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December • 2015

Issue 10 39th Year

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2015 Officers and Directors of Glen Ellen

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Vice President – Jacques Mongrain
Treasurer – Joan Schuring
Secretary – Ken Harris
Director – Wayne Talbott
Director – Linda Roy
Director – Nancy Labbe

**Glen Ellen Park Manager – Marilyn Sisti
Administrative Assistant Stephanie Scalise**

GLEN ELLEN MOBILE HOME PARK,
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Office Number (727) 796-7348

Manager Marilyn Sisti’s Message:

A special “welcome back” to all the snowbirds. I hope everyone had an enjoyable summer! There are numerous new residents in Glen Ellen. Please introduce yourself and make them feel welcome.
Everyone seems to be enjoying the new kitchen. It was a long time coming but worth the wait. Stephanie and I wish everyone a wonderful Holiday Season!

Scribe Nancy Labbe’s Message:

December already, 2015 is almost over. I think everyone has had an enjoyable year in Glen Ellen.
There have been many changes; renovations, people leaving and new individuals moving in, everything in the positive mode. What a better way to end the year.
If anyone wishes to put something in the “Focus” please contact me at (727)238-8927.
I hope everyone has a happy, healthy Christmas and New Year!

Marilyn Sisti
Community Manager
Shangri-La 7790
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Largo, Florida 33770
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Shangrila_mgr@Equitylifestyle.com

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December Birthdays

December 1 – Loretta Derr
December 4 – Anne-Marie Mongrain
December 5 – John Gillespie



GLEN ELLEN DECEMBER 2015 EVENTS

Chairpersons for the month of December are Jacques and Anne-Marie Mongrain and Joan Schuring.

- November 29** DECORATE THE HALL - - - 1:00 p.m.
Bring a snack for all to share and come join us to decorate the hall for the Christmas season.
Pop (soda-tonic) will be provided.
- December 5** PANCAKE BREAKFAST - - 8:30 a.m. to 10:00 a.m.
Cost is only \$3/person and your tummy will be full until lunchtime. There is also a 50/50 draw.
Sign-up sheet in the hall.
- December 5** ‘Tis the Season’ Happy Hour - 3:00 to 6:00 p.m. Come and join us to start the Holiday Season! Whether you are a consumer of spirits or not come and have fun. There will be coffee, tea, water, soda(pop) beer, wine and mixed drinks plus all kinds of snacks including sweets.
Cost is \$6.00 and includes everything, tickets will be sold – enjoy!
- December 10** Men and Ladies luncheon at Applebee’s, McMullan-Booth Road, 1:00 p.m.
Everyone pays for their own meal.
Sign-up sheet in the hall.
- December 12** HORSE RACES - - 7:00 p.m.
Cost is \$1/person to cover cost of half-time treat. Bring your quarters (change available if you don’t have any) and bet on your favorite horse.
There is also a 50/50 draw. Sign-up sheet in the hall.
- December 13** Christmas Gift Swap - - 2:00 p.m.
Bring a wrapped gift worth at least \$5.00 and snacks to share. Pop (soda) will be available.
Sign-up sheet in the hall.

...continued on page 6



December 19 Roast Beef Christmas Dinner - - 5:30 p.m.
Glen Ellen Residents \$3.00; non-residents \$5.00
Door Prizes and a 50/50 draw.
Reindeer games after dinner (we might even let Rudolph join in!).
Tickets will be sold door-to-door.

December 24 Christmas Carols door-to-door - - 6:00 p.m.
Everyone who wishes to participate please meet at Ray and Marge Gillespie's residence, lot 126.
We will sing carols in both Glen Ellen and Parkwood and afterwards go back to Ray and Marge's to eat all the goodies everyone has brought to share.

December 29 Pot Luck Lunch - - 12 noon
This will be an authentic "pot luck". Sign-up in the hall but do not indicate what you are bringing. Pop(soda) will be provided.

December 31 We are not sure if there will be a New Year's Eve party. More details to follow.

Be sure to check the bulletin board for the events, sign-up sheets, etc.



