



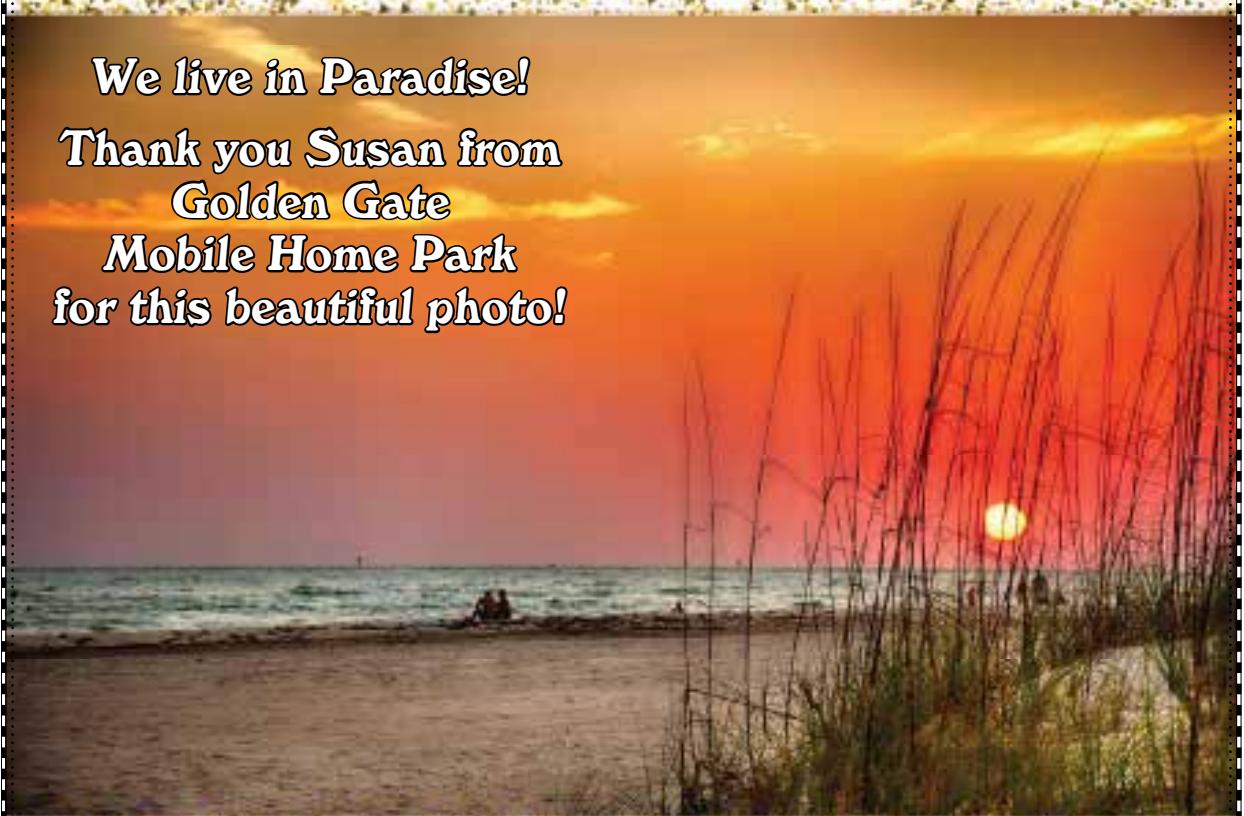
# Park Royale

POST

January • 2026

Issue 11  
49<sup>th</sup> Year

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## **Sun Community Staffing at Park Royale**

Community Manager:	Scott Seegert	727-547-1676
Maintenance Manager:	Mike Milleman	727-547-1676
Office Coordinator:	Cheryl Harris	727-547-1676
Community Support Attendant:	Janet Merchant	727-547-1676
Office Hours:	Monday through Friday	8:00 am to 5:00 pm
Emergency Phone Number:	877-786-6048	(please insert in your contact list)

**Not receiving notifications** from Park Royale Office? You may have opted out of the text/call notifications. If you would like to receive notifications by email, be sure that the office has your current email address.

**Reserving the clubhouse** for an event? Call Cheryl at 727-547-1676 regarding requests for the clubhouse. Whether the event is a club activity or a private event, be sure to verify the availability before Applying for the space. Please keep the area clean and organized to receive your deposit fully refunded.

