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September • 2017

Issue 7
41st Year

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September Birthdays:

September 30 – Keith Hutchinson



Scribe Nancy Labbe's Message

There are quite a few new residents in the park, welcome everyone, enjoy Glen Ellen, we do. The electrical issues in the park are finally being addressed. The pole and electrical boxes behind Mobile 233 have been replaced. The reason it has taken so long is due to all the rain we have been having.

Just a few friendly reminders for park residents. Speed limit is 10 miles per hour in the park, quiet time is from 10:00 PM to 8:00 AM and please have your dogs respect other individuals' property.



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Manager, Marilyn Sisti's Message

I just wanted to reiterate that we cannot allow unauthorized residents in the park. If you are aware of anyone that you know should not be in the park, please let us know.

One other item, if you are evicted from your home for any reason, you are evicted from the park and cannot reside here, please do not think that you can go to another home in the park and reside. If you do this, then the residents you are with will be evicted for having an unauthorized occupant.

If you have any questions or concerns please let me know.

Fish Dinner

There will be a fish dinner during the month of September. More details will be forthcoming.

September Sudoku

		8	3		1			6
7	4		8				1	
1				9		2	5	
6						5		
	8			1		9		
3		2	4	8		7		1
	3			2	7			
		9	6		8		3	2
	1	6			5		4	



9	2	8	3	5	1	4	7	6
7	4	5	8	6	2	3	1	9
1	6	3	7	9	4	2	5	8
6	9	1	2	7	3	5	8	4
4	8	7	5	1	6	9	2	3
3	6	2	4	8	9	7	6	1
8	3	4	1	2	7	6	9	5
5	7	9	6	4	8	1	3	2
2	1	6	9	3	5	8	4	7

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Chocolate may be good for your heart

In case you're looking for an excuse to eat some chocolate, consider this: It may reduce your risk of irregular heartbeat.

An analysis of some 55,000 adults from Denmark found that eating 2-6 ounces of chocolate a week was associated with a 20 percent decreased risk of atrial fibrillation, or A-fib, otherwise known as an irregular heartbeat. A-fib can compromise blood flow in the upper chambers of the heart—the atria. People with A-fib are five times more likely to suffer a stroke, according to the American Heart Association, and have twice the risk of a heart-related death.



Moderate consumption of chocolate, especially dark chocolate, appears to reduce that risk, although binging on larger amounts can obviously lead to weight gain and associated problems.

Carbon monoxide safety tips for your home

Carbon monoxide (CO) is a colorless and nearly odorless gas that's created by the incomplete burning of solid, liquid, and gaseous fuels. Appliances that burn LP gas (liquefied petroleum), oil, coal, kerosene, coal or wood may produce carbon monoxide. Carbon monoxide is also poisonous to animals and people. Symptoms of its effects include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

To prevent CO poisoning, take these precautions:

- Buy and install a CO alarm. Make sure it is listed with Underwriters Laboratories or that there is information on the package that indicates that it meets the requirements of IAS 6-96 standards. Follow the directions for placement and installation.
- Install appliances properly. Most of them should be installed by a professional.
- Practice good maintenance. Have your heating system (furnaces, flues, and chimneys) inspected and serviced by a professional every year.
- Burn charcoal outdoors only. Never burn it in a tent, home, garage, vehicle, etc. Don't use portable fuel-burning camping equipment indoors or inside tents, etc.
- Make sure you turn off fuel-burning engine equipment when you are inside a garage or basement. Just having the doors open does not ensure your safety.



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Did you know that September is also...

Blood Cancer Awareness Month. Lymphoma is a type of blood cancer that occurs when lymphocytes—white blood cells that help protect the body from infection and disease—begin behaving abnormally. Lymphoma may develop in many parts of the body, including the lymph nodes, spleen, bone marrow, blood or other organs. This year’s theme for Blood Cancer Awareness Month is “Light it Red for Lymphoma.”



National Child Awareness Month. During National Child Awareness Month, a wide array of organizations set aside their individual agendas to focus on the bigger picture of children in America today and what can be done to address their growing challenges and needs tomorrow.

National Cholesterol Education Month. National Cholesterol Education Month is a good time to get your blood cholesterol checked and take steps to lower it if it’s high. It’s also a good time to learn about lipid profiles and food and lifestyle choices that will help you reach your personal cholesterol goals.

