

Bug Time

We try our best to keep pests out of your home. You can help by making sure all trash is taken out daily and not stored outside your home. Let's keep bugs where they belong – outside!

Weather Watch

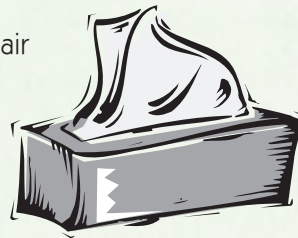
Winter is almost over – but sometimes spring can bring bad weather as well. Strong storms and tornadoes may occur frequently during the spring and you should be prepared. Make sure you have a plan for severe weather.

- 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.



Tips for Allergy Sufferers

- Keep windows closed at night; use air conditioning to keep air cool, clean and dry.
- Minimize early morning activity (between 5:00 and 10:00 a.m.); that's when pollen is the most intense.
- Keep your car windows closed when you drive.
- Stay indoors when the pollen count or humidity levels are high, and on windy days when dust and pollen are mixing in the air.
- Stay away from freshly cut grass.
- Don't grow too many indoor plants; wet dirt causes molds to form.



March is National Nutrition Month

Sponsored annually by the American Dietetic Association, National Nutrition Month is a nutrition education and information campaign designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Initiated in March 1973 as a week-long event, National Nutrition Week became a month-long observance in 1980 in response to growing public interest in nutrition. We encourage everyone to build a healthy lifestyle this month and always. Visit www.eatright.org to learn more.

Be Aware of Tech Scams

Tech scams are more prevalent than ever. Whether it's through a pop-up screen computer issue, phone call malware problems or what looks to be a legitimate email, all are requesting that you call them. DON'T!

- Don't call them. Don't give them access to your accounts or your computer.
- Don't give them your credit card or bank information, or any personal information.



If this activity increases, have a friend help with your computer or phone. Having a second pair of eyes to see what is going on can save you time and money.

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 – **Carrie Underwood**: Bridgestone Arena
 Mar. 1 – **Rock the Ryman**: Ryman Auditorium
 Mar. 1-10 – **“Llama, Llama, Red Pajama”**: Nashville Children's Theater
 Mar. 2 – **Randy Rogers Band**: Ryman Auditorium
 Mar. 3 – **Lonestar**: Ryman Auditorium
 Mar. 3-5 – **“Fences”**: TPAC
 Mar. 4 – **Legends of the Streets**: Bridgestone Arena
 Mar. 4 – **Dawes**: Ryman Auditorium
 Mar. 5 – **Home Free**: Ryman Auditorium
 Mar. 9 – **Margo Price**: Ryman Auditorium
 Mar. 11-12 – **Bobby Weir & Wolf Bros.**: Ryman Auditorium
 Mar. 13 – **Regina Spektor**: Ryman Auditorium
 Mar. 14 – **Nashville Predators vs. Detroit Red Wings**
 Mar. 16 – **Nashville Predators vs. Chicago Blackhawks**
 Mar. 16 – **Il Divo**: Ryman Auditorium
 Mar. 17 – **Kountry Wayne**: Ryman Auditorium
 Mar. 18 – **Nashville Predators vs. Winnipeg Jets**
 Mar. 18 – **The New York Bee Gees Tribute Show**: TPAC
 Mar. 18 – **Buddy Guy**: Ryman Auditorium
 Mar. 18 – **Yeat 2023**: Municipal Auditorium
 Mar. 19 – **Brooke Ligertwood**: Ryman Auditorium
 Mar. 19 – **Nick Cannon's Next Superstar Tour**: Municipal Auditorium
 Mar. 21-26 – **“Ain't Too Proud: The Life & Times of the Temptations”**: TPAC
 Mar. 22 – **Sarah Silverman**: Ryman Auditorium
 Mar. 23 – **Nashville Predators vs. Seattle Kraken**
 Mar. 23-24 – **Heather McMahan**: Ryman Auditorium
 Mar. 23-25 – **Champions of Magic**: TPAC
 Mar. 24-26 – **Flea Market**: The Fairgrounds Nashville
 Mar. 24-Apr. 2 – **“The Curious Incident of the Dog in the Night-time”**: TPAC
 Mar. 25 – **Nashville Predators vs. Seattle Kraken**
 Mar. 25-26 – **Jo Koy**: Ryman Auditorium
 Mar. 26 – **Nashville Predators vs. Toronto Maple Leafs**
 Mar. 29 – **Ben Rector**: Ryman Auditorium
 Mar. 30 – **Lewis Capaldi**: Grand Ole Opry House
 Mar. 31 – **Kane Brown**: Bridgestone Arena
 Mar. 31 – **Blippi**: TPAC
 Mar. 31 – **Goose**: Ryman Auditorium
 Mar. 31 – **Soul II Soul**: Municipal Auditorium