## **RHOA Board of Officers 2025**

President.....	Richard Anderson .....	727-289-7285 .....	Fun_to_know@outlook.com
Vice President .....	Brian Rice .....	727-390-7583 .....	lookmyeyeschange@gmail.com
Treasurer .....	Susan Seibert.....	610-780-6639 .....	crazygmama@gmail.com
Secretary .....	Jacqueline Melia .....	402-658-1872 .....	tandjmelia@gmail.com

## **Royalite Social Club Executive Board Members and Members at Large**

President.....	Jane Williams.....	574-540-1394.....	jimjane1394@gmail.com
Vice President .....	Nancy Vandal.....	508-677-7437.....	Vandaln813@hotmail.com
Secretary .....	Donna Anderson .....	215-206-3288.....	rockingd5524@gmail.com
Treasurer .....	Cheryl Leist .....	727-685-6895.....	cherylmediaeditor@yahoo.com
Events Coordinator ....	Kellie Stewart-Westbay .....	727-459-9318.....	Westbay.k@aol.com
Events Coordinator ....	Kelley Schafer .....	727-366-4424.....	kjschafer515@gmail.com
Events Advertiser .....	Danielle Ome .....	585-752-0203.....	dani1325@aol.com
Member at Large.....	Nancy Nikolopoulos .....	727-366-9289.....	dinonikolopoulos@yahoo.com
Member at Large.....	Esther Zuppo.....	302-841-3774.....	ezuppo@yahoo.com
Member at Large.....	Annie Dunigan.....	479-957-7274.....	palmtreeannie1@gmail.com
Member at Large.....	Diane Lenox .....	215-816-5156.....	Diane.lenox@yahoo.com
Member at Large.....	Dottie LeBlanc.....	978-420-7274 .....	drrac89@yahoo.com
Member at Large.....	Debbie Burner.....	309-525-3635.....	debrabruner61@yahoo.com
Member at Large.....	Mary O'Marra.....	843-754-5491.....	Homerandharold@outlook.com
Member at Large.....	Sandy Milleman.....	574-248-1708.....	sandymilleman@yahoo.com
Member al Large.....	Kathy Fink .....	720-335-4559.....	Kathy.k.fink@gmail.com
Member at Large.....	Sue Baker.....	530-355-3472.....	gramasubaker@gmail.com

If you have any suggestions for future events, please contact anyone above in the Royalites.

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## NOTICE OF RHOA BOARD MEETINGS 2026-2027

Location: Park Royale Clubhouse

### Calendar:

1. January 12th, Monday at 6:30pm
2. February 9th, Monday at 6:30 p.m.
3. April 13th, Monday at 6:30 p.m.
4. June 8th, Monday at 6:30 p.m.
5. August 10th, Monday at 6:30 p.m.
6. October 12th, Monday at 6:30 p.m.
7. November 9th, Monday at 6:30 p.m. –  
Election Committee
8. December 14th, Monday at 6:30 p.m. –  
Nominations Final
9. January 11th, Monday at 6:30 p.m. –  
Annual Meeting/Election



## Royalite Social Club Events

Saturday January 3rd 2026

### New Year Celebration

Catered Event & Entertainment

Bus Stop band

Steak, chicken Marsala, vegetable medley,  
rice pilaf, green beans,  
Roasted potatoes, dessert  
5:30pm -9:30pm  
\$30 per person

Tuesday January 13th

### La Teresita Restaurant

7101 66th St N

Pinellas Park

11:30am

Last day to sign up is January 10th

Saturday January 17th

### Poker Tournament

1 pm – 4 pm

\$20 to play /\$10 Buy in  
Snacks provided

Saturday February 14th

### Murder Mystery Party

\$10 per person

Bring a Share to snack

Saturday February 21nd

### Park Royale Trivia

6pm – 8:30pm

Know your park, County, City, State

Bring a snack to share

### HOA Meeting

Monday January 12th

6:30 p.m. – Annual Meeting

Bring your own drinks to all events.  
Don't forget to sign up in clubhouse!

**Here is a list of our upcoming events for 2026 so you can plan your time.  
Keep this on your Refrigerator so you don't miss any fun!!!**

