



OFFICE: 9191 Bay Pines Boulevard • St. Petersburg • FL 33708 • (727) 392-8858

HARBOR LIGHTS

• SCUTTLEBUTT •

July • 2023

Issue 5 47th Year

Four Season's Hula Dancers!

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- St. Petersburg Fire Dept.893-7694
- Pinellas County Sheriff582-6200
- Florida Highway Patrol.....570-5010
- Seminole Police Dept..... 595-5414
- Seminole Fire Dept..... 393-8711

Emergency - 911

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- Duke Energy727-443-2641
- Power Outage.....1-800-700-8744
- Frontier Services1-800-921-8101
- Directory Assistance411
- Direct TV/ATT1-800-531-5000
- Teco Gas826-3333
- WOW855-340-4459



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- DMV-Tags, Driver’s License
- 1800 66th St. N., St. Petersburg.....464-7777
- St. Petersburg Chamber of Commerce...821-4069
- St. Petersburg City Hall893-7171
- St. Petersburg Post Office(800) 275-8777
- St. Petersburg Main Library.....893-7724
- Social Security Administration(800) 772-1213
- Seminole City Clerk398-3107
- Waste Management888-964-9744
- Seminole Recreation Dept391-8345
- VA Regional Office Benefits Info1-800 827-1000

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- Bay Pines VA10,000 Bay Pines Blvd., St. Petersburg, 33708398-6661
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- Largo Medical Center201 14th St. SW, Largo 33770.....588-5200
- Morton Plant300 Pinellas St., Clearwater 33756.....462-7000
- Palms of Pasadena.....1501 Pasadena Ave S., St. Petersburg FL 33707727-381-1000
- Northside.....6000 49th St. N., St. Petersburg 33709.....521-4411
- St. Petersburg General.....6500 38th Ave. N., St. Petersburg 33710384-1414
- St. Anthony’s.....1200 7th Ave. N. St Petersburg825-1100

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John 3:16

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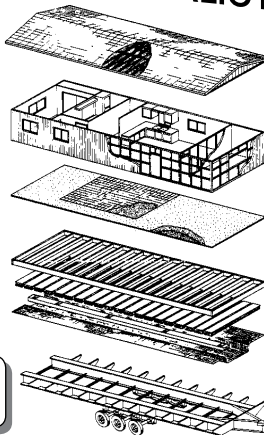
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Secretary -	Karen Kovac		Brian Mahoney
Treasurer -	John Cmiel		Gail Warner
			Bill Yunck

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Secretary -	Jo Stead		Pam Gonzalez
Treasurer -	Kevin Tompkins		Diane Hadfield
			Diane Piscopo
			Gail Warner

WEEKLY REPEAT EVENTS – QUICK PEEK

All Mondays	Water Aerobics	8:30am
	Bocce	9:00am & 6:00pm
All Tuesdays	Water Aerobics	8:30am
All Wednesdays	Water Aerobics	8:30am
All Thursdays	Water Aerobics	8:30am
All Fridays	Water Aerobics	8:30am
	Bocce	9:00am & 6:00pm



HURRICANES:

Stay mindful of hurricane season, we are only in the second month of the season. Information was in both May and June Scuttlebutt issues. Review those, get/stay prepared. You never know what might be just around the corner.



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

EUCHRE:

Reminder: Here are the dates for the spring/summer euchre tournaments:
Please note there are some Wednesdays in place of Thursday!!

July - Wednesday, July 5
August - Wednesday, August 2
September - no tournament
October - Thursday, October 5



Euchre will be played any month they have at least 12 players (3 tables).

TRAIL GATE:

As per a previous e-mail from management, everyone was informed of the changing codes to the trail gate.

The code will be changed at the end of each month.

This is the July code for all our residents using the trail gate: 1980

QUOTES FOR THE MONTH:

“**A**nd so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.” F. Scott Fitzgerald

“The summer night is like a perfection of thought.” Wallace Stevens

ANIMAL TRIVIA:

1. What is the common name for *Orcinus Orca*?
2. On what continent does the armadillo come from?
3. Which two mammals lay eggs?
4. Which jellyfish has the most dangerous poison for humans?
5. What backboneed animal is thought to live the longest?





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To our valued customers:

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

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

Wishing you good health and safety,
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2 ★ 2

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HERE'S WHAT'S COOKING:



Dill Pickle Dip:

1 container 8 (oz) chive & onion cream cheese spread, ½ cup sour cream, 2 T pickle juice, ¼ tsp garlic powder, 1 cup dices kosher dill pickles, and 4 tsp chopped fresh dill weed, Pretzels or potato chips.

