



S	M	T	W	T	F	S
September						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sept. 1-3 – *Sounds vs. Memphis*
 Sept. 7 – *Jason Aldean: Bridgestone Arena*
 Sept. 7 – *Lucero: Ryman Auditorium*
 Sept. 9 – *American Idol Live: Ryman Auditorium*
 Sept. 11 – *U.S. Natl. Soccer Team vs. Mexico Natl. Football Team: Nissan Stadium*
 Sept. 11 – *Fall Out Boy: Bridgestone Arena*
 Sept. 11-16 – *“School of Rock”: TPAC*
 Sept. 13-16 – *Disney On Ice: Bridgestone Arena*
 Sept. 14 – *Old Crow Medicine Show: Ryman*
 Sept. 14-16 – *Music City Food + Wine Festival: Bicentennial Capitol Mall*
 Sept. 16 – *Titans vs. Houston*
 Sept. 16 – *k.d. lang: Ryman Auditorium*
 Sept. 17 – *J. Cole: Bridgestone Arena*
 Sept. 18 – *Drake: Bridgestone Arena*
 Sept. 21-23 – *Ballet: “Swan Lake”: TPAC*
 Sept. 22 – *Chris Young: Bridgestone Arena*
 Sept. 23 – *Maroon 5: Bridgestone Arena*
 Sept. 24 – *Sally Field: TPAC*
 Sept. 25 – *Daughtry: Ryman Auditorium*
 Sept. 26 – *Cam: Ryman Auditorium*
 Sept. 30 – *Titans vs. Philadelphia*
 Sept. 30 – *Bad Bunny: Bridgestone Arena*
 Sept. 30 – *Joan Baez: Ryman Auditorium*

Oct. 2 – *Florence & the Machine: Bridgestone*
 Oct. 4-6 – *Opera: “La Traviata”: TPAC*
 Oct. 5-6 – *John Prine: Ryman Auditorium*
 Oct. 6 – *Ed Sheeran: Nissan Stadium*
 Oct. 6 – *Kevin Hart: Bridgestone Arena*
 Oct. 7 – *Goo Goo Dolls: Ryman Auditorium*
 Oct. 7-8 – *Bruno Mars: Bridgestone Arena*
 Oct. 9 – *Predators vs. Calgary*
 Oct. 9 – *Simple Minds: Ryman Auditorium*
 Oct. 9-14 – *“The Play That Goes Wrong”: TPAC*
 Oct. 10 – *Brett Young: Ryman Auditorium*
 Oct. 11 – *Predators vs. Winnipeg*
 Oct. 11-14 – *Nashville Oktoberfest: Jefferson St.*
 Oct. 11-Nov. 3 – *“A Doll’s House, Part 2”: TPAC*
 Oct. 12 – *Childish Gambino: Bridgestone Arena*
 Oct. 12-13 – *Jim Gaffigan: Ryman Auditorium*
 Oct. 12-14 – *TN Craft Fall Fair: Centennial Park*
 Oct. 13 – *Predators vs. NY Islanders*
 Oct. 14 – *Titans vs. Baltimore*
 Oct. 14 – *For King & Country: Ryman Aud.*
 Oct. 15 – *Predators vs. Minnesota*
 Oct. 16 – *Twenty One Pilots: Bridgestone Arena*
 Oct. 18-20 – *Ballet: “7 Deadly Sins”: TPAC*
 Oct. 19 – *Josh Groban: Bridgestone Arena*
 Oct. 19 – *Kidz Bop: TPAC*
 Oct. 19-21 – *Ben Rector: Ryman Auditorium*
 Oct. 22-28 – *Jason Isbell: Ryman Auditorium*
 Oct. 23 – *Predators vs. San Jose*
 Oct. 24 – *Elton John: Bridgestone Arena*
 Oct. 24-Nov. 4 – *“Phantom of the Opera”: TPAC*
 Oct. 25 – *So So Def: Bridgestone Arena*
 Oct. 26 – *Lynyrd Skynyrd: Bridgestone Arena*
 Oct. 27 – *Predators vs. Edmonton*
 Oct. 28 – *Nicki Minaj: Bridgestone Arena*
 Oct. 29 – *Pete Souza: TPAC*
 Oct. 29 – *Boyz Skaggs: Ryman Auditorium*
 Oct. 30 – *Predators vs. Vegas*

All dates subject to change without notice

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	October		

Renew Your Lease

We know all of you have very busy schedules, so if you find it difficult to get to the office to sign your lease renewal, just give us a call and we'll be glad to make arrangements to get your lease signed. We value and appreciate all our residents!

Itsy Bitsy Spiders

Late in the summer and early fall, spiders tend to be at their peak in both number and size. If you notice more itchy bitsy creatures and webs around your home, give us a call. Our routine pest control should handle most of the problem. You can also help by cleaning to reduce conditions that may attract and sustain spiders. Cleaning regularly in corners and undisturbed areas prevents spiders from finding a safe refuge. Together we can keep our eight-legged friends outside where they belong!

