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Glen Ellen Park

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June • 2018

Issue 4 42nd Year

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June Birthdays and Anniversaries

June Birthdays:

June 16 – Gloria Sellmeyer
 June 25 – Bruce Kestler

June Anniversary:

Ron and Linda Roy – 60 Years



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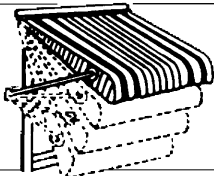
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Manager Marilyn Sisti's Message

Just a special thank you to all the 'snow bird' residents who are having their properties looked after for the summer which consists of weeding, pressure washing, cleaning driveways etc. Make sure that you leave a telephone number in the office so that if something happens at your property while you are gone we are able to contact you to have it fixed.

I hope everyone had a good month in May and will enjoy June. The steamy weather is upon us, be sure that you stay hydrated and drink lots of fluids and use sunscreen to protect your skin against the very very hot sun rays.

Remember, do not let your dogs do their business on other people's property. It damages the grass terribly and residents have spent a lot of time and money repairing the turf, renewing and planting new grass seed. Be considerate!

Sometimes an emergency situation arises and the water has to be turned off immediately. I always let people know when we are turning the water off for a certain length of time. I would appreciate your patience, thank you.

New residents – when you move into Glen Ellen you are given a copy of the 'Prospectus' and 'Rules and Regulations of Glen Ellen'. Please make sure that you read both so you will know what is allowed and what is not allowed in the park. Thank you.

I thank you for your efforts and consideration as a resident of Glen Ellen.

Scribe Nancy Labbe's Message

I hope everyone had an enjoyable May. A good time was had by everyone at the Memorial Day dedication. We thank everyone for their time and effort.

We congratulate all the young people who received their first communion in May and all the graduates in the month of June. We are very proud!

If anyone wishes to put on an activity at any time, please check with Nancy Labbe in Mobile 121, (727)238-8927.

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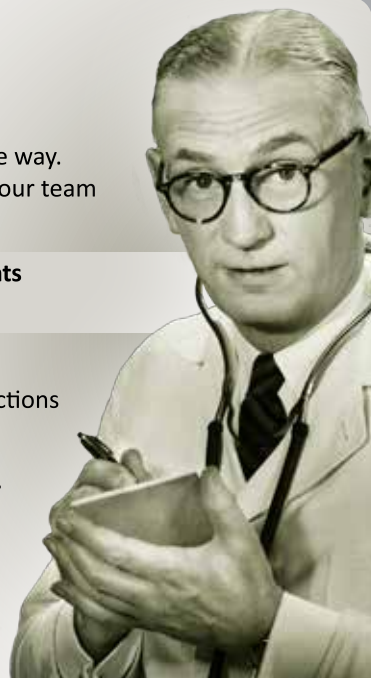


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A deal is a deal

Ronald made a deal with his dad that if he improved his grades by the end of the school year, pitched in around the house, attended church on Sunday with the rest of the family, and cut his now shoulder-length hair, he could have access to the car throughout the summer. Ronald began to focus on his schoolwork more, took on responsibility in the home, and was the first person in the house ready for church each Sunday.

“I knew you could do it,” his dad said as looked over Ronald’s final grades for the school year. “I’m very proud of how responsible and focused you’ve been these last few months.”

“Hand over those keys, old man,” Ronald said to his father with a laugh.

“Not so fast,” his father said. “Remember our deal? Grades, church, chores, and hair.”

“Do I really have to cut my hair?” Ronald protested.

“That was our deal,” his father said.

“Can’t you cut me some slack this one time? I’ve done everything else you wanted,” Ronald argued. “It took me so long to grow my hair out. Besides, Moses had long hair, and Samson had long hair, and even Jesus had long hair.”

“Good point,” his father agreed. “They walked everywhere.”



Timeless wisdom

During the celebration of his 100th birthday, a man was asked about the secret of his longevity.