National Piano Month. A good month to sign up for piano lessons. Although invented around the year 1700, the piano took several decades to become a favorite of composers and performers alike. In the 19th century the instrument grew larger and more powerful. At the same time, the instrument became the primary source of home entertainment, and learning to play the piano became an important part of childhood education.

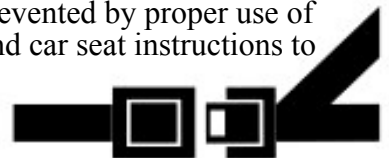


Substitute Teacher Appreciation Week, Sept. 3-9. Five days dedicated to the hundreds of thousands of education professionals who fill in at the schools every day across the United States. This nationwide event is recognized by the U.S. House of Representatives, schools, and school districts around the country.



National Suicide Prevention Week, Sept. 10-16. High schools, colleges, and universities can create their own activities for National Suicide Prevention Week. These locations are ideal to promote public awareness of the goals of suicide prevention, educate the public about the prevalence of suicide, and involve young adults in prevention activities.

Child Passenger Safety Week, Sept. 17-23. Car crashes are a leading cause of death for children up to 13 years old. Many deaths and injuries can be prevented by proper use of car seats, boosters, and seat belts. Getting safety information and car seat instructions to parents and caregivers is crucial to saving young lives.



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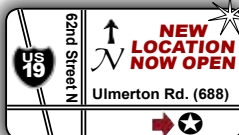


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Complete dinosaur skeleton is spectacular find

Most dinosaur fossils consist of a few bones or teeth, but in 2011 a heavy-equipment operator in Alberta, Canada unearthed something unique—the complete fossilized remains of a newfound type of nodosaur, part of the ankylosaur family, which lived between 100 million and 112 million years old.

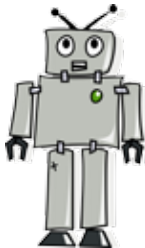
As reported on the National Geographic website, the dinosaur is still getting paleontologists excited today. The dinosaur is so well preserved that it “might have been walking around a couple of weeks ago,” says paleobiologist Jakob Vinther, who’s studying the ancient beast at Alberta’s Royal Tyrrell Museum.



Because of its preservation, the fossil is providing new insights into the structure of nodosaurs’ armor, letting paleontologists see how sheaths of keratin—material also found in human fingernails—exaggerated the armor’s size and shape.

Robot can grasp complex objects with new hand

Most robotic hands are clumsy and have a hard time picking up odd-shaped objects like shoes or spray bottles. But according to the Science News website, roboticists at UC Berkeley have created a robot that can pick up and move awkward objects with a success rate of 99 percent.



The robot, DexNet 2.0, uses a process called deep learning to handle objects. The roboticists created a database of three-dimensional shapes using 6.7 million data points. A neural network learned ways to grasp, lift, and move irregularly shaped objects, and then was hooked up to a robotic arm with a 3D sensor. DexNet 2.0 studies an object placed in front of it and then chooses the right grasp to pick it up and move it.

DexNet 2.0’s success rate could be applied to industry, possibly revolutionizing manufacturing and supply chains.

**The scientist does not study nature because it is useful to do so.
He studies it because he takes pleasure in it, and he takes pleasure
in it because it is beautiful.**

—Henri Poincaré

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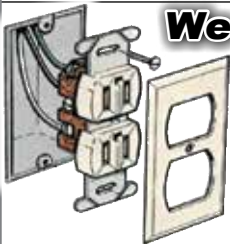
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OCTOBER 2017		
S M T W T F S		
1 2 3 4 5 6 7		
8 9 10 11 12 13 14		
15 16 17 18 19 20 21		
22 23 24 25 26 27 28		
29 30 31		
	3	4
	Labor Day	7:00 PM Night
	10	11
	Grandparent Day	7:00 PM Night
	17	18
		7:00 PM Night
	24	25
		7:00 PM Night

Glen Ellen

Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2
5 M Movie	6	7 ELS Coffee Hour 8:30 A.M. No charge No Association Meeting.	8	9
12 M Movie	13	14 Resident Coffee Hour 8:30 A.M. – Cost \$1.00	15	16
19 M Movie	20	21 Resident Coffee Hour 8:30 A.M. – Cost \$1.00	22	23
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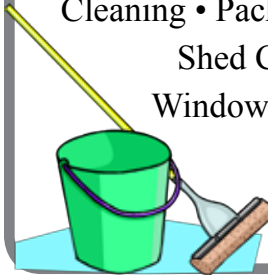
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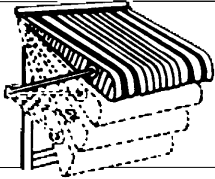
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What to eat? The choices can be confusing

Americans trying to eat healthy have lots of choices, but all those options can be confusing. The CNN website reports that 78 percent of respondents to a survey by the International Food Information Council Foundation said they're not sure what foods they should eat and which they should avoid.