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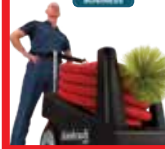
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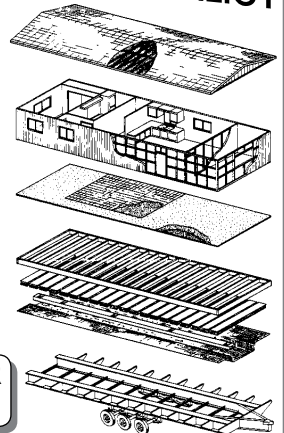
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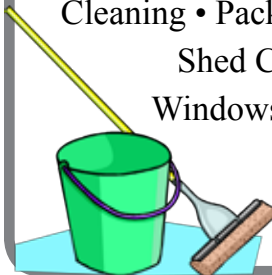
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Know Your Organs: The Gallbladder

The gallbladder is a small, pear-shaped organ located beneath the liver and next to the pancreas. You may not give it a lot of thought—until it starts malfunctioning. Then it can cause pain and serious health problems.

The gallbladder stores a substance called bile, or gall, that comes from the liver and helps to digest fat. The main problem that can arise is the formation of gallstones, which can be as small as a grain of sand or as large as a golf ball. They affect both men and women, and may occur as a single large stone or a group of small ones. What causes them is unclear, though they're more common in people with excessive body fat around the waist, and in those who have lost weight very quickly. The risk of gallstones increases as you age, particularly among women as they approach menopause and everyone after age 40.



You may have gallstones for years without noticing them, regardless of their size or number. But during a gallstone attack, patients can experience sharp pain in the upper right side of the abdomen, along with nausea and vomiting. Attacks tend to occur at night, often after a large meal with lots of fat, as well as after drinking alcohol.

Gallstones are treated in a number of ways: Some people take an acid orally which dissolves the stones gradually, although they may reappear once the treatment is stopped. Otherwise, they can be broken up with ultrasonic shock waves or removed by surgery in serious cases.

Be on the lookout for these symptoms:

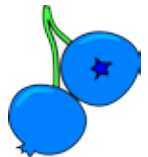
- Sudden severe pain in your upper right abdomen, lasting from 30 minutes to several hours.
- Pain in your right shoulder blade or under your right shoulder.
- Indigestion after eating desserts, fried foods, or foods high in fat or protein.

See a doctor immediately if abdominal pain lasts five hours or more, if you experience nausea, vomiting, fever, or chills, if you have a yellowish color in your skin or in the whites of your eyes, or if you have light-colored stools or dark urine.

Keep Your Heart Healthy With The Right Food Choices

The food you eat can make a big difference to your health, especially in matters of the heart. You can keep your heart ticking to a ripe old age by adding these foods to your diet:

- Tomatoes. A good source of vitamin C, vitamin A, potassium, and fiber, tomatoes also contain lycopene, an antioxidant that may help to lower bad cholesterol, keep blood vessels open, and lower the risk of heart disease. For best results, serve cooked tomatoes in stews, soups, and sauces.
- Blueberries. Blueberries contain antioxidants called anthocyanins, which may reduce blood pressure by relaxing blood vessels. One cup has only 80 calories, and they add fiber and vitamin C to your daily diet.



Multiply Your Monthly Mania!

As you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. **We pay out \$400 every month to residents** who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

Now You Have More Chances to Win!

We are now offering unlimited entries into our Monthly Mania drawing by just *SUGGESTING* a business to advertise.

Here is how it works:

1. Call our office and suggest a business to advertise in the newsletter
2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
3. The more businesses you suggest, the more chances you have to win.
(To qualify each resident can only suggest a business once)

What businesses would you like to see advertising?