“I never smoked, drank, or ate fried foods,” replied the man. He continued, “and I exercised every day for 30 minutes.”

“Well, a lot of people observe those same practices but don’t live to be 100,” someone in the crowd observed. “Why do you think that is?”

The old man said, “My guess would be they didn’t keep at it long enough.”



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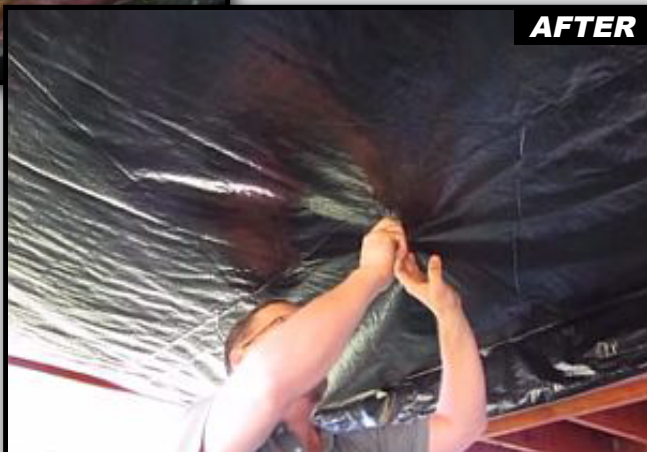
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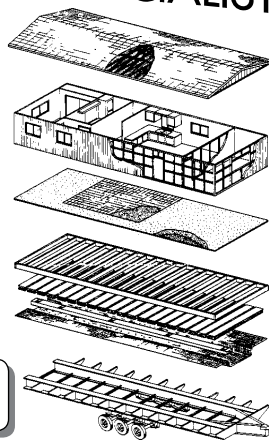
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Ancient humans cared for others

Popular culture paints our Neanderthal ancestors as brutish and cruel, but that picture is changing, according to the Sci-News website.

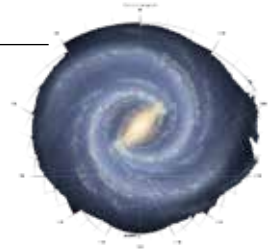
Neanderthals are known to have cared for their injured people, and new findings suggest that they took care of individuals who were suffering regardless of whether their peers could repay them in any way.

For example, the remains of one male Neanderthal 25-40 years old at time of death shows that he had a variety of diseases, including tooth loss, periodontal disease, arthritis, and other long-term health conditions. His care would have required fever management, hygiene maintenance, and helping him stay with the group when it moved its camp. For the last 12 months of his life he would have been unable to contribute much to the group, but he was carefully buried after his death.

The evidence suggests that “organized, knowledgeable, and caring health care is not unique to our species but rather has a long evolutionary history,” one scientist states.

A once-in-a billion-year spin

Galaxies rotate, just as Earth and other planets do. However, their spin is remarkably consistent, regardless of size. The Discover Magazine website reports that scientists have determine that all galaxies rotate approximately once every billion years, whether they’re massive spiral galaxies or small irregular dwarfs.



Researchers measured the velocities of hydrogen in the outer discs of a variety of galaxies differing in size. The measurements allowed them to calculate the rotation period of each galaxy. “Discovering such regularity in galaxies really helps us to better understand the mechanics that make them tick,” one scientist says.

Science is the great antidote to the poison of enthusiasm and superstition.

—Adam Smith

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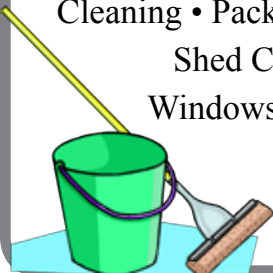
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Exercise boosts immunity in older adults

Exercise is good at any age, but scientists now think that regular exercise as you get older may help boost your immune system and prevent infections.

An article on the BBC website reports that scientists in the United Kingdom tracked 125 long-distance cyclists, some in their 80s, and discovered they had immune systems comparable to those of 20-year-olds.

