

September 2015  
Los Robles Mobile Home Newsletter

Edited by Tracie Lirette

**Fire, Police Emergency and Paramedic for *LAND LINE* (no cell phone) 911**  
***CELL PHONE* Fire, Police Emergency 415 472-0911**  
**Novato Police Emergency (all phones) 1 415 897-1122**  
**Paramedic or Fire Emergency (all phones) 1 415 892-1511**

**Non-Emergency Police 1 415 897-4361**

**Park office 1 415 883-6771**

**Los Robles Office Hours M-F 8:30 to 4:pm Closed from noon to 1:pm for lunch**

Los Robles Mobile Home Park , 100 Roblar Drive, Novato California 94949

September. Already? Have you started your Christmas shopping? Are you planning Thanksgiving dinner? I recently got an ad for 50% off my order for Holiday cards. It shook me awake. Yup, have to order those cards. The weeks are whipping past. If the reports are true, we could have a wet winter. Have you cleaned the gutters? Check the roof for breaches. Check your tires too. Wet roads with little traction isn't pretty.

You will notice in this issue that something is missing; Photos. Sadly, my little laptop is having a rough time. Hopefully the October issue will make up for the lack of photos of Los Robles in this publication.

AS ALWAYS, big hugs to our contributors. Thank YOU ! Keep those emails coming with all your stories, jokes, poems, thoughts and ideas.

Also thanks to Judy Hall for entertaining the crowd at the August TGIF. You made the evening lively. It was *sweet* to see everyone gathered around the piano again. Thanks to everyone who brought the lavish pile of food, and thanks to *Paul Goldstone* for all you give. And give. And give.

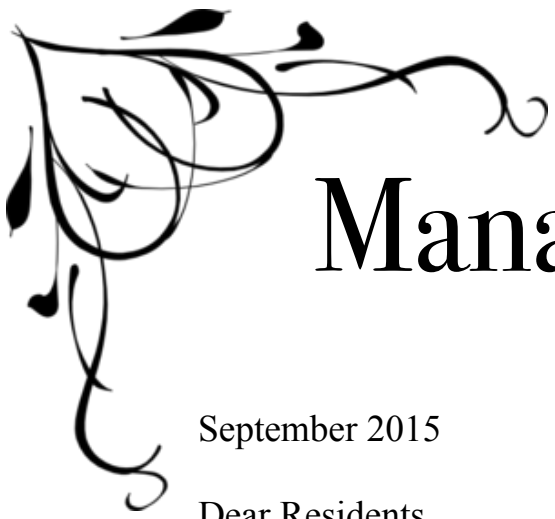
## The Penny Test (Tire tread)

From [Bridgestonetire.com](http://Bridgestonetire.com)

In the United States, tire tread depth is measured in 32nds of an inch. New tires typically come with 10/32" or 11/32" tread depths, and some truck, SUV and winter tires may have deeper tread depths than other models. The U.S. Department of Transportation recommends replacing tires when they reach 2/32", and many states legally require tires to be replaced at this depth.

The idea of the penny test is to check whether you've hit the 2/32" threshold. Here's how it works:

1. Place a penny between the tread ribs on your tire. A "rib" refers to the raised portion of tread that spans the circumference of your tire. Tire tread is composed of several ribs.
2. Turn the penny so that Lincoln's head points down into the tread.
3. See if the top of his head disappears between the ribs. If it does, your tread is still above 2/32" , If you can see his entire head, it may be time to replace the tire because your tread is no longer deep enough.



# Manager's Message

September 2015

Dear Residents,

Now that we are back to reality after swimming with the dolphins in Cozumel, playing with the turtles in Grand Cayman, and beaching it in Jamaica, we are now getting ready for Fall.

We are planning Los Robles events for the rest of the year starting off with an all women show "The Foxes in the Hen House" performing here on Sunday, September 20<sup>th</sup> in the afternoon. Hen House, an uproarious review with She Done Him Wrong, She Got Him Back, She Kicked Him Out Once and for All songs. It's a bluegrass Bob Marley tune. A swinging Jimmie Rodgers number. It's Frankie and Johnny drinking lemonade under a shade tree with Nina Simone, with a dash a fiddle and a splash of moonshine. Come on down to the clubhouse on the 20<sup>th</sup> and we can promise you won't be disappointed. Light refreshments will be served.