**Park Royale Community Events Calendar for 2026**

**ALL RESIDENTS ENCOURAGED TO ATTEND -- COME JOIN THE FUN**

Date	Event	Time
1/3/26 - Sat.	New Year Celebration - Dinner & Dance - \$30/Person	5:30 - 9:30 PM
1/17/26 - Sat.	Poker Tournament - \$20 To Play / \$10 Additional Buy-In - Snacks Provided	1 - 4 PM
1/24/26 - Sat.	Derby Day at Tampa Downs - Price to be Announced - Outside Event - No transportation provided	10 - 4 PM
2/14/26 - Sat.	Murder Mystery Dinner - \$15/Person	5:30 - 9:30 PM
2/21/26 - Sat.	Park Royale Trivia - Know your Park, City, County, State - Bring a Snack to Share	6 - 8:30 PM
3/7/26 - Sat.	Comedy Night - Bring a Snack to Share - \$10/Person	6 - 9 PM
3/10/26 - Tue.	Ladies Tea - Free Event	11:30 AM - 1 PM
3/14/26 - Sat.	Outside Dinner Cruise - Price & Location to be Announced - No transportation provided	Evening - Time TBD
3/21/26 - Sat.	Carport Sale (\$5 Sign-Up to Participate in Carport Sale) - Bake Sale Contributions, Vendors	9 AM - 1 PM
4/11/26 - Sat.	Celebrating Women Brunch - Free Event for Our Special Ladies	9 AM - 12 PM
4/18/26 - Sat.	Celebrating Men Lunch & Corn Hole Tournament - Free Event for Our Amazing Men	12 - 3 PM
5/16/26 - Sat.	Luau Pool Party - Free Event - Donations Appreciated - Bring a Snack to Share	11 AM - 3 PM
6/20/26 - Sat.	Summer Kick-Off Pancake Breakfast - \$5/Person	9 - 11 AM
7/11/26 - Sat.	Red, White & Blue Cookout (Hosted by Scott, Sun Communities) To Be Confirmed	1 - 3 PM
8/1/26 - Sat.	Poker Tournament - \$20 To Play / \$10 Additional Buy-In - Snacks Provided	1 - 4 PM
8/22/26 - Sat.	Pool Party - Bring a Snack to Share	12 - 3 PM
9/26/26 - Sat.	Spaghetti Dinner - \$5/Person	5:30 - 7:30 PM
10/31/26 - Sat.	Halloween Costume Party - \$15/person	5:30 - 9:30 PM
11/7/26 - Sat.	International Dinner & Dance - \$15/person - Polish Food	5:30 - 9:30 PM
11/11/26 - Wed.	Honor Veteran's Day Breakfast Free for Veterans Only & Their Spouse Veterans Plus 1, any non-vets will be \$5	8 - 9:30 AM
11/14/26 - Sat.	Friendsgiving (Hosted by Scott, Sun Communities)	3 - 5 PM
12/5/26 - Sat.	Golf Cart Parade Family Event with Snacks & Hot Chocolate will be served in the Clubhouse - line up starts at 5:30 PM Family event and bring your kids	6:00 - 8 PM
12/5/26 - Sat.	Christmas Craft / Bake Sale - Cheryl L to manage this event	9 AM - 12 PM
1/2/27 - Sat.	Celebrate the New Year - \$25 per person / \$30 at the door	5:30 - 9:30 PM

**Pop Up Events to be Announced**

**\*Activity and date subject to change**

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## **General Information:**

---

### **Park Royale Communication**

Keep informed and Join Facebook.

### **Park Royale HOA**

Learn what is happening with Park Royale residents, homeowner Association.

### **Park Royal Mobile home Community Pinellas Park Florida**

Keep in touch and share information with your neighbors.

### **Royalite Events**

Stay up to date with social activates and events. Contact: Jane Williams

### **Guidelines For Posting “For Sale” Items in Clubhouse**

1. All postings are displayed in the exercise room
2. Signs should not be any larger than 5" x 7"
3. Please date and sign. If there is no date, the sign will be removed
4. If sold, please remove sign
5. If not removed by 2 months from date, the sign will be removed.

Thank You for your cooperation

### **Lending Library**

Come see the library area in the Clubhouse. It is a nice and comfortable area to read a favorite book or to chat with friends. Also check out the puzzles table!

### **Neighborly**

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### **Welcome Wagon**

If you are new to the community in the last few months and did not receive a Welcome Basket and would like to.

Please contact: Richard Anderson 727-289-7285 [Fun\\_to\\_know@outlook.com](mailto:Fun_to_know@outlook.com)

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Calling All Park Royale Residents!!!



Do you like to plan parties and bring your own special brand of fun to a team? We would love for you to become a part of the Royalite Events team in putting on events and the best part is that it doesn't cost anything, except for your time.

This is a great way to meet people, have lots of laughs and have a terrific time all at once.

We will be having a general meeting in early January and everyone is welcome to join on Monday, January 12<sup>th</sup> at 6 PM in the Clubhouse.

Please feel free to contact any of the following folks below to join:

- Jane Williams – 574-540-1394
- Nancy Vandal -508-677-7437
- Donna Anderson – 215-206-3288
- Kelley Schafer – 727-366-4424
- Cheryl Leist – 727-685-6895



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## Veterans Corner

**O**n Veterans Day, November 2025, many of us attended the breakfast honoring our community military service members and their families, and friends.

I had the distinct pleasure to speak with a few women and men that served our country. I was reminded that not only WWII, Korean and Vietnam Veterans are living in our community, but there are also

NATO US Military Veterans that were deployed and served in the Bosnia-Herzegovina uprising among us.

Also, among us during the 1983 invasion of Grenada, US Forces were deployed across that island to protect the lives of American students attending classes there.