All dates subject to change without notice



The Saxony APARTMENTS

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

Daylight Saving Time Begins

You might lose an hour of sleep on Sunday, March 12, but it might be worth it as we get to tuck on an extra hour of daylight in the evening. Remember to set your clocks ahead one hour the night before!

Spruce Up for Spring

Please take a moment to tidy up your place by removing any personal belongings you might have stored in the entryways or breezeways, patios or balconies. Patio furniture and potted plants are welcome to stay. If you are in need of extra storage space, please call or stop by the office. We can refer you to several storage services in the neighborhood.

Room for Everyone

We have enough parking for everyone as long as we all follow proper parking etiquette.

- Please do not take up more than one spot per vehicle.
- Guests should be advised to use visitor parking areas, leaving spaces in front of the buildings for residents.
- Inoperable vehicles or those without valid registration are not permitted at our community and are subject to be towed at the owner's expense.

Time for Pi

Pi Day is celebrated on March 14 (3/14) around the world. Pi (Greek letter π) is the symbol used in mathematics to represent a constant – the ratio of the circumference of a circle to its diameter – approximately 3.14159.

Pi has been calculated to over one trillion digits beyond its decimal point and will continue infinitely without repetition or pattern. Pi's infinite nature makes it a fun challenge to memorize, and to computationally calculate more and more digits.

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 first St. Patrick's Day celebration in the United States was in 1737 in Boston.
- The world's shortest St. Patrick's Day parade is held in the Irish village of Dripsey. It lasts 100 yards, spanning the distance between the village's two pubs.
- It may be green now, but before the 1798 Irish Rebellion, the color associated with St. Patrick was blue.

march 2023

staff

Morgan Belcher, NALP
Property Manager

Kristin Lilley
Assistant Manager

Brandy Bradley
Maintenance Supervisor

Bryan Demonbreun
Maintenance Tech

Jonathan Mendoza
Groundskeeper

Ted Meskers
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

Fri., March 17
Bldgs. 6-9

3019

Be Money Wise

High inflation is causing stress on everyone. It's time to take a look at your finances.

- In today's tech world, consider using a budgeting app such as "You Need a Budget," "Mint," "Goodbudget," "Zeta."
- Open a high-yield savings account and consider online options backed by the FDIC.
- Take advantage of your company's 401K options and max it out. If not an option, check out IRAs.
- What subscriptions can you get rid of?
- Shop for the best insurance and bundle for more savings.

PISTACHIO CAKE

- ❑ 1 box yellow cake mix
- ❑ 1 (3.4 oz.) box instant pistachio pudding
- ❑ 3 eggs
- ❑ 1 cup oil
- ❑ 1 cup milk
- ❑ Green food coloring (optional)

Heat oven to 350. Spray a 9x13" baking dish with nonstick spray. Combine dry cake mix with dry instant pistachio pudding. Mix until combined.

Add eggs, oil and milk and mix well. Add food coloring (optional) and mix again.

Bake for 25-30 minutes, using the toothpick test. Allow cake to cool completely.

FROSTING

- ❑ 1 (3.4 oz.) box instant pistachio pudding
- ❑ ½ cup milk
- ❑ 1 (8 oz.) tub of Cool Whip, thawed

FOR FROSTING:

Add ½ cup cold milk to the instant pistachio pudding mix. Stir in the Cool Whip. Add more green food coloring if desired. Spread onto cooled cake. Sprinkle with some crushed pistachios (optional).

