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2020 Officers and Directors of Glen Ellen

President – Debra Delpha Vice President – Vinny Sbrogna Treasurer – Joan Schuring Secretary – Lisa Uchida Director – Linda Roy Director – Mike Hanson Director – Nancy Labbe

Glen Ellen Park Manager – Bob Kelsey

GLEN ELLEN MOBILE HOME PARK, 2882 Gulf to Bay Boulevard, Clearwater, Florida Office Number (727) 796-7348

Bob Kelsey Community Manager Shangri-La 7790 Equity Lifestyle Properties, Inc. (NYSE:ELS) 249 Jasper Street Largo, Florida 33770 727-585-2850 Shangrila_mgr@Equitylifestyle.com Glen Ellen 7580 EquityLifestyleProperties,Inc.(NYSE:ELS) 2882 Gulf to Bay Boulevard Clearwater, FL 33759 727-796-7348 Glenellen_mgr@Equitylifestyle.com www.equitylifestyle.com

In case you need to call the Police call this number not 911, you will get through faster – 727-562-4242.

Glen Ellen emergency number – 727-644-3428 – Jim Warren



A Complete Listing of Resident Services can be found on the page before your calendar



Leaving Florida for the summer?

Don't miss the summer issues of your community newsletter. Sign up with Monthly Media (your community newsletter publisher) to <u>have your summer issues mailed</u> to you.

It's Easy as...

- 1. Decide how many months you'll be away from your community
- 2. Call our office and sign up for the service for \$5 per month flat fee*
 - *foreign mailing fees may apply: i.e. Canada is \$6/month*
- 3. Get your community newsletter mailed to your northern address every month!



Monthly Media 220 Bahama Street Venice, FL 34285 (727) 484-7488





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The for you every step of the way.

Jeffrey S. Grove, D.O. • Ty Tvedten, D.O. • Krista Keith, D.O., Gene M. DiBetta D.O. Enrique Jose Urrutia Jr., D.O. • Karen Joseph, M.D. • Denise Moore, APRN-C • Alicia Pratt, APRN-C

1

May Birthdays

May 3 – Mark Hacker May 4 – Mary Florida May 5 – Tammy Miller May 6 – Martin Guthe May 8 – Bear Harrison May 10 – Terri Wittenmeyer May 13 – Tony Miller May 16 – Linda Roy May 19 – Joel King May 21 – Mike Hanson May 25 – Chris Speta

Manager's Message

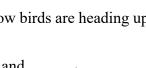
t is that time of year, everyone is getting ready for summer. The snow birds are heading up North. Some of the snow birds left early due to the coronavirus..

Please be sure your mobile is in good condition before you leave and arrange someone to do the weeding and upkeep on your property while you are gone.

I hope everyone has an enjoyable summer.

Year round residents, enjoy the month of May.

View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer











ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

Coverages:

Bodily Injury\$100,000 Each Pers./ \$300,000 Ea. Occur.
Property Damage\$100,000 Each Occur.
Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving





Registered State of FL as Seller of Travel #ST12255



President Debra Delpha's Message

would like to thank everyone who voted for me in becoming President of Glen Ellen Association. I appreciate your support and will give 100% effort in making Glen Ellen a great place to live. I thank you!



Nancy Labbe's Message

Think everyone had an enjoyable 'Glen Ellen Season'. There were many activities and everyone seemed to have a good time. Thank you everyone for your support.

I have put all the regular activities on the calendar, but, of course everything is closed, the hall, the pool, etc. I will let everyone know when we can get access. Be safe everyone!

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THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA

SLOW THE SPREAD

Listen to and follow the directions of your STATE AND LOCAL AUTHORITIES.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit **CORONAVIRUS.GOV**

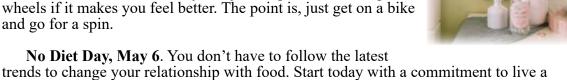
GLEN ELLEN FOCUS MAY, 2020 E



May Days

Tug Your Cat Day, May 1. You should be doing this every day, but in case you're not, today is the day to show your kitty some affection.

Learn to Ride a Bike Day, May 2. Slap on the training wheels if it makes you feel better. The point is, just get on a bike and go for a spin.



healthier life by decreasing your consumption of junk foods.

Letter Carrier's "Stamp Out Hunger" Food Drive, May 9. Check with your local postal carrier and station to find out what items they are accepting during the largest national food drive in the U.S.

