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Glen Ellen Park

June · 2015

Issue 4 39th Year

Summertime Fun in Floridal Edward and Polly enjoy a bike ride in Golden Gate. Check out those shirts...



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Congratulations to all for a successful year to come

Managers' Message

Marilyn Sisti

s most of you know Diane's last day with us will be on June 1st, please stop by the office to wish her well. Diane has done an amazing job in helping to clean up Glen Ellen. I know most of you do not like getting the clean up notices but they are necessary and we will be continuing to do inspections.

Please welcome Stephanie who will be starting with us on May 14th. She will have the same office hours Monday through Thursday 10-3.

Remember do not go in to the office and scream at the Administrative Assistant. If you have a problem please talk it out in a civil manner. If you want to speak to me directly you can always reach me at 727-585-2850 or I can always meet you at Glen Ellen.

This is directed to the resident that keeps sending complaint letters in unsigned. Please note that we have a formal complaint form located in the clubhouse and this must be signed. If complaint forms or letters are unsigned then they go directly in the trash.

Please keep up with your weeding, pressure washing and painting. For those of you that have ignored the notices that you received, please know this is a rules violation and you can be sent to an attorney.

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

Marilyn Sisti
Community Manager
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Summer Mailings - If you are heading north for the summer but still want to receive a printed copy of your monthly newsletter, just call our office and sign up for Monthly Media's Summer Mailing Service. We will ship (USPS 1st Class) a printed copy of each month's newsletter to your northern address, for as long as you're away, the cost is \$4 per month. Dozens of residents are already taking advantage. Please see our brightly colored insert for more information.

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are located the bottom of this page.

Here!

Picture

Emporium/Classified Listing - Do you have an event in your community such as a Bake



Sale or Flea Market? An item for sale like an old set of golf clubs that needs to go? Help needed or vendors wanted for an event? Maximize the people that see your listing and use the Emporium! Your listing will be printed & delivered to over 20,000 homes in Pinellas County. See the Emporium page toward the end of the newsletter for more info

Laryer Print Newsletters - At the request of some residents we are now offering Larger Print Newsletters to those who request them. The newsletter type will be approximately 20% larger (16 pt article body type vs. 12 pt normally). There is a small service charge of \$2 per newsletter for those who request. The larger type newsletters can either be delivered to you every month like they are now or we can mail them directly to your home for an additional \$2 per issue shipping charge. Please call Monthly Media (phone number listed below) for more information.



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Diane Wheeler

Administrative Assistant's Message

s I end my time here at Glen Ellen, I'd like to thank you for your assistance, while I was here. This is a true community and a bit of my heart will remain with you.

Please be aware that your homes continue to need care and weeding during the summer months. Please be sure to pick up after yourselves and your pets.

At the May 28th coffee hour I will be present and bringing pastries. At this time I hope to introduce you all to my replacement. It is our goal to try and make the transition as smooth as possible.

Nancy Labbe



Scribe's Message

June – the beginning of summer. Here it comes Enjoy everyone - I love it!!

All the snowbirds have left or are leaving. I hope everyone has a wonderful summer.

There are still activities ongoing in the park:

- Coffee Hour Thursday mornings at 8:30 AM
- Mah Jongg Tuesday, Thursday and Saturday at 1:00 PM
- Poker Fridays at 7:00 PM
- Texas Hold'em Sundays at 7:00PM

If anyone wishes to have an activity please check with Bill Reilly, President of the Association in Mobile 218.

June Birthdays

- June 18 Ken Harris
- June 25 Bruce Kestler
- June 29 Herbie Buhr



There's something missing about how we're informing the youngsters coming along about what matters in the world. We teach them the numbers and the letters, but we fail to communicate the importance of our connection to the living world.

—Sylvia Earle





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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 reciept 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.

| of the month the Publishers | will pick up the tickets and hold a drawing. | ii your licket is drav |
|------------------------------|--|------------------------|
| (Allow 4-6 weeks for mailing | ng of check). This month's cash | winners are: |
| | 0O.E. Wilson Insurance, Inc. | Ruth Wiles |
| Ralph Coe \$10.00 |)Superior Vapor Barrier | BJ Daw |
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| | Battleline Termite & Pest Control, Inc. | Jewel Ahrns |
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[·] 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 • Green tickets available at participating Monthly Media advertisers.