1. Beat cream cheese spread, sour cream, pickle juice and garlic powder with electric mixer on medium speed until blended and smooth.
2. Stir in pickles and dill. Cover and refrigerate 1 hour before serving. Serve with pretzels or chips.

If you have a recipe you would like in the Scuttlebutt for others to enjoy, please send it via e-mail to jafroscoe46@yahoo.com

LIGHT HUMOR:

My Friend Jack says he can communicate with vegetables. That's right Jack and the beans talk.

How much does a chimney cost? Nothing, it's on the house.

I went to the paint store to get thinner. It didn't work!!!



STAY INFORMED:

For all you snow birds, and residents on extended vacations, stay current with what is happening in Harbor Lights Community while you are away by viewing this newsletter on-line at www.monthly-media.com.



LAWN CARE REMINDER:

The schedule is: July, August, September and October – weekly.
Specific date are not available, lawn care typically takes place on Wednesdays.



FACEBOOK PAGE:



Did you know we have a Harbor Lights Social Club Facebook Page?

Membership is open to all residents, family and friends interested in the activities at Harbor Lights. It's a convenient way to stay in touch with friends and our social activities all year long.

Join us on Facebook at "Harbor Lights Mobile Park Group".

TRIVIA ANSWERS:

1. Killer Whale
2. Africa
3. Duck billed platypus and the spiny anteater
4. Box jellyfish
5. Greenland Shark



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John 3:16

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Carol Zapiecki, Clearwater, FL



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15 ★ 14



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Help us offer activities that you are interested in joining! Please pull this page, complete the information, and hand it to one of the Social Club Board members! Thank you

Social Club idea:

How to make it special:

Are you willing to chair or co-chair this event?

If undecided, would you work alongside a Social Club member to become familiar with chairing an event, and possibly chair and/or co-chair an event in the future?

Name: _____

Phone Number: _____

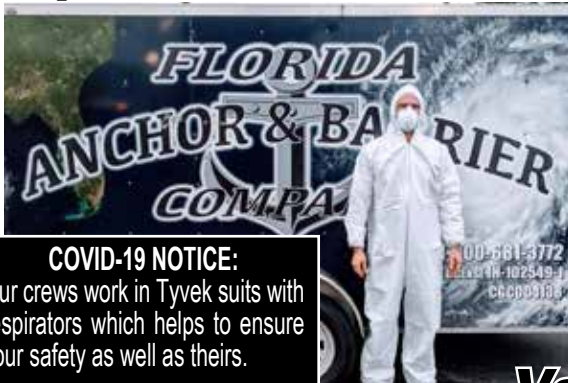
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Harbor Lights Social Club Board

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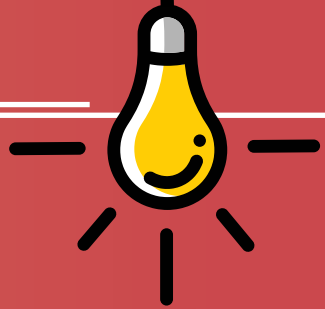
15 ★ 11590 U.S. Highway 19 North • Clearwater • FL 33764 **15**

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JULY • 2023

Sunday	Monday	Tuesday
AUGUST 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 29 30 31		
2	3 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce	8:30am Aerobics Indep
9	10 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce	8:30am Aerobics
16	17 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce World Emoji Day	8:30am Aerobics
23	24 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce	8:30am Aerobics
30	31 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce International Friendship Day National Chili Dog Day	

Harbor Lights

Tuesday	Wednesday	Thursday	Friday	Saturday
				1 International Joke Day National Postal Worker Day American Zoo Day
4 a - Water cs Independence Day	5 8:30am - Water Aerobics Euchre 6:30pm	6 8:30am - Water Aerobics	7 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce World Chocolate Day Tell the Truth Day	8
11 a - Water cs	12 8:30am - Water Aerobics Paper Bag Day	13 8:30am - Water Aerobics	14 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce Mac and Cheese Day	15
18 a - Water cs	19 8:30am - Water Aerobics National Ice Cream Day	20 8:30am - Water Aerobics	21 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce	22
25 a - Water cs	26 8:30am - Water Aerobics National Aunt and Uncle Day National Parents Day	27 8:30am - Water Aerobics	28 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce	29 International Tiger Day National Chicken Wing Day

SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

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

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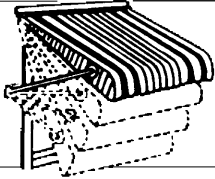
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15



15

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July Monthly



National Purposeful Parenting Month. July 1–31. To encourage parents to incorporate purpose in their parenting. To elevate the level of parental effectiveness by building awareness and providing interested participants with tips for positive, conscientious parenting. For more information, browse www.parentingwithoutpressure.com.

