

GESUNDHEIT! Springtime often aggravates those with allergies, but there are also many possible allergens in your home. Here's some tips on how to eliminate common household allergens and pollutants:

- Vacuum two or three times a week with a vacuum cleaner with a HEPA filter.
- Wash all bedding weekly in hot water.
- Keep the air dry. In summer, use an air conditioner. In winter, if humidity is a problem, use a dehumidifier.
- Check the filters regularly and clean and replace when needed.

SPRING STORMS - Winter is almost over - but sometimes spring can bring bad weather as well. Strong storms and tornadoes may occur frequently during the spring and you should be prepared. Make sure you have a plan for severe weather.



- Designate an interior room (perhaps a closet or bathroom) for everyone to gather.
- Keep a working flashlight and radio handy.
- Listen to the weather reports carefully.
- Never underestimate warnings or watches. It is always better to be safe than sorry.

STEP LIVELY! With the advent of spring and longer daylight time, it's a great time to get in some exercise.

- Keep a pair of walking shoes in your car. You never know when you can squeeze in a 10-minute walk.
- To increase body toning, cardiovascular fitness and calorie burn, walk uphill.
- Freeze water in your water bottle. It will melt slowly while you walk so you'll have a constant supply of cold water.
- Get your arms pumping to bring your upper body into your workout. Want more toning? Carry two 5-pound hand weights.
- Always warm up and stretch to avoid injury.
- Find a place to walk and be consistent! Outdoor track, greenway or at the mall - just do it!

NATIONAL PUPPY DAY, held on March 23 each year, celebrates the unconditional love puppies bring to people's lives. The day aims to help save puppies by encouraging adoption. Here are some ways you can celebrate:



- Visit an animal shelter and adopt a puppy.
- Spread awareness by using the hashtags #nationalpuppyday and #puppyday on social media and also share pictures of your dog.
- Donate your time or money to a local animal shelter or an organization that supports stray animals. There is always a need for help walking, feeding, playing with and cleaning up after the animals.

FUN IRISH FACTS

- The Irish national symbol isn't a shamrock - it's a harp. Ireland is the only country in the world to have a musical instrument as its national symbol.
- The longest place name in Ireland is Muckanaghederdauhaulia, located in county Galway.
- The White House was designed by an Irishman. James Hoban won a competition in 1792 which led him to create our stately Presidential home.
- Ireland has the fourth largest stadium in Europe. Croke Park in Dublin has a capacity of 82,300.