The researchers examined the cyclists' blood for T-cells, which aid the immune system in fighting off infections. The long-distance riders had the same level of T-cells as adults in their 20s, but a similar group of older adults who were less active produced fewer T-cells. `

The research suggests that increased physical activity can also help older people respond better to vaccines for such infections as the flu.

These foods keep your brain healthy

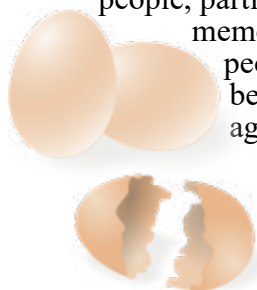
Some foods help keep your heart in shape. Others help your bones. What keeps your brain and memory healthy? The CNN website offers this list of what to eat to maintain a healthy brain as you grow older:

- **Berries.** Studies suggest that eating at least a half-cup of blueberries, or one cup of strawberries, on a weekly basis may help stave off cognitive decline. Berries have anthocyanidins, whose antioxidant and anti-inflammatory effects may keep the brain in shape.

- **Green leafy vegetables.** One study of almost 1,000 adults found that a daily serving of spinach, kale, collard greens, or arugula appeared to maintain cognitive health to the extent that participants were considered to be 11 years younger than people who rarely or never consume such veggies.



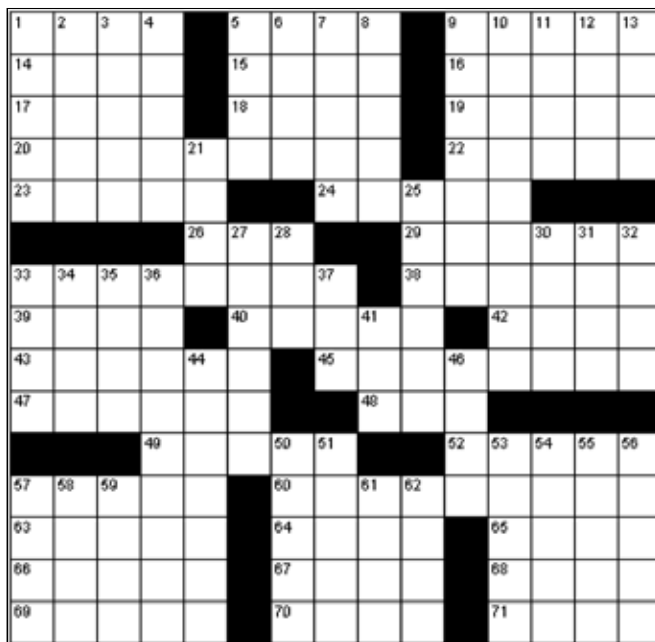
- **Eggs.** Eggs contain choline, which is an important brain nutrient. In a study of 1,400 people, participants with high intakes of choline scored better of visual and verbal memory tests than those who ate less foods with choline. In addition, people with a high intake of choline over the long term seem to have better MRI brain scans, suggesting that choline may protect people against dementia.





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38. Capital of Canada
39. Hindu princess
40. Pile
42. A distinct part
43. Land
45. Parts of a freight train
47. Flunky
48. Mexican (abbrev.)
49. Church deacon
52. Picture
57. Strike
60. Incites
63. Loaded
64. Ancient Biblical kingdom
65. Puts on clothing
66. State of watchfulness
67. A low tide
68. Initial wager
69. Found in windows
70. Spots
71. Untidyness



DOWN

1. Make a strident sound
2. Ancient empire
3. Evade
4. An emperor of Japan
5. Amount owed
6. Margarine
7. Salesperson
8. Fate
9. Harbor
10. Pertaining to stunt flying
11. Anagram of "Sire"
12. Connects 2 points
13. Oceans
21. Mop
25. Bet taker
27. Transmit again
28. Tit for ____
30. Bye-bye
31. Pitcher
32. Weirs
33. Squirrel's nest
34. Lack of difficulty
35. Picnic insects
36. Widths of a circle
37. Asphalt
41. Gear
44. Innate skills
46. Sixty-four in Roman numerals
50. Make improvements to
51. Cowboy sport
53. Refined woman
54. Make amends
55. Not ladies
56. S S S S
57. Dross
58. Shopping center
59. Concept
61. Just right (2-1-1)
62. Gremlins




