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Glen Ellen Park

Issue 1 **March • 2019** 43rd Year Happy St. Patrick's Day!
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Attention Glen Ellen Residents Editor Needed!!!

Would you like to see Glen Ellen related articles in your newsletter?

Do you have a computer with email capabilities?

Then you could be the next editor of Glen Ellen!

If you would be interested please contact Monthly Media at 727-484-7488



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These drawing games can spur your brain

rawing can spur your creativity. You don't have to be a Picasso. Just try some of these games with your friends (from the My Modern Met website):

- The Exquisite Corpse. In this game, developed by the 20th-century Surrealist artists, one person begins a drawing at the top of a sheet of paper, then folds it over or covers it up so only a bit of the bottom is showing. The next person continues the drawing, folds it down, and so on. Unfolding it to reveal the completed drawing should produce surprises, laughs, and even some ideas.
- Paper Telephone. One person writes a short, descriptive phrase on a piece of paper, then passes it to the next. He or she then draws a picture based on the phrase. The next person looks only at the picture and then writes a phrase or sentence describing it. The following person then draws a picture of that phrase, and so on. By the end, the final picture and the original phrase may have nothing to do with each other.
- Blind Contour. In this exercise you (and a partner) draw something around you, but without looking at the paper—just the subject of your drawing. Keep your pen or pencil on the paper at all times. You might be surprised at what you see.
- Scribbles. One person scribbles on a piece of paper, eyes closed. The next person has to turn that doodle into a drawing. This forces your mind to make sense of nonsense.

A simple exercise for imagination

our subconscious mind can help you exercise your imagination. Try this technique (used by Thomas Edison):

Ten minutes before you go to sleep, organize your thoughts. Think about a problem you're trying to solve, or ask your brain a question. Keep thinking about this as you drift off to dreamland. Then, during the first 10 minutes after waking up, write down whatever pops into your head. You'll often find that your brain has answered your question during your sleep. In the morning your mind is looser, and you're more likely to remember dreams and connect them to your daytime reality.

INVENTION, STRICTLY SPEAKING, IS LITTLE MORE THAN A NEW COMBINATION OF THOSE IMAGES WHICH HAVE BEEN PREVIOUSLY GATHERED AND DEPOSITED IN THE MEMORY: NOTHING CAN COME FROM NOTHING.

-SIR JOSHUA REYNOLDS



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Monthly

Credit Education Month. Know your credit score, review your budget, and make a plan to pay off debt. This month, focus on your personal and professional finances while you research the tools and services that can help you manage your credit.

Employee Spirit Month. The holidays are over, but cold and flu season is still here, tax time is around the corner, and the weather leaves much to be desired. Boost workplace morale and engagement by giving employees a reason to celebrate this month. Cater lunch or provide a tasty snack to show workers how much they mean to you. Spread good news and encourage others to do the same. Whatever you decide, do something. Your staff deserves it.

International Mirth Month. Keynote speaker, author, and self-proclaimed "Jollytologist" Allen Klein developed this month's theme as a way of encouraging others to find humor in the mundane and stressful occurrences of life. Beat back the end-of-winter doldrums by infusing a healthy dose of mirth to your home and workplace.

Spiritual Wellness Month. Shift the focus to yourself to keep your spirit nurtured, and encourage others to do the same. It can be as simple as pushing back from your desk each day at 3 p.m. to observe a minute of quite reflection and deep breathing, or creating a meditation station in an unused cubicle where you can retreat to enjoy a few minutes of quiet and space.

Weekly

National Write A Letter of Appreciation Week, March 1–7. When was the last time you wrote a letter to let someone know just how much they mean to you? Now is the time to do just that. You don't have to limit yourself to writing only one.

Girl Scouts Week, March 10–16. Show your support for girls and young women in your community as they take on projects and tasks to develop their leadership and stewardship skills.

Wellderly Week, March 18–24. They say age is nothing but a number, so don't let those digits be an excuse for slowing down. Staying active and engaged is the key to healthy life regardless of your age. Encourage seniors in your family and community to keep busy and move about. Help them find activities and resources to promote a greater sense of well-being.

International Week of Solidarity with People Struggling Against Racism and Discrimination, March 21–27. Attend programs and lectures in your area to elevate your awareness of problems and inequities created by prejudice.



