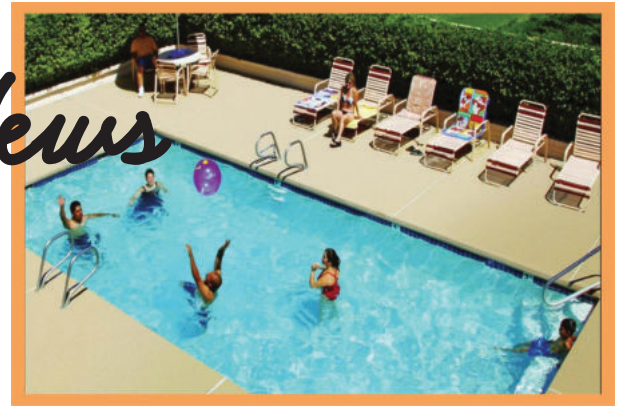




# Community News Meadowbrook

AFFORDABLE RESORT LIVING FOR ACTIVE FAMILIES



## April 2024

### MEADOWBROOK

7401 San Pedro Drive NE  
Albuquerque, New Mexico 87109  
Office Hours  
Monday - Sunday 8 a.m. - 5 p.m.

### MEADOWBROOK TEAM

Manager ..... Josie Lujan  
Assistant Manager ..... Karrie Vigil  
Maintenance Supervisor ..... Abel Veleta  
Maintenance Tech ..... Zack Sierra  
Maintenance Tech ..... John Barnett  
Activity Director ..... Cyndi Garcia  
Activity Director - Asst. .... Joe Lyons  
Cleaning ..... Joe Lyons  
Office Admin ..... Brandi Nieto

### IMPORTANT NUMBERS:

Meadowbrook Office ..... 821-1717  
Meadowbrook Fax ..... 821-4972  
Maintenance After-Hours Cell Phone . 322-4592  
NM Protective Force ..... 323-1982  
Large Item Pickup ..... 768-2000  
PNM ..... 246-5700  
Animal Control ..... 311  
Albuquerque Police - nonemergency .. 242-2677  
www.meadowbrooknm.com

### GAS METER READS

We will be reading the gas meters on **Monday, April 1st**. Please make sure to leave your gate unlocked and your dog inside your home.

**Reminder:** *This area needs to be cleared of stored items and cleaned of all debris at all times. Please do not attach anything to the gas meter. This area is a NO-parking area, and you shouldn't block access in case of an emergency. Thank you!*

### APRIL BIRTHDAY WISHES FOR:

Laticia, Analyn, Carlos, Derek, Isabella, Jeff, Lindsey, Alayah, Lyell, Robert, Alejandra, Cyndi, Marie, Alicia, Micah, Cruz, April, Janeyre, Nicole, Jayden, Christian, Charryl, Gabriel, Angela, Darryus, Beverly, Brenda, Veronica, Richard, Marianna, Brianna, Miguel, Aaron, Elena, Alex, Shiloh, Florentyna, Gloria, Ali, Richard, Matthew, Emilio, Maliah, Leroy, Melissa, Azayla, Isaac, Sabrina, Henry, and Sherry. Wishing you all a **HAPPY BIRTHDAY!**

### COMMUNITY SECURITY PATROL

NM Protective Force patrols our community seven days a week during the evening hours between 9 pm to 5 am. If you have a security issue, please give them a call at 505-323-1982. You will have to press #1 and if they do not answer, please leave your name and number so they can call you back. Thank you

### See a Solar Eclipse

On April 8, millions of people in the U.S. will have the chance to witness the spectacle of a total solar eclipse, when the moon will pass in front of the sun and darken the sky. This astronomical event will span across the continent from Mexico to northeastern Canada. In the path of totality, the darkness will last up to 4 1/2 minutes, nearly twice as long as the total solar eclipse in 2017. Even those outside the main path can experience a partial eclipse, where the moon will partially block the sun.

Remember, you should never look directly at the sun during an eclipse event. Be sure to wear solar viewing glasses, use approved solar filters on cameras and binoculars, or view the eclipse indirectly with a pinhole camera.