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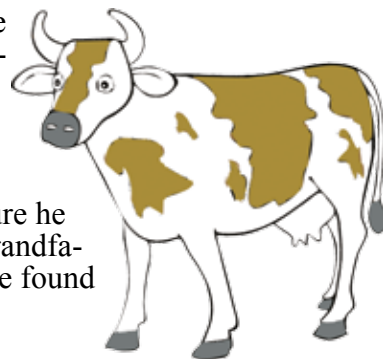
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The strongest bonds

A farm boy took his cows to the meadows out to pasture every morning and brought them back to the barn at the end of the day. One evening, as he was tying the cows up for the night, he found that he'd lost the piece of rope he needed for the last one.

He couldn't go all the way town to buy more rope, but he didn't want the cow to wander away. So he went to his grandfather for advice.

"Here's what you do," the grandfather said. "Go up to the cow the same way you do every night and pretend to tie a rope around him, then pretend to tie the rope up to his stall. Make sure he sees you doing it, and he'll be fooled." The boy followed his grandfather's advice, and the next morning when he went to the barn he found the cow still there.



He untied all the rest of the cattle and herded them out to pasture for the day. But when he passed by the barn on his way to do his other chores, he noticed the cow was still there. He went to his grandfather again.

The grandfather smiled and said: "You forgot to untie the cow. Go back and pretend to let him loose, and you'll be able to herd him outside."

Moral: Often what holds us back are the bonds we only think are real.

Correct: A Zen parable

Two monks could not agree on a problem. Finally they went to the master of their monastery to settle the dispute. They agreed to argue their positions one at a time while the master listened.

After hearing the argument presented by the first monk, the master nodded. "You are correct." The first monk was pleased, but the master then told the second monk to speak his piece.



The other monk made his case. Once he finished, the master gave another nod. "You are correct."

"But master!" the two monks cried together. "We can't both be correct!"

Again the master nodded and smiled. "You are correct."

Eliminate the obstacles to a good night's rest

A good night's sleep is essential to everyone's health, and yet many people have trouble getting the shut-eye they need. If you're not waking up feeling refreshed and ready to start your day with energy, check out these problems that may be preventing you from sleeping soundly:

- Procrastination. You know you should go to bed, but you let yourself get distracted by household tasks or the TV. Set a firm time limit on your evening and stick to it.
- Caffeine. Avoid coffee and other caffeinated drinks after 3 p.m. The effects can linger for up to seven hours, making sleep difficult by the time you need to go to bed.
- Heat. You may not be sweating, but feeling just a little too warm can keep you from dropping off. Try sticking one foot out from under the covers to balance the temperature.
- Stress. The news, your job, or personal worries can make relaxation and sleep difficult. Practice meditation and other techniques to un-tense your body and your mind.
- Work. If your job starts too early in the morning, you'll have trouble waking up and performing well. Try to negotiate a later arrival time. Emphasize how your productivity will increase if you get the right amount of rest.



Prevent back pain before it strikes

Back pain can make your work difficult no matter what job you do. Lifting heavy items is only one potential source of damage; poor posture and repetitive movements can also cause strain and pain. Keep your back in good shape with these general tips from the Mayo Clinic website:

- Get some exercise. Losing weight and staying in shape will decrease wear and tear on your back muscles. Combine aerobic activity with strength training that stretches and strengthens your stomach and back.
- Practice good posture. Your parents were right when they told you to stand up straight. Make a point of keeping your weight balanced on both feet without slouching. Use a chair with good back support, and make sure it's the right height, allowing you to keep both feet flat on the floor and your knees on the same level as your hips.





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Trust in others rises as people grow older

In a cynical world, trust can seem hard to come by. But new research suggests it may grow as we get older. The World Values Survey, collecting data from more than 200,000 people in 83 nations, found that more than a third of people 80 years old or older agreed that most people can be trusted, although just a quarter of 20-year-olds said the same.

The results were consistent regardless of nationality, gender, education, and income.

A similar study, analyzing data from the General Social Survey of 1,230 U.S. citizens over time, also found that our willingness to trust increases as we grow older.

One possible explanation: As time goes on, most people tend to simplify their lives and spend more time with their families, resulting in a more positive and generous attitude about the world.