The survey of slightly more than 1,000 American adults found that almost 60 percent named food that's "high in healthy components or nutrients" as one of their top three factors for choosing a "healthy" food, followed by food that's free from artificial ingredients, preservatives or additives (just more than 50 percent). Choices that are "part of an important food group that I need to build a healthy eating style" rounded out the list of foods health-conscious folks are looking for (nearly 50 percent).

The U.S. Food and Drug Administration considers food that can be marketed as "healthy" as having low levels of total and saturated fat, sodium, and cholesterol, and at least 10 percent of the daily requirements for vitamins, fiber, and other nutrients.

Millennial women take less vacation than men

Americans workers have a reputation for not taking all the vacation they have coming. Among them, millennial women seem to take the least: Only 44 percent used all their vacation time in 2016, according to a survey reported on the Mic website, compared with 51 percent of their male co-workers.

What's behind the gap? Thirty-seven percent of millennial women said they want to demonstrate full commitment to their jobs, but only 32 percent of men surveyed expressed the same feeling. Moreover, 35 percent of the women said they feel guilty about taking time off, compared with 25 percent of the men.

Overall, 53 percent of the 7,331 millennials surveyed left unused vacation days, with 55 percent of Gen Xers and 52 percent of Baby Boomers forfeiting vacation days.

Teens: Not glued to social media

Most of us imagine that today's teens do nothing but sit around with their smartphones texting each other, checking social media, posting images to Instagram, and the like. That stereotype, like most, isn't true. An Associated Press-NORC Center for Public Affairs Research survey of teens recently found that 58 percent voluntarily take breaks from social media for various reasons:

- Getting in the way of work or school: 8 percent
- Tired of conflict and drama: 24 percent
- Tired of keeping up: 20 percent





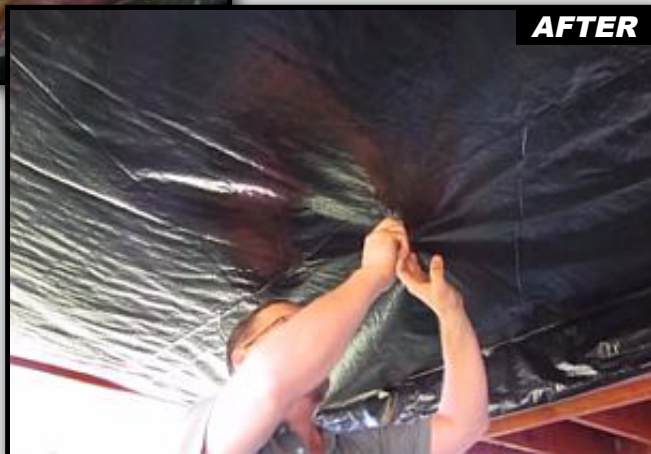
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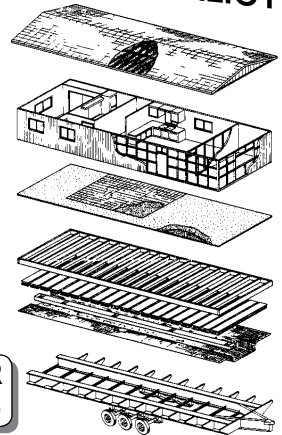
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Review your response to emergencies

A disaster can strike your organization at any moment—fire, weather, or even workplace violence. Once you’ve overcome it, you may slip back into a “business as usual” mode, but that can be almost as dangerous. Follow this three-step plan to improve your safety preparations:

- **Review your response.** Look back at a recent emergency situation and assess what worked well and what didn’t in terms of your response. Ask people within your organization: What were the goals of our crisis-response efforts? Did we achieve them? What were the values that we communicated by our response? What did we do well in terms of communication? What should we have done better?

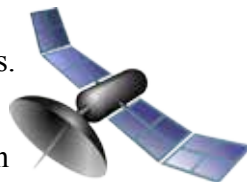
- **Design an improved response.** Use the answers gathered above to design an improved crisis response effort. Consider such possibilities as fire, power outages, severe weather, or any comparable crisis that puts your community on high alert, as well as the potential for a direct attack on your workplace or organization. Once you’ve created the plan, be sure to communicate it throughout the workforce at regular intervals so that everyone knows what to do, or where to find guidance, as soon as an emergency strikes.

