



LE TRIANON TRIBUNE

A Monthly Newsletter for the Residents of Le Trianon Condominium

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April Is Stress Awareness Month

April has been designated Stress Awareness Month. Did you know that up to 60 percent of all visits to family physicians are stress related? And approximately 40 percent of employee turnover is related to stress. On an individual level, unmanaged stress is related to an increased risk of cancer, lung disease, heart disease, and suicide.

Some stress is normal. Stress can be negative, like a death, firing, or daily problems, or it can be positive, like planning a wedding, having a baby, or going on vacation. There are ways to manage the stress in your life. Consider these tips for coping.

Include exercise in your day, even if it is just a walk around the neighborhood. Exercise helps to dispel excess stress hormones from your body and boosts your energy level. Make sure you get enough sleep, at least seven to eight hours a night. Eat a healthy diet, limit alcohol and caffeine, and drink enough water each day. All of these will increase your general level of health, as well as decrease the effects of stress. Make sure that you take time for yourself each day. Leave time in your schedule for activities that you enjoy. If you feel overwhelmed, try writing down every task that you want to accomplish each day, crossing them off as you go.

Identify those things that are particular stressors for you. Make a list of alternative approaches to dealing with these, and start by trying the easiest approaches first. If they don't work, try something else. Above all, be flexible in dealing with those things that are challenging in life.

Remember that no one is perfect. Learn to set priorities in your life and focus on completing them as well as you can. When you are confronted with a stressful situation, change what you can, and don't waste energy on what you can't change. If you feel that the stress in your life is more than you can handle, there is help available. Seek the advice of a medical professional, mental health therapist, or a clergy member to explore all of your options.



STOP



Relax
Daily



Let Go of the
"Shoulds"



Get Some
ZZZs



Seek out
Support

Peanut Butter Easter Eggs

- 1 (16 oz) pkg confectioners' sugar
- 1 cup creamy peanut butter
- ¼ cup butter
- 1 tablespoon milk
- 8 (1 ounce) squares semi-sweet chocolate
- 1 tablespoon shortening

1. In a mixing bowl, combine confectioners' sugar, peanut butter, butter and milk (if needed for moisture) until blended. Shape mixture into two 1/2 pound eggs or make a bunch of smaller eggs. Freeze eggs for 1 hour.
2. While the eggs are freezing, cut semi-sweet chocolate into small pieces and place in top of double boiler with shortening. Melt over medium heat, stirring frequently until smooth. Stick a long-tined fork in top of each peanut butter egg, dip it in melted chocolate to cover then drain on waxed paper. When the eggs are cooled and set, decorate the eggs to suit your fancy.



Passover Unstuffed Cabbage Soup

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 yellow onion, chopped
- 3 cups water
- 2 cups tomato sauce
- 1 (16 oz) package shredded cabbage
- ¼ cup light brown sugar, packed
- 2 tablespoons lemon juice
- 2 tablespoons white vinegar
- 2 teaspoons salt
- 2 teaspoons white sugar
- 1 teaspoon ground black pepper
- ½ teaspoon onion powder



Heat oil in a pot over medium-high. Stir in ground beef and onion until beef is browned and onion is soft, 7 to 10 minutes. Add water, tomato sauce, cabbage, brown sugar, lemon juice, vinegar, salt, white sugar, black pepper, and onion powder to ground beef mixture. Bring to a boil, reduce heat to medium-low, cover the pot with a lid, and simmer until flavors combine and cabbage is tender, at least 2 hours.



Commissioner
Eileen Higgins
District 5

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Can You Count On Your Smoke Detector?

According to the U.S. Consumer Product Safety Commission (CPSC), millions of homes in the U.S. have smoke detectors that do not work, usually due to dead or missing batteries. Fire is the second leading cause of unintentional death in the home, making this an important safety concern.

CPSC recommends consumers test each smoke alarm every month to ensure it is working properly. Even alarms with long-life batteries should undergo a short monthly testing. A home should have a smoke detector on each level outside sleeping areas and inside bedrooms.

Proper installation of your smoke detectors and a quick check each month can mean the difference between safety and a tragedy. Don't delay to check your detectors and make a note on your calendar to check them again each month.





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BASEBALL FUN


A guy goes into a bar with his dog. He is stopped by the bartender who says, "You can't bring a dog in here." The man replies, "But he's no ordinary dog--he can talk!" "Sure," says the bartender. "If he can talk, I'll give you a hundred bucks!" The man has the dog jump up onto a barstool. He asks the dog, "What is on top of a house?" "Roof!" says the dog. "What is on the outside of a tree?" "Bark!" "Good dog. And who is the greatest baseball player of all time?" "Ruth!" The man looks at the bartender. "Well, there you have it. I'll take my hundred bucks." The bartender takes the guy by the collar and throws him and his dog out the door. "Who do you think you're fooling?" Outside, the dog turns to the man and says, "I wonder if I should have said DiMaggio?"



Two old men, Bob and Frank, loved baseball since the time they were small boys. They had played in the minors, trained to become umpires, and eventually umpired in the majors. Now that they were older, they still caught every game they could together. One day they were wondering about whether there would be baseball in Heaven. They agreed that whoever died first would return somehow to tell the other if there was. Bob died first and went to Heaven. To his delight, he found baseball all around him. It took a while, but he finally was allowed to return to give Frank the message. He appeared to Frank in a dream. "Frank," he said, "I have good news and bad news." "What's the good news?" asked Frank. Bob said, "There is baseball everywhere here. I play all the time. In fact, I'm playing first base tomorrow night!" Frank was ecstatic. "That's wonderful! How could there be any bad news?" Joe slowly said, "You're playing third."

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