That morning cup of coffee may be really good for you

A lot of us depend on a cup of coffee or two to get going in the morning. But coffee may have even more significant health benefits. Here's a quick look at what it may do to improve your life:

- **Melanoma.** A study by the National Institutes of Health and the AARP found that the more coffee people drink during the day, the lower their chances of developing melanoma over a 10-year period. Four cups of coffee a day was associated to a 20 percent drop in melanoma risk.
- **Multiple sclerosis.** An analysis of two studies of people diagnosed with MS (one in the U.S. and one in Sweden) found that consuming at least four cups of coffee a day appears to delay the onset of symptoms. The caffeine, researchers say, seems to have neuroprotective properties that inhibit MS development.
- **Liver cancer.** Drinkers of three or more alcoholic beverages a day may be able to cut their risk of liver cancer by drinking coffee, according to a recent World Cancer Research Fund report. Coffee and coffee extracts appear to have a preventative effect on the expression of genes involved with inflammation—an effect that's most prevalent in the liver.



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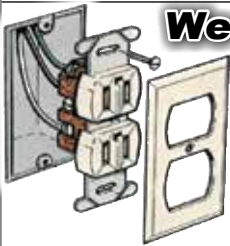
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		1P Mal
6 7P Texas Hold 'em	7 7P Bingo Pearl Harbor Remembrance Day	1P Mal
13 5:30P - Christmas Gift Swap 7P Texas Hold 'em	14 7P Bingo	1P Mal
20 7P Texas Hold 'em	21 7P Bingo	1P Mal First D
27 7P Texas Hold 'em	28 7P Bingo	Noon - Lunch 1P Mal

Glen Ellen

Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mah Jongg	2 7P Darts	3 8:30A Coffee Hr. 1P Mah Jongg	4 7P Poker	5 8:30-10A - Pancake Breakfast 1P Mah Jongg 3-6P - "Tis the Season" Happy Hour 7P Trivia Pursuit
8 Mah Jongg	9 7P Darts	10 8:30A Coffee Hr. 1P Mah Jongg 1P - Men and Ladies Luncheon	11 7P Poker	12 1P Mah Jongg 7P Trivia Pursuit 7P - Horse Races
15 Mah Jongg	16 7P Darts	17 8:30A Coffee Hr. 1P Mah Jongg	18 7P Poker	19 1P Mah Jongg 7P Trivia Pursuit
22 Mah Jongg	23 7P Darts	24 8:30A Coffee Hr. 1P Mah Jongg 6P - Christmas Carols <i>Christmas Eve</i>	25 7P Poker <i>Christmas</i>	26 1P Mah Jongg 7P Trivia Pursuit
29 Pot Luck Mah Jongg	30 7P Darts	31 8:30A Coffee Hr. 1P Mah Jongg New Years Eve Party??? <i>New Year's Eve</i>		JANUARY 2016 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

NEA: Fewer Americans enjoy the arts in person

When was the last time you went to the symphony, the ballet, or a museum? A National Endowment for the Arts study points to a disturbing trend: The number of Americans attending core arts events like the opera, the theater, and other activities is on the decline.

According to “A Decade of Arts Engagement: Findings From the Survey of Public Participation in the Arts, 2002–2012,” only 33.4 percent of U.S. adults attended any arts events between July 2011 and July 2012—down from 34.6 percent in 2008, and down yet again from a decade earlier when the figure was 39.4 percent.

One bright spot in the report: Although only a third of U.S. adults attended a cultural event in person, 71 percent said they had watched, listened to, or downloaded some kind of artistic event via the Internet. That includes streaming pop music, however, lumping Beethoven in with Nicki Minaj.



Americans upbeat about science



Despite controversies and disagreements about climate change, genetically modified foods, animal testing, and other scientific issues, most U.S. citizens have a positive view of science and scientists, according to a study from the Pew Research Center.



The study found that 79 percent of U.S. adults believe science has made their lives better, and a majority of them have a positive view of science’s impact on such matters as food quality, health care, and the environment. Additionally, 61 percent believe that government investment is essential to scientific progress, although 34 percent say that private investment would be sufficient.