## MEADOWBROOK APRIL HIGHLIGHTS

4/3	Popcorn Night
4/6	Bingo Night
4/7	Noodle Night
4/11	Frito Pie Night
4/17	Birthday Night
4/20	Potluck Night
4/27	Karaoke Night

### COFFEE KLATCH!

Join us Tuesday and Friday mornings, from 9:00-11:00, in the clubhouse! Make sure you sign up for the monthly potluck night!

Thank you.

### VEHICLE REGISTRATION & PLATES

Courtesy reminder: All vehicles parked within the Meadowbrook community must have current registration and a license plate; this includes vehicles parked in guest parking. You might have seen new signs around the community to replace the "no parking" signs. Direct Parking Services will now be our vendor for removal of vehicles that are not in compliance with community rules/regulations.

Parking on the street, overnight parking and parking in vacant sites are NOT allowed and will result in having your vehicle tagged and towed without notice at your expense. Make sure your guests park in the designated area.

Direct Parking Services:  
505-317-3880



### Hank Aaron's Historic Hit

"That ball is gonna be ... outta here! It's gone! It's 715! There's a new home run champion of all time, and it's Henry Aaron!"

Atlanta Braves announcer Milo Hamilton spoke those words 50 years ago on April 8, 1974. It was the Braves' first home game of the season, when right fielder Hank Aaron smashed Babe Ruth's 39-year home run record out of the park.

"Hammerin' Hank" had finished the previous MLB season with 713 career homers, just one below Ruth. After a long winter, he tied up Ruth's record at his very first at-bat of the season on Opening Day. The record-breaking hit came just a few days later in front of a sellout crowd of 53,775, who erupted into a standing ovation as Aaron circled the bases. Teammates and news crews gathered around home plate, greeting the new champion amidst cheers and fireworks.

Aaron finished his MLB career with 755 home runs, a record he held until 2007, when it was broken by Barry Bonds. Today, Aaron is still the MLB leader of career runs batted in (2,297), extra base hits (1,477) and total bases (6,856).

### Healthy Reasons To Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

*Provides a workout.* A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

*Boosts your immune system.* Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

*Lifts your spirits.* Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations.

*Keeps you connected.* Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life.

*Relieves pain temporarily.* When you laugh, your body releases endorphins, the "feel-good" brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.





## Celebrating Soy Foods

One of the country's largest crops, soybeans are a complete protein—containing all the essential amino acids—and are also high in fiber, calcium and iron, among other nutrients. Celebrate National Soy Foods Month in April with this sampler:

*Edamame.* These are soybean pods harvested before they ripen, so the legumes inside are tender and sweet. They're

typically boiled and salted, then eaten as a snack or added to stir-fry dishes.

*Soy sauce.* This staple of Asian cuisine is made from fermented soybeans and is often an ingredient in other marinades, including teriyaki sauce.

*Soy milk.* Before oat and almond milk became more common, soy milk was the go-to dairy alternative. It's still a popular option at coffee shops and supermarkets.

*Tofu.* Made by curdling fresh soy milk, tofu is also called soybean curd. It's praised as a meat alternative, since it easily absorbs the flavor of spices and sauces.

## The Influence of Earth Day

The modern-day environmental movement kicked off over 50 years ago on the first Earth Day, April 22, 1970.

The annual event was created by Gaylord Nelson, a senator from Wisconsin who wanted to organize what he called a "national teach-in on the environment" that would educate the public about growing concerns such as pollution and deforestation. On the first Earth Day, 20 million people, about 10% of the country's population at the time, took part in rallies, raising awareness about environmental

issues and appealing to protect the health of the planet.

Earth Day's success contributed to several landmark changes, including many of the first laws against air and water pollution, as well as the creation of a new government organization to respond to such issues—the Environmental Protection Agency, which began work in December 1970. By 1990, Earth Day became a worldwide observance.



## Wit & Wisdom

"So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us."

—Hal Borland

"I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you."

—Bill Withers

"A smile is the light in your window that tells others that there is a caring, sharing person inside."

—Denis Waitley

"Falling asleep while the rain is clashing down on the window is nature's best lullaby."

—Kim Pape

"Look out of the window and you have a finer sight than any painter has ever placed on a piece of canvas."

—Iain Pears

"If a window of opportunity appears, don't pull down the shade."

—Tom Peters

"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."

