oils (about 40 drops per 2 oz spray bottle) of rosemary, clove or eucalyptus.

