

Storage Sonnets

The Arizona Storage Company

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1 of 10 of the Strangest Things Found in Storage Spaces

Self-storage units are used by people from all walks of life, from average families to the neighborhood eccentric to some of the world's most famous celebrities. Have you ever wondered what treasures may lie behind the metal doors? Here are some of the strangest things ever found in self-storage spaces

Month of May Money Madness

Thousands of dollars in cold, hard cash.

A San Jose man bought a storage unit at auction, later realizing that it contained thousands of dollars in rare coins, and gold and silver ingots. Worth more than half a million dollars, the gold mine was stored in an unlikely treasure chest: a blue Rubbermaid container. The anonymous buyer paid \$1,100 for the stash at a storage unit auction.

Fun Facts about Money:

- 1) A dime has 118 ridges around the edge, a quarter has 119.
- 2) Approximately 40% of the U.S. paper currency in circulation was counterfeit by the end of the Civil War
- 3) Each 5 m.p.h. you drive over 60 m.p.h. is like paying an additional \$.10 a gallon for gas!
- 4) More Monopoly money is printed in a year, than real money printed throughout the world!
- 5) If you toss a penny 10,000 times, it will not be heads 5,000 times, but more like 4,950. The heads picture weighs more, so it ends up on the bottom

Storage Craft Ideas

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Sometimes the best ideas come from recycled items:

MONEY LIAS FOR ALL OCCATIONS:





Fun Facts about May

- 1) It is the third and last month of the season of spring.
- 2) The birthstone of May, the emerald, symbolizes success and love.
- 3) May in the Northern Hemisphere is similar to November in the Southern Hemisphere.
- 4) May was once considered a bad luck month to get married.
- 5) There is a poem that says "Marry in May and you'll rue the day".
- 6) In Old English May is called the "month of three milkings" referring to a time when the cows could be milked three times a day.
- 7) The Indianapolis 500 car race is held each year during this month.

- 8) The Kentucky Derby, the world's most famous horse race, is also held on the second Saturday of this month.
- 9) The month of May is devoted to the Virgin Mary in the Catholic Church.
- 10) The United Kingdom celebrates May as the National Smile Month. The last week of May is Library and Information Week.

RUN FOR YOUR LIFE

In the last installment, we talked about walking and some of its benefits. Now we will take our quest for health to the next level; running or jogging as it is more commonly known. Again, as with walking, a lot of the benefits transfer well to running. From running marathons to the person who just wants to get fit; this simple method of exercise will do wonders for your health. Start by planning a daily running routine.

After you have gone to your family doctor for your physical, you are now ready to start your routine. As with walking, you don't need much in the way of equipment for

running. A good pair of well-fitting tennis shoes and some exercise attire, i.e. a sweat suit or jogging suit or any comfortable clothes are all you need.

Like walking, plan a route that is good for your run. Take into account the traffic and personal safety.

What are the benefits of running? The benefits start with cardio and also include improvements to your immune system, weight loss, and the reduction of the effects of many chronic diseases such as osteoporosis.

Just like walking, pay attention to how you feel. Running is harder on the body than walking. Discomfort could come in the form of muscle cramps. This may be due to the extra effort. The cause could be as simple as not drinking enough water to something more complicated. Again, any pain or dizziness should be reported to your doctor.

In future installments, I will give some tips on areas such as: weight training, yoga, martial arts, diet tips, and so much more. Stay healthy and stay safe.

About the author: Herb Webber is a health and fitness enthusiast with over 30 years in the martial arts field.



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***** While Supplies Last*****



Don't Know what to do with
those OLD Ice trays?????

How about making treats!

Line with your favorite
melted Chocolates, Freeze, fill
with nuts, coconuts, Etc. Fill
rest with Chocolate, freeze
again.

Once set : Enjoy



Can be great for Ice pops or
even freeze your favorite drink.
When you need a cool drink add
it to your glass pour the same
drink over it and you don't have
to worry about it being watered
down.

*** Add your ideas for future
newsletters by dropping off at
the office or email. Try to keep
recipes short yet Awesome!

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***** Helping to store your memories! *****



"Nice labeling Honey."