MARCH MADNESS

Beginning with Selection Sunday on March 12, the first games tip off on March 14 and lead to the championship title on April 3.

Let's cheer on our teams, and if you're not a sports person, let's enjoy the snack food!

Dr. Seuss

BY THE NUMBERS

March 2 is Read Across America Day and Dr. Seuss' birthday. Many schools across America are encouraging students to pick up a good book and read. Check out these fun facts about Dr. Seuss.

Dr. Seuss, the American children's book author, would have been **119** in 2023.

He was born Theodor Seuss Geisel on March 2, **1904**, in Springfield, Massachusetts.

After Seuss' father's brewery closed in **1920** due to Prohibition, he ran the local zoo. Seuss would draw the animals he saw.

Dr. Seuss' first professional work was a cartoon published by the Saturday Evening Post for **\$25**.

His debut book was rejected **27** times before it went to the printing press.

"Green Eggs and Ham" was written on a **\$50** bet. His publisher challenged the author to write a book with only 50 words and Seuss did!

He wrote and illustrated **47** children's books before his death in 1991.

His books were also translated into **20** different languages.

Seuss and his wife were not able to have children, so he made up an imaginary daughter, Chrysanthemum-Pearl. He dedicated "The **500 Hats** of Bartholomew Cubbins" to her.

Dr. Seuss has **2** Oscars and **2** Emmy Awards for his works.

 MARCH 2 Read Across America Day	 MARCH 8 International Women's Day	 MARCH 12 Daylight Saving Time Begins	 MARCH 17 St. Patrick's Day	 MARCH 18 Maple Syrup Saturday	 MARCH 20 Spring Begins	 MARCH 23 National Puppy Day	 MARCH 25 International Waffle Day
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MARCH 2023

Spring CLEANING TIPS

Whether you have five minutes or a couple of hours, there's nothing like coming home to a clean home. Here are a few tips to get you started.

- ✓ Hose off your outdoor front door mat and vacuum your indoor mat on both sides.
- ✓ Scrub your trash cans thoroughly. Use a sanitizing wipe or spray to keep the outside of the trash can free of food bits and drips.
- ✓ Your windows will appreciate a good cleaning with a microfiber cloth. Dust your blinds and then vacuum the fabric shades and drapes.
- ✓ Clean any ceiling fans, hanging and recessed lights and moldings before you clean your floors.
- ✓ Freshen carpets by working baking powder into your carpet and letting it set for 20 minutes. Vacuum up with a fresh bag or clean dirt cup.
- ✓ Put a couple of lemon slices down your garbage disposal for a fresh smell. Follow with cold water.
- ✓ Clean your pillows and comforters. Check the manufacturer's labels first. Give your mattress a good cleaning with your vacuum's upholstery tools. Disinfect with Lysol.
- ✓ While you have your lemons (or lime or orange slices), mix with a couple tablespoons of vinegar and steam clean your microwave for several minutes. Let cool for five minutes and then remove and wipe the inside and outside.
- ✓ Deep clean the refrigerator a couple times a year. Pop out the door shelves, bins, and wash in warm, soapy water.
- ✓ Changing into seasonal clothes? Make sure your winter clothes are clean before you store them. If you've not worn something this season, give it away.
- ✓ Clean your vacuum bag or clean the dust cup and replace or wash the filters. Snip the threads snarled in the brush.
- ✓ Is your oven looking grimy? Use the self-cleaning option or place a hot, wet cloth on top of burned spots and let set. Scrub with baking powder and a pad.
- ✓ Go through your junk drawer twice a year and organize with saucers, bins, trays.

SCRAMBLED St. Patrick's Day

How many of these St. Patrick's Day words can you unscramble?

1. AURNCLPEEH _____
2. WBOAINR _____
3. CUYKL _____
4. LDOG _____
5. OVLREC _____
6. RIISH _____
7. MIRCKLIE _____
8. HSROKCAM _____
9. ISWH _____
10. HRAMC _____

1. LEPRECHAUN 2. RAINBOW 3. LUCKY 4. GOLD 5. CLOVER
6. IRISH 7. LIMERICK 8. SHAMROCK 9. WISH 10. CHARM