National Recreation and Parks Month. July 1–31. To showcase and invite community participation in quality leisure activities for all segments of the population. For more information, browse www.nrpa.org.

Social Wellness Month. July 1–31. Improve your social and communication skills and learn to act appropriately in prominent situations. For more information, browse www.WordsOfWellness.com.

Air Conditioning Appreciation Days. July 3–Aug. 15.

Northern Hemisphere. During Dog Days, the hottest time of the year in the Northern Hemisphere, acknowledge the contribution of air conditioning to a higher quality of life. For more information, browse www.ari.org.

Weekly

Freedom From Fear of Speaking Week. July 3–9. This week is dedicated to stamping out the fear of public speaking. For more information, browse www.WriteSpeakforSuccess.com.

Freedom Week. July 4–10. To disseminate throughout the world information about freedom and liberty. For more information, browse www.friendshipandgoodwill.org.

National Rabbit Week. July 15–21. To pay tribute to the rabbit for being a great companion to humans as a house pet. Recognition should also be given to any rabbit that has done something special for mankind (saved someone's life, visited someone in the hospital). For more information, call 514.849.0888.

Restless Leg Syndrome Education and Awareness Week. July 18–25. To raise awareness about RLS. More than 12 million Americans have severe leg pains called Restless Leg Syndrome. For more information, browse www.ppsinc.org.

Daily

Stay Out of the Sun Day. July 3. For health's sake, give your skin a break today. For more information, browse www.wellcat.com.

Independence Day (Fourth of July). The United States commemorates adoption of the Declaration of Independence by the Continental Congress on July 4, 1776.

National Ice Cream Day. July 16. To promote America's favorite dessert, ice cream, on Sundae Sunday.



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The importance of proofreading ...



The following is a list of newspaper corrections that has been widely circulated over the Internet:

- Important notice: If you are one of hundreds of parachuting enthusiasts who bought our Easy Sky Diving book, please make the following correction: on Page 8, line 7, the words state zip code should have read pull rip cord.
- There was a mistake in an item sent in two weeks ago which stated that Ed Burnham entertained a party at crap shooting. It should have been trap shooting.
- There are two important corrections to the information in the update on our Deep Relaxation professional development program. First, the program will include meditation, not medication. Second, it is experiential, not experimental.
- Our newspaper carried the notice last week that Mr. Oscar Hoffnagle is a defective on the police force. This was a typographical error. Mr. Hoffnagle is, of course, a detective on the police force.
- In a recent edition, we referred to the chairman of Chrysler Corporation as Lee Iacocoo. His real name is Lee Iacocca. The Gazette regrets the error.
- Apology: I originally wrote, “Woodrow Wilson’s wife grazed on front lawn of the White House.” I’m sorry that typesetting inadvertently left out the word “sheep.”
- In one edition of today’s Food Section, an inaccurate number of jalapeño peppers was given for Jeanette Crowley’s Southwestern Chicken Salad recipe. The recipe should call for two, not 21, jalapeño peppers.
- The marriage of Miss Freda vanAmburg and Willie Branton, which was announced in this paper a few weeks ago, was a mistake which we wish to correct.

—from various online sources

How a town got its name



Sometimes towns get their names because of founders, prominent citizens or natural landmarks. But a town in southern Ohio has a more colorful history it would seem. Knockemstiff, Ohio, is a tiny hamlet that has no main roads or stores. One story about how the town got its unusual name is that it was named for the fighting ability of its young men. Another story is that there was a huge brawl in the town saloon. The third, and final story about how the town got its name is that an angry wife asked the town preacher how she could get her cheating husband to stay home. The preacher’s answer: “knockemstiff.”