Keeping the Pets We Love Healthy

We love our pets and we want them to stay healthy. Assuring your pet's daily well-being requires regular care and close attention to any hint of ill health. Consult your veterinarian if your pet shows any of the following signs:

- Excessive weeping from the nose or eyes
- Abnormal behavior, sudden viciousness, or lethargy
- Limping or difficulty getting up or lying down
- Loss of appetite, marked weight loss or gain, or excessive water consumption
- Difficult, abnormal, or uncontrolled waste elimination
- Excessive head shaking, scratching, and licking or biting any part of the body
- Dandruff, loss of hair, open sores, or a ragged or dull coat
- Foul breath or excessive tartar deposits on teeth

Stovetop Fires

Taking the proper precautions and knowing what to do in case of a fire can prevent injury or damage and can save lives. Here are some helpful hints:

- Remain calm.
- Turn off the burner or oven under the burning pot or pan.
- Smother a stovetop fire by covering it with a large lid.
- Don't use water to put out a grease or wax fire—it will only flare up. Use a fire extinguisher on fires that cannot be smothered. If you don't have one, large amounts of baking soda or salt can be used to extinguish the fire.
- If you have a hood fan, make sure it is turned off so the fire is not drawn into the vent.
- Take care to protect your hair, hands and clothing before removing a burning pan from the stove.
- If your clothes catch fire, drop to the ground and roll over to put the fire out.
- Call the fire department if the need arises.

THE VOICE of VILLA ADRIAN

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

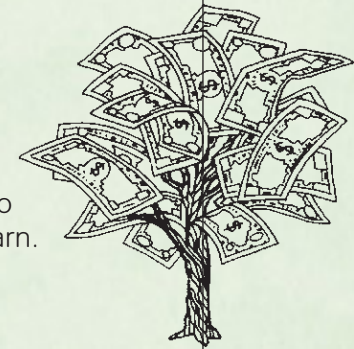
The office will be closed on Monday, September 3 in observance of Labor Day, but will reopen on Tuesday for regular business hours.

To Heat or Not To Heat

We are entering the season of “to heat or not to heat.” Days are warm but nights can get chilly. Just remember that switching your heat on and off is quite costly. Try to wear warmer clothes or cover up with a blanket instead of adjusting the thermostat when it gets cool. Before you know it, temperatures will level off and you can turn the heat on and leave it on. As always, call us immediately if there is a problem and we will service it as quickly as possible.

Harvest Some \$\$\$

Who says money doesn't grow on trees? At our community it does! Simply refer someone to live at Villa Adrian and you will receive a referral bonus when they move in. There is no limit to the number of referrals you can make or the money you can earn. Call the office today to learn how you can harvest some \$\$\$.



Maintenance Emergencies

If you call to report a maintenance emergency after business hours, please remember to speak clearly, leaving your name, unit number, phone number and nature of the emergency. This will help the technician respond more quickly and more efficiently. Remember, not all maintenance requests require immediate attention. Toilet problems in a one-bathroom home, no water, no heat when the temperature is below 55 degrees or no air conditioning when temperatures are higher than 85 degrees are just a few repairs that are considered an emergency. For a complete list of repairs that constitute an emergency after hours, please contact the office.

September/
October 2018

Staff

Jim Lott
Property Manager
Taylor Nowels
Assistant Manager
Robert Irwin
Maintenance Supervisor
John Chambers
Courtesy Officer

Office Hours

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

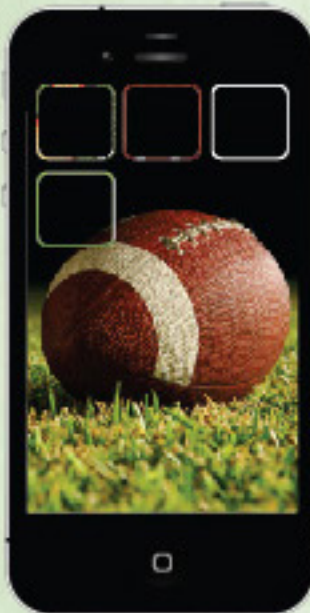


Tailgating

A FOOTBALL TRADITION

Football season has begun and so have the tailgating parties. You'll want to download these top apps.

- **Grill-It** – the ultimate app for any cook-out experience with new recipes and ideas added weekly.
- **Cornhole and Ultimate Cornhole** – if you can't have the real thing, it's fun to compete online.
- **Stadium Finder** – helping you reach your stadium and then having fun when you get there. Over 1,000 stadiums worldwide are featured.
- **Tailgating Planner** – share your tailgating checklist with friends and family to organize the best party.



See some styling tailgating, delicious recipes and games on our **Hassle Free Newsletter** Pinterest page.



Before Labor Day, manufacturing workers were putting in 60-70 hour work weeks, 6-7 days a week, barely making enough to live. Children as young as five toiled in mills, mines and factories across the country.

Unsafe working conditions, insufficient access to sanitary facilities, breaks and fresh air were hardest on the very poor and immigrants.