FATHER'S DAY

June 2018

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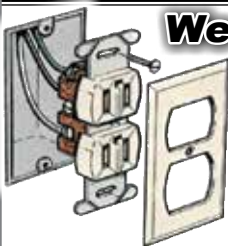
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Sunday	Monday	Tuesday
<p>JULY</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>		
3	4	Mah Jon
10	11	Mah Jon
17	18	Mah Jon
Father's Day	25	Mah Jon
24		

Glen Ellen

Tuesday	Wednesday	Thursday	Friday	Saturday
			1	Mah Jongg – 1:00 PM ²
gg – 1:00 PM ⁵	6	8:30 AM - Free Coffee Hour Mah Jongg – 1:00 PM ⁷	8	Mah Jongg – 1:00 PM ⁹
gg – 1:00 PM ¹²	13	Mah Jongg – 1:00 PM ¹⁴	15	Mah Jongg – 1:00 PM ¹⁶
gg – 1:00 PM ¹⁹	20	Mah Jongg – 1:00 PM ²¹ First Day of Summer	22	Mah Jongg – 1:00 PM ²³
gg – 1:00 PM ²⁶	27	Mah Jongg – 1:00 PM ²⁸	29	Mah Jongg – 1:00 PM ³⁰



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



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

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Millennials leading in home purchases

Millennials are buying more homes than Gen Xers, baby boomers, and other age groups, according to the Builder Online website, citing a survey by the National Association of Realtors.

Thirty-four percent of all home purchases in the United States in 2017 were made by millennials, followed by Generation X (28 percent), baby boomers (30 percent), and people born from 1925-1945 (6 percent).

In 2018, the typical millennial home buyer has a higher household income than last year (\$88,200 vs. \$82,000). He or she bought the same size home, 1,800 square feet, for more money at a higher price—\$220,000 versus \$205,000 in 2017.

Millennials in 2018 have higher student debt balances than those in previous years, and more of them say that saving for a down payment is the most difficult task in buying a home.

Rentals up in the U.S.

More Americans are living in rented homes than at any point since 1965. That's from the Pew Research Center, which says that the total number of U.S. households increased by 7.6 million from 2006-2016. However, the number of households headed by homeowners has remained flat, partially because of the aftereffects of the housing crisis late in the last decade.

On the other hand, the number of rented households rose during the same time frame, from 31.2 percent in 2006 to 36.6 percent in 2016. In 1965, the rate of rented households was 37 percent.



Yoga pants stretch sales

Yoga pants are in—whether you wear them for yoga or not. According to the Quartz website, imports of yoga pants have grown an average of 25.7 percent a year since 2010. At the same time, imports of jeans have declined by close to 4 percent a year.

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Month of June

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National Rose Month. With 150 different species of roses and more than 11,000 hybrid varieties, you should be able to find one or two to cultivate and appreciate this time of the year.

National Migraine and Headache Awareness Month. Wear purple this month to show your support for those who suffer from headaches and migraines. To increase your awareness about these conditions, go to www.headaches.org.

Sports America Kids Month. Summer is here, so let's keep our youngsters active, healthy, and outdoors.

Lemonade Days, June 2-10. In 2004, Alexandra Scott lost her battle with cancer at age 8. During the last few years of her life, she raised \$1 million to fund pediatric cancer research with the help of a lemonade stand. This week families and businesses across the United States will set up lemonade stands to raise money for a cure to childhood cancers. To learn more, go to alexlemonade.org.

National Business Etiquette Week, Jun. 3-9. This year's theme is "Toxic Workplaces: How to Resurrect Civility in Business." In case you've been slacking off, strive to conduct yourself with common sense and professionalism in the workplace and everywhere else this week and beyond.