Although there will not be an October craft show at Los Robles, there are many shows in the area that you may want to attend. Keep an eye on the Marin IJ for more information.

The usual holiday events, Halloween, Thanksgiving Dinner, Christmas Dinner and New Years' Eve are already in the planning stages.

We hope that all Los Robles residents – new and old – will attend these special events! These events are *free of charge*, and we would appreciate you making *reservations* for each event.

Enjoy the rest of the summer, the pool will be open as long as the weather is nice in our "little piece of paradise" right here in Marin!

See you around the park.....John & Ellen

## Birthdays and Anniversaries

### SEPTEMBER BIRTHDAYS

Barbara Reeves	8
Cindy Goepner	11
George Hunt	12
Craig	
Nelson	13
Ken Bierke	17
Rosemary Murphy	19
Carolyn Tyler	25
Shirley Meyer	26
Alfonso Carrasco	27
Mitch Trout	27
Gerry Davis	28
Pam Thornton	28
Penelope Dunham	30

### SEPTEMBER ANNIVERSARIES

John & Ellen Sigman	18
---------------------	----



## Los Robles Community Garden is Getting a Permanent Home in the Park

The Community Garden has been producing food this summer which hopefully you have had a chance to enjoy! The fruit trees are fruiting now and many should be ready to eat soon. The current space has been a good place for the garden, but we now have a better, and permanent, location for it. The new home for the garden is the triangular area, at Roblar and San Sebastian. Currently, there are junipers, an oleander and interestingly, a peach tree in this area. The oleander and junipers will be removed and replaced with raised beds, an accessible path, fruit trees, a seating area, a planting shed and much more! This will be happening in the next few months. A meeting will be held soon to organize for the move, get your input and get help for the move. Your help with the community garden will make it a place that everyone can enjoy.

Goldstone Management



## Labor Day September 7th

Dedicated in honor of the worker, it is also appropriately called the "workingman's holiday". The holiday is dedicated to you in respect and appreciation for the work you do in or outside of the home, union or non-union, big company, small companies, or government. As long as you work somewhere at something, this holiday is for you!

The first Labor Day was held celebrated in New York City on September 5, 1882 and was started by the Central Labor Union in New York City. In 1884, it was moved to the first Monday in September where it is celebrated today. Labor Day quickly became popular and one state after another voted it as a holiday. On June 28, 1894, the U.S. congress voted it a national holiday.

## National Grandparents Day

It is only right and fitting that one day of the year is set aside to honor Grandparents. It is time to celebrate those special people who are always there with a hug, a kiss, a cookie, something special, or take us somewhere.

National Grandparent's Day originated in 1978. Then President Jimmy Carter declared it to be the first Sunday after Labor Day.

## September 21st

**International Peace Day** seeks a global cessation of violence and war. Each year on this day, celebrations are held in hundreds of countries, all with the same goal in mind....to stop war and violence. Created and sponsored by the United Nations, this day seeks to end war, starting today. (Holidayinsights.com)

## Monthly Guided Meditation for Los Robles Community

Facilitated by Maura McLane, LR

Resident Homeowner

Please join me for 45 minutes of guided meditation; A time to come together to honor our personal journeys and each other. In addition to meditation, there will sometimes be music, mindful movement, poetry and silence. *Note day has changed to Tuesday.*

Upcoming dates 2015

Tuesday September 1st

Tuesday September 15th

Time: 6:30 - 7:15

Music at 6:15

Location: Los Robles Community Center

No fees/donations



## MARIN COUNTY

### DISASTER PREPAREDNESS (CERT TRAINING) HERE AT LOS ROBLES

In the event of an emergency, our first responders will be overwhelmed. It is critical for residents to be prepared to take care of themselves, their neighbors, and their community for at least 3 days, and preferably 5-7.

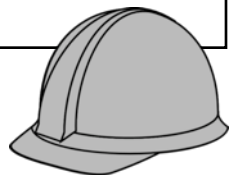
The Community Emergency Response Team (CERT) training is a national program to train citizens to help fill the gap between a disaster or emergency, and the arrival of professional services. The cost is \$45 and that fee covers the training, backpack, supplies in the back pack (goggles, helmet, vest, gloves, and some tools).

