



## Tips for Making the First Day of School Easier

For many young children, the first day of school is a milestone they approach with eager anticipation, but others dread that first day of being away from home or caregivers. Here are some suggestions for making the first day an enjoyable experience.

- Plan to introduce the child to the classroom before the first day of school. If possible, meet your child's new teacher and visit the classroom.
- Plan a relaxed shopping trip to buy clothes and school supplies. The child who can pick out these items will feel more positive than one who is simply presented with new things that are someone else's choice.
- The night before the big day, you and your child can lay out the clothes and things for school. Make sure the child gets plenty of sleep.
- Get up early enough to have a good breakfast and plenty of time to get dressed and ready for school. If you have a camera handy, you can start a family tradition by taking your child's picture.
- Make sure your child and the teacher know how your child will be getting home—bus, car, walking, after school care, etc.

Different children will approach the beginning of school in different ways, but careful preparation can work wonders.

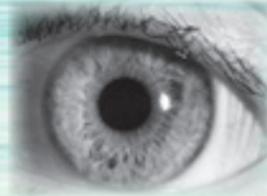
## Fire Safety Tips

- Have two escape routes from each room, in case one of them is blocked. Make sure everyone, especially children, knows the plan.
- Teach children to follow the escape route without stopping for valuables or returning to the burning building.
- An early warning allows more time to evacuate. Check the batteries in your detector monthly and replace the batteries twice a year. A good rule of thumb: Change the batteries when you change your clocks in the spring and fall.
- Close doors while sleeping. Open doors allow fire and smoke to spread more quickly.

## Keep An Eye On It

We often take our vision for granted. Remember these practical safety tips:

- Wear safety glasses, goggles or shields to protect your eyes against harsh sprays, fumes, airborne particles or flying objects. Reminder: Shatterproof glasses are no substitute for safety goggles.
- Don't be lazy with contact lenses. Keep them clean to protect your eyes from infection and eye strain. If you work with chemical fumes, fine airborne particles or high heat, wear glasses instead of contacts on the job, as well as safety glasses.
- Watch for sudden changes in your vision. Vision can be affected by diabetes, severe stress, medications, headaches and prolonged computer work. Don't delay a trip to your eye doctor if you notice sudden blurring, decreasing ability to focus, unusual sensitivity to light or other changes.



	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	august		

Aug. 2 – **WWE Smackdown**: Bridgestone Arena  
 Aug. 2 – **Bryan Ferry**: Ryman Auditorium  
 Aug. 3 – **Jeff Beck**: Ascend Amphitheater  
 Aug. 4 – **Shinedown**: Ascend Amphitheater  
 Aug. 5 – **Goo Goo Dolls**: Ascend Amphitheater  
 Aug. 5-6 – **Living Proof**: Municipal Auditorium  
 Aug. 6 – **Case/Lang/Veirs**: Ryman Auditorium  
 Aug. 6 – **Meghan Trainor**: Ascend Amphitheater  
 Aug. 6 – **Music City Brewers Fest**: Walk of Fame Park  
 Aug. 7 – **Twenty One Pilots**: Ascend Amphitheater  
 Aug. 8 – **Blink 182**: Ascend Amphitheater  
 Aug. 10 – **Guitar-B-Que** benefiting St. Jude: Ascend Amphitheater  
 Aug. 11 – **Jim Gaffigan**: Bridgestone Arena  
 Aug. 8-Sept. 18 – **Shakespeare in the Park**: Centennial Park  
 Aug. 12 – **Flogging Molly**: Woods Amphitheater at Fontanel  
 Aug. 12-13 – **Tomato Art Fest**: Five Points  
 Aug. 12-15 – **Nashville Sounds vs. Reno Aces**  
 Aug. 13 – **Tennessee Titans vs. San Diego Chargers** (preseason)  
 Aug. 13-14 – **Nashville Amazing Pet Expo**: Municipal Auditorium  
 Aug. 14 – **Drake**: Bridgestone Arena  
 Aug. 16 – **Guy Clark Celebration**: Ryman Auditorium  
 Aug. 16-19 – **Nashville Sounds vs. Tacoma Rainiers**  
 Aug. 17 – **Dixie Chicks**: Bridgestone Arena  
 Aug. 17 – **Steven Tyler**: Ryman Auditorium  
 Aug. 19-20 – **PBR**: Bridgestone Arena  
 Aug. 20 – **Tennessee Titans vs. Carolina Panthers** (preseason)  
 Aug. 20 – **Bill Maher**: Ryman Auditorium  
 Aug. 20 – **Umphrey's McGee**: Ascend Amphitheater  
 Aug. 21 – **Toto**: Ryman Auditorium  
 Aug. 21 – **Fifth Harmony**: Woods Amphitheater at Fontanel  
 Aug. 24-28 – **Cirque du Soleil**: Bridgestone Arena  
 Aug. 26 – **DMX**: Municipal Auditorium  
 Aug. 26-28 – **Flea Market**: The Fairgrounds Nashville  
 Aug. 27 – **Ben Rector**: Ascend Amphitheater  
 Aug. 28 – **Nashville Pink Bridal Show**: Music City Center  
 Aug. 29-Sept. 1 – **Nashville Sounds vs. Iowa Cubs**