Quietly living here and among the 695,000 Gulf War Veterans that served from August 2, 1990 are also our neighbors.

We have neighbors that served In Iraq and Afghanistan. Veterans that humbly do not speak of their sacrifices.

So, may this New Year 2026 also pay tribute to these brave women and men that with not so much as a thank you for serving should know, you are not forgotten.

It is my hope that more of the aforementioned Veterans display their IRAQ/Afghanistan War Veteran Caps. Bosnia War Veterans Caps. Persian Gulf War Veterans Caps. Invasion of Grenada Veterans Caps.

I wish all of you, a Happy, Healthy and Peaceful New Year.

Respectfully,

Sergeant Anthony Suglia  
Command Sergeant Major, Retired, Infantry  
United States Army  
A proud Vietnam Veteran



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## January Birthdays

1. Cathy Maringer
2. Oleg Semyonov, Donna Kushmerick
3. AJ Clark
4. Mark Glassley
5. Mark DeHaven
6. Nancy Nikolopoulos
7. Heather Edmunds
8. Rachel Edmunds
9. Mark Patton
10. Petter Stratton



## Happy Birthday to all!!!

Sincere apologies if anyone was missed on the Birthday list. To be added, corrected, or removed from the birthday list please email Cheryl Leist at: [cherylmediaeditor@yahoo.com](mailto:cherylmediaeditor@yahoo.com)

Thank You, Cheryl Leist

## January Birthstones

### Garnet

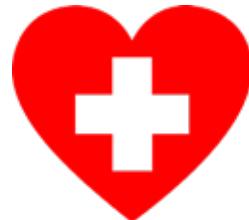
Those born in January are lucky to have the beautiful and diverse garnet as their birthstone. Garnets are commonly red but also come in an extraordinary range of beautiful colors, including orange, yellow, purple and vibrant green.

January's birthstone is garnet, which originated from ancient civilizations like ancient Egypt, where it was discovered around 3100 B.C. The name "garnet" comes from the Latin word *granatus*, meaning "seed," due to its resemblance to pomegranate seeds.



## January Awareness

January is designated for several awareness months, including health and social issues. Key health observances include Cervical Cancer Awareness Month, Glaucoma Awareness Month, Thyroid Awareness Month, and National Blood Donor Month. Social and human rights awareness campaigns for January include National Slavery and Human Trafficking Prevention Month and Mental Wellness Month.



# Did You Know?

The first “modern” computer was built and engineered in January of 1946 at the Moore School of Engineering in Pennsylvania, and to this day January is known as National Clean out your Computer Month, and acts as a way for business's to declutter their workspaces.



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Sunday	Monday	Tuesday
<b>CALENDAR</b> S 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		
4 Pickleball 8:30am Turkey Foot 6 pm	5 Pickleball 8:30 am Billiard 1 pm Hand & Foot 1 pm	Pickleball Poker
11 Pickleball 8:30am Turkey Foot 6 pm	12 Pickleball 8:30 am Billiard 1 pm Hand & Foot 1 pm	Pickleball Poker Ladies 11:30am La Tercera Restaurant
18 Pickleball 8:30am Turkey Foot 6 pm	19 Pickleball 8:30 am Billiard 1 pm Hand & Foot 1 pm	Pickleball Poker
25 Pickleball 8:30am Turkey Foot 6 pm	26 Pickleball 8:30 am Billiard 1 pm Hand & Foot 1 pm	Pickleball Poker

Martin Luther King Jr. Birthday

# Park Royale

Monday	Wednesday	Thursday	Friday	Saturday
			1	2
				3 <b>New Year Celebration 5:30pm 9:30pm \$30 per person</b>
		<b>New Year's Day</b>		
6 ball 8:30am 6 pm  Epiphany	7 Pickleball 8:30 am Hand & Foot 6:30pm  Bocce Ball 6:30 pm	8 Pickleball 8:30 am Cornhole 6:30 pm Poker 6 pm Turkey Foot 10 am	9 Pickleball 8:30 am Fun Friday Shuffle 10 am	10 Pickleball 8:30am
13 ball 8:30am 6 pm Luncheon am esita ment	14 Pickleball 8:30 am Hand & Foot 6:30 pm  Bocce Ball 6:30 pm	15 Pickleball 8:30 am Cornhole 6:30 pm Poker 6 pm Turkey Foot 10 am	16 Pickleball 8:30 am Fun Friday Shuffle 10 am	17 Pickleball 8:30am Poker Tournament 1pm-4pm \$20 to play \$10 buy in Snacks provided
20 ball 8:30am 6 pm	21 Pickleball 8:30 am Hand & Foot 6:30 pm  Bocce Ball 6:30 pm	22 Pickleball 8:30 am Cornhole 6:30 pm Poker 6 pm Turkey Foot 10 am	23 Pickleball 8:30 am Fun Friday Shuffle 10 am Card Bingo 7pm	24 Pickleball 8:30am
27 ball 8:30am 6 pm	28 Pickleball 8:30 am Hand & Foot 6:30 pm Bocce Ball 6:30 pm	29 Pickleball 8:30 am Cornhole 6:30 pm Poker 6 pm Turkey Foot 10 am	30 Pickleball 8:30 am Fun Friday Shuffle 10 am	31 Pickleball 8:30am