If you are interested in taking this training please email:

Kathy Garretson, Assistant

Manager at

[kathy.garretson@gmail.com](mailto:kathy.garretson@gmail.com)



# SEPTEMBER

Sunday Produce at Club House. Time from 2:30-2:45  
 Exercise with Avis Buckley MWF 10am and 11:15  
 Bookmobile From Marinlibrary.org arrives 2nd and 4th Mondays 12:30 to 1:15  
 Call for more information 415.473.7544  
 Free bread every Monday Morning.  
 Dinner's with Marilyn Every THURSDAY at 5:30 pm  
 Produce Market at Margaret Todd 10:am to 11:am 1st and 3rd Wednesday  
 Call 415.899.8296 for information on all the programs  
 Bridge Night Thursdays at 7:pm in the card room. Dottie McNutt 415.883.3117  
 First Friday is TGIF at the Club House 6:pm  
 Every Friday is Park Social. Bring something to eat. 6:pm  
 Haircutting by Jennie Last Tuesday every month  
 Meditation first and third Tuesday at the Club House 6:15 to 7:15  
 Labor Day BBQ September 7th 3pm  
 FOXES IN THE HENHOUSE THE MUSICAL SEPT 20

Sunday Produce 2:15	Monday Avis 10am exercise 11:15 water aerobics Bread	Tuesday Meditation 6:15	Wednesday Avis 10am exercise 11:15 water aerobics WW	Thursday Dinner with Marilyn Bridge 7PM	Friday Avis 10am exercise 11:15 water aerobics	Saturday Weight Watchers
		1 Donuts and rent Meditation 6:15	2 WW	3 Dinner	4 ☺AVIS TGIF	5 WW
6 Produce	7 LaborDay BBQ 3pm ☺AVIS Bookmobile 12:30 Meditate	8	9 ☺AVIS WW	10 Dinner Bridge 7"pm	11 ☺AVIS Social	12 WW
13 Produce	14 AVIS 1 :pm Bread	15 Meditation 6:15	16 WW Produce 10:am MTodd ☺AVIS	17 Dinner Bridge 7"pm	18 ☺AVIS Social	19 ww
20 Produce FOXES MUSICAL	21 Bread ☺AVIS Bookmobile 12:30 Meditate	22 Haircuts	23 ☺AVIS WW	24 Dinner Bridge 7"pm	25 ☺AVIS Social	26 WW
27 Produce	28 Bread ☺AVIS	29	30 WW Avis	1 Dinner Bridge	2 Social Avis	3 WW

# Artist of the Month

Jim Henson

September 24th, 1936 - May 16th  
1990

In the summer of 1969, on a hot Texas day, Dad loaded the family into the station wagon, and drove to Six Flags Over Texas theme park.

Mom thought it would be clever to dress all 6 kids in matching polyester overalls. Have you ever worn 100% polyester in humid, sweltering, Texas heat? Looking back on that photo of the family, I still feel the woven plastic stuck to my legs, and still feel the itch around my collar. How did we survive you ask? It was thanks to Jim Henson. He was booked at the park for the summer. I wasn't as impressed with his puppets that day, as much I was with the theater he was performing in. It was icy cold inside. The A/C was on full blast. The humans inside those heavy costumes would have gone on strike if not for that forced air. This is where I was introduced to one of the most creative and loving artist of our time. TL

He became famous in the 1970s when he joined the children's educational television program *Sesame Street*, and there, helped develop characters for the series. He also appeared in the sketch comedy show *Saturday Night Live*. In 1976, after scrapping plans for a Broadway show, he produced *The Muppet Show*. He won fame for his creations, particularly Kermit the Frog, Rowlf the Dog, and Ernie. He was involved with *Sesame Street* for over 20 years.

In early 1990, Henson had a bacterial infection. Henson died at the age of 53 from streptococcal toxic shock syndrome on May 11. In the weeks after his death, Henson was celebrated in a wave of tributes. He was posthumously inducted into Hollywood Walk of Fame in 1991, and as a Disney Legend in 2011. (Wikipedia.org)

When I was young, my ambition was to be one of the people who made a difference in this world. My hope is to leave the world a little better for having been there.

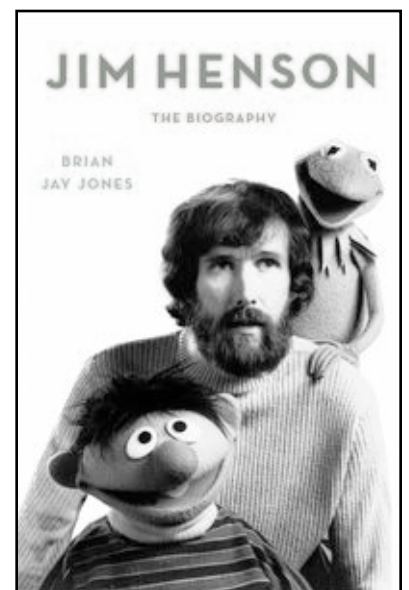
Jim Henson

“There's not a word yet, for old friends who've just met.”