All dates subject to change without notice



# The Saxony APARTMENTS

700 Saxony Lake Drive  
Antioch, TN 37013  
(615) 331-8751

## Welcome!

Welcome to all our new residents! We are glad you chose to call us home and have discovered why so many have been proud to call us home for years. Our team is here to serve you. Please let us know if there is anything we can do to make your stay at The Saxony more enjoyable.

## Abide by the Rules

We've had a great pool season and have several weeks left for it to be open. For the safety of all, please abide by all posted pool rules. If you would like a copy, please call the office.

## Polite Pets

Pets can make wonderful companions, but not everyone is a pet owner or pet lover. Be a responsible pet owner and accompany your pets when outside and keep them on a leash. Walk your pets in designated areas and clean up after your pet daily. If you wish to adopt a pet, check with the office before bringing your pet home. The community has specific rules and regulations regarding pets.

## No Soliciting

Solicitation is not allowed in our community. Please be sure to notify the office if you notice anyone distributing advertisements on doors or selling their products within our community. We want to keep our community free of the litter of flyers, etc. and want you to be able to enjoy your time at home and not be interrupted by unwelcome visitors. We can put a stop to it only if we are notified. Please keep us informed.



## School's In Session

Watch out for children as they are getting on and off the bus. Do not pass the school bus, and please obey our community speed limits. Let's make sure our kids have a good start to their school year.

august 2016

### Staff

**David Hummer**  
Property Manager  
**Morgan Belcher, NALP**  
Assistant Manager  
**Rodney Allison**  
Maintenance Supervisor  
**Kevin Norton**  
Maintenance  
**Tyler Anderson**  
Groundskeeper  
**Officer Wright**  
Courtesy Officer

### Office/Clubhouse Hours

**Monday-Friday**  
8:30am - 5:30pm  
**Saturday**  
10:00am - 4:00pm  
**Sunday**  
Closed

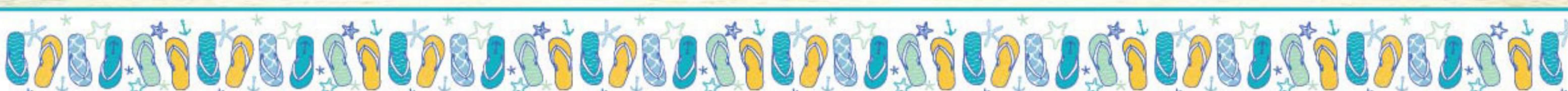
### Laundry Hours

**Open 24 Hours**  
**Fitness Center**  
**Open 24 Hours**

### Pest Control

**Wed., Aug. 10**  
**Bldgs. 10-13**

0820





## Dog Days of Summer

It's still pretty warm for some summer travel to the beach, lake or river. Try these tips to make it even easier!

- ★ Don't buy ice for your cooler! Fill up a plastic bottle halfway and freeze it OR fill up water balloons with water and freeze them. You'll have more fun with the water balloons later!
- ↓ Baby powder sprinkled on your feet helps remove the sand easier.
- ★ Have small kids? Take an inflatable pool and fill it with water and their toys.
- ★ Apply vaseline or lotion on your clean feet at night and then put on socks. Your dry feet will look great the next morning.
- ★ Plastic zip baggies are great for your phones.
- ↓ Shave with baby oil right before the beach to keep your skin smooth.
- ★ Buy cheap sunglasses with good UV protection for your getaway. If you lose them, it's not a big deal.
- ★ Set your flip flops facedown so they won't be hot when you put them on.
- ★ Sunburn? Spray on apple cider vinegar for instant relief.
- ↓ Jelly fish sting? Carry a spray bottle with vinegar in your bag. The vinegar takes the sting out.