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16



## Insulation and Vapor Barrier Repairs



## Activities Every Month

---

**Billiards**

Every Monday 1:00 pm

**Turkey Foot**

Every Sunday 6:00 pm & Thursday 10am

**Card Bingo**

Every fourth Friday of the month 7:00 pm

**Poker**

Every Sunday, Tuesday & Thursday 6:00 pm

**Cornhole**

Every Thursday 6:30 pm

**Pickleball**

Every day 8:30 am

**Hand and Foot**

Every Monday 1:00 pm &  
Wednesday 6:30 pm

**Fun Shuffle**

Please take Fun Friday Shuffle  
Every Friday 10 am

## Activity Coordinators

---

<i>Billiards</i> .....	<i>Dan Hogan</i> .....	<i># 291 Cambridge</i>
<i>Block General</i> .....	<i>Nancy Nikolopoulos</i> .....	<i># 278 Essex</i>
<i>Card Bingo</i> .....	<i>Al Seibert</i> .....	<i># 144 Tudor 4th Friday</i>
<i>Golf</i> .....	<i>Joe Kuhn (snowbird)</i> .....	<i># 246 Oxford</i>
<i>Hand and Foot</i> .....	<i>Sue Simms</i> .....	<i># 263 Oxford</i>
<i>Hand and Foot</i> .....	<i>Bev Pightling</i> .....	<i># 155 Tudor</i>
<i>Helping Hands</i> .....	<i>Diane Dirks Lenox</i> .....	<i># 191 London</i>
<i>HOA</i> .....	<i>Richard Anderson</i> .....	<i># 168 London</i>
<i>Poker</i> .....	<i>Mike Milleman</i> .....	<i># 26204 Stratford</i>
<i>Pickleball</i> .....	<i>Bill Arsenault</i> .....	<i># 175 London</i>
<i>Royalite Social Club</i> .....	<i>Jane Williams</i> .....	<i># 297 Essex</i>
<i>Shuffleboard</i> .....	<i>Bob Tocchi</i> .....	<i># 166 Tudor</i>
<i>Veteran's Corner</i> .....	<i>Anthony Suglia (snowbird)</i> .....	<i># 268 Oxford</i>
<i>Welcome Wagon</i> .....	<i>Shelly Stuchell</i> .....	<i># 205 Stratford</i>
<i>Wine &amp; Paint Class</i> .....	<i>Joe Kuhn</i> .....	<i># 246 Oxford</i>

*If you are a player in any of the above activates, just ask if you can help them with your activity.*

## Editor's Notes

---

**P**lease have your information in to me no later than January 10th

For February newsletter.

If there are any changes or updates please email and I will change it.

Thank you All, Cheryl Leist  
[cherylmediaeditor@yahoo.com](mailto:cherylmediaeditor@yahoo.com)

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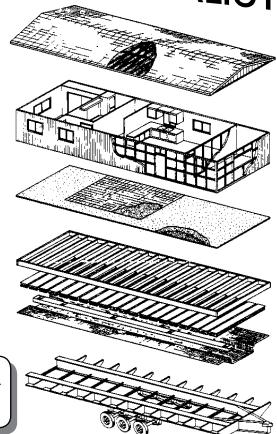
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34 ★ **587-0876** 34