National Week of Making, June 11-17. Individuals and organizations highlight the creativity, innovation, and accomplishments in technology, arts, and design of "makers" of all ages.

Men's Health Week, June 11-17. The days leading up to Father's Day raise awareness of men's health issues and the need for screenings and treatments. Spend time this week encouraging the men in your life to take ownership of their health and well-being.



Lightning Safety Awareness Week, June 17-23. The third full week of the month is devoted to educating the public about the danger of lightning. To learn more, go to www.lightningsafety.noaa.gov.

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Practice food safety during picnics

Picnics are part of the fun of summertime, but thousands of people become ill every year from picnic food that's not safely prepared or stored. Here are some tips for making sure you have a safe picnic in the park:

- Always wash your hands thoroughly—before you prepare food and after you handle raw meats.
- Clean your food. You don't know where fruits and veggies have been.
- Wrap all foods. Keep the foods separate so drippings don't contaminate each other.
- Keep food chilled. Don't take cold foods out of the fridge until it's time to go. Pack them in a cooler as soon as you take them out of the fridge.
- Keep coolers under a tree. When you're packing the car, try keeping the cooler inside the car, rather than in a hot trunk.
- Try to plan just the right amount of food to take. Then you won't have to worry about the storage or safety of leftovers.



Work safely in the heat

As the warm days of summer set in, keep these safety tips in mind to avoid overstressing your body as you work outdoors:

- **Perform your heaviest tasks during the morning.** If you have work that will require you to exert a lot of energy, it's best to do it in the cooler hours of the morning.
- **Build your tolerance.** It usually takes a good two weeks for your body to acclimate itself to working in the heat, so give your body time to adjust to higher temps.
- **Use the buddy system.** That way you can keep an eye out and get help if needed.

• **Drink water.** Health experts say you should drink a small cup every 15 to 20 minutes when you're working in the heat to stay hydrated and cool.

• **Take breaks.** Give your body a chance to cool down by heading off to a cool area for a few minutes.

• **Eat lightly.** Try not to eat heavy or big meals before you have to work in the heat.





How the greats got their start

Great writers have to start somewhere. Some of the most creative poets and novelists toiled in distinctly non-creative jobs before hitting it big. Here are a few of them:

- **Langston Hughes.** The famous poet worked as a busboy in Washington, D.C.'s Wardman Park hotel. When another poet, Vachel Lindsay, took a seat at a table, the young Hughes offered her some of his poems, and Lindsay was struck by his skill, leading to his eventual success.
- **Kurt Vonnegut.** The author of *Slaughterhouse-5* and other novels owned and managed a Saab dealership before a stint in the U.S. Army during World War II.
- **J.D. Salinger.** The reclusive writer, best known for his novel *The Catcher in the Rye*, once served as entertainment director aboard a Swedish luxury cruise ship, the H.M.S. Kungsholm.
- **Mary Higgins Clark.** The award-winning mystery writer held a wide variety of jobs before turning to fulltime writing at 47—secretary, business machines manager, catalog copywriter, model, and flight attendant for Pan American Airlines.

Be a Renaissance thinker

The Renaissance, from the 14th-17th centuries, sparked a firestorm of creativity and innovation in Europe. For the first time, according to Anurag Harsh in an article on the Huffington Post, people realized that creativity wasn't some divine gift, but a talent that could be cultivated. Here's what carved the Renaissance thinkers' success:

- **They were contrarian.** Instead of settling for the status quo, they were willing to challenge the conventional wisdom and take a fresh, new approach to looking at the world around them.
- **They were nonconformists.** They didn't like the atmosphere of conformity that stifled free thought. They wanted to revolutionize the culture in technology, the arts, philosophy, and other areas.
- **They were curious.** They asked questions and followed potential solutions wherever they led. They searched for novelty, not the tried and true.
- **They explored systems.** Instead of limiting themselves to a single area of knowledge, they forged connections between different ways of thinking that led to advances in science, art, and other realms.