Exercise puts the brakes on aging, study suggests

Let's no secret that exercise keeps you healthy, but new evidence suggests that it can actually keep your body young as the years roll on. NPR reports that a recent study indicates that people in their 70s who have been exercising regularly for decades appear to have halted the aging process.

A study at the Human Performance Laboratory at Ball State University, looked at individuals in three groups. Two groups consisted of people with an average age of 75, some of whom had exercised strenuously throughout their lives and some who'd performed only mild exercise such as golfing or hiking. The third group was made up of people with an average age of 25, all of whom worked out as strenuously as their older counterparts.

Comparisons of oxygen intake, which tends to decline as people age, showed a strong similarity between the young and older high-energy exercisers. Observations of muscle health were similarly consistent.

You might not be able to go back in time and persuade your younger self to start working out, but aerobic exercise at any age can do wonders for your overall health as you age.

Sleep: Get just the right amount

etting enough sleep is essential to good health. Now it turns out that getting too much sleep may be detrimental to your health.

An article on the Medical News Today website notes that six to eight hours of sleep is considered necessary for most adults. Sleep deprivation can contribute to such chronic health problems as diabetes, cardiovascular disease, depression, and other unhealthy conditions.

However, data from more than 116,000 people participating in the Prospective Urban Rural Epidemiology (PURE) study found that people who sleep more than eight hours a night are at advanced risk of cardiovascular disease and premature death. The risk is 5 percent higher for those who slept eight to nine hours per night, the study found. For those who slept nine to 10 hours, the risk of heart and blood vessel problems rose to 17 percent, and those who reported sleeping more than 10 hours were 41 percent more likely to develop cardiovascular problems and die early.

One more reason to get a good night's sleep—but not too much sleep.

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ACROSS

- 1. Minute floating marine tunicate
- 5. A Semitic people
- 9. Bowel cleansing
- 14. Blacken
- 15. A South American hare-like rodent
- 16. A small 3-masted boat
- 17. Automatic (abbrev.)
- 18. Ends a prayer
- 19. Consent
- 20. Characterized by vigor
- 22. Emotional states
- 23. Pinfish
- 24. Financial inspection
- 26. Chief Executive Officer
- 29. Conundrum
- 33. One piece work clothes
- 38. Approached
- 39. African river
- 40. Farewell
- 42. Goodbye (slang)
- 43. Enrol
- 45. Savior
- 47. Spiritualist meeting
- 48. Away from the wind
- 49. Disappeared gradually
- 52. Rhythmic ways of speaking
- 57. A colorless inert gas
- 60. The throne of God (2 words)
- 63. Sheared
- 64. Make indistinct
- 65. Minor Western Samoan monetary unit
- 66. Tranquility
- 67. Anagram of "Neat"
- 68. Impulse
- 69. Satisfied
- 70. Coarse file
- 71. Anagram of "Pose"

Happy
St. Patricks Day

*	69			
1. Sings in	a nar	ticula	ar iaz	7.

- style
 2. Title for benevolent deities
- 2. Title for benevolent deities (Zoroastrianism)
- 3. Not now
- 4. A pointed projection
- 5. Nursemaid
- Avatar of Vishnu
- 7. Sporting venue
- 8. A family of African languages
- 9. Analyze closely
- 10. Bargain
- 11. Anagram of "Bore"
- 12. A fitting reward (archaic)
- 13. Cards with just one symbol

21. A source of cocaine

50

60

64

67

70

DOWN

- 25. Lav bare
- 27. Jubilant
- 28. Not young
- 30. Metric unit of weight
- 31. Anagram of "Teem"
- 32. Hebrew month
- 33.1111
- 34. A climbing plant
- 35. Singer Fitzgerald
- 36. Make stronger
- 37. Term of address for a man
- 41. Anagram of "Lee"

- 44. Examined quickly
- 46. Resembling snake-like fishes

12

31 32

16

19

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52 53

42

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71

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38

- 50. A piece of hot glowing coal
- 51. 4th letter of the Greek alphabet
- 53. Publish a magazine
- 54. Looks lasciviously
- 55. Latin-American ballroom dance
- 56. Having a sharp inclination
- 57. Vipers
- 58. Goddess of fertility (Greek mythology)
- 59. Anagram of "Toga"
- 61. Hurries on foot
- 62. A ludicrously false statement