— Jim Henson, *Favorite Songs from Jim Henson's Muppets*

“Watch out for each other. Love everyone and forgive everyone, including yourself. Forgive your anger. Forgive your guilt. Your shame. Your sadness. Embrace and open up your love, your joy, your truth, and most especially your heart.”

— Jim Henson



# GARDENING IN LOS ROBLES

EDITOR STANDING FOR OUR CONTRIBUTOR, MARILYN MOORE

## GOOD BUGS

*Spraying kills them & poisons your lawn*



Nematode



Bees



Spined Soldier Bug



Syrphid Fly



Ladybug



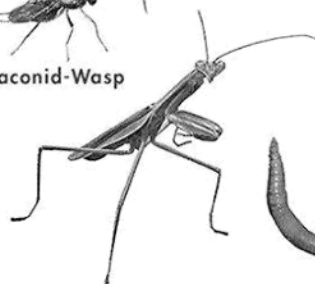
Ground Beetle



Braconid-Wasp



Green Lacewing



Praying Mantis



Earth Worm

[ahealthylifeforme.com](http://ahealthylifeforme.com)

Stop pruning and fertilizing. Bring summer vacationing houseplants back indoors while the windows are still open. Check carefully for hitchhiking pests.

Start fall clean-up in the flower beds, cutting back anything that has finished blooming or is diseased.

## Odorous House Ants

This type of ant is attracted to sweets, and are commonly found in the kitchen.

Odorous house ants will leave a chemical pheromone trail wherever they travel. If you kill them, other ants will simply follow the trail and show up in the same places. When you see the first few ants, you can sponge them (and the surrounding area) with soapy water to eliminate the pheromone trail. Immediately work to figure out where they're getting into your house, and begin placing homemade ant bait at the entry points.

**Spray vinegar** near baseboards, in any cracks, and on countertops where they may be traveling. You can allow vinegar to dry on surfaces or wipe with a clean cloth – this eliminates their chemical trail and will deter some of the stragglers. Repeat several times a day.

**Practicing good sanitation practices** is one of the best ways to make your home less attractive to ants. Keep spills, crumbs, and garbage cleaned up in the kitchen. Make sure all food – especially anything sweet – is stored in tightly sealed containers or zip-top bags. They will get into things like jars of honey that have drips on the side or around the lid, so sealing the jar in a zip-top bag will protect it. Pet food is also attractive. If you find ants crawling all over the dried kibble, place the food, bowl and all, in the freezer. If the bag is infested, you can freeze that too. The ants will freeze. Shake the thawed food so the ants fall to the bottom.

Twenty Mule Team Borax will kill ants, but you have to bait them first. Mix the borax with some sugar and place in a small container, such as a jar lid, where the ants are traveling. The ants will take it back to the nest and the entire family will go to the next world.

# Sleeping Tips and Strategies

<http://www.helpguide.org>

## Eat right and get regular exercise

Your daytime eating and exercise habits play a role in how well you sleep. It's particularly important to watch what you put in your body in the hours leading up to your bedtime.

- **Stay away from big meals at night.** Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed. Fatty foods take a lot of work for your stomach to digest and may keep you up. Also be cautious when it comes to spicy or acidic foods in the evening, as they can cause stomach trouble and heartburn.
- **Avoid alcohol before bed.** Many people think that a nightcap before bed will help them sleep, but it's counterintuitive. While it may make you fall asleep faster, alcohol reduces your sleep quality, waking you up later in the night. To avoid this effect, stay away from alcohol in the hours before bed.
- **Cut down on caffeine.** You might be surprised to know that caffeine can cause sleep problems up to ten to twelve hours after drinking it! Consider eliminating caffeine after lunch or cutting back your overall intake.
- **Avoid drinking too many liquids in the evening.** Drinking lots of water, juice, tea, or other fluids may result in frequent bathroom trips throughout the night. Caffeinated drinks, which act as diuretics, only make things worse.
- **Quit smoking.** Smoking causes sleep troubles in numerous ways. Nicotine is a stimulant, which disrupts sleep, plus smokers experience nicotine withdrawal as the night progresses, making it hard to sleep.