The effort to understand the universe is one of the very few things that lifts human life a little above the level of farce, and gives it some of the grace of tragedy.

—Steven Weinberg

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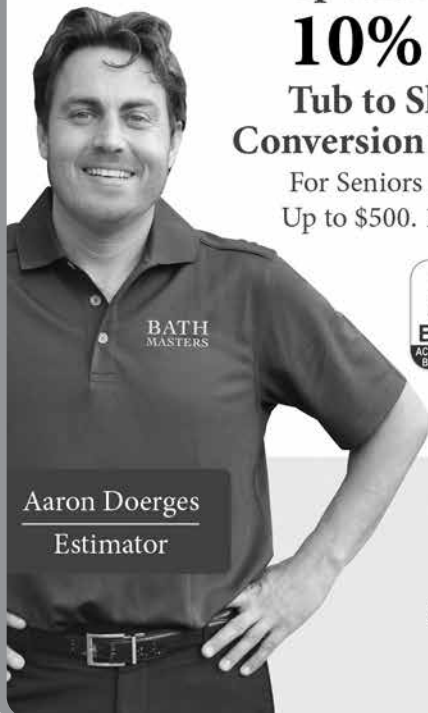
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Get on pace for a healthy new year

The end of the year is the perfect time to commit to a healthier lifestyle going forward. How can you maintain your resolve on a daily basis? Try these tips:

- **Pick a partner.** People who exercise with friend have a higher success rate.
- **Set concrete goals.** Don't vaguely aim to walk "more" each day. Set challenging but realistic goals. And be sure to chart your progress.
- **Shorten the duration.** Rather than a single hourlong session, aim for three 20-minute workouts or four 15-minute workouts a day. People who opt for shorter sessions actually tend to work out more over the course of a week.
- **Redefine "exercise."** You don't have to spend hours at the health club to stay in shape. Keep track of your daily activity and try to incorporate healthy behaviors like walking for at least 20 minutes, taking the stairs instead of the elevator, or getting off the bus or train a block early. Exercise will become part of your day, not an added chore.
- **Clear your mind.** Make a regular date with yourself for exercise and train yourself not to think about all the other tasks you could be doing. Focus on the here and now and don't get distracted by the future or the past.
- **Find exercise you enjoy.** Most gyms offer a variety of exercise equipment, so choose an activity that makes you feel good while you're doing it, not something you detest no matter how beneficial it may be. Riding a bike through your neighborhood is just as helpful as sitting on a stationary bicycle in the gym.
- **Set your own goals.** Even if you work with a buddy or trainer, decide for yourself what you want to achieve. Set realistic targets that challenge you, not impossible goals that make you reluctant to try.



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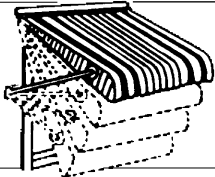
14,492 manufactured home residents have won over \$124,374 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or [mail your paid receipt](#) to us at **Monthly Media • PO Box 1023 • Venice, FL 34284**. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

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

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William Beehler.....\$10.....	Battleline Termite & Pest Control Inc.	Ellen Zuppardo.....\$5.....	Bay Area Aluminum
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National Impaired Driving Prevention Month. The month of December is one of the busiest on the nation's roadways, and also one of the most dangerous. Sponsored by Mothers Against Drunk Driving, this month-long event seeks to raise awareness about the consequences of driving under the influence of alcohol and drugs.



National Safe Toys and Gifts Month. Keep your family safe during the holidays by buying only toys you can trust. Remember to immediately discard plastic wrapping or other packaging before they become dangerous playthings, and keep toys appropriate for older children away from younger siblings.

Universal Human Rights Month. A commemoration of the Universal Declaration of Human Rights, adopted by the General Assembly of the United Nations on Dec. 10, 1948. The need for this document grew out of the human tragedy of World War II and represents the first global expression of human rights.

National Handwashing Awareness Week, Dec. 6-12. Fight disease during the winter and all year long by remembering these principles of hand awareness: Wash your hands when they are dirty and before eating; don't cough or sneeze into your hands; and don't put your fingers into your eyes, nose, or mouth.