March Crossword





Learn to bounce back from setbacks

very career comes with a few—or more—setbacks. You can't avoid them, so you have to learn how to deal with them and bounce back. From the CNBC's Make It website comes this advice for recovering from even the toughest failures:

- Learn and adjust. When a disaster strikes, even a small one, take the time to figure out what happened. Then you can adjust your strategy so it doesn't happen again.
- Help other people. If you're generous with your time and expertise, people will willingly help you out when you fail. Make a point of assisting your co-workers and friends so they'll feel inclined to return the favor when you need them.
- Focus on what you can control. Obviously, some things are beyond your reach. Don't worry about them, and keep your mind on what's in your control. This will help you move forward.
- **Keep the faith.** Remember that you've succeeded before and will again. Think of the setbacks you've survived, and remind yourself that you didn't give up then. Next, commit yourself to action.
- Find allies. Surround yourself with people who not only help you, but encourage you. A circle of positive people who believe in you can give you the confidence to keep going in spite of failure.
- Accept responsibility. Don't blame others for your failure. Maybe they broke promises, but in the end, the responsibility for fixing things is up to you. Own up to your mistakes honestly, and share what you're doing to rectify them today and avoid them in the future.

Small asteroid holds big, wet surprises

tiny asteroid 1.2 billion miles away is covered with boulders and is moister than previously was thought, NASA reports. An article on the U.S. News & WorldReport website relates that the Osiris-Rex space probe has taken orbit around Bennu, an asteroid only about three city blocks wide and weighing about 80 million tons.

Readings and photographs from Osiris-Rex show that Bennu is surprisingly studded with hundreds of small boulders across its surface. Scientists expected only a handful. Although there's no liquid water, plenty of moisture is evident in wet clay. Researchers speculate that Bennu broke off from a larger asteroid that could have contained water.

Osiris-Rex will orbit Bennu for a year, then dive close to its surface in 2010. A robotic arm will shoot puffs of nitrogen into Bennu's soil and collect grains of dirt from the asteroid; Osiris-Rex will return them to Earth in 2023.

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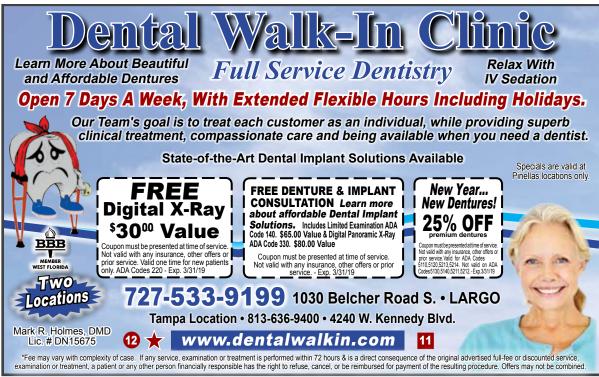
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GLEN ELLEN FOCUS MARCH, 2019 E





MARCH•2019

Sunday	Monday	Т
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7p Texas Hold 'Em	7p Bingo	1p Mah
7p Texas Hold 'Em	7p Bingo	1p Mah
Daylight Savings Begins @ 2am		
7p Texas Hold 'Em	7p Bingo	1p Mah
7p Texas Hold 'Em	7p Bingo	1p Mah
7p Texas Hold 'Em		

Glen Ellen

Tuesday		Wednesday	Thursday		Friday	Saturday	
					1	1p Mah Jongg	2
. Jongg ardi Gras	5	6	8a Coffee Hour 1p Mah Jongg	7	8	1p Mah Jongg	9
. Jongg	12	13	8a Coffee Hour 1p Mah Jongg	14	15	1p Mah Jongg	16
Jongg	19	20 First Day of Spring	8a Coffee Hour 1p Mah Jongg	21	22	1p Mah Jongg	23
Jongg	26	27	8a Coffee Hour 1p Mah Jongg	28	29	1p Mah Jongg	30

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Scientists grow artificial venom glands from snake stem cells

Ilking venomous snakes probably isn't on anyone's list of most desirable jobs. Venom is needed to create antidotes for deadly snake bites, though. Now scientists are working on a process for creating that venom in the laboratory.

The Science News website reports that researchers in the Netherlands have successfully grown copies of the glands that produce venom in snakes. The scientists dissected the eggs of Cape coral snakes and used stem cells to create different types of tissues, called organoids, that could create the venom. The team has since grown venom glands from seven or so species of snakes, which have survived in the laboratory for up to two years.