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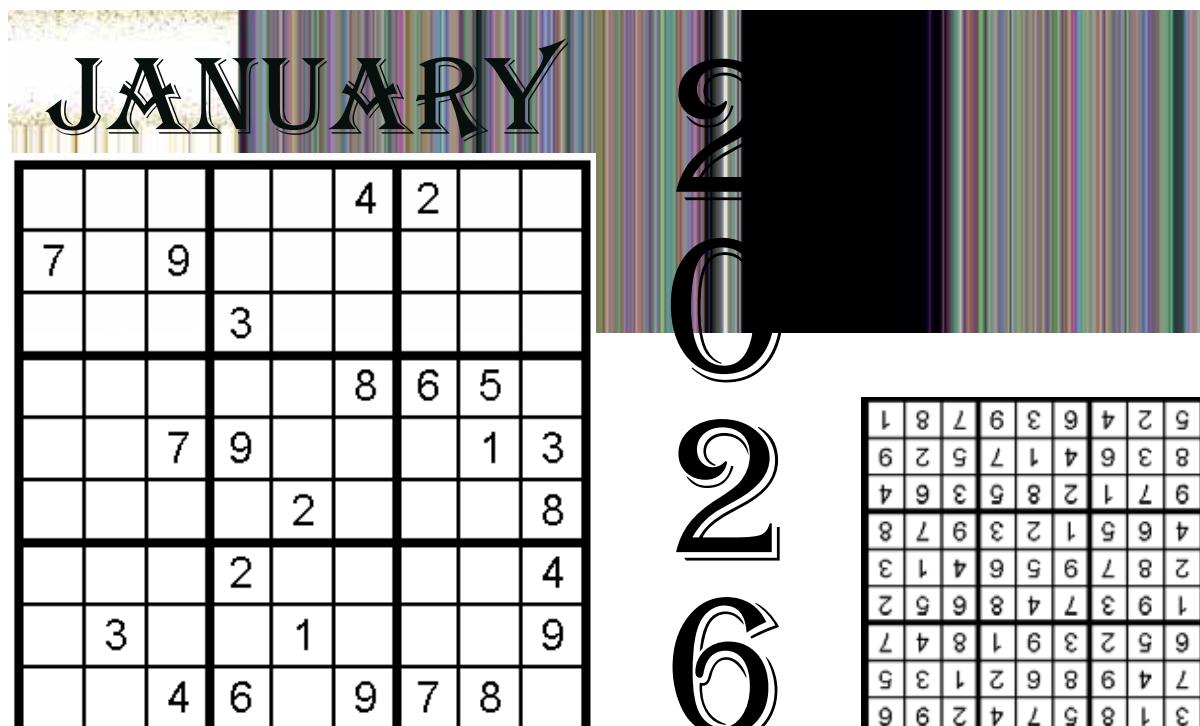
## January Fun Facts & Recipes

**J**anuary is named after the Roman god Janus, and it was the 10th month in the old Roman calendar until Julius Caesar added a 31st day to it. The month's birthstone is garnet, its birth flower is the carnation, and it marks winter in the Northern Hemisphere while being a summer month in the Southern Hemisphere. Historically, January has been called Wulfmonath ("wolf month") by the Anglo-Saxons and was once a time when the hungry wolves were prevalent.

January recipes often focus on **cozy, hearty, and healthy meals** to provide warmth during winter and support New Year's resolutions. Popular options include a variety of soups, stews, casseroles, and healthy chicken dishes.

January is National Soup Month, making it a perfect time for warm, comforting

- **Hearty Minestrone Soup:** A vegetable-packed, fiber-rich soup that makes a great meal on its own.
- **French Onion Soup/Chicken Lasagna Roll-Ups:** Classic French onion flavor can be enjoyed in traditional soup form or incorporated into new dishes like lasagna roll-ups or even grilled cheese.
- **Spicy Crockpot Chili:** A little smoky and spicy, chili is a filling slow-cooker meal that's great for a crowd.
- **Creamy Curry Cauliflower Soup:** A vegetarian option that's flavorful and warming.
- **Lamb Stew with Red Wine:** A rich, tender, and hearty stew perfect for a chilly evening.





## The courage to try

**L**ife lessons can come from the most unlikely sources if we are open to receiving what they have to offer us. For Tricia Goyer, a wife, mother, and accomplished author, a lesson in bravery came from her twentysomething son Nathan.

When he announced his plans to write a book, Goyer encouraged him and even promised to edit it once the manuscript was completed. With 500 magazine articles bylines and more than 50 published books of nonfiction and fiction, Goyer knew her insight would be beneficial. She also knew that Nathan had a gift for creating and telling stories, which had been a favorite pastime since his childhood.

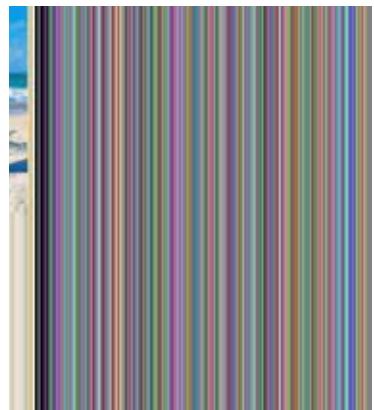
As Goyer edited Nathan's rough draft she realized that her son had a talent for writing and decided they should hire a professional editor to review the text. The editor also liked Nathan's work and offered the aspiring novelist some constructive feedback.

After the rewrites were finished, Goyer told her son to start weighing his options about next steps in the publishing process. He could go the traditional route and work with a publisher, or self-publish. Nathan told her he'd need time to think things over and then excused himself to run an errand. He returned a short time later and announced that he would self-publish his work as an e-book. The next day his novel *Bask* was for sale on Amazon.com. It has even received a few positive reviews.