Hanukkah, Dec. 6-14. Beginning at sundown, this eight-day festival in the Jewish faith celebrates the triumph of light over darkness and the rededication of the Holy Temple (the Second Temple) in Jerusalem.



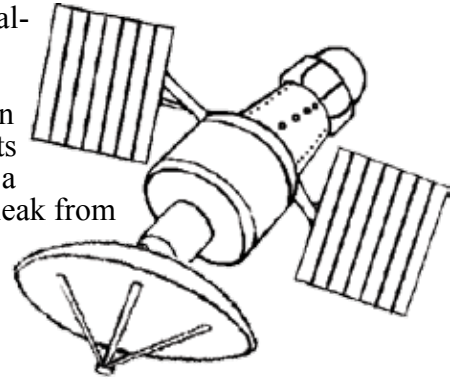
Computer Science Education Week, Dec. 7-13. Computer science opens doors for students. Learning even the basics will help in virtually any career. Just as we teach schoolchildren how electricity works, every 21st-century student should have a chance to learn what computers do and how they do it.

Kwanzaa, Dec. 26-Jan. 1. A celebration honoring African heritage and African-American culture, culminating in a feast and gift-giving. Created by Maulana Karenga, Kwanzaa was first celebrated in 1966-67.

'Sandwich' material may protect future space travelers

One danger posed by long space voyages is damage to a spacecraft's hull by micro-meteoroids and other space debris. Even a very small object racing at high speeds can strike like a bullet, poking a nasty hole in the side of a spaceship millions of miles from Earth. Shields offer some protection, like the one used by the International Space Station to vaporize objects before they hit. But according to the Science Daily website, scientists may be close to perfecting a self-sealing substance that can repair a small breach in a short time.

The material is made by placing a reactive liquid between two layers of a solid polymer. In experiments shooting bullets into the "sandwich," the liquid was able to quickly establish a solid plug once it was exposed to air, preventing an oxygen leak from inside a spacecraft. The substance could also be used in cars and other terrestrial structures, the researchers say.



Undersea monolith poses a mystery

It may not be the imposing black monolith from the film "2001: A Space Odyssey," but it's mysterious nonetheless: Explorers have discovered a man-made stone structure deep in the waters off Sicily, and its purpose is a puzzle.

The object, originally on an island in the Sicilian Channel that became submerged during a flood 9,300 years ago, is 12 meters long (39 feet) and weighs 15 tons. Scientists estimate that it's about 9,350 years old. Broken in two pieces at a depth of 40 meters (139 feet), the object has three roughly similar holes: one on the top, and two more on its sides. The structure would have required cutting, extraction, transport, and installation, suggesting its makers had fairly advanced engineering skills. Its purpose remains unclear.

How do you weigh a dead dinosaur?

Paleontologists routinely tell us that a particular dinosaur or mammal from millions of years ago weighed X pounds, but how do they measure the weight of an animal that's extinct? Here's one new technique scientists have developed:

The first step is constructing a digital model of the bones recovered. Then a computer program covers the model in a digital "shrink wrap" to estimate the animal's volume. In the final step, they come up with an estimate using a volume-to-mass conversion based on 14 living mammals starting with the red deer (90 kilograms) to the African elephant (2.7 metric tons).

This process allows researchers to calculate that the woolly mammoth weighed in at 3.6 metric tons, and the giant ground sloth was 3.7 metric tons.

