



*Written and Directed*  
by Josey

*Producers*  
Chanel  
Danetta  
Keith  
Kermit  
Nicholas  
Terrell  
Tiffany  
&  
Romunda

Berene  
Bill  
Danny

*starring*

David  
Eileen  
Holly  
Lester  
Nina

Sandy  
Shirley  
Steve

*Camera Crew*  
Josey  
Kermit  
Steve

[www.tungland.com](http://www.tungland.com)

**The Tungland News**

**Supporting ALL People To Be A Part of Their Community!**



October 2012

## **Tungland's Travelers Tour Tinseltown's Universal Studios**

*From left: Eileen, Shirley, Holly, Sandy, Berene, and Nina arrive at Hollywood's Universal Studios trying to spot their favorite movie stars.*



Hollywood's Universal Studios provided the summer magic for eleven people from Tungland's Phoenix residential settings and eight support staff. Their five-day trip to Tinseltown was organized by Alta Vista Manager Josey Watkins, who told *The Tungland News* that the trip was a great success for these hearty, glam-

our-and-glitz-seeking Tungland travelers.

The travelers enjoyed many of the exciting rides—watching King Kong battle Godzilla, the Pirates of the Caribbean storm a fort, and other memorable big-screen moments, with all the special effects moviegoers love.

*See next page*



*Tungland travelers Eileen, Lester, Kermit, Danny, Holly, Steve, Shirley, and Bill.*

*Continued from previous page*

Some of the travelers went with Kermit to a Dodgers ball game and the entire group enjoyed a breezy boat ride in California's famed Long Beach Harbor, where they saw the historic ocean liner *The Queen Mary*. (see page 6)

The trip was a chance for the travelers to renew some old friendships and make new friends along the way. Kudos go to Staff Chanel, Danetta, Josey, Keith, Kermit, Nicholas, Terrell and Romunda for facilitating the trip and making sure that all the travelers had the time of their lives.



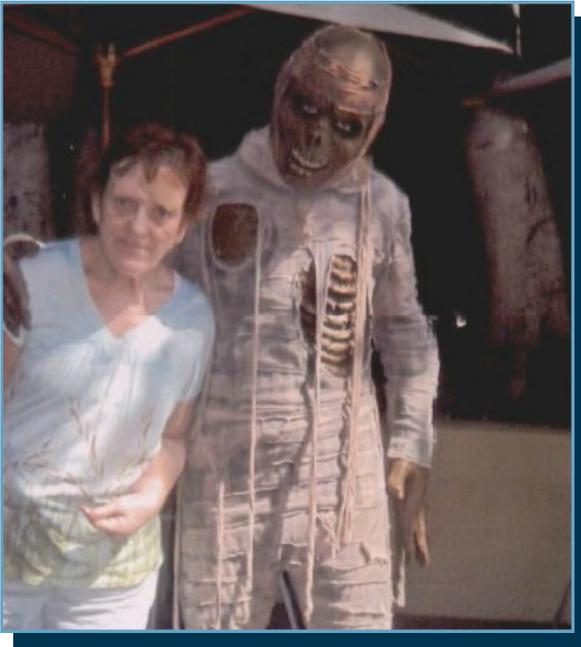
Above: Sandy, Berene, and Eileen chatted with a Hollywood legend—the famous Marilyn Monroe.

Left: Eileen and Lester share a happy moment while touring Universal Studios.