Stay Up All Night Night, May 9. Reconnect with your inner child and have some fun as you stay up (and out) well past the time when the streetlights come on.

Mother's Day, May 10. She carried you in her womb for nine months, and that did a number on her back. Now give her some flowers and take her out to brunch. It's the least you can do.

How to set reasonable goals

etting a goal is important, but setting a good goal is what really counts. What is a good goal? A good goal usually has a few definable characteristics. Good goals are:

- Specifically focused.
- Neither too hard, nor too easy.
- Shared and agreed upon with others who will be • working on them.
- Written down and visualized.



MAY

FLORIDA ANCHOR AND BARRIER COMPANY

To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

Wishing you good health and safety, The Florida Anchor & Barrier Team



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Amanda Kluzynski, Au.D. CCC-A, F-AAA Doctor of Audiology







M.ay Word Search





cause chord coed desire enter

final

girlfriend guess heard illusion knees leas marriage number ocean passion prospects sabers satin school scone score season shots sleep social

stair strip tackle tease toast transaction

Xa. m

spice



0120 64 b



There are 31, 556, 926 seconds in a year?

Cans of diet soda will float in water, regular soda cans will sink?

The human nose can detect around 1 trillion odors?

your community receives this

these business sponsors!

newsletter for FREE because of



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When searching for home services, health care providers, insurance, and almost anything else...CHECK YOUR NEWSLETTER FIRST!

AND...

These businesses choose to support your community newsletter so please let them know you appreciate them.

Services Directory

AIR CONDITIONING SALES/SERV	
Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	
	121 041 0041
	707 500 6000
Appliance Specialty, Inc.	121-520-6002
Rick's Appliance Repair	/27-637-4789
ATTORNEY	
Law Offices of Paul Herzfeld	727-587-0009
AUTO BODY & PAINTING	
Auto Painters Plus	727-504-6891
AUTO BUYER	121 004 0001
Stingrays Inc (CASH NOW)	707 700 0004
	/2/-/98-2921
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co.	727-559-8811
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
	121 004 0004
	707 506 0040
Doll Brothers Carpet/Upholstery Clnrs.	121-590-2249
CLEANING/INTERIOR	
Betty's Cleaning & Custom Services	727-280-4841
COMPUTER SERVICES	
Discount Computer Repair	727-320-2965
DERMATOLOGIST	
Florida Dermatology & Skin Cancer	727-548-0106
	121-340-9190
DOCTOR - INTERNAL MEDICINE	
Suncoast Family Medical Assoc	/27-588-9572
ELECTRICAL CONTRACTOR	
Boss Electric Corp	727-791-1308
Haseney Electrical Services, Inc	727-441-8434
Palm Harbor & Dunedin Electric	727-773-1622
FLOOR REPAIR	
	707 000 4600
Flatworks	727-200-4000
Florida Anchor & Barrier Co	
Perfect Repair & Construction, Inc	/27-539-0852
FURNITURE & MATTRESS	
AJ's Beds & Furniture	727-588-0406
GOLF CARTS SALES & SERVICE	
Capital Golf Carts, Inc	727-772-8833
Recreational Golf Cars of Florida	727 548 8460
Chaffers American Custom Calf Carts	727-340-0400
Shaffers American Custom Golf Carts.	121-242-1800
INSURANCE/AUTO	
O. E. Wilson	727-535-0524
HAIR SALON/BARBER SHOP	
Hair Excitement	727-595-5519
HANDYMAN	
Ron's Handyman Service	727-657-2491
HEARING AIDS	121-001-2401
	707 504 0000
MedRx Hearing Center	/2/-584-9696
KITCHEN CABINET REFACING	
Swailes Re-Face It, LLC	727-804-1689
MANUFACTURED HOME SALES/N	EW
Citrus Homes/Meadowood Homes	727-535-5262
MEDICAL CARE - FACILITY	
Morton Plant Hospital	811 311 1050
Morton Plant Hospital	044-044-1902
MEDICAL CARE - URI HUPEDIC	
Full Circle Orthopedic	800-881-8485
MOBILE HOME SUPPLIES - RETAI	
	IL .
Mobile Home Depot, Inc Southeast Mobile Home Supplies	I L 727-535-1100