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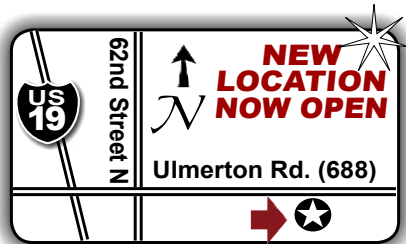


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ACROSS

- 1. Rate
- 5. Radiolocation
- 10. Cast a ballot
- 14. Hearing organs
- 15. Delete
- 16. Not under
- 17. Mathematics
- 19. Dregs
- 20. Ear of corn
- 21. Consumed
- 22. Charred
- 23. Capture
- 25. List components
- 27. Antlered animal
- 28. Snuffled
- 31. Liabilities
- 34. Question
- 35. French for "Summer"
- 36. Historical periods
- 37. Cunning
- 38. Extent
- 39. N N N N
- 40. Divinity
- 41. Trifling
- 42. Prisoner
- 44. Many millennia
- 45. Arm of the sea
- 46. A despicable coward
- 50. Corrupt
- 52. Utilizers
- 54. Armed conflict
- 55. Egg-shaped
- 56. Defile
- 58. Adriatic resort
- 59. Fangs
- 60. Anagram of "Seek"
- 61. Plod along
- 62. An analytic literary composition
- 63. What we sleep on

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					
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36				37					38			
39			40					41				
42			43				44					
			45				46			47	48	49
50	51				52	53				54		
55				56					57			
58				59					60			
61				62						63		

DOWN

- 1. Tranquility
- 2. Moses' brother
- 3. Baby beds
- 4. Eastern Standard Time
- 5. Statement
- 6. Mountain crest
- 7. A romantic meeting
- 8. In an inane manner
- 9. Record (abbrev.)
- 10. Loudness
- 11. Slept through the alarm
- 12. Adolescent
- 13. At one time (archaic)
- 18. Makes well
- 22. Flock
- 24. Catches
- 26. Rubber wheel
- 28. Hotel offering
- 29. French for "State"
- 30. Declare untrue
- 31. Accomplishment
- 32. Sea eagle
- 33. Torture of the feet
- 34. Tranquillities
- 37. Heredity unit
- 38. Dispatched
- 40. Pickle flavoring
- 41. Sheriff's group
- 43. Not digital
- 44. Ribald
- 46. Triangular formation
- 47. Conscious
- 48. Deserved
- 49. Put on clothes
- 50. Volumes (abbrev.)
- 51. Wicked
- 53. Litigates
- 56. Consumed food
- 57. Confederate soldier



December Crossword

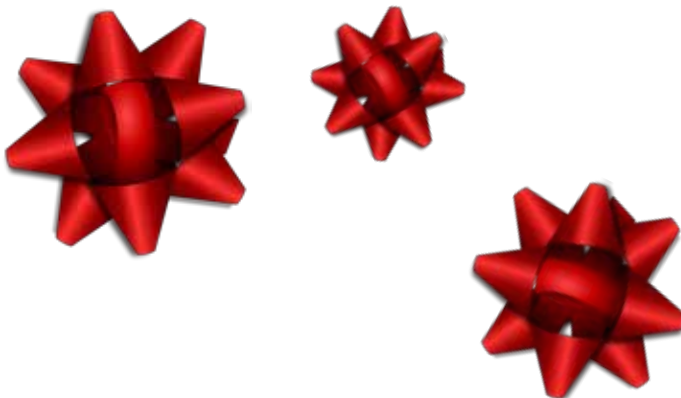
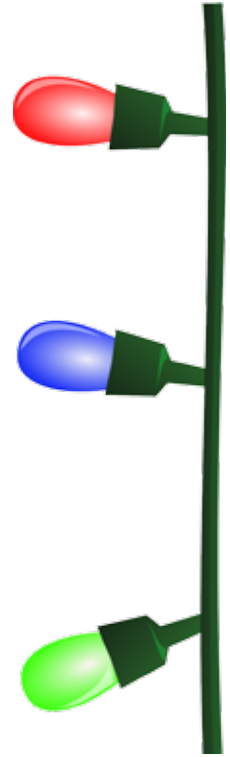
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E	R	A	S	G	U	I	L	E	S	P	A	N	
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O	V	A	L	A	D	U	L	T	E	R	A	T	E
L	I	D	O	T	E	E	T	H	E	K	E	S	
S	L	O	G	E	S	S	A	Y	B	E	D	S	



December Sudoku

Difficulty level: medium.

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



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

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