S	M	T	W	T	F	S
March	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		

Mar. 1 - *Marina*: Ryman Auditorium
 Mar. 2 - *Dr. Jordan B. Peterson*: Ryman Auditorium
 Mar. 2-6 - *SEC Women's Basketball Tournament*: Bridgestone Arena
 Mar. 2-6 - *"Dear Evan Hanson"*: TPAC
 Mar. 3-4 - *Yola*: Ryman Auditorium
 Mar. 3-6 - *Nashville Lawn & Garden Show*: The Fairgrounds Nashville
 Mar. 6-7 - *Conan Gray*: Ryman Aud.
 Mar. 8 - *Predators vs. Dallas*
 Mar. 9 - *Billie Eilish*: Bridgestone Arena
 Mar. 9 - *Bob Weir & Wolf Bros.*: Ryman Auditorium
 Mar. 10 - *Predators vs. Anaheim*
 Mar. 10 - *Chris Janson*: Ryman Auditorium
 Mar. 10-11 - *Willie Nelson*: CMA Theater
 Mar. 11 - *Ron White*: TPAC
 Mar. 11 - *Sal Vulcano & Chris DiStefano*: Ryman Auditorium
 Mar. 12 - *Predators vs. St. Louis*
 Mar. 12 - *"Don't Let the Pigeon Drive the Bus"*: TPAC
 Mar. 12 - *John Crist*: Ryman Auditorium
 Mar. 13 - *Dream Theater*: Grand Ole Opry House
 Mar. 14-15 - *Khruangbin*: Ryman Aud.
 Mar. 15 - *Predators vs. Pittsburgh*
 Mar. 16 - *Slash*: Grand Ole Opry House
 Mar. 16-17 - *Little Feat*: Ryman Aud.
 Mar. 16-18 - *Morgan Wallen*: Bridgestone Arena
 Mar. 17 - *Alton Brown*: TPAC
 Mar. 18 - *Brian Regan*: Ryman Auditorium
 Mar. 18-26 - *Ballet: "Lucy Negro Redux"*: TPAC
 Mar. 19 - *Predators vs. Toronto*
 Mar. 19 - *Ministry*: Ryman Auditorium
 Mar. 20 - *Randy Houser*: Ryman Aud.
 Mar. 20 - *Graham Nash*: CMA Theater
 Mar. 22 - *Ben Platt*: Bridgestone Arena
 Mar. 22 - *Sparks*: Ryman Auditorium
 Mar. 22-27 - *"Summer: The Donna Summer Musical"*: TPAC
 Mar. 23 - *Tame Impala*: Bridgestone Arena
 Mar. 23 - *Bob Dylan*: Ryman Auditorium
 Mar. 25 - *Russell Dickerson*: Ryman Aud.
 Mar. 25-27 - *Flea Market*: The Fairgrounds Nashville
 Mar. 26 - *Mount Westmore*: Bridgestone Arena
 Mar. 26 - *Buddy Guy*: Ryman Auditorium
 Mar. 27 - *Predators vs. Philadelphia*
 Mar. 27 - *Trixie & Katya*: Ryman Aud.
 Mar. 27 - *CASTING CROWNS*: Grand Ole Opry House
 Mar. 28 - *311*: Ryman Auditorium
 Mar. 29 - *Predators vs. Ottawa*
 Mar. 29-30 - *Gregory Alan Isakov*: Ryman Auditorium
 Mar. 29 - Apr. 3 - *What the Constitution Means to Me*: TPAC
 Mar. 30 - *Jim Gaffigan*: Bridgestone Arena
 Mar. 30 - *Baby Shark Live*: TPAC
 Mar. 31 - *Mitski*: Ryman Auditorium

All dates subject to change without notice



March 2022

STAFF

Deena Beattie
Property Manager

Lex Brabson
Assistant Manager

Alexandria Slaton
Leasing Agent

Randy Hollis
Maintenance Supervisor

Jacob Silvey
Maintenance Tech

Andrew Lott
Maintenance Tech

Michael Huffman
Groundskeeper

Audrean Manquero
Courtesy Officer

PEST CONTROL

Wed., March 23
Bldgs. L, M, N, O, P

LAUNDRY CODE

#4889

Royal Arms of GREEN HILLS

2011 Richard Jones Road • Nashville, TN 37215
615-297-8281 • FAX 615-297-0497

Schatten Properties Management Co., Inc.

DAYLIGHT SAVING TIME BEGINS - You might lose an hour of sleep on Sunday, March 13, but it might be worth it as we get to tack on an extra hour of daylight in the evening. Remember to set your clocks ahead one hour the night before!

GET READY FOR MARCH MADNESS! March Madness refers to that time of year (mid-March through early April) when the NCAA men's and women's college basketball tournaments are held. In the weeks leading up to it, hundreds of college basketball teams from all over the country fight to earn a spot in the tournament.

Millions of people fill out brackets, attempting to predict the winners of all the games. There are usually enough upsets, however, that it's nearly impossible to predict a perfect bracket. In fact, your chances of correctly guessing the winner of every game is less than 1 in 9.2 quintillion.

A QUIET PLACE - Please remember that our quiet hours are before 10am and after 10pm. During that time, please remember to keep the volume of your music and television turned down, and don't engage in any noisy activities, such as vacuuming. Also, 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.

GRILLING TIME - Oh, the wonderful, savory smells when our residents start grilling! Please take advantage of the grills throughout our community. For everyone's safety, remember that grills are prohibited from use under balconies and ceilings.

SPRING CLEAN YOUR FRIDGE

TOSS out any food that is spoiled, has an expired date, or is unidentifiable. Get in the habit of cleaning out your refrigerator every time you bring home groceries.

CLEAN off any leftover bits of food on the shelves and interior doors and wipe up any spills.

REMOVE all loose papers from the outside of your refrigerator. Toss out anything that is outdated. Put coupons into a coupon organizer, recipes in a recipe file. If you choose to display photographs on your refrigerator, buy magnet frames to keep them neat.