GLEN ELLEN FOCUS MAY, 2020 E

MOBILE HOME WASH/WAX

Michael Simoneau Maintenance	
Royal Enterprises	727-394-7351
Wyngarden Mobile Home Wash	727-587-0876
MOBILE HOME WINDOW FILM	
Royal Enterprises	727-394-7351
DAINTING/INCIDE 0 AUTCIDE	
Payless Painting Services	727-470-5876
PEST CONTROL	
Buggin Out Termite & Pest Control	727-535-2629
Modern Pest Control, Inc	727-410-1466
Nature's Resource Pest Control	727-785-2552
PLUMBING SERVICE	
Denny's Plumbing, Inc	727-530-1391
Jones & Sons Plumbing, Inc	727_700_0287
Largo Plumbing Co	727_506_0525
REMODELING/INTERIOR	121-030-0020
American Restoration Systems, Inc	777 525 7200
ROOF COATING	121-323-1200
Community Roofing of Florida, Inc	777 526 0000
	121-550-9999
All Weather Roofing.	1 000 207 2750
AMS Advanced MH Systems	707 471 0000
ASC Aluminum Specialty Contr	/ 2/-54/-8300
ROOM ADDITIONS	
ROOM ADDITIONS Bay Area Aluminum Services, Inc	
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES	727-585-4442
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co	727-585-4442
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION	727-585-4442 727-330-7821
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun	727-585-4442 727-330-7821
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun VAPOR BARRIER	727-585-4442 727-330-7821 727-347-1600
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun VAPOR BARRIER Florida Anchor & Barrier Co	727-585-4442 727-330-7821 727-347-1600 727-330-7821
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun VAPOR BARRIER Florida Anchor & Barrier Co Precision Vapor Barriers	727-585-4442 727-330-7821 727-347-1600 727-330-7821 727-288-4680
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun VAPOR BARRIER Florida Anchor & Barrier Co Precision Vapor Barriers Underhome Armor	727-585-4442 727-330-7821 727-347-1600 727-330-7821 727-288-4680
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun	727-585-4442 727-330-7821 727-347-1600 727-330-7821 727-288-4680 727-282-2045
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun VAPOR BARRIER Florida Anchor & Barrier Co Precision Vapor Barriers Underhome Armor VINYL SIDING AMS Advanced MH Systems	727-585-4442 727-330-7821 727-347-1600 727-330-7821 727-288-4680 727-282-2045 727-471-0820
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun VAPOR BARRIER Florida Anchor & Barrier Co Precision Vapor Barriers Underhome Armor VINYL SIDING AMS Advanced MH Systems ASC Aluminum Specialty Contr	727-585-4442 727-330-7821 727-347-1600 727-330-7821 727-288-4680 727-282-2045 727-471-0820 727-547-8300
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun VAPOR BARRIER Florida Anchor & Barrier Co Precision Vapor Barriers Underhome Armor VINYL SIDING AMS Advanced MH Systems ASC Aluminum Specialty Contr Mitchell Siding.	727-585-4442 727-330-7821 727-347-1600 727-330-7821 727-288-4680 727-282-2045 727-471-0820 727-547-8300
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun	727-585-4442 727-330-7821 727-347-1600 727-288-4680 727-282-2045 727-471-0820 727-547-8300 727-586-3615
ROOM ADDITIONS Bay Area Aluminum Services, Inc TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co TRAVEL/VACATION Travel Is Fun VAPOR BARRIER Florida Anchor & Barrier Co Precision Vapor Barriers Underhome Armor VINYL SIDING AMS Advanced MH Systems ASC Aluminum Specialty Contr Mitchell Siding.	727-585-4442 727-330-7821 727-347-1600 727-330-7821 727-288-4680 727-282-2045 727-471-0820 727-547-8300 727-586-3615 727-471-0820







Sunday	Monday	Т
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		
3 7 PM – Texas Hold 'Em	4 7 PM – Bingo	1 pm – M Cinc
10 7 PM – Texas Hold 'Em	11 7 PM – Bingo	1 pm – N
Mother's Day		
17 7 PM – Texas Hold 'Em	18 7 PM – Bingo	1 pm – N
24 7 PM – Texas Hold 'Em	25 7 PM – Bingo	1 pm – N
	Memorial Day	
31 7 PM – Texas Hold 'Em		
Pentecost		

