

# Community News

JUNE 2014

Metropolitan  
COLLECTION

339 Burnett Avenue South | Renton | WA 98057 | 425-271-3222 | MetropolitanPlacelsYourHome.com

## DADS AND GRADS. CONGRATULATIONS!



Are you a dad or a grad? As the long school year draws to a close, those of you who are graduating deserve that well-earned pat on the back that will come in the form of a coveted piece of paper you worked so hard for. Graduation is just a beginning, and it's now time to make your mark on the

world. For our dads, it's time for the recognition! Those long days at work, and the extra time you take out of your busy day to be a father isn't going unnoticed. So for all our dads and grads this June, we salute you!

### MEET THE STAFF

Community Manager : Rolanda Vineyard  
Financial Manager: Brooke Vasser-Learn  
Leasing Associate: Armen Agadzhanov  
Leasing Associate: Shoshana Pryor  
Maintenance Lead: Mark Riggelman  
Maintenance Tech: Justin Scott  
Grounds Keeper: Paul Au-France

### RENT REMINDER

Rent is due by the first day of the month, so please pay your rent on time. Rent paid after the third of the month will be considered late and late fees will apply.

## MOST EXPENSIVE WEDDING EVER

Though it's difficult to call it official, the 2004 wedding of Vanisha Mittal, daughter of steel tycoon Lakshmi Mittal, is considered the most expensive wedding in history. With a final tab of \$60 million, the wedding included invitations mailed in silver boxes, rooms at a five-star Paris hotel, and performances by pop singer Kylie Minogue. That final price tag dwarfs another famously expensive wedding, that of British soccer star Wayne Rooney and his wife Coleen McLoughlin. The Manchester United star reportedly spent \$8 million on their nuptials, which included a chartered flight for friends to Genoa for a masked ball on a yacht valued at well over \$100 million. Chelsea Clinton's 2010 wedding reportedly cost \$3 to 5 million.

## FREE RANGE EGGS

Free-range eggs can be pricey. Unfortunately, you may not be getting what you expect. The USDA allows producers to use the term "free-range" if their hens are uncaged with access to the outdoors. But there are no criteria for the type of access or the length of time outdoors. Chickens with even just a few minutes outside on a concrete slab can qualify. Get your eggs directly from a local farmer to be sure.

## SLEEPING AND WEIGHT

If you struggle with your weight, you may want to take a look at your sleep health. Studies have found a link between too little sleep and weight gain. Lack of sleep can cause an increase in hunger hormones, and daytime fatigue can lead to less exercise. To set your metabolism in better working order, be sure to get about 7.5 hours of sleep each night.

Leasing Center Hours Mon - Fri: 9-6, Saturday 11-6, Sunday 12-5



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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.