—Lynda Resnick

## TRASH DAY

Don't forget to put your trash and recycle totes out on the curb on Monday night or early Tuesday morning. Lids must be closed! The city picks up the trash every Tuesday, beginning at 6:00 A.M. If you miss a pickup, you will have to contact the city or wait until the following week.

Remember to store your totes at your homesite, not on the curb. If you have a large item that needs to be picked up, please call 505-768-2000.

## Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one!

Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun.

The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.



Sunday	Monday	Tuesday
	1 <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	2 COFFEE KLATCH @ 9 AM - Clubhouse BOARD GAME NIGHT
7 NOODLE NIGHT	<b>SOLAR ECLIPSE TODAY</b> 8 <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	9 COFFEE KLATCH @ 9 AM - Clubhouse AIR HOCKEY NIGHT
14 KIDS' CHOICE NIGHT	15 <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	16 COFFEE KLATCH @ 9 AM - Clubhouse BOARD GAME NIGHT
21 BOARD GAME NIGHT	22 <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	23 COFFEE KLATCH @ 9 AM - Clubhouse Wii NIGHT
28 PING-PONG NIGHT	29 <b>CLUBHOUSE &amp; OFFICE &amp; FITNESS CENTER</b> Open 8 AM To 5 PM	30 COFFEE KLATCH @ 9 AM - Clubhouse BILLIARDS NIGHT

Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>POPCORN NIGHT</p>	<p>4</p> <p>BILLIARDS NIGHT</p>	<p>5</p> <p>COFFEE KLATCH @ 9 AM - clubhouse            YOUTH CENTER NIGHT            Don't Miss It! Last Day to Pay Rent Before Late Fees Begin!</p>	<p>6</p> <p>BINGO NIGHT</p>
<p>10</p> <p>KIDS' CHOICE NIGHT</p>	<p>11</p> <p>FRITO PIE NIGHT</p>	<p>12</p> <p>COFFEE KLATCH @ 9 AM - Clubhouse            YOUTH CENTER NIGHT</p>	<p>13</p> <p>COMMUNITY LADIES' NIGHT</p>
<p>17</p> <p>CAKE &amp; ICE CREAM NIGHT</p>	<p>18</p> <p>Wii NIGHT</p>	<p>19</p> <p>COFFEE KLATCH @ 9 AM - Clubhouse            YOUTH CENTER NIGHT</p>	<p>20</p> <p>MEET, GREET, &amp; EAT POTLUCK</p>
<p>24</p> <p>AIR HOCKEY NIGHT</p>	<p>25</p> <p>PLAYING CARDS NIGHT</p>	<p>26</p> <p>COFFEE KLATCH @ 9 AM - Clubhouse            YOUTH CENTER NIGHT</p>	<p>27</p> <p>SPRINGFEST BBQ @ NOON            KARAOKE NIGHT</p>
<p style="text-align: center;"><i>April</i></p>			



## MAINTENANCE AFTER-HOURS CELL PHONE

If you have an emergency utility problem after hours, please contact our on call maintenance at 505-322-4592. They will respond to the call as soon as they can.

## SERVICE REQUESTS

All service requests need to be **called** into the office. Please do not stop employees out in the field to give details on a work order. We will make sure they are processed and given to the maintenance staff to address the issue.

## Happy Pet Parents Day!

Cats, dogs, lizards, horses, guinea pigs, rabbits—all can become a part of the family. To honor all the people who make pets a part of their lives, National Pet Parents Day is observed on the last Sunday in April.

This yearly holiday honors the pet parents who love and care for critters of all shapes and sizes, whether they have two legs, four legs or no legs at all! The unconditional love and companionship that pets provide is what makes it so easy for them to become valued members of your family. For all the wonderful things you do as a pet parent, treat yourself to something special on National Pet Parents Day!

## LEASE RENEWALS

Meadowbrook Renters renting homes from us, we love having you as members of our community, and hope you plan to stay. You will be notified at least 75 days before your leases expire, and a 60-day notice of inspection will be done prior to signing lease renewals. We will give you notice on ALL deposit increases prior to renewing your leases. If you're wondering when your leases expire and about increase amounts, please contact the office. All lease renewals will be scheduled for 60-day, 6 month and prerenewal inspections. Homesite leases renew automatically on an annual basis. On-site transfers

## Seasonal Allergy Relief

Each spring, as trees and grasses release pollen, millions of North Americans begin to feel the effects of seasonal allergies. Symptoms include a runny nose, sneezing, congestion and itchy eyes.