## Develop a toolbox of relaxing bedtime rituals

Come up with different relaxing bedtime rituals to help you unwind before sleep. For example:

- Read a book or magazine by a soft light
- Take a warm bath
- Listen to soft music
- Do some easy stretches
- Wind down with a favorite hobby
- Listen to books on tape
- Make simple preparations for the next day

## Know when to see a sleep doctor

You may have a sleep disorder that requires professional treatment. Consider scheduling a visit with a sleep doctor if, despite your best efforts at self-help, you are still troubled by any of the following symptoms:

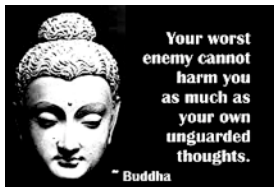
- Persistent daytime sleepiness or fatigue
- Loud snoring accompanied by pauses in breathing
- Difficulty falling asleep or staying asleep
- Un-refreshing sleep
- Frequent morning headaches
- Crawling sensations in your legs or arms at night
- Inability to move while falling asleep or waking up
- Physically acting out dreams during sleep
- Falling asleep at inappropriate times

## Discovering your optimal sleep schedule

Find a period of time (a week or two should do) when you are free to experiment with different sleep and wake times. Go to bed at the same time every night and allow yourself to sleep until you wake up naturally. No alarm clocks! If you're sleep deprived, it may take a few weeks to fully recover. But as you go to bed and get up at the same time, you'll eventually land on the natural sleep schedule that works best for you.

Generosity  
 Virtue  
 Letting go  
 Wisdom  
 Energy  
 Patience  
 Truthfulness  
 Resolve  
 Kindness  
 Equanimity

**Buddhism is a path of practice and spiritual development leading to insight into the true nature of reality. Buddhist practices like meditation are means of changing yourself in order to develop the qualities of awareness, kindness, and wisdom.**



## ENERGY

The quality of Energy must be viewed in the context of the other 9 spiritual qualities. They will give the balance needed, not unlike the quality of **wisdom** discussed last month. I find a nice metaphor for energy is imagining a flame on a gas stove...too low and food will stay kind of luke-warm, un-browned and tepid. Food will take a really long time to cook. When the flame is too high, the food will burn and be wasted. So the spiritual quality of energy is to burn moderately, persistently at just the right level.

So when applying this to the other spiritual qualities that make for a happy, peaceful life, I am willing to persist in being kind, generous, wise, patient and truthful each day and each moment of each day. This takes some real doing for me as it is easy for me to forget and plunge into daily life without this awareness.

One of the ways that my energy burns too high is when I do paperwork for my business. I sit at the computer and get carried away with the thought that I **MUST** get it all done now. I set my timer with the intent of taking breaks to protect my energy and my neck and shoulders, but then will push through and ignore the timer. I can get away with it sometimes but then, the exhaustion and tense neck muscles let me know that I have pushed too hard and caused myself harm. Certainly not a wise stewarding of my energy! I have not been patient or kind to myself in my hurry to get it done.

The flow of energy takes other courses as well. Sometimes I am sluggish and I find that sometimes taking a long in breath and short out breath will brighten up my energy. When I am agitated and my energy is not well modulated, then the opposite method of taking a short in breath and a long slow outbreath will calm down that kind of energy.

I very much like the idea of being a good steward of the life energy allotted me, allowing it to flow through my body and mind in a gentle natural manner.

SEPTEMBER 11, 2001

The day is coming, it is almost here  
I really can't believe it has been a year (14 years)  
It was the day Hell came to visit  
Over Two Thousand Eight Hundred people died  
Thousands more of us cried  
From this day on we live with fear  
A fear that is always near  
A fear we have tried to put away  
We try to think of it as just another day  
But it was a day like no other  
First tower one, then tower two  
A fire, a massive smoldering cloud  
The world stopped and we watched in awe  
"This could not happen in America,  
    The land of the Brave and the Free"  
But here it is happening in front of you and me  
At first we were numb, this just couldn't be  
How could this happen in our "Land of the Free?"  
Our world grew quiet, it was a deafening roar  
We were not innocent any more  
It has been a year (14 years) sense that awful day  
We have flown our flags and we have prayed  
Who knows what lies ahead?  
From the time we get up till we go to bed  
We go about our daily chores  
Showing strength for all to see  
Yet it is always there, the fear in me  
The fear of another day, another scare  
Each time I turn on the TV set, it is always there  
I see that awful picture in my mind  
Of the day the innocence died, yours and mine  
Even though we live in the  
    "Land of the Brave and the Free"  
There is an uneasy feeling always with me  
So as we remember September 11, 2001  
Our memories and sorrows of this day  
    Will never be gone.