Eat Better to Spur Creativity

ome great artists and writers are known to have used drugs or alcohol to seek inspiration, but you don't have to risk your health when you need a creative boost. The Medical Daily website suggests trying some of these foods to help stimulate the brain:

• **Fruit**. Fruits have lots of an amino acid called tyrosine, which helps synthesize proteins and may influence your ability to think deeply. In one study, students performed better at completing puzzles when they drank orange juice strong with tyrosine.



- •Chocolate. The flavanols in chocolate may enhance short-term cognitive skills, according to one British study, because flavanols boost the amount of oxygen in the brain. Try a cup of hot cocoa before you need to be at the top of your mental game.
- Carbohydrates. Carbs deliver a quick dose of glucose to your body and brain, providing aid to concentration and memory. Potatoes, oatmeal, and other carbs may have a beneficial effect on brain function.
- Walnuts. Rich in omega-3 fatty acids, walnuts can help memory and increase brain function, according to the journal Plant Foods for Human Nutrition. The results of one study showed that rats given a diet of raw walnuts for 28 days showed better learning and memory than rodents on another diet.



Money Matters

Try these smart shopping tips at the grocery store

Everyone wants to stretch his or her food dollars. You don't have to live on ramen noodles and cold cereal three times a day to do it. Here are some tips for savvier shopping at the store:

• Don't fall for fancy displays. Items stacked at the end of the aisles, like sodas, aren't necessarily on sale. The display can make them seem like they're marked down, but often they're still regular price.

• Remember that you pay for convenience. Skinless chicken breasts cost more than those packaged with skin. The same applies to the pre-cleaned and cut carrot sticks. In both cases, they're a little more expensive. Decide whether the convenience is worth the extra money.

• Try the store brands. If you compare the contents and nutritional value of name-brand versus no-brand items, you'll often discover that they're almost identical. In many cases, they're made in the same plant and just packaged with the store label.

• Use coupons. How often have you clipped coupons only to allow them to expire? Develop a system that will ensure you remember and use them.

GLEN ELLEN FOCUS JUNE, 2015 E

June Facts and Trivia

Basic Facts

- June is named for the Roman goddess Juno. The month of June is a popular month for weddings, perhaps because Juno was the goddess of marriage.
- In ancient Rome, June was the fourth month of the year. When the Gregorian calendar was adopted, it became the sixth month of the year. It is one of the four months with thirty days.

Birthstones

- The traditional birthstone for June is the pearl. It is a symbol of purity and is the only gem that comes from living sea creatures.
- Alexandrite is an alternate birthstone for June. This unique gemstone changes color depending on the lighting conditions. It is greenish brown in color when exposed to daylight and fluorescent light, but changes to a purple, reddish hue by incandescent or candlelight. It is a symbol of joy and good fortune.
- Another alternate birthstone for June is moonstone. It is considered a sacred stone in India. Moonstone varies in color from clear to bluish white or peach. It is a symbol of health and longevity.

Flower



- The flower for the month of June is the rose. Roses are a symbol of love and appreciation. They are also known as the flower of passion.
- Roses come in a wide variety of colors. Each color has a different meaning. Red roses symbolize love; white roses symbolize innocence and purity, and light pink roses are a symbol of admiration or sympathy.

Astrological Signs

Gemini and Cancer are the astrological signs for June. Birthdays from June 1st through the 20th fall under the sign of Gemini. June 21st through the 30th birthdays fall under the sign of Cancer.

Historic Events in June

- Benjamin Franklin discovered electricity on June 15, 1752.
- Continental Congress adopted the United States flag known as the Stars and Stripes on June 14, 1777.



- The Pledge of Allegiance was recognized by Congress on June 22, 1942.
- The Korean War began on June 25, 1950.

Famous People Born in June

Many famous people were born in June. Here are just a few of them.