For Goyer, taking those next steps in the process of publishing one of her many books has never been something she could act on with that kind of certainty or efficiency. She says she would first share copies with as many as 20 friends and consider their feedback. Next she might attend a workshop or conference to solicit even more feedback and advice before deciding which route to take.

Nathan has inspired Goyer to believe that "sometimes we just need to roll up our sleeves and do what we've been afraid to try."

# JANUARY



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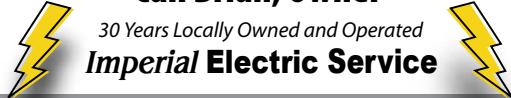
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## Who you want to be

**A** farmer on his way into town pulled over to pick up a young man thumbing for a ride. The two men began to talk, with the younger man sharing his experiences of his solo hiking and camping adventures.

“So what do you plan to do when this is over?” the farmer asked.

The young man mapped out his plans of a university education, graduate school, a job with a fancy title and a huge salary, future board positions, his own company, and more money than he could spend in three lifetimes. “You know what they say,” the young man remarked. “You should dream big or not dream at all.”

“It’s a pretty big dream,” the farmer said, “but little more than that.”

The farmer continued, “It seems to me that if you wanted to accomplish any of those things you wouldn’t be hitchhiking through small towns. You’d be somewhere else working and building on the knowledge and skills required to help you achieve your goals.”

“Right now, I’m figuring out who I am,” the young man said.

“Why don’t you try figuring out who you want to be?” the farmer replied.

LOOK  
To THE  
FUTURE

## Quotes

**W**e are, as a species, addicted to story. Even when the body goes to sleep, the mind stays up all night, telling itself stories.  
—John Gottschal

Words are how we think; stories are how we link.

— Christina Baldwin



# January Word Search



alive	drive	honor	lost	right
board	empty	hopeful	matter	score
brilliant	excise	knock	money	street
carry	expect	lane	movies	style
casino	fees	later	phone	test
compete	flush	light	possession	things
destination	foot	loose	repeat	tornado
				wealth

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17 ★ 16



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28

and up

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## Three tips to spark your brain

**E**veryone can be creative, as long as they're willing to give up some pre-conceptions about what being creative really means. Try these tactics for opening up your mind to innovative possibilities:

- **Focus on intuition, not intelligence.** You don't have to be a genius to be creative. Train yourself to listen to your feelings, random thoughts, dreams, and intuition. Often ideas and solutions come to us when we aren't looking.
- **Give yourself space to think.** Collecting data about what you're working on is good, but don't let facts crowd out your creative impulses. Set the information aside and step back to allow your mind to process it without pushing. Build some room inside your head to let ideas grow.
- **Try something different.** Breaking your routine can lead to creative insights. See the kind of movie you'd never ordinarily watch. Take a walk in a new neighborhood. Fly a kite, or take up a new exercise regimen. Mixing things up can help your mind look at the world in new and different ways, sparking your imagination.

## How creative types have gotten into the groove throughout history

**S**ome people take unusual steps to get their creative impulses going. From the Mental Floss website, some examples of how famous folks have jumpstarted their imagination:

- **Yoshiro Nakamatsu.** This Japanese inventor with more than 3,000 patents to his name dives underwater, holds his breath, and scribbles ideas on a Plexiglas board in his swimming pool.
- **Leonardo da Vinci.** The Italian artist and inventor honed his creative instincts by taking short naps every four hours throughout the day. He's said to have slept a total of just two hours every day.
- **Thomas Edison.** This inventor was also a fan of naps, with a twist: He'd sit up holding a handful of marbles and think about the problem he was working on until he fell asleep. When the marbles dropping to the floor woke him up, he wrote down whatever came into his mind, regardless of whether it offered a solution.
- **Johann Wolfgang von Goethe.** The German poet kept a rotten apple on his desk, insisting that it helped him write more effectively.
- **Charles Dickens.** The British novelist would write only at a desk facing due north.



## Stay healthy by managing your digestion

If you're trying to watch your weight, consider what you know about the digestive process. According to the Medical News Today website, digestion actually begins when food enters the mouth, but the entire process can take 24 to 72 hours. Food high in protein and fats, like meat and fish, takes longer; high-fiber foods like fruit and vegetables are quicker to digest; sweets like candy and pastries are fastest. To improve digestion, follow these guidelines:

- **Eat a balanced diet.** Concentrate on foods high in fiber: fruits, vegetables, legumes, and whole grains. Limit your meat consumption, along with processed and fast foods.
- **Keep yourself hydrated.** Water, juice and tea keep food moving through the digestive system and help to prevent constipation.
- **Eat probiotics.** These foods supply helpful bacteria that can keep the bacteria in your gut in balance. Try yogurt, kefir, sauerkraut, kimchi, miso, and fermented vegetables.
- **Exercise.** Regular physical activity aids the digestive tract. A simple walk can relieve bloating, gas, and constipation.
- **Manage your stress.** Stress can slow digestion and cause heartburn, cramping, and bloating. Practice meditation, deep breathing exercises, and yoga.
- **Practice good dental hygiene.** Because digestion begins in the mouth, keeping your teeth in good health is important. Visit a dentist regularly, and be sure to brush and floss daily.