We're thankful for those who committed their lives to make working conditions better for all. **Happy Labor Day!**

SAUSAGE CASSEROLE

1 lb. sausage • 6 eggs • 2 c. milk • 2 c. bread crumbs • 1 tsp. salt
1 tsp. dry mustard • 1 c. grated cheese • 1 can mushroom soup • 1/4 c. milk

Brown sausage and drain well. Whip eggs, milk, salt and dry mustard. Set aside. Layer bread crumbs, sausage and cheese in 9 X 13 inch dish (lightly sprayed). Pour egg mixture over the layers.

Mix the can of soup with 1/4 cup of milk and spread over the entire mixture.

Bake 45 minutes to 1 hour in a 350 degree oven. Serve hot. Delicious for breakfast or as a main dish for any meal.

If using for breakfast, mix all together the night before, cover tightly and refrigerate.

The next morning cook in heated oven for 45 minutes to 1 hour. This reheats well in microwave.

FALL IN LOVE WITH THESE

Fall Days

SEPTEMBER 3
LABOR DAY

SEPTEMBER 5
INTERNATIONAL DAY OF CHARITY

SEPTEMBER 8
INTERNATIONAL LITERACY DAY

SEPTEMBER 9
GRANDPARENTS DAY

SEPTEMBER 11
PATRIOT DAY –
WE WILL NEVER FORGET!

SEPTEMBER 22
FALL BEGINS

SEPTEMBER 29
FAMILY HEALTH & FITNESS DAY



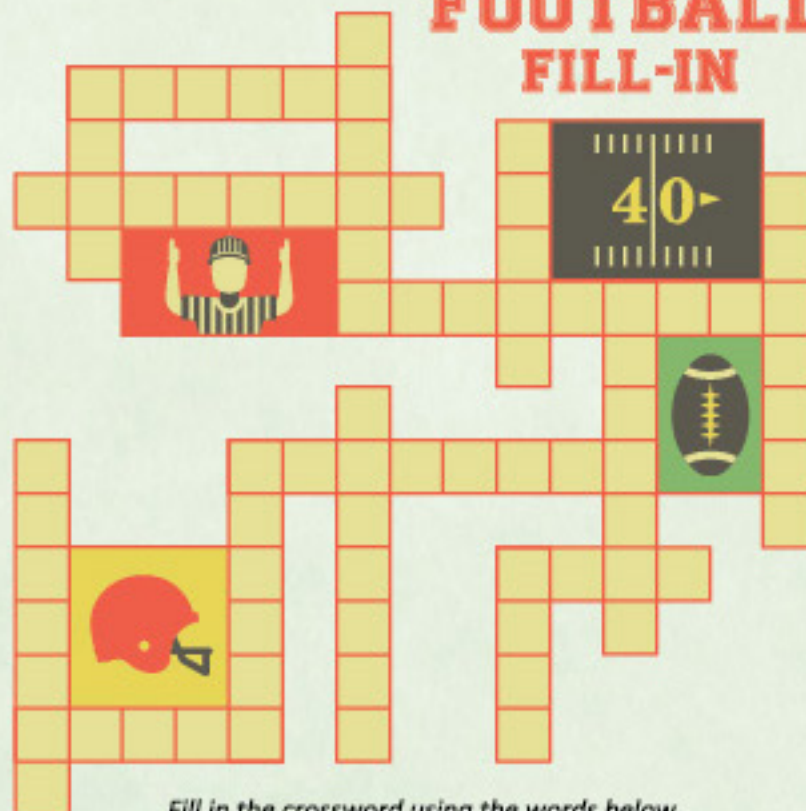
READING EVERY DAY

In honor of September's International Literacy Day, we encourage you to read. Read to your children, read for fun and read to learn. This year check with your local schools or in your community to find someone you could coach to read.

Stress reduction, mental stimulation, vocabulary expansion and memory improvement are just a few of the great gains of reading. Carve out some daily time to read to enhance these benefits.

Your local library offers great tips on books of interest and books are free to check out. There are other great options online for free ebooks.

FOOTBALL FILL-IN



Fill in the crossword using the words below.

4 LETTERS	5 LETTERS	6 LETTERS	7 LETTERS	8 LETTERS
FLAG	BLOCK	FUMBLE	DEFENSE	HALFTIME
PASS	SCORE	HELMET	KICKOFF	TAILGATE
PUNT		TACKLE	OFFENSE	
			PENALTY	9 LETTERS
				TOUCHDOWN

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LETTERWORKS

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TAG – YOU'RE IT!

National Family Health & Fitness Day promotes family involvement in physical activity. This is one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health.

Here are some fun ways for every member of your family to get fit.

- Think of some outdoor games you can play together - Frisbee, volleyball, tag, hopscotch, etc.
- Volunteer – and get sweaty doing it!
- Who doesn't like to dance? Boogie down.
- Be a ninja! Go to the woods and climb over logs, jump rocks, swing on low tree branches.
- Clean together – but make it a game.
- Watching TV? Make every commercial a fitness class.
- International Day of Charity is September 5. Find a worthy cause and sign up for their 5K.



PATRIOT DAY

A presidential proclamation stated that 9/11 should be observed as Patriot Day and National Day of Service and Remembrance.

It is in honor of all who lost their lives in the attack on September 11.

Let's pause this day to remember, to love and to serve one another.