Donna Reed  
September 11, 2002 (written)  
A day never to be forgotten 2015 (present)

TOGETHER WE STAND

How did we cope that day?  
On 9-11 right after we prayed  
While the shock of what happened  
    was so hard to believe  
We were numb from the pictures  
    how do we grieve?  
Many were preparing to teach their class  
Wondering how do you explain  
    To a room full of children  
In the land of the free  
That someone hates us enough  
    To kill you and me?  
As we watched the horror so slow to unfold  
We saw a new hero emerge, a hero so  
bold  
Something we Hadn't seen for a while  
We were proud to be an American  
    Freedom was our style  
The fear grabbed us and we were so mad  
It was so awful, it was so unbelievably bad!  
While we sat in disbelief  
A spirit renewed its self in our time of grief  
We now had a job to do  
All of us-Him, Her, me and you  
It won't be easy, the road ahead is long  
Remember we are Americans and we are  
strong  
So here we are and together we stand  
To keep us free and take back our land  
It won't be easy but the evil will see  
We will do anything to keep our land free  
So our children can inherit a peaceful free  
land  
So Americans rise up, pull together,  
    United we must stand  
Around this world to form a chain of  
    Our hands, in hand, in hand

Donna Reed 11-08-01  
My thoughts on 9-11-01, Our Freedom in  
danger.

# 'TRAVEL SCAMS

## Fake wake up call

Cheapflights.co.uk commissioned research into the most popular travel scams and found that hotel guests are often duped by fake wake up calls.

Late at night the phone rings with someone claiming to be from the front desk.

They explain that the internal computer system has crashed and that they need your credit card information again. In fact, they are a prisoner speaking to you on a smuggled mobile phone.

In your sleep addled state you give them everything they need to empty your bank account. This scam was especially common in Georgia, in the US.

Avoid it by: Refusing to give any information and putting down the phone. Tell hotel staff and the police immediately.

## Phony takeaway menu

No matter how hungry you are or late it is watch out for fake menus. After you've settled into your hotel room a takeaway menu might be surreptitiously slipped under your door.

If you order from it there's a strong chance you won't see any food but the person on the other end of the phone now has your card details and will be making a large withdrawal.

Avoid it by: Eating in local restaurants or ordering room service.

## Distraction muggings

Muggers aim to distract you while they rob you. For example, a woman with what looks like a baby – it very often is just a doll or bundle of clothes – walks up to you and makes pleas for money for her baby. She might throw it at you too and insist you hold him/her/it for a moment. By the time you've got rid of her you'll notice your pockets have been pilfered by her accomplice. Peter John says, 'People can be distracted in any number of ways – from spraying mustard or tomato sauce onto the victim's cloths to asking for directions.'

Avoid it by: Walking away and not being distracted.

## Injured beggars

'Gangs of panhandlers prey on travelers' generosity,' warns Peter John. 'Beggars fake injuries to get greater donations; this is especially common in India, South America and south east Asia.'

Sometimes the injuries are real and the stories behind them especially sobering. In 2008, Pakistani police arrested a begging gang. An eight-year-old boy told them that one of the gang masters had broken his arm.

He and his fellow beggars would be placed at good begging locations and made to beg. The money was collected by the gang masters who kept the children alive and begging in return.

Avoid it by: Giving the child food rather than money.

## Corrupt policemen

'Policemen pretend that tourists have broken the law and demand thinly-disguised bribes,' says Peter. 'Unfortunately, this can happen anywhere with badly paid and corrupt cops.'

It happened to him in northern Mexico. On the way to the American border a policemen stopped them and engaged in conversation. He spotted a pocket penknife and demanded what he called a 'quick fine' of \$30 (£19). The fine was negotiated to \$10 (£6.50) and the penknife was confiscated. There are thousands of stories like this but unfortunately there's little you can do to prevent it, save stay at home.

Avoid it by: Being amenable, keeping your temper and try to talk your way out or around the situation.