- One president: George H.W. Bush
- Several actors and actresses: Tim Allen, Courtney Cox, Johnny Depp, Michael J. Fox, Angelina Jolie, Nicole Kidman, Toby Maquire, Marilyn Monroe, and Meryl Streep
- Singers/Musicians: Paul McCartney and Lionel Ritchie
- Athletes: Joe Montana, Michael Phelps and Venus Williams

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Here's to you, dad: The start of Father's Day

ather's Day started with a dedicated woman: Sonora Smart Dodd, the daughter of a widowed Civil War veteran who had raised her on his own. Dodd came up with the idea for a special day celebrating fathers when listening to a Mother's Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Wash., and began a campaign for an official celebration thereafter.

The idea of Father's Day initially met with some skepticism, but in 1919, President Calvin Coolidge expressed support for the holiday, and in 1926 a National Father's Day Committee was formed in New York City. In 1966 President Lyndon B. Johnson signed a proclamation designating the third Sunday in June as Father's Day, but it wasn't until 1972 that President Richard Nixon officially recognized it as a national holiday.

Loyalty to country, always. Loyalty to government, when it deserves it.

-Mark Twain



Quick zingers and fast chuckles

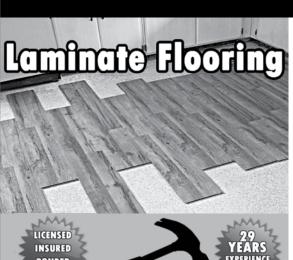
Teed to get a laugh in a hurry? Try some of these handy one- or two-liners:

- Explaining puns to kleptomaniacs is hard because they always take things literally.
- I used to think the brain was the most important organ. Then I thought, "Look where that idea comes from."
- A dwarf fortune-teller who kills his customers might be known as a small medium at large.
- Did you hear about the dyslexic devil worshipper who sold his soul to Santa?
- During a prison break I saw a dwarf climb over a wall. As he jumped down he sneered at me, and I thought, "That's a little condescending."
- A blind man walks into a bar. And a table. And a chair.
- You never see a hippopotamus hiding in a tree. They must be really good at it.

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Glen Ellen

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Monthly For June

African-American Music Appreciation Month. A celebration of African-American music in all forms. In June of 2011, President Barack Obama proclaimed, "African-American musicians, composers, singers, and songwriters have made enormous contributions to our culture by capturing the hardships and aspirations of a community and reminding us of our shared values."

Child Vision Awareness Month. Children's vision challenges can be difficult to detect because they may not know they see the world differently than other children. Infants and children should have regular eye exams to ensure that they can see both near and far away, confirm that their eyes work together to focus on a single object, and treat eye diseases early.

National Zoo and Aquarium Month. A good time to explore your local zoo and aquarium. Many have excellent educational resources—photographs, videos, lesson plans, and other activities. Go to the website of the Association of Zoos and Aquariums for links to its accredited zoos and aquariums.

National Scoliosis Awareness Month. A yearly campaign with the goal of highlighting the growing need for education, early detection, and awareness about scoliosis and its prevalence within the community. The campaign unites scoliosis patients, families, physicians, clinicians, institutions, and related businesses in local activities, events, and grassroots networking throughout the month of June.

Daily For June



National Running Day, June 4. Longtime runners reaffirm their love of running and beginners can kick off a lifetime and life-changing commitment.



World Oceans Day, June 8. A day to celebrate the world's oceans and support action to protect them.

Flag Day, June 14. A patriotic celebration of the flag of the United States of America, a symbol of freedom and hope around the world.

Magna Carta Day, June 15. Date of the signing of the Magna Carta by King John of England, an important document in the history of political freedom.

Father's Day, June 21. Tell dad how much you appreciate everything he's done for you.

Take Your Dog to Work Day, June 26. Take your loyal canine companion to the office with you for a day (but check with your boss first).













The home can be a dangerous place, especially for young children. Most household accidents are avoidable, though, with some commonsense precautions. Safe Kids Worldwide, a global organization providing safety information aimed at preventing accidents and injuries to children, shares these tips for keeping your family healthy and safe:

- Bathroom. Don't leave children alone in the bath, or anywhere near water.
- Hallways. Install smoke and carbon monoxide detectors, and check their batteries at least every six months to ensure they're working properly.



