

# Community News

MARCH 2014

Metropolitan  
COLLECTION

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

## NEIGHBORLY NOISE CONSIDERATIONS



No one likes a noisy neighbor. We'd like to take this opportunity to remind all of our residents to be considerate of those who live nearby and try to keep noise to a minimum—especially at night when sound carries farther and many people settling into bed. Please pay particular attention to the

volume of your television and stereo. Your courtesy and consideration ensure that our community is a pleasant place for you and your neighbors to live, and is greatly appreciated by everyone. Thank you!

### MEET THE STAFF

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

### QUOTE

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

## THE MYSTERY OF HICCUPS

Believe it or not, hiccups are somewhat of a mystery to the medical profession. Although many causes of hiccups are understood, such as eating spicy foods or drinking too much, many cases are unexplained. Hiccups can also be a symptom of a stroke or a tumor. But many times, the cause is just “nothing.” Hiccups have been studied for thousands of years, since the time of Hippocrates. But as of yet, there is no known cure. There are, however, many home remedies. Some involve stimulating the back of the throat, like sipping ice water, swallowing sugar, or sucking on a lemon. Others interrupt normal breathing, like holding your breath, breathing into a paper bag, or reacting to sudden fright. Eventually, most hiccups will subside.

## ST PATRICK'S DAY JOKE

Q: Why Can't you borrow money from a leprechaun? A: Because they're always a little short.

## 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



# DECEMBER 2013

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				

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## EAT FEWER PROCESSED FOODS



Next time you're hungry for a snack, skip the bag of chips for something wholesome and less processed. Watch out for foods that are loaded with refined sugars, sodium, preservatives and additives. An excess of these foods in your diet could increase blood pressure, cause weight gain and skin problems, and may make you feel sluggish. Make the decision to choose nutrient rich foods such as grains, whole wheat breads, nuts, and fresh fruits and vegetables. You'll feel better and your body will thank you in the long run.

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### Holiday Decorating Contest

We are going to have a balcony-decorating contest this year with the top 3 balconies winning great prizes. Let's all get into the holiday spirit. Imagine how beautiful the community will look if we all get creative and competitive.

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