

APRIL 2018

# Glen Oaks

APARTMENTS

5750 N 59th Ave  
Glendale, AZ 85301  
623-931-6808  
GlenOaksIsYourHome.com

## 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.

**April 1st is April fools!!  
Fun Fact Easter also falls  
on April 1st this year!**

**Easter egg hunt April 1st  
from 10:30-12:00 PM  
17032 West Surprise farms  
Loop S Surprise AZ 85388**

# COMMUNITY NEWS

## 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.



## 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.

"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

## Meet the Staff

Community Manager: Valerie Rios  
Financial Manager: Marlete Andujo  
Maintenance Supervisor: Todd Bruley  
Maintenance Tech: Victor Duran  
Housekeeper: Irma Bocanegro

Leasing Center Hours Monday - Friday 9-6 Saturday 9-5

# APRIL 2018

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 Rent is Due	2	3 Daily fees start at 5PM	4	5 Pest Control	6	7
8	9	10	11	12 Pest Control	13	14
15	16	17	18	19 pest Control	20	21
22	23	24	25	26 Pest Control	27	28
29	30					

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 third of the month will be assessed a daily late fee. Please contact the office immediately if you anticipate difficulty with payment.