- Bedrooms. At bedtime and nap time, remove any blankets, pillows, stuffed animals, and toys from your baby's crib to prevent accidental suffocation. Make sure your baby sleeps alone and on his or her back
- Staircases. Put up safety gates to keep children from tumbling down staircases. Install similar gates for every window a child might reach.
- Medicine chest. Store all medicine in cabinets above the reach of children, and lock cabinets they might get into. Keep track of any medication you might carry in your purse or briefcase
- Living room. Install brackets and braces to secure bookshelves and other furniture against accidental tipping. Secure television sets to the wall or place them on low platforms.
- Kitchen. Use the back burner of your stove when cooking with children present. Turn pots and pans so that their handles face away from the edge, out of reach from tiny hands. Store household cleaners in high cabinets and shelves, or lock lower cabinets to keep children out.

Keep kids safe from bugs during summer months

As summer comes, so do the bugs. And some of those bugs can bite. Follow these guidelines from the American Academy of Pediatrics to protect your children from getting stung or bitten:

- Avoid using scented soaps, hair sprays, and perfumes on your child. The scents can draw insects and bugs and increase your child's risk of being bitten.
- Stay away from nests or places bugs might congregate. This includes stagnant pools of
 water, areas where uncovered foods are abundant, and gardens where flowers are blooming.



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Scientists delve deep into the heart of the world

Jules Verne's Journey to the Center of the Earth described an inner world of jungles, seas, and dinosaurs. The reality is quite different, but no less interesting to scientists, and it's changing all the time. The latest discovery about the nature of the Earth's core comes from a professor at the University of Illinois at Urbana-Champaign. The inner core, about 3,000 miles beneath the world's crust, actually contains a second core about half the radius of the outer one. This inner core contains iron crystals, which are oriented in an east-west alignment. The outer inner core's crystals align north-south, although they appear to have flipped several times in the distant past.



Scientists liken the twin cores to the rings on a tree, which allow researchers to peer directly into the past. The discovery could provide important clues to the formation and development of our world.

'New' solar system is the oldest ever found

The oldest solar system in our galaxy is 11.2 billion years old, according to data from NASA's Kepler space telescope. By comparison, our home solar system is about 4.5 billion years old. The new find is about 117 light-years from Earth, with five Earth-sized planets in an orbit too close to their star to allow for life. But the discovery of a solar system's formation only a few billion years after the Big Bang some 13.8 billion years ago suggests that life could have proliferated throughout the cosmos much earlier than scientists previously believed.

Sophie the Stegosaurus steps on the scale (sort of)

ow much did the dinosaurs weigh? That question has been answered—at least for one specimen at London's Natural History Museum.

Sophie the Stegosaurus is about 150 million years old, and was discovered in 2003 by pale-ontologists in Wyoming. It now resides at the British museum, its skeleton 85 percent intact. According to the Yahoo News website, British researchers created a 3-D digital version of the

skeleton, then calculated the amount of flesh it would have had around its bones, and compared that with data from modern animals

of a similar size.

The result? Sophie tipped the scales at about 1.6 tons, with a body mass roughly equivalent to a small rhinoceros. Knowing its weight will allow paleontologists to learn more about stegosaurus metabolism, food needs, and growth rate.

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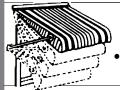
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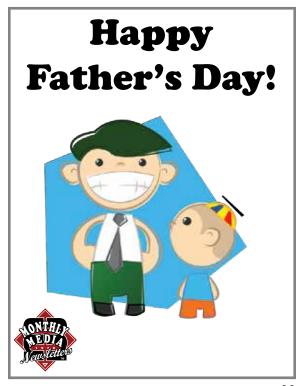
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The gallbladder is a small, pear-shaped organ located beneath the liver and next to the pancreas. You may not give it a lot of thought—until it starts malfunctioning. Then it can cause pain and serious health problems.

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.



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Thanks!

-Monthly Media Staff

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