Some 2.7 million people around the world are bitten by venomous snakes each year. Many die, and many others lose limbs or suffer other disabilities. The artificial process to create antivenom could save lives and prevent lots of suffering.

Ancient plant virus dug up in Arizona

cientists have discovered a 1,000-year-old plant virus in corncobs from an Ancestral Puebloan ruin in Arizona, the Sci-News website reports. It's the oldest plant virus discovered so far.

The Ancestral Puebloans who lived at the Antelope House subsisted on planted crops of maize, squash, and beans, with maize being a major food source. Researchers excavated Antelope House in the 1970s and uncovered more than two tons of food refuse.

Recently analysis using carbon-14 found the corncobs and other refuse to be 1,000 years old. The analysis also isolated three almost complete genomes of a previously unknown RNA virus.

Dubbed ZMCV1, it's a chrysovirus, part of a family of viruses that infect plants and fungi, transmitting from generation to generation through seeds—but which cause no disease in humans and are rarely detected.

Science means constantly walking a tightrope between blind faith and curiosity; between expertise and creativity; between bias and openness; between experience and epiphany; between ambition and passion; and between arrogance and conviction—in short, between an old today and a new tomorrow.

—Heinrich Rohrer

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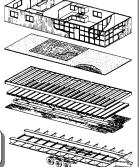




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The wisest among us

n African folktale recounts a time long ago when the sky god challenged the spider Ananse to go into the world and collect all of the wisdom available.

"I can do this," said Ananse with confidence. "I will return in three days with everything you have asked for."

"If you do this for me," the sky god said, "you will have earned the title for all eternity as the wisest among us."

With a clear purpose, the spider took his leave and worked tirelessly, gathering all of the wisdom throughout the world in a matter of days. He stored everything in a large urn that he fastened to his back. He rested for a while at the base of a tall coconut tree.

This would be his route to return to the sky god.

A curious and growing crowd began to assemble nearby, with many willing to help Ananse carry this tremendous load. "Let us help you, brother," someone called out.

"No," Ananse replied. "I am the gatherer and keeper of this wisdom. It is my mission to deliver it to the sky god."

As Ananse began to climb the tree, the curious crowd followed closely behind. When he reached the sky god, Ananse said, "I have done what you've asked."

He unfastened the heavy urn from his back and, in doing so, stumbled from the weight of his shifting load. The urn fell down to earth and shattered. The knowledge that was tightly packed into it spilled over the ground. The curious followers descended the tree and began to snatch and grab and gather all of the wisdom within reach.

"My wisdom!" Ananse cried.

The sky god said, "Ananse, no one can possess all of the wisdom there is. Everyone is entitled to some, and the wisest among us always share what they have."

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Watch these risk factors while you're driving

taying safe on the road means being aware of the risks. According to the Knowledge at Work website, these factors can increase the chance of an accident while driving:

- Driving while fatigued or sleep-deprived—six hours of sleep or less triples your risk.
- Driving long distances without taking sufficient breaks for rest.
- Driving through the night, during a midafternoon energy dip, or when you would normally be asleep.
- Driving under the influence of sedating medications like antidepressants, cold tablets, antihistamines, and the like.
- Working more than 60 hours a week. This can raise your risk by 40 percent.
- Drinking alcohol, even in small amounts.
- Driving alone.
- Driving along a long, dark, or boring road.



Mystery of the missing Martian methane

It's a mystery—what happened to the methane on Mars? Science Magazine reports that in 2004, the Martian Express orbiter detected signs of methane in Mars' atmosphere. In 2014, the Curiosity rover observed a methane spike in Gale crater that lasted several months, and a few years later Curiosity detected a small seasonal cycle of methane eruptions in the Martian northern hemisphere.

Some scientists doubted the findings. The European Space Agency sent the Trace Gas Orbiter up, arriving in the red planet's orbit in 2016. Although some issues with the readings remain to be cleared up, researchers report that they haven't found any methane at all.

What happened? No one knows, but the Trace Gas Orbiter will keep reporting data until 2022, so maybe scientists will be able to solve the mystery after all.

Science is the key to our future, and if you don't believe in science, then you're holding everybody back.

