

## 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

Propert Mgr.- Ofelia P.  
Leasing - Rosa A.  
Maint. Team Leader - Jaime C.  
Maint. Tech. - Jose C.  
Groundskeeper - Rafael G.  
Community Manager Jenny Jones

### QUOTE

"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."  
—Albert Einstein

## 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.

### GROCERY SHOPPING TIP

It pays to be aware of the marketing tricks at the grocery store. Products displayed at eye-level are generally the most expensive. This is partly because manufacturers have to pay a hefty premium to get their products in those prime spots, and partly because it is the biggest manufacturers that are willing and able to pay those prices. You will find bargains up high, or down low on the bottom shelves.

### FOOD TIP

When you find a good price on milk, you probably wish you could stock up. The best way to store milk long-term is by freezing it. To freeze milk, remove about one cup from a gallon container of milk to prevent the jug from expanding too much when frozen. It can be frozen for up to 3 months.

# MAY 2016

| 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.

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### 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.

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