

LAUGH TO LOWER BLOOD PRESSURE



The findings of a study recently presented at the American Heart Association meeting in Atlanta revealed that listening to your favorite tunes or hearing a good joke could have as much effect on your blood pressure as reducing salt or losing ten pounds. Of course, music

and laughter alone are not sufficient to treat high blood pressure, but for anyone looking for a way to increase their overall health, remember this mind-heart connection. It is a natural way to improve health.

MEET THE STAFF

Community Manager: Rolanda Vineyard
Financial Manager: Brooke Vasser-Learn
Leasing Associate: Martha Ibarra
Maintenance Lead: Mark Riggleman
Maintenance Tech: Justin Scott
Grounds Keeper: Paul Au-France

SOMEONE ONCE SAID

"You're only here for a short visit. Don't hurry, don't worry. And be sure to smell the flowers along the way." - Walter Hagen

FALL SNIFFLES? IT COULD BE ALLERGIES

For millions of allergy sufferers out there, autumn can be as bad as spring. That's because pollen, mold and ragweed are common this time of year. Allergies cause itchy eyes, the sniffles and more. The trouble is many people fail to realize that allergies occur in autumn, and attribute their sniffles and sneezes to the common cold. If you suffer from seasonal allergies, you can get pollen and ragweed counts and air quality information when you're checking the weather. Avoid the outdoors during peak levels as limiting exposure to high levels of allergens can help. If you you're the only person sneezing and suffering in your home, or your symptoms are not going away after a week, chances are it's allergies and not a cold.

FUN FACTS ABOUT THE SEATTLE SEAHAWKS

1. The Seahawks are the only team in the NFL with the same first letters in their city and team name.
2. The Seahawks name was chosen by contest and the winner was Mary Hoolahan.
3. Largent lead Seattle in receiving yards in each of their first 12 seasons.
4. Former Seahawks quarterback Dan McGwier is listed as the tallest quarterback in the history of the NFL at 6'8inch.

OCTOBER SEAHAWKS SCHEDULE

Oct. 6th Seahawks at Redskins 5:30pm
Oct. 12th Cowboys at Seahawks 1:25pm
Oct. 19th Seahawks at Rams 10am
Oct.26th Seahawks at Panthers 10am

OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	

Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing. —Abraham Lincoln

EATING THE MEDITERRANEAN WAY



A study followed 23,000 adults in Greece and revealed that a diet rich in vegetables, fruits, nuts, and legumes had a significant impact on longevity. The Mediterranean diet also had lower intakes of meat and a moderate consumption of alcohol. Researchers expected to find that the high intake of grains and seafood had a significant effect as well, but this did not prove to be the case. While this region's diet has long been recommended, researchers are only now seeing which items give the biggest bang for the buck.

Rent

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the fourth of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.