Glen Ellen

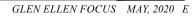
uesday	W	/ednesday	Thursday	Friday	Saturday	
				1		2
Mah Jongg to De Mayo	5	6	7 8:30 am – Coffee Hour {No Association meetings, May through October} 1 pm – Mah Jongg National Day of Prayer	8	1 pm – Mah Jongg	9
Jah Jongg	12	13	14 8:30 am – Coffee Hour {No Association meetings, May through October} 1 pm – Mah Jongg	15	1 pm – Mah Jongg	16
Иah Jongg	19	20	21 8:30 am – Coffee Hour {No Association meetings, May through October} 1 pm – Mah Jongg Ascension Day	22	1 pm – Mah Jongg	23
⁄Iah Jongg	26	27	28 8:30 am – Coffee Hour {No Association meetings, May through October} 1 pm – Mah Jongg	29	1 pm – Mah Jongg	30









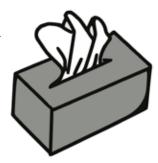


Great Prices

If it's not the flower, it could be the flour

Tational Allergy and Asthma Awareness Month serves as a reminder to tackle your spring cleaning projects to maintain a safe environment for optimal health. There's no better time than the present to address these areas:

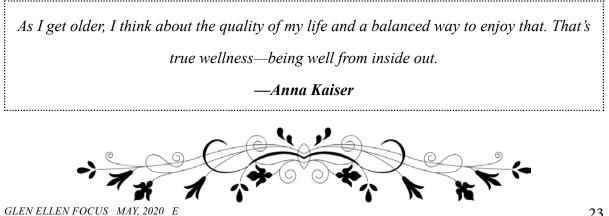
Around the house. Shampoo carpets and upholstery, clean window treatments, vacuum out corners and crevices, and address those areas in your home where dust, mold, and allergens could be lurking and waiting to trigger an asthma event.



In the kitchen. If you or someone in your family is one of the 32 million Americans with a food-based allergy, you'll want to check your pantry and cupboards. After you toss out all the expired food items, take time to review the ingredients of those remaining for known allergens such as wheat, dairy, eggs, soy, nuts, tree nuts, fish, and seafood.

Here are a few more areas you'll want to check for allergens that might be hiding in plain sight:

- Your child or grandchild's room. Make sure stuffed animals and bean bag toys aren't filled with nut shells, crayons are soy-free crayons, and play dough is the wheat-free version.
- **Fido's corner.** Your dog loves those biscuits and bone treats you give him, but if they contain peanut butter or milk by-products, more sensitive members of your household might have adverse reactions.
- **The bathroom.** The biggest culprit here might be your shampoo, conditioner, soap, or ٠ lotion, so read the labels carefully.







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To our valued customers:

Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

We want to build a great relationship with you. Call today for your Free Inspection. (800) 377-7885

Stay Safe and Continued Good Health. *Underhome Armor Family*





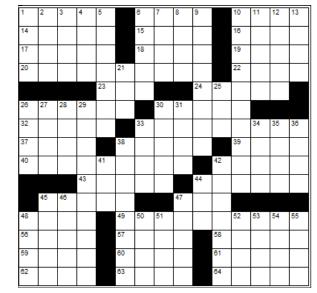






ACROSS

- 1. Shorthand
- 6. Snip
- 10. At the peak of
- 14. Keyboard instrument
- 15. Sharpen
- 16. Trim
- 17. Tiny balls strung
- together
- 18. Varieties
- 19. Death notice
- 20. Solemnity
- 22. Murmurs
- 23 Reverence
- 24. Moses' brother
- 26. Promise
- 30. Pooch
- 32. Eagle's nest
- 33. Tickweed plant
- 37. Epic
- 38. Light or tulip ones
- 39. Employ
- 40. Pillages
- 42. Ski jacket
- 43. Anagram of "Sneer"
- 44. Assault sexually
- 45. Cambered
- 47. Twosome
- 48. Expectoration
- 49. A moderately quick
- tempo
- 56. Wise men
- 57. Tidy
- 58. Aromatic solvent
- 59. Relating to urine
- 60. Central area of a church authenticity
- 61. British biscuit
- 62. Spurs
- 63. Winglike
- 64. Thumps







DOWN

- 21. Female sheep
- 25. In the past
- 26. Overtake
- 27. Jump
- 28. Therefore
- 29. Contradictions
- 30. Handouts
- 31. Spheres
- 33. Adorable
- 34. "Your majesty" 35. Bothers
- 36. Chair
- 38. Brightly colored
- handkerchief 13. Animal companions

- 41. Anger 42. Most destitute
- 44. Cup
- 45. 3-banded
- armadillo
- 46. Inflexible
- 47. Discourage
- 48. Self-satisfied
- 50. Loyal (archaic)
- 51. Magma
- 52. Carve in stone
- 53. You (archaic)
- 54. Care for
- 55. Mining finds

🌾 May Crossword







1. Boohoos

4. Zero

2. Tall woody plant

3. Quaint outburst

6. Yours (archaic)

7. Part in a play

8. Writing fluids

10. Being of

questionable

11. Forbidden

9. Communications

12. Heavenly hunter

5. Performing



AVOID FLORIDA PROBATE COURT ATTENTION: OUT-OF-STATE RESIDENTS, CANADIAN CITIZENS, AND FLORIDA RESIDENTS

Steps should be taken to avoid Florida Probate Court on your Florida Home, your Lease and your Park Share.

