

# Storage Sonnets

The Arizona Storage Company

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## 5 of 15 of the Strangest Things Found in Storage Spaces

1. **A Lamp Made in the Shape of a Flamingo.** Picture a skinny, bright pink floor lamp with a matching pink lamp shade perched on the head of the flamingo.
2. **A Large Cardboard Box of Men's Shoes.** The box included sneakers, work boots and loafers. This would never be categorized as a strange find except that all of the shoes were for the left foot!
3. **A Collection of Twelve Stuffed Cats.** Not cute stuffed animals from the department store, but deceased cats that had paid a visit to a taxidermist. Yikes!
4. **An Antique Roll Top Desk.** This desk was found in a storage unit and auctioned off in a sale. The new owner found a hidden compartment in the desk with a diamond ring inside it. I bet that renter wishes he or she had invested in some garage storage space.
5. **Three Ten Speed Bicycles with No Wheels!**

## Jump into June.

This column is dedicated to the fitness and general good health of our customers. Although it is an advice column, it does not take the place of medical advice that comes from qualified medical professionals. I will be suggesting ways to stay healthy and fit while living an active lifestyle. I will suggest diet and exercises that promote good health and invite suggestions from the readers of my column.

### RUN FOR YOUR LIFE

In the last installment, we talked about walking and some of its benefits.

## Storage Craft Ideas

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Sometimes the best ideas come from recycled items:



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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### **Grilled Peanut Butter and Banana Split Sandwich**

This sweet and decadent kiddie fave actually has a lot of nutritional benefit going for it. One 436-calorie sandwich provides 10 percent of a day's calcium and 4.6 grams of fiber, and is a good source of heart-healthy unsaturated fats. Also, it contains banana, strawberry, pineapple, peanut butter, honey, and chocolate. No wonder it received the Test Kitchen's top rating.

*Arizona Storage Company    Founded March 2008  
Growing with Maricopa Pride!*

[Storage@Arizonastoragecompany.com](mailto:Storage@Arizonastoragecompany.com)

The Arizona Storage Company  
40675 W. Honeycutt Rd  
Maricopa, AZ 85138

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