## HELLO? We all get those annoying phone calls from telemarketers. Here are a few tips:

If you hang up, they will call you back. If you ask them questions, they sense hope you're interested. Keep cool in your conversations. Anger may lead them to call you back just to keep you angry!

The magic words you can say to any telemarketer is "Please put me on your do-not-call list." Repeat if you need to, but they must comply.

A simple way to avoid telemarketing calls is to sign up on the National Do Not Call Registry ([donotcall.gov](http://donotcall.gov)) which makes it illegal for companies to contact you more than once.



## Turkey Wraps

- 6 spinach-herb flavored tortillas (10 inch)
- 8 oz. cream cheese spread
- 1 container spinach leaves
- 1 lb. of oven roasted turkey (any kind of fresh deli meat may be used)
- Fruit of your choice—sliced kiwis, sliced strawberries, craisins, etc.
- (If you mix the fruit with the cream cheese spread this will keep your fruit from falling out of the wrap).
- Nutmeg (optional)

Spread tortilla with the cream cheese spread and fruit. Add meat and spinach leaves. Sprinkle a light dash of nutmeg over the tortilla. Roll into a wrap and secure with a toothpick. Serve with remaining fruit and chips for a quick, healthy meal.



## SUMMER EATING

Every time you fix a meal or eat out, try to work more vegetables into your diet. Saute some peppers, onions and tomatoes with your meat or add an avocado to your sandwich.

Eat green leaves, but don't overload your salad with dressing, cheese and fried chicken strips. Use grilled chicken or beans and try a vinaigrette.

Fruit is in season! Use it in your cereal or oatmeal. Eat fruit for dessert or for a snack.

Going to a party? Load up on all the healthy foods first and then slowly graze on some of the bbq or desserts.

Get on Pinterest and check out all the healthy cooking options. Not only will you save money, but the recipes there are almost endless! Check out our August Pinterest page at Hassle Free Newsletter.

## World Humanitarian Day

Friday, August 19, is recognized as World Humanitarian Day which focuses on the compassion and bravery of humanitarian workers. These workers provide life-saving assistance through first aid, nutrition, shelter and help rebuild after disaster has struck. They often battle violence, local disease and hunger.

What can you do? Join a humanitarian work project at home or abroad. Raise money or volunteer for organizations that work with needy children, war zones, the old and sick or anything that you are passionate about.

To make it even simpler, let those around you know you care. Your elderly next door neighbor – spend some time with them and get to know their story. Your single mom co-worker – offer to babysit one night or take her out for a mani/pedi. That lonely teenager you see all alone – get to know them and become a mentor.

You can be a humanitarian, daily. Just look for opportunities.



You carry your phone everywhere and it's a great way to take a photo. Try these apps to make those great photos gorgeous!

### ANDROID APPS

**Pro Shot** – all the manual controls are here. Try the demo version to see if you want to spend the \$5.

**Open Camera** – this fast camera app is one of the best choices. It's free and contains adjustment options you might need.

**Camera360 Ultimate** – can do pretty much anything.

**Manual Camera** – control every detail of your picture, saving images in RAW format.

### IPHONE APPS

**Manual** – from beginner to advanced, this \$2.99 download is a great place to start.

**ProCam** – a little harder to learn, this app not only helps you have manual control of photos, but of videos as well. \$3.99

**Camera+** is only \$2.99 and takes your iPhone features, improves them and gives you more options as well.

**Superburst Camera** does photo burst and can take as many as 240 photos per second.

Get ready for the intense excitement of the Olympics, August 5-21. With over 306 events over the course of 19 days, yielding 136 medals for women, 161 for men and nine mixed medals, you'll have lots of reasons to cheer!



## SUMMER OLYMPICS Host City Match Up

YEAR	HOST CITY	YEAR	HOST CITY
1964	Amsterdam, Holland	1968	Atlanta, USA
1928	Beijing, China	1996	London, England
1980	Tokyo, Japan	1956	Melbourne, Australia
2008	Moscow, USSR	2012	Mexico City, Mexico

### HASSLE FREE NEWSLETTER

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