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Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

THOUSANDS manufactured home residents have won over **\$139,600** 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 • 220 Bahama St. • Venice, FL 34285**. 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:**

Thomas Miller.....	\$100 The Plumbing Patrol, Inc.	Mary Cole.....	\$5Battleline Termite & Pest Control, Inc.
Sylvester Taube.....	\$10Hellers Mobile Home Washing	Debbie Rott.....	\$5 Bob's Mobile Home Washing
Sandi Sylves.....	\$10Community Roofing of Florida, Inc.	David Buckley.....	\$5Heller's Mobile Home Washing
Rosalie Ganno.....	\$10 Master Plumbers and Septic Inc.	Doris Fairbent.....	\$5 Discount Computer Repair
Paul Abraham.....	\$10Palm Harbor & Dunedin Electric, Inc.	Theresa Kirke.....	\$5 Jones & Sons Plumbing, Inc.
Fred Abare.....	\$10 Bill the Carpet Guy	Peter Nazar.....	\$5 Air Masters of Pinellas, Inc.
Ruth Williams.....	\$10 Florida Anchor and Barrier	Judy Smith.....	\$5 Shonna Bender, LMT
Ken Trotter.....	\$10ASC Aluminum Specialty Contractors	Donna Miller.....	\$5 Bob's Mobile Home Washing
Dolores Elice.....	\$101st Class Handyman Service, Inc.	Jack Peel.....	\$5 Bill the Carpet Guy
Joyce Noto.....	\$10 Royal Enterprises	Joanne Zeffiro.....	\$5 Jones & Sons Plumbing, Inc.
Dennis Daley.....	\$10Haseney Electric Services, Inc.	Jim Ayers.....	\$5 Doll Brothers Upholstery Cleaners
Trish Zampitella.....	\$10 Appliance Specialty, Inc.	Patricia Forrest.....	\$5 Ron Wyngarden Mobile Home Washing
Rich Viel.....	\$10 Boss Electric Corp.	Robert Newman.....	\$5 Air Masters of Pinellas, Inc.
Clay Larochele.....	\$10Imperial Electric Service of Pinellas	Jim Garthwaite.....	\$5 Recreational Golf Cars of FL, LLC
Ronald McDonald.....	\$5 Bill the Carpet Guy	Donald Fitzsimmons.....	\$5Royal Enterprise
Jane Day.....	\$5Heller's Mobile Home Washing	Alice King.....	\$5 Buggin Out Termite & Pest Control
Roxaine Wood.....	\$5 Doll Brothers Carpet Cleaners	Diane Holroyd.....	\$5 Bill the Carpet Guy
Carol Barnes.....	\$5 Ron Wyngarden Mobile Home Washing	Sharon Hamel.....	\$5 Boss Electric Corp.
Jim Campbell.....	\$5 Appliance Specialty, Inc.	Phil Martin.....	\$5Battleline Termite & Pest Control, Inc.
David Miller.....	\$5 Shona Bender, LMT	Dennis Korte.....	\$5 Buggin Out Termite & Pest Control
Garvin DesJardin.....	\$5 Natures Resource Pest Control, Inc	Helen Eppard.....	\$5 Natures Resource Pest Control, Inc
William Kjergaard.....	\$5 Recreational Golf Cars of FL, LLC	Shirley Moreland.....	\$5 Appliance Specialty, Inc.
Richard Dailey.....	\$5Royal Enterprise	Vicki Ring.....	\$5 Natures Resource Pest Control, Inc
Bob Eggers.....	\$5 Boss Electric Corp.	Richard Clark.....	\$5 Recreational Golf Cars of FL, LLC

- Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify
- No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers.

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Carol Zapiecki, Clearwater, FL

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-Monthly Media Staff

JULY AD DEADLINE - JUNE 10, 2018

- Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
- Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

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