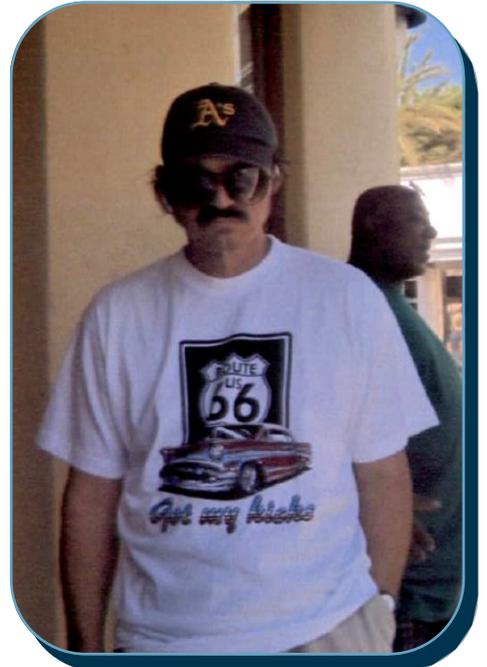
Below: Eileen with one of the most notorious Hollywood bad guys.



# Here We Are In Hollywood!



Bill relaxed during a lull from the action-packed rides at Universal Studios.



*"If this guy thinks he can work in a group home he'd better check out another line of work!"*

Below: Eileen and Nina enjoyed themselves during the whole trip. The adventurous ladies found lots to talk about.



Lester and Kermit thought that the Hollywood hairpiece Steve bought at the gift shop was just ... um, well ... "We think it's just really YOU, Steve!"





What trip to Tinseltown would be complete without those famous Hollywood ghouls of the old celluloid reels? Shirley, Berene, Eileen, Sandy and Holly showed the infamous vampire and his colleague that they don't scare all that easily.

The swashbuckling Pirates of the Caribbean movie set and all the spectacular special Hollywood effects was a hit with Eileen and Shirley, shown catching their breath after the excitement and drama of the show.



## Long Beach Harbor Boat Ride

One of the highlights of the Tungland travelers' vacation was a boat ride the group took at California's famous Long Beach Harbor. The group got a chance to view the historic luxury liner The Queen Mary (below) which is now permanently berthed in Long Beach.





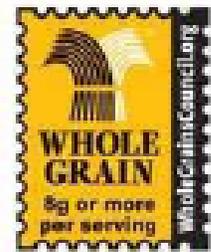
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“Knowing  
yourself is the  
beginning of all  
wisdom”  
~ Aristotle

## THIS FALL, LOVE WHOLE GRAINS!

Packed with vitamins, minerals, antioxidants, and fiber, whole grains help reduce the risk of heart disease, stroke, diabetes, and assist with weight control, too.

Are you getting enough whole grains? The most recent Dietary Guidelines recommends adults eat at least half their grains as whole grains—that’s 3 to 5 servings per day—and children need 2 to 3 servings or more.



**Find healthy choices FAST by choosing products that have the Whole Grain stamp.**



### Eat Your Apple Peel

Apples are a standout food for health protection and we can thank their peels for most of their disease-busting prowess. Apple peels are rich in insoluble fiber that aids in appetite control and feeds the good bacteria in our colons. But what really sets the peel apart from its fleshy component is its stunning array of beneficial polyphenol compounds. Apple peels provide one of the most comprehensive varieties of polyphenols of any fruit and are uniquely high in the oh-so-powerful anti-inflammatory chemical, quercetin. Whether your goals are weight control, cancer protection, or heart health - apples with the peel are a winning food.



### THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR



IMPROVES MEMORY



LENGTHENS ATTENTION SPAN



BOOSTS DECISION-MAKING SKILLS



PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS



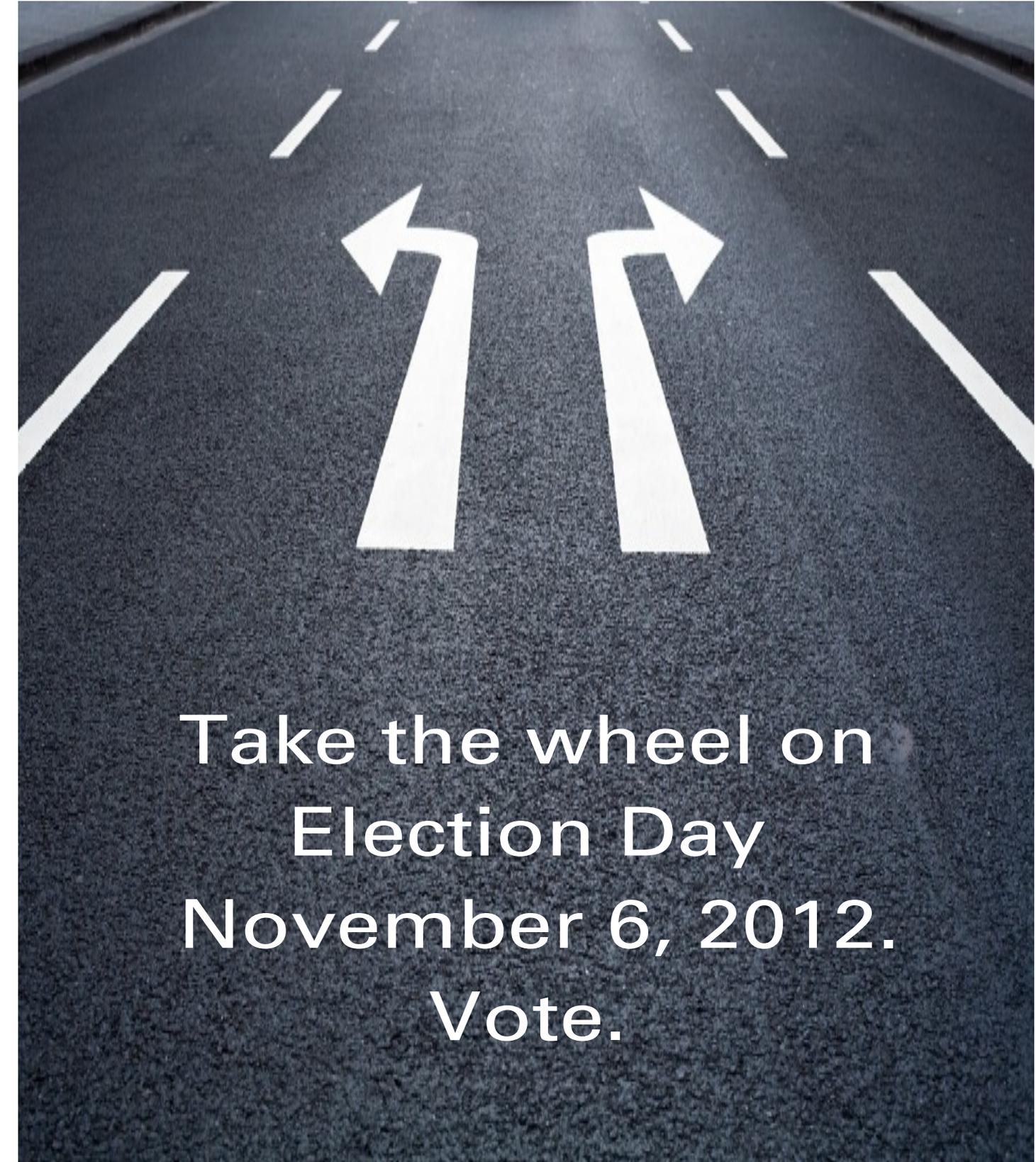
IMPROVES MULTI-TASKING AND PLANNING



Men's Health

**Don't think you have time to add physical activity into your day? Consider these simple ways to replace sitting with moving:**

- ⇒ Use the stairs rather than an elevator
- ⇒ Walk or exercise at lunch with your workmates
- ⇒ Walk to visit co-workers instead of sending an email
- ⇒ Wear a pedometer every day to increase your daily number of steps
- ⇒ Join a sports or recreation team
- ⇒ Use a stationary bike or treadmill while watching TV
- ⇒ Stand up and pace while talking on the phone!



Take the wheel on  
Election Day  
November 6, 2012.  
Vote.



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