—Bill Nye

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EVENTS & PROGRAMS

PARADISE ISLAND ANNUAL FLEA MARKET, March 9th, 1001 Starkey Rd., Largo, FL 33771, at the Clubhouse 9am-1pm. 60+ vendors and a huge room of community donations. Furniture, clothing, household, tools, collectibles, Treasures for sale! Canteen open for food. Early entry @ 8am \$1.

Annual Penny, Bake, Jewelry, Craft Sale: Saturday, March 9th, 9:00am-noon. Golden Acres R.O. Park, 1040 Main Street, Dunedin, Florida.

COMMUNITY RUMMAGE AND BAKE SALE: Saturday, March 9th, 8:00 a.m.- 1:00 p.m. Blue Jay Estates, 2755 Curlew Road, Palm Harbor.

TOGETHERNESS SALE: Saturday, 3/16/19, 8am-2pm. Faith Lutheran Church, 1620 Pinehurst, Dunedin. Café, Bake Sale, Household Items, Collectibles, Clothing, Books, Jewelry, Furniture, Plants.

March 2nd, 8am-1pm. ANNUAL BAZAAR - BRIAR CREEK II MHP

Lot 583, Acorn MHC 16th Ave SE, Largo. Sat. March 23rd. HUGH SALE!

COMMUNITY YARD SALE: Curlew United Methodist, 2210 Cathedral Drive, Palm Harbor. FRIDAY 3/22 & SATURDAY 3/23, 8am-3pm both days. To rent space call Jerry (260-348-5559) or church (727-784-3424). \$10 (your table), \$15 (ours). There will be food sales and a bake sale.

Oak Crest/Acorn MHC (over 600 units) Semi Annual Carport Sale, Saturday, March 23rd, 8:00am-3:00pm. 9925 Ulmerton Rd. or second entrance (off Seminole) 16th Ave SE, Largo.

ART/CRAFT FAIR. Saturday, March 23, 9AM-1PM. Lake Highlander MHP. 1500 County Road 1, Dunedin. Something for everyone!

SPRING SALE - Lake Haven MHP Park 3, 1415 Main St, Dunedin, Florida (behind Subway). Gift items, appliances, clothing, and much more. Saturday March 9th, 8am-1pm. The best Bake Sale in town! Lunch available.

Caribbean Isles Rummage Sale: March 16th 8-1. Food and baked goods. Tables \$10, two for \$15. Call Brenda 262-331-0030

WHITE ELEPHANT SALE. Saturday 3/2, 9AM-12PM. Americana Cove, 7201 1st St NE, St. Pete. Antiques, collectibles, jewelry, furniture, kitchenware, electronics, books, paintings, records, CDs, DVDs, VCRs, linens, bakery, plants.

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March Sudoku

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Americans prefer to stay at home

Planning a vacation overseas this year? You're not exactly alone, but you're not in the majority. As reported on the NerdWallet website, a survey by Priority Pass found that only 14 percent of Americans plan to leave the United States for a vacation this year. Forty-five percent said they'd prefer to stay in the U.S.

The survey included 10,000 people in nine countries. Overall, 32 percent of respondents said they expect to go abroad for their holidays. Among other travel-related findings from the survey:

- Americans are least likely to spend a cash gift on travel. If given \$300, U.S. residents are least likely to use it to help pay for a trip. People in the United Kingdom and Mexico are most likely.
- Americans spend more on travel. Although they travel less, Americans have the highest per-person budget for overseas travel.
- Americans don't share. Finally, the survey found that Americans are least likely to share their travel memories on social media, or recommend hotels, airlines, and transportation services than residents of other countries.

We're still looking at our phones on the road

Te all know the dangers of texting while driving—or do we? A survey of drivers in Philadelphia, as reported on the Fox 8 website, found that 75 percent admit to using mobile devices behind the wheel.

They're not all kids, either. Although 91 percent of millennials reported using a smartphone or other device while driving, so did 79 percent of Gen Xers and 64 percent of Baby Boomers. What are they doing? Reading text messages or emails (48 percent), updating or checking social media (23 percent), and recording videos (18 percent). Only 9 percent of drivers in the survey said they use a "Do not disturb" app on their phones while driving.

Arithmetic is where you have to multiply—and you carry the multiplication table in your head and hope you won't lose it.

-Carl Sandburg





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