Don't leave your family with a legal mess!

CALL 727-587-0009 for your FREE CONSULTATION or if you just have questions.



Attorney Paul Herzfeld 1715 East Bay Drive, Suite C Largo, FL 33771 email: <u>paul@herzfeld.net</u> visit: noflprobate.com









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SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.



Be your own barista. Skip the lines, the strain on your budget, and the

Limit your spending to stay on budget

down on unnecessary expenses.

- extra calories by brewing your own coffee at home. In fact, bring your own soda, juice, and any other beverages you like to drink throughout the day.
- **Organize a lunch swap**. One day you make and bring lunch for yourself and a coworker. The next day, she does the same for you. Don't have a lunch buddy? No problem, brown bag last night's leftovers instead of grabbing takeout.
- Shop smart. Use coupons and hit up the sales. Stock up on your favorite shampoo, personal items, and shelf-stable foods so that you won't have to pay full price in the future.

The neighborly thing to do

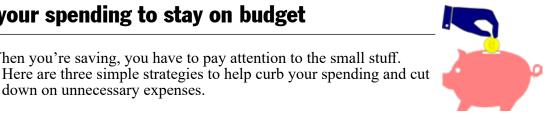
t's a good idea to keep on good terms with your neighbors and be—well—neighborly. Here are a few tips that will help you do just that.

- Make a good first effort. When new neighbors move in, go over and greet them. Bring food or another small gift.
- Help out. Lend your neighbors items they might need—and also make sure you return things you borrow in a timely manner. When your neighbors are going out of town or dealing with a crisis, offer to walk the dog, water plants or pick up mail.
- Never pop in. Always call first.
- Be respectful. If you live in a neighborhood of early-to-bedders, keep the noise down at appropriate hours.
- **Establish rapport.** Organize block parties, park cleanups, and other community events as a way to connect and bond with your neighbors.

Politeness and consideration for others is like investing pennies and getting dollars back. -Thomas Sowell

Then you're saving, you have to pay attention to the small stuff.





Make fitness a part of your daily routine

The warm sunny days of May invite us to go outdoors and play. It's also National Physical Fitness and Sports Month, so you have no excuse to be sitting on the couch doing nothing. Even if you think there's not enough time in your busy day to squeeze in a workout, you can find the time to make fitness part of your day.

Here are four strategies that will help you get active. They're inspired by Cat Kom, a working mom, physical trainer, and CEO of the digital exercise platform Studio SWEAT onDemand:

1. Make it a part of your day. Check your schedule and you're sure to find 30-minutes to an hour you can set aside for a workout. It might not be the same time each day, but surely you have free time you can commit doing something for your health.



2. Do what you love, and then some. Start with an activity you like and will be easy for you to commit to. Once you've found your groove and your plan is become a consistent part of your routine, begin to incorporate some different workouts to make sure you are addressing all muscle groups. Don't forget to make warmups, cool downs, and stretching a part of your rou-tines.

3. Try something new. There are so many different ways to stay active these days and you should try some of them. Consider spinning, hula hooping, working out with resistance bands, or a cardio-trampoline class. You'll never get bored trying new things, and it will help you continually develop fun and diverse goals.

4. Be reasonable. Some weeks will be more challenging than others, and there just won't seem like there is enough time to squeeze in a workout, but you can. If you only have 15 minutes you can jump rope, hula hoop, walk/jog around the block, or repeat a circuit of push-ups, planks, and burpees. The point is to do something physical every day.

The clock is ticking. Are you becoming the person you want to be?

-Greg Plitt





THOUSANDS manufactured home residents have won over \$153,000 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 <u>mail your paid receipt</u> 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:

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Aavis Buckholz	\$10	J. Timothy Doerner, D.D.S., P.A.	Ann Jones	\$5 \$5	
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 No purchase necessary • Contest void where prohibited by law •Tickets available at participating Monthly Media advertisers.



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-Monthly Media Staff

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