Be proactive in the fight against seasonal allergies by starting medications early in the season. For the best effect, you should start taking antihistamines before pollen counts get high. Nondrowsy products are usually the best bet.

Keep pollen from circulating through your home by closing windows and leaving shoes at the door. Clean often, and use a vacuum with a HEPA filter.

are approved (with conditions) via Community Manager and/or Regional Manager. Notices to vacate will only be taken on the first of the month (correct form is found in the office). Call or stop by the office to discuss your options!

## REFER A FRIEND!

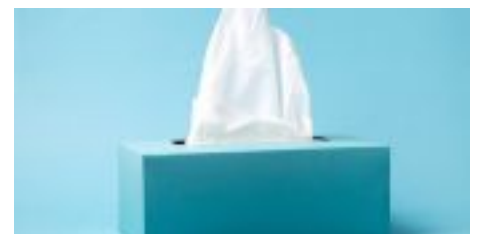
Your friends are great friends; wouldn't it be better if they were your neighbors, too? Get paid to bring them in! We have a great referral program! Applicants must mention and write down your name and space number at the first visit on the guest card.

## Groovy, Baby!

Rock some flares with flair!  
April 5 is Bell Bottoms Day.

Pollen sticks to clothing, skin and hair, so change clothes when you arrive home, and shower at night so that you don't breathe in pollen while you sleep. Changing bed sheets and pillowcases regularly will also help.

Try to stay indoors on high-pollen days. You can monitor pollen counts in your area through smartphone apps or websites such as *Weather.com*.



### EARLY BIRD WINNER

Make sure you cut out the coupon and bring it to the office by the 1st of the month. If you're on Epay for the 1st, please bring in your coupon. We will enter your name into the drawing for a FREE lunch on us!!

### LUNCH ON US

LUNCH WINNERS:

- December: #237 Byron
- January: #160 Frank & Donna
- February: #187 Kathy
- March: #231 Susanne
- April:
- May:
- June:
- July:
- August:
- September:
- October:
- November:
- December:

### SOLD #9 2024 CLAYTON

PURCHASE PRICE..... \$95900  
 SIZE ..... 16 X 76  
 TYPE OF HOME..... Singlewide  
 SQ. FEET ..... 1216  
 MONTHLY COMM. FEE .... \$586



## Welcome New Residents

Jatzmin Contreras  
 Alexis Salazar  
 Ray & Lindsey Lujan



### COMMUNITY SPRINGFEST BBQ

Please join us on Saturday, April 27, at 12:00 (noon) for our annual Springfest BBQ.

**Spread Some Spring**  
 "A kind word is like a spring day." —Russian proverb



### LOOKING FOR A SIGN?

Use ours for the highest price and the fastest sale.

Thinking of making a move this year, but you're not sure how to list your home?

Meadowbrook will sell your home faster and for a higher value than any of our competitors.

We only sell homes at Meadowbrook.

We have more showings, our professional marketing generates an average of 10 community tours per week.

**93%** Our average sales price vs listing price.

**VISITS** Average 12 community tours per week.

**BE SURE** Take the guesswork and the worry out of selling your home.

**Give our Licensed Professionals a chance to earn your business.**

Contact us Today for a FREE No Obligation Conversation.  
 Please Call Josie: (505) 821-1717

### Thinking of Selling Your Home?

Give me a call and let me **SELL** it for you. Make your appointment!

### \*\*EARLY BIRD\*\*

PAY YOUR RENT ON OR BEFORE THE 1ST AND GET A CHANCE TO WIN A FREE LUNCH. PRESENT THIS COUPON WITH YOUR RENT CHECK. \*\*YOU MUST TURN IN A COUPON TO WIN\*\*  
NAME

\_\_\_\_\_  
LOT NUMBER

\_\_\_\_\_  
PHONE NUMBER

THERE'S A WINNER EVERY MONTH!



# It's Spring!

Best wishes for a bright and happy season.



EARTH DAY

APRIL 22

A GREEN EARTH  
IS A HAPPY EARTH!

