



## Cinco de Mayo...

...is a Mexican holiday that observes the Battle of Puebla that took place May 5, 1862. It is a day to celebrate Mexican food, culture and traditions with parades, dances and other festivities. We wish all our residents celebrating this day a Happy Cinco de Mayo!

## Happy Mothers 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.

## 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.

S	M	T	W	T	F	S
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 2 – **Alice Cooper**: TPAC  
 May 2-5 – **Sounds vs. Iowa**  
 May 3-4 – **Bonnie Raitt**: Ryman Auditorium  
 May 5 – **Beyoncé**: Nissan Stadium  
 May 5-8 – **Fountains**: TPAC  
 May 6 – **The Avett Brothers**: Bridgestone Arena  
 May 6-9 – **Sounds vs. Memphis**  
 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 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 – **Sounds vs. Fresno**  
 May 18 – **Silversun Pickups**: Ryman Auditorium  
 May 19 – **Cage the Elephant**: Ascend Amphitheater  
 May 19-22 – **Sounds vs. Sacramento**  
 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 Sing**: Ryman Auditorium  
 May 24 – **Dan & Phil**: TPAC  
 May 26 – **Jimmy Buffet**: Ascend Amphitheater  
 May 27 – **I Love the 90s**: Bridgestone Arena  
 May 31 – **Mudcrutch**: Ryman Auditorium  
 May 31 – **Edward Sharpe**: Ascend Amphitheater  
 May 31-Jun. 3 – **Sounds vs. Round Rock**  
 May 31-Jun. 5 – **Disney's "Beauty and the Beast"**: TPAC

June 4 – **Gregory Porter**: TPAC  
 June 4 – **Nashville Symphony**: Ascend Amphitheater  
 June 7 – **Stars for Second Harvest**: Ryman Auditorium  
 June 7-12 – **"If/Then"**: TPAC  
 June 8 – **Marty Stuart**: Ryman Auditorium  
 June 9-12 – **CMA Music Festival**  
 June 12-13 – **Harry Connick, Jr.**: Ryman Auditorium  
 June 13-16 – **Sounds vs. Memphis**  
 June 15 – **See Jane Sing**: TPAC  
 June 17-20 – **Sounds vs. Round Rock**  
 June 18 – **Monster Jam**: Nissan Stadium  
 June 19 – **Ringo Starr**: Ryman Auditorium  
 June 21 – **Selena Gomez**: Bridgestone Arena  
 June 23 – **Vince Gill**: Ryman Auditorium  
 June 24-26 – **Flea Market**: The Fairgrounds Nashville  
 June 25 – **The Wild Feathers**: Ryman Auditorium  
 June 25-28 – **Sounds vs. Omaha**  
 June 27 – **Justin Bieber**: Bridgestone Arena  
 June 28 – **Slipknot**: Bridgestone Arena  
 June 28 – **Bring It! Live**: TPAC  
 June 30 – **Del & Dawg**: Ryman Auditorium  
 June 30 – **Sounds vs. Oklahoma City**

All dates subject to change without notice

S	M	T	W	T	F	S
june						
	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	🏠	

# THE VOICE of VILLA ADRIAN

2964 Franklin Road  
Nashville, TN 37204  
(615) 383-2224

may/june 2016

### staff

**Jim Lott**  
Property Manager  
**Taylor Nowels**  
Assistant Manager  
**Robert Irwin**  
Maintenance Supervisor  
**Wayne Michon**  
Courtesy Officer

### office hours

Monday-Friday  
8:00am-5:00pm

## Welcome!

We would like to extend a warm welcome to all our new residents. If you have any questions about the community or your new home, please call or stop by the office and we'll be happy to answer them. To those residents who have chosen to remain with us by renewing your lease, we wish to say thank you. To all our residents, we're honored to have you here! After all, you are the reason we're here.

## 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!



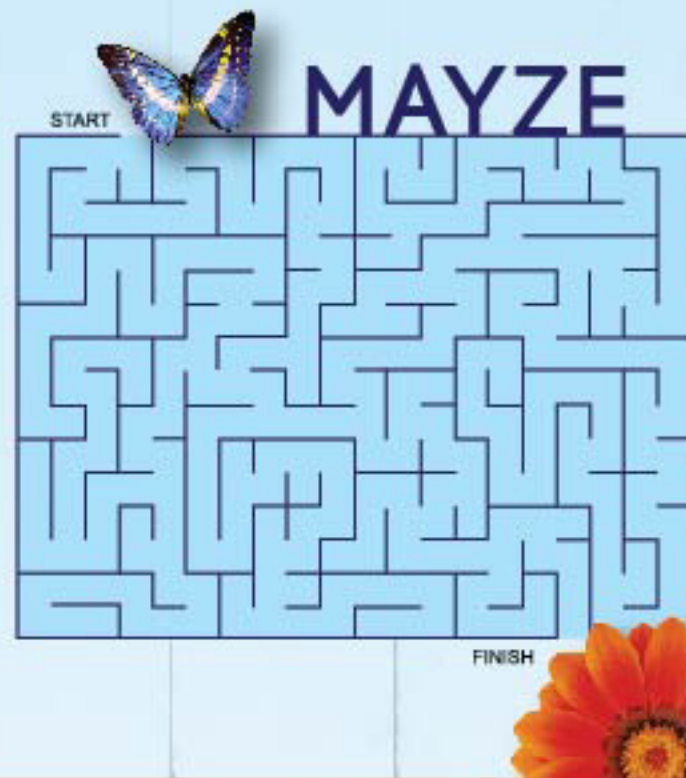
# HAPPY Mother's DAY



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!