- **Redesign your work processes.** As you redesign your crisis plan, proactively rethink how your organization performs work. Do people really need to be at the office all day every day to be productive? How much travel is really necessary? Gather data, make recommendations, and then implement new ideas on a trial basis. The end result may very well be a new workplace where things get done smarter, faster, and cheaper.

The hunt for water throughout the solar system

Water is necessary for life, so the search for traces of water on Mars have been a major objective of scientists studying the red planet. Readings from the Curiosity rover have given them fresh evidence.

According to a report on the Fox News website, researchers now believe that Mars’ Gale Crater was once the home of a lake with a body of water possessing different levels of oxygen at different locations and times. The fluctuations are important because they affect what minerals may be deposited in the sediments at the lake’s bottom. The oxidation states of elements like iron and manganese would be important to life on Mars even before life evolved on Earth.



The search for water isn’t limited to Mars, though. The Sci-News website reports that NASA’s Lunar Reconnaissance Orbiter has detected evidence of surface frost on the south pole of Earth’s moon. These icy deposits look thin and patchy and may be mixed in with regolith, the surface layer of soil, dust, and small rocks. Scientists believe further exploration and analysis could help us understand the origins of water here on Earth.

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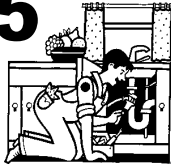
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Start financial literacy early

Teaching children to save money when they're young can help them deal with financial emergencies when they're older. Here's how to get them started:

- Encourage kids to save something. Whether you've got a 10-year-old stashing away a dollar or a teenager opening a savings or checking account, get your children in the habit of saving no matter how small the amount.
- Help kids balance treats and sacrifices. Work with your kids to set and meet some goals. Once those goals are met, allow them a little withdrawal to buy something for themselves.
- Put loose change into an emergency fund. Loose change can add up, so don't let kids discard pennies or leave them lying in the parking lot.
- Set an example. Children don't miss much. If they don't see you saving, they might wonder why they have to save.
- Keep kids away from credit as long as possible. Credit card companies expend lots of effort on marketing to teenagers. Make sure your kids understand what credit pitfalls could lie ahead.
- Schedule money meetings. Meet with your child at regular intervals to discuss their emergency account, answer questions, and discuss money issues he or she might encounter.
- Help kids set up a real budget. The earlier kids learn to manage a budget, the easier things will be down the line. Younger kids can start learning by jotting their pluses and minuses down on a piece of paper, while older kids can be introduced to budgeting on software and apps.



Doctor to parents: Watch the juice

Lots of parents give their young children fruit juice, but pediatricians now say that's a bad idea. The American Association of Pediatrics recently updated its position on juice, recommending now that newborns shouldn't drink any juice before their first birthday and that juice should be limited after that.

The reasons? Doctors don't see any evidence of health benefits, and they believe that juice may prevent children from getting the protein and nutrients they need through breast milk or formula. In older kids, the sugar in juice contributes to tooth decay.

The guidelines advise that toddlers 1 to 3 years old get no more than four ounces of juice a day, six ounces up to age 6, and eight ounces to age 18. They recommend that parents encourage their kids to eat fruit instead.



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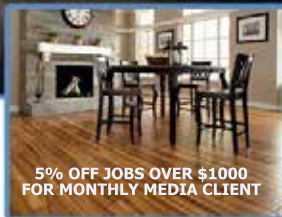
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Stoke your optimism to stay on top

Successful people are optimistic. They're not idiots—they see the challenges, but they don't lose their confidence. Take a look at some of the characteristics of “intelligent optimists” that you can learn:

- Don't deny problems. You can't pretend difficulties don't exist, but you can live with them while looking for ways to change things.

- Accept reality. Though solving problems is vital, recognize what you can't change. Don't get too wrapped up in trying to fix things you can't influence.

- Don't bury negative thoughts. Everyone has them—“This will never work,” or “Am I wasting my time?” Instead of trying to ignore them, accept them as internal messages but remind yourself that you can overcome them.



- Look for solutions. Remember that many problems spring from attempts at solving a different problem. Searching the background can provide clues to resolving the current difficulty.

Heaven and hell

A big, burly samurai came to a Zen master and demanded, “Tell me the nature of heaven and hell.”