Read more tips from <http://www.dailymail.co.uk/travel/travel>

# Jokes from the Internet

## Baby

### Boomer Blues

It was fun being a baby boomer... until now. Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby Boomers. They include:

- Herman's Hermits--- Mrs.. Brown, You've Got a Lovely Walker.
- Ringo Starr--- I Get By With a Little Help From Depends.
- The Bee Gees--- How Can You Mend a Broken Hip.
- Bobby Darin--- Splish, Splash, I Was Havin' a Flash.
- Roberta Flack--- The First Time Ever I Forgot Your Face.
- Johnny Nash--- I Can't See Clearly Now.
- Paul Simon--- Fifty Ways to Lose Your Liver
- The Commodores--- Once, Twice, Three Times to the Bathroom.
- Procol Harem--- A Whiter Shade of Hair.
- Leo Sayer--- You Make Me Feel Like Napping.
- The Temptations--- Papa's Got a Kidney Stone.
- Abba--- Denture Queen.
- Tony Orlando--- Knock 3 Times On The Ceiling If You Hear Me Fall.
- Helen Reddy--- I Am Woman, Hear Me Snore.
- Leslie Gore--- It's My Procedure, and I'll Cry If I Want To.
- Willie Nelson--- On the Commode Again

### One-liners about aging ...

- Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me." "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"
- Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure."
- The nice thing about being senile is you can hide your own Easter eggs .
- I've sure got old! I've had two bypass surgeries, a hip replacement, new knees Fought prostate cancer and diabetes. I'm half

blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

- I feel like my body has got totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.
- An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week "
- My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.
- It's scary when you start making the same noises as your coffeemaker.
- These days about half the stuff in my shopping cart says, "For fast relief."
- Remember: You don't stop laughing because you grow old, You grow old because you stop laughing.

THE SENILITY PRAYER : Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

## "I don't want to hurt your feelings, but.. ."

Taking criticism isn't easy. Call it what you want; constructive, helpful, or just joking around. True or not, it still stings.

The first reaction which often comes up is defensiveness. It can feel like a jab, or an attack. It sets off a stampede of insecure thoughts, protective instincts and fear. A person can start rifling back criticism towards the perceived attacker in a way that can turn the moment to mud. Sadly, when this happens, any possible chance for the situation to be one of growth, advancement, or an awakening to self-awareness is shot down.

### **Just Listen**

You don't have to smile, or agree. It works best if you don't make an ass out of yourself by hollering or throwing a chair. Just put your hands in your pockets and look at the floor if you must. Give the speaker a fair amount of time without interruption. This is called listening.

### **See Things from the Other Viewpoint**

Something valuable is happening. A person just opened up about something, and now you have a few choices. You can let your hurt feelings turn into a solid stone wall, or you can acknowledge that your critic just put themselves out there over something important enough to risk a bad reaction. The other person might be just awful at communication, so don't use this as a game to invalidate what they are trying to say to you. Work with them. It is possible they are hurting also.

### **Ask Yourself if this is Worth it.**

Once the crushing blow has landed, give yourself some air. You don't have to respond immediately. Consider the situation. Is it worth your response? Is this one of those situations where the two of you will go round and round forever, getting nowhere? Is this just a power-play where time and attention

are wasted, OR is it something important which needs a nudge for correction?

### **You know yourself better than they do.**

You are your own authority. Act like it. This doesn't mean that the criticism isn't valid. It means that you will do your best if you visit this situation with both eyes open, and your head on straight. It's true that people can misunderstand you and your intentions. If you have been behaving with honest, sincere and decent intentions and you are getting criticized for it, then here is a great opportunity to discover how you can be more successful. There just might be something your'e missing. On the other hand, they could be outright mistaken. This is the time to look inside and find your own authority and use it to your advantage. Will you consider what is being said, or will you toss it?

If you decide to consider the feedback, you might want to ask some questions. Again, take your time. Use questions that will help both of you understand how things got this way, and ask questions that will lead to a position of equal ground. Do NOT use the questions to be sarcastic.

### **Most important is to remember who you are.**

Have you ever noticed how others project their perceptions onto a situation? They see it from one angle. AND they have the audacity to expect YOU to see it exactly the same way they do. If you fail to share their narrow vision, you are considered "wrong." So, in other words, you might be in a no-win situation. Don't let them hold you hostage emotionally, physically, financially, or otherwise. Remember who you are and stand up for yourself in a way that is helpful, not hurtful.