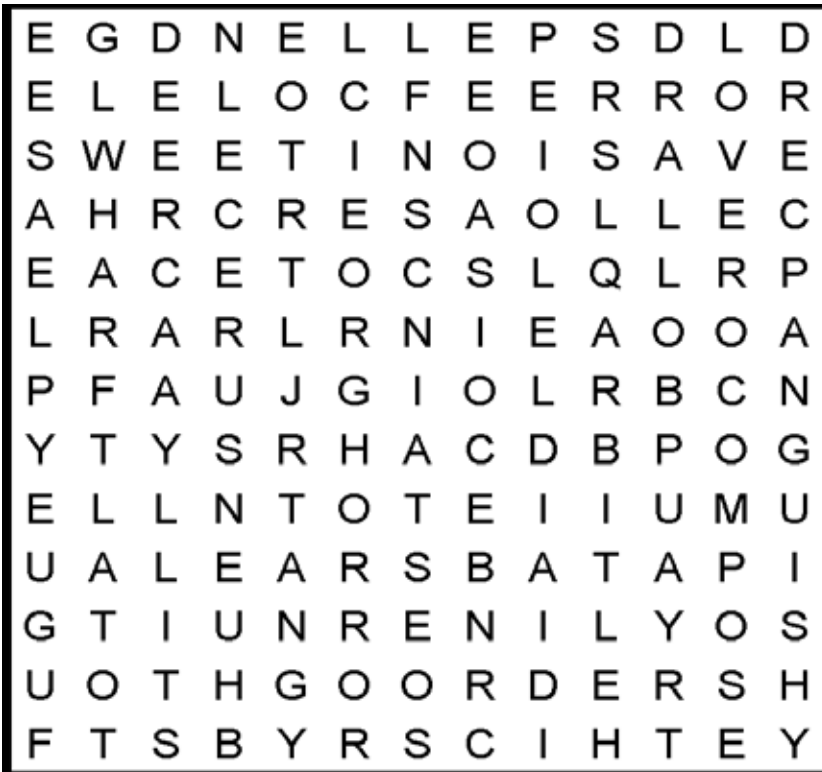
— adapted from amusingfacts.com

Be yourself

The privilege of a lifetime is being who you are. —Joseph Campbell



July Word Search



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electricity

gals
gully

orders

spell
stain
still
sweet

balance
bollard

ensure
error
ethics

horror

penetrate
piano
please
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Quotable Humor



On greatness

Few great men would have got past personnel.
— **Paul Goodman**

When all else fails...

When I asked my accountant if anything could get me out of this mess I am in now he thought for a long time and said, 'Yes, death would help.'
— **Robert Morley**

A consultant defined

The definition of a consultant: Someone who borrows your watch, tells you the time and then charges you for the privilege.
— **Anonymous**



Imagination

Anyone who lives within their means suffers from a lack of imagination.
— **Oscar Wilde**

Bargains

A bargain is something you can't use at a price you can't resist.
— **Franklin Jones**



On accuracy

I'm not a paranoid, deranged millionaire. Goddamit, I'm a billionaire.
— **Howard Hughes**

On following the money

I rob banks because that's where the money is.
— **Willie Sutton**

They were a people so primitive they did not know how to get money, except by working for it.
— **Joseph Addison**



On children

The first man gets the oyster, the second man gets the shell.
— **Andrew Carnegie on children**

On gambling

*I had a nest egg but I lost it gambling...
I was betting I'd be dead by now.*
— **Drew Carey**



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Why you should be careful if barefoot on the beach

If you're planning a family vacation, and visions of walking barefoot down a beach are dancing in your head, you might want to reconsider and wear shoes. Why? Walking down a beach barefoot can lead to hookworm. Dr. Robin Carder, a pediatric dermatologist at Children's Medical Center in Dallas, says that it is common to see families return from vacation and have a member suffer from hookworms. Hookworms come from feces that dogs and other animals leave on the sand. Unfortunately, some of the fecal matter remains in the sand, and when a person walks barefoot, a hookworm can hook into the sole of the foot, Carder says. Symptoms are itchy eruptions that can turn into pus filled blisters. If you think you have hookworm, you should seek treatment from a dermatologist. —adapted from the Children's Medical Center (in Dallas) Web site



A few tips for keeping your dog safe in hot weather

Dogs are often like members of the family, so you will want to treat them with care during hot weather. Here are a few tips to keep your four-legged friends happy and healthy:



- Never leave your dog—or any animal—in the car during hot or even warm weather. The interior temperature of your car can easily soar to 120 degrees in just minutes. The only way your dog can cool down is through panting and through the pads of their feet. Many animals die every year because their owners leave them in cars. Even if you leave the windows partially down, the temperatures can soar to dangerously high levels.
- Don't let your dog ride in the bed of a pickup truck. Serious eye injuries can occur from debris hitting their eyes at up to 70 miles per hour. The dog could also be thrown into oncoming traffic or could fall underneath the truck and be injured. Serious injury or death can also occur when a driver hits the brakes suddenly, swerves or is hit by another vehicle.
- Keep your dog away from fertilizers, plant foods and insecticides. They can be fatal if your pet ingests them. Don't let your pet walk or play on a treated lawn.
- Make sure your pet always wears an ID tag. Even if your dog has an embedded identification chip, you'll still want to make sure he has a tag so that he can be returned quickly to you if he is found. It's also a good idea to keep a current picture of your pet with you. That way, if he disappears or wanders off, you have a photo to show to people when you ask them if they've seen your dog.
- Give your dog prescribed heartworm medicine on a regular basis. It is also a good practice to use only flea and tick medications prescribed by your dog's veterinarian.
- Make sure your pet has plenty of water and shade when he's outdoors. You'll also want to make sure your dog isn't walking on hot asphalt when the heat is high, because it can burn his paws.

—adapted from the Missouri University Veterinary Medical Teaching Hospital Web site



July



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2	6	4	1	7	3	9	5	8

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 -Monthly Media Staff



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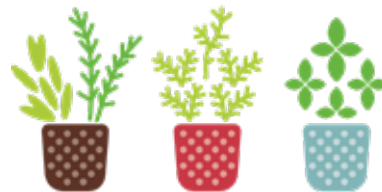
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The anti-cancer lowdown on herbs and spices

Many spices and herbs are believed to be imbued with health-building properties and have anti-cancer effects. Herbs and spices are believed to be full of antioxidants, which prevent the damage that free radicals can do to cells.

The National Cancer Institute has identified the following herbs and spices as having cancer-preventing properties: tarragon, cumin, coriander, anise, caraway, turmeric, fennel, rosemary, thyme, oregano and sage. Some of these; caraway, tarragon, fennel and cumin; may also prevent tumor growth, and they are believed to reduce cholesterol levels. Coriander, it is believed, is effective in combating carcinogens. Turmeric contains curcumin, which gives it a yellow color, and has been shown to protect mice against Alzheimer's. Saffron and paprika are believed to stimulate immunity. Cloves and nutmeg are believed to fight bacteria, and chili peppers and ginger might help prevent tumor formation. Cinnamon could be a possible treatment for diabetes in the future. One to two teaspoons were found to lower blood sugar and prevent insulin spikes. —adapted from the U.C. Berkeley Wellness Letter



A hodgepodge of health tips

Here is a smattering of tips to keep you at your best:



- If you need long-lasting energy, eat foods like lentils, soybeans, couscous and dried fruits.
 - Make sure that you drink plenty of water. Eight to 10 glasses a day help replenish and cleanse the body.
 - Want to feel better? How about popping a chocolate kiss in your mouth. Just one has been shown to raise endorphin levels and make you feel better. More, however, won't make you feel any better than just one.
 - Add ginger to your recipes. Ginger has been used since ancient times in China to help digestion and cleanse the body.
 - After age 30, people begin to lose muscle mass, and it becomes increasingly important to perform weight-bearing exercises.
 - Eat 1 cup of yogurt per day. Women who ate 1 cup of yogurt per day for six months got 33 percent fewer yeast infections, according to a recent study.
- adapted from iVillage.com

Inspiration

*People are not lazy. They simply have impotent goals —
that is, goals that do not inspire them.*

—Anthony Robbins



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Precision Vapor Barriers

Have You Looked **UNDER** **PROTECT**
Your Home Lately? **YOUR HOME**

**Fix Small Problems Today
Before They Cause Serious Damage!**

We will inspect and photograph any issues, showing you pictures of the underside of your home. Damaged & worn vapor barriers can create high energy costs and allow mold & mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture & Animals out of your Home.



Repairs will be made quickly and include a
20 Year Transferable Warranty!

**10%
MILITARY
DISCOUNT**

Call Us for a **FREE NO-PRESSURE No-Obligation Estimate**

727-431-6875

800-492-3890

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Sales@PrecisionVaporBarriers.com

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License #OCL0027169 • Bonded • Insured

New A/C System

**10 yrs.
PARTS**

As Little As \$100 Monthly

Wells Fargo Financing with Approved Credit

E&E GLIDDON

LIC # CACO 24340

AIR CONDITIONING

100% SATISFACTION GUARANTEE

Comfortmaker
Air Conditioning & Heating

FREE ESTIMATES
on NEW UNITS

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\$65⁰⁰ A/C INSPECTION
or Repair Call
(Mon.-Fri. 8AM-4:30PM)

After Hours Service
Service All Units



727-546-4343



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