The Zen master looked him in the face. “Why should I tell a scruffy, disgusting, miserable slob like you? A worm like you, do you think I should tell you anything?”

Consumed by rage, the samurai drew his sword and raised it to cut off the master's head.

The Zen master said, “That's hell.”

Instantly the samurai understood that he had just created his own hell, black and hot, filled with hatred, self-protection, anger, and resentment. He saw that he was so deep in hell that he was ready to kill someone. Tears filled his eyes as he put his palms together to bow in gratitude for this insight.

The Zen master said, “That's heaven.”

There is only one thing that makes a dream impossible to achieve: the fear of failure.

—Paulo Coelho

Don't stand in the way

When Dwight D. Eisenhower was president of Columbia University, he was once asked by a committee of faculty members to make a statement prohibiting students from walking on the grass in the main quadrangle. "Why do they walk on the grass?" asked Eisenhower.

"Because it's the shortest way to the central hall from the main entrance," the committee chairman answered.

"If that's the way they are going to go," replied Eisenhower, "then cut a pathway there."

The point? There is often little use in trying to stand in the way of what is already happening.

Happiness and sadness

Three campers were sleeping in the Colorado Rockies one starry night when they suddenly heard a thunderous voice from the sky. The voice commanded them: "Go to the riverbed and pick up some stones. Put them in your backpacks. Do not look at them until morning, and never return to my mountain stream again!"

The campers did as they were told and quickly packed up their campsite. Then they heard the voice again, this time saying, "Tomorrow will be the happiest and the saddest day of your lives."

As the sun began to brighten the sky, the campers stopped to examine the pebbles in their backpacks. To their amazement, the pebbles had turned to gold. As they celebrated their new wealth, one of them stopped.

"Now I know what the voice meant when it said that this would be both the happiest and the saddest day of our lives."

"What do you mean?" asked another.

"We have the gold, but think how much richer we would be had we picked even more of the pebbles."

Often people go through their lives and at some point realize, "There could have been so much more." They fail to take advantage of all of the opportunities around them, abandoning or wasting the treasures right at their fingertips.



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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

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EVENTS & PROGRAMS

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PARADISE ISLAND ANNUAL CRAFT FAIR 11/04/17 1001 Starkey Rd at the CLUBHOUSE, Indoor show 9am-1pm. Handmade items only, Bake Sale, Canteen open for food & beverages. Tables Available. Vendors call 727-553-3616 (Marcia) for info.

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Trying to quit smoking? These tactics can help

Quitting cigarettes is hard, as any former smoker can tell you. If you're trying to kick the habit, consider these proven tactics from the CNN website:



- **Financial incentives.** A CVS Caremark program got impressive results: Participants contributed \$150 dollars at the outset with the understanding that they would get the money back plus another \$650 if they refrained from smoking. They also received support like counseling and access to nicotine gum or patches. The program generated a 52.3 percent success rate. (Another CVS program which offered more money but no upfront risk showed poorer results.)

- **Support.** If you and your partner both smoke and want to stop, try quitting together. Studies show that half of smokers are successful if their partners quit when they do, versus only eight percent when the partner doesn't.

- **Nicotine replacement.** Replacing cigarettes with nicotine inhalers, lozenges, skin patches, and other delivery methods can help smokers through their cravings and withdrawal symptoms. A review of studies found that the chances of success increase 50-70 percent using these replacements.

- **Cold turkey.** This requires discipline and commitment, and only about 4-7 percent of people succeed. Still, it can work if you're mentally prepared and ready for withdrawal symptoms. Some tactics: Drink water when cravings start, or occupy your mind with other activities. Take slow, deep breaths, and remind yourself that you're improving your health. Seek support from family and friends.

Focus on these areas to cut breast cancer risk

Although your risk of breast cancer has a genetic component, some lifestyle choices can influence your chances of a diagnosis, according to the Medline Plus website. Three areas to watch are:

- **Exercise.** For women before menopause, vigorous exercise seems to reduce breast cancer risk. After menopause, moderate activity such as gardening, housework, and a brisk 30-minute walk daily appears to have a positive affect.

- **Weight.** Women who are overweight may have a higher risk of breast cancer after menopause. A five-point increase in your body mass index can increase the risk by 12 percent.

- **Alcohol.** Even moderate alcohol consumption appears to be linked to a greater breast cancer risk, especially if you have a family history of breast cancer. However, keeping weight off and exercising regularly (along with not smoking) seems to cut down the risks associated with an occasional glass of wine.



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