There is that saying that goes something like this, "*Insanity* is doing the same thing over and over, while expecting a different result."

If you've ignored criticism in the past, and it keeps showing up, change the way you respond to it. A small shift can cause a positive outcome.

## How to Find and Kill a Mosquito in Your Room at Night From Quora.com

### Use a battery operated mosquito swatter.



Just turn it on and swing across the mosquitoes. Those little creatures won't fall down - They will evaporate. It is very effective and inexpensive ( less than \$20 in the US). Most swatters come with rechargeable AA batteries.

Here's how:

- Switch off your room lights. Make it **pitch dark**
- Hold the swatter in your dominant hand
- Hold a flashlight in your non-dominant hand
- Move slowly and then slightly disturb the curtains, bags, and other dark objects where the mosquitos might rest. **Never rush.**
- Once the mosquito is in flight, you will be able to see it clearly with help from the flashlight.
- Now **swing the swatter slowly** over the mosquito until you hear a spluttering sound. Congratulations.
- 
- 
- 

#### Second Choice:

Plug a nightlight into an outlet low to the floor. Underneath the light, place a shallow, wide dish (a frisbee works) filled very full with water mixed with dish detergent.

They are attracted to the light and drown in the water. In the morning you will find many drowned mosquitos. If the light bothers you, try turning on the nightlight a few hours before bedtime- the mosquitos will all be dead by the time you go to bed.

How to say Mosquito in other languages:

- Afrikaans: muskiet (s), muskiete (pl)
- Bangla of Bangladesh: masha (s), mashara (pl)
- British English: mosquito (s), mosquitos, mosquitos (pl) Some people in Britain, New Zealand, and Australia use *mozzie* as a slang term for "mosquito".
- Chinese: wenzhi (s. and pl.; there is no separate plural form)
- Dutch (Netherlands): muskieten, muskiet; mug (s), muggen (pl);
- Farsi (Iranian, Persian): pashe (s), pasheha (pl)
- Finnish: hyttynen (s), hyttyset (pl); sääski (s), moskiitto, pistolkärpänen
- French: moustique (s), moustiques (pl)
- German: Mücke (s), Mücken (pl); Stechmücke (s), Stechmücken (pl); Schnake (s), Schnaken (pl); Moskito
- Hawaiian: mokika
- Hebrew: yatoosh (s), yatoosheem (pl)
- Hindi: macchar (s), macchare (pl)
- Indonesian: nyamuk (s), nyamuk, nyamuk (pl)
- Italian: zanzara (s), zanzare (pl); tafano (s), tafani
- Japanese: ka (s. and pl.)
- Norwegian: mygg (s), mygger (pl)
- Polish: moskit; komar (s), komary (pl)
- Portuguese: mosquito (s); mosquitos (pl)
- Romanian: tantar (s), tantari (pl); tântarul
- Russian: komar (s), komare, komary, or komari (pl)
- Spanish: mosquito (s), mosquitos (pl)
- Swahili: mbu
- Swedish: mygga (s), myggor (pl), moskit
- Tagalog (Philippines): lamók
- Thai: yoong (s. and pl.; there is no separate plural form)
- Ukrainian: komar (s), komari (pl)
- Vietnamese: muoi (s. and pl.; there is no separate plural form)

# Why do Cats like Boxes?

From : [livescience.com](http://livescience.com)

For cats, all the toys in the world can't compare to a simple cardboard box.

Why are our feline friends so drawn to boxes and other enclosed objects, including bags, laundry baskets, suitcases and backpacks?

Seeking out confined spaces is an instinctual behavior for cats. In the wild, these areas allow the animals to both hide from predators and surreptitiously stalk prey.

"Cats like boxes because they are cryptic animals; they like to hide," Stephen Zawistowski, science adviser for the American Society for the Prevention of Cruelty to Animals, told Business Insider. "And a box gives them a place of safety and security."

While inside a box, cats feel that they cannot be snuck up on from behind or the side — anything that wants to approach them must come directly into their field of vision. In effect, such hiding spaces allow them to watch the world around them without being seen.

And if something interesting passes in front of the cat — be it prey or a toy — it can dash out to get the object, and then quickly return to its safety spot.

Boxes also provide cats with a cozy, safe place to sleep, which is very important given that the felines sleep for up to 20 hours a day.