## One hour of exercise may relieve depression

Feeling depressed? Get moving. As the Medline Plus website reports, a survey of some 34,000 adults found that people who exercise just one hour a week have a 44 percent lower risk of depression over 10 years than those who don't exercise at all.

A Norwegian survey tracked exercise habits along with depression and anxiety risk among people with an average age of 45 who underwent physical exams and filled out questionnaires about their medical needs and lifestyles. The results showed that the intensity of the exercise didn't matter—an hour-long walk provided just as much relief as a high-impact workout.

Exercise didn't appear to have any effect on anxiety risk, but the researchers found that regular exercise for at least one hour per week was connected to a lower risk of depression, regardless of gender or activity intensity.

However, more than an hour's exercise didn't appear to further decrease the risk of depression substantially. Also, the scientists have noted that they haven't proven a direct cause-and-effect relationship between exercise and depression.

Still, it sounds like another good reason to get off the couch and start up a modest exercise routine.

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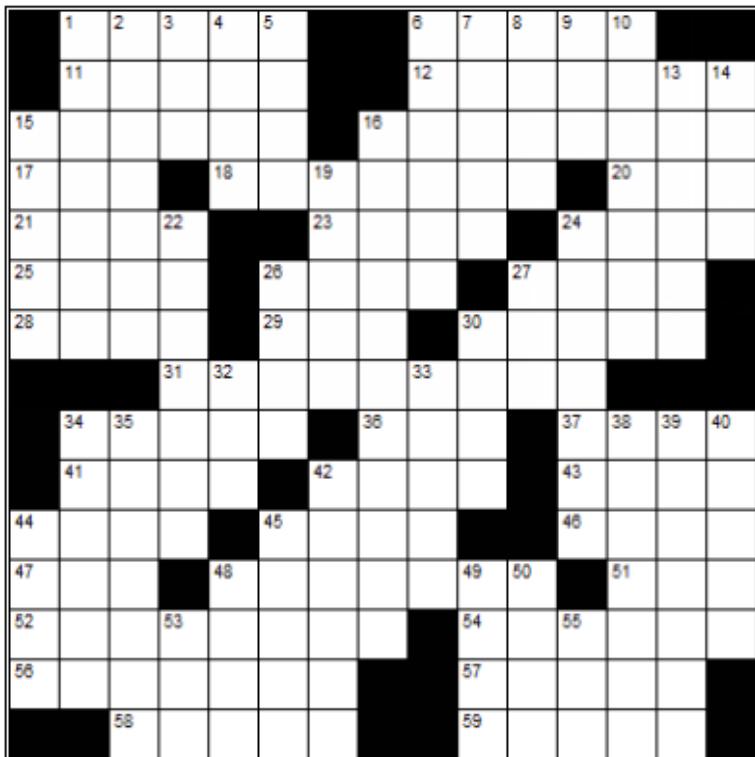


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# JANUARY CROSSWORD



## DOWN

- Land
- Male genitalia
- Uncooked
- Small island
- Not more
- Arrive past due
- Utilizers
- Neuter
- 2000 pounds
- Kill oneself intentionally
- Breathes noisily while sleeping
- They come from hens
- Started
- Gun repairing
- Dogs wag these
- Anticlimax
- Blimp
- Opening

- Deli loaf
- King of the jungle
- Anagram of "One"
- They can be fraternal or identical
- On land
- One who establishes
- Building
- Mammals like camels
- Apprehensive
- Objects
- Fired a projectile
- Holy person
- Smile
- Gorillas
- English royal house
- An uncle
- Fifty-two in Roman numerals

## ACROSS

- Spring month
- Failures
- Pursue
- Take up the cause
- Barroom fights
- Harvesting
- Snake-like fish
- Wide part of a river
- Sprocket
- Chutzpah
- Picnic insects
- Broadcasts
- Chills and fever
- Workshop gripper
- Fair attraction
- Bird home
- Type of tree
- Harps
- Amounts per unit size
- Underway
- One plus one
- Make well
- Scattered seed
- Not fat
- Inactive
- Blackball
- Tibia
- Tube
- Term of endearment
- Deny
- Distant
- Making menu requests
- A plan of action
- Abounding
- Genus of heath
- Leases
- Where clouds are



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