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#### From The President

Diane McSweeney

ear Shareholder residents. Summer is upon us. It's very hot and wet. This has created great plant growth in sunny and rainy Florida. Please be vigilant about the weed growth around our homes. Please be sure your caretaker is attending to the property.



A reminder about the erosion control project that is taking place on Palm Dr. Phoebe Garrett will be planting "native" plants in twenty foot sections to control erosion of the area. Currently weeds are being trimmed to a 12-inch height until all the plantings are completed. This also prevents grass clippings from entering the water. Remember the park spent a considerable amount of money having the area dredged three years ago. We are hoping not to have to do this again. This project is the result of the Long and Short Range committees efforts to control erosion and deposition in the area. Different options have been explored; seawall, a sock, a Gambian basket, and natural plantings have been discussed. Last year a representative from USF botanical gardens did an excellent presentation on natural ways to preserve our water and prevent erosion. It was decided a natural approach would be the most cost effective at this time. The area will be very aesthetically pleasing once the project is completed. A great deal of time and effort has gone into the design of the area. Please be patient as the work progresses. We have had two trees taken down as they posed a danger during the hurricane season. Many of our trees are aging and need constant care. We have an arborist that aids in determining tree health and longevity.

Concrete repair work is in progress near the shuffleboard courts. This repair was just necessary as the concrete was disrupted during a water line break. The park looks great! Many thanks to all that take pride in maintaining their home.

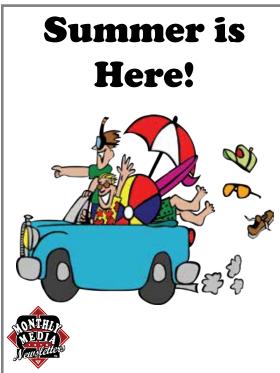
Best to All, Diane McSweeney





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Gay Rosetti

The **I** 

When have had an extremely hot and HUMID summer! Please be sure to keep yourself hydrated and when necessary, go inside to cool off or find some shade and take a break. In this heat it is very easy to become overheated and have heat stroke. So please be diligent, keep water with you and find a place to cool off if you are working or playing outdoors.

#### Shuffle Court and New Recreation Area

We contacted the concrete company who repaired the two shuffleboard gutters that were damaged near the support post. As soon as the concrete is seasoned Harvey will paint the area to match all the gutters.

The Rec area behind the maintenance shed has a new concrete entrance that we expanded to allow for carts and tables to be set up easily. Additionally, the sidewalk is wider to prevent residents from walking through the grass.

#### **ID Pool Tags:**

We still have plenty of I.D. pool tags in the office for all the owners. If you haven't picked up your pool tags, please stop in the office when you have a chance. If you are gone for the summer be sure to stop in when you return.

Have a wonderful summer and Safe Travels!

### **Newsletters Cut-Off Dates**



# A ugust 15th

## **Holiday Shores Activities Association**

Rose Maiolino

The July 4th potluck was a great success. A lot of great food and camaraderie. Thanks to everyone.

We held our monthly luncheon at Miller's Ale House on the 19th.

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# Feeling Less Sharp?

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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.

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## **Sharing and Caring**

Arlene Orton

lease call me (847-337-6840) if you are aware of any of our friends and neighbors who are ill, have had a death in the family, or have had a surgical procedure. I will keep you posted on any new developments. Please keep these friends and neighbors (and their families) in your prayers. Thank you.

\*\*\*\*

We would like to express our sympathies to the family and friends of Jean Crosman who recently passed away.



#### Holiday Shores Park Anniversaries – August

Paul & Lynne Blaney August 1 Tony & Colleen Guagliardo Tom & Lu Sutcliffe Thomas & Susan Mikulka Charles & Tonia Wilson **Bob & Bonnie Cromwell** Tom & Marsha Dufford Walter & Deborah Rosenbaum August 18 Ed & Pris Donegan August 19 Charlie & Pat Spencer August 19



David & Karen Bishop August 21 Greg & Theresa Vandrasik August 23 John & Vicki Dieter August 27 Michael & Diane McSweeney August 28 Cas & Kathy Castello August 29 Dave & Vicki Nichols August 29 Larry & Bev Rasmuson August 30 August 30 Donald & Roseanna Duquet David & Joyce Gonzales August 31

### **Holiday Shores Park Anniversaries – September**

Bob & Sandy Karsies Walt & Sue Short Peter & Gail Vavoules Steven & Patti Sikorski **Bill & Tori Inglis** Jim & Candy Shelton Greg & Debbie Spangler Chip & Connie Babcock Gregory & Patricia Dunn Darrel & Stephanie Bowlin September 1 September 2 September 3 September 3 September 5 September 6 September 7 September 10 September 13 September 17

Bill & Diane Wall Bruno & Karen Baldassarre David & Cynthia Soucy John & Diane Gramatikas George & Lorna Novak Harry & Judy Matthews Guy & Susanne Markham Leslie & Yvonne Dawe **Richard & Patricia Babbitt** 



September 23 September 23 September 24 September 26 September 28 September 29 September 29



#### Holiday Shores Park Birthdays – August

Roseanna Duquet	August 1		Joan Harlan	August 14
Patricia Martinez	August 1		MaryLou Ward	August 14
Nancy Pion	August 2		Lydia Moscato	August 16
Linda Spencer	August 3		Lorna Langford	August 17
Tammy Prochaska	August 3		Daryl Lahiff	August 17
Alfred Augustine	August 3	· 2	William Konopaske	August 18
Julie Jordan	August 3		Karen Bishop	August 19
Tracy Books	August 4	- m	Russell Cummings, Jr.	August 19
Bill Wall	August 6	1	Priscilla Donegan	August 20
Dean Butterwick	August 7	* <u>\$</u>	William Barry	August 20
Gary Plowright	August 8	2	Kimberly Richey	August 21
Patti Sikorski	August 8		Don Ragains	August 21
Carol Paris	August 10		Doris Krieger	August 25
Lois DeHart	August 11	- Harrison	Karen Raineri	August 26
Pamela Grimm	August 11	BIRTHDAY	Tom Sutcliffe	August 27
Geoff Robinson	August 11	-	Jerry Treadway	August 28
Thomas Mikulka	August 11	ton e	Pat King	August 30
Denise Dodson	August 12	A	Jim Shelton	August 31

#### **Holiday Shores Park Birthdays – September**

Myra Decker	September 1	Jurgen Hellmich	September 18
Lorie Cahill	September 1	Robert W. Abbott	September 19
Jim Keady	September 3	Dave Crosman	September 20
Cynthia Schafer	September 3	David Uhlenbrauck	September 21
Carolann Norman	September 4	Stephen Jones	September 22
Jennifer Virden	September 5	Merrell Morrissey	September 23
Mary Stradley	September 6	Toni E. Keller	September 24
Diane Threehouse	September 8	Gordon Nichols	September 25
Bob Dunn	September 11	Marcia Treadway	September 26
Maryann Lovell	September 11	Paul Milette	September 27
Monika Duzbabova	September 11	Patricia Dunn	September 27
Kimberly Ann Joy	September 12	Sandy Karsies	September 29
Larry Wagner	September 14	Karen Baldassarre	September 29
Pam Beranek	September 14	Diane Gramatikas	September 29
Richard Althof	September 15	Anne Barboza	September 30
Fred Fogg	September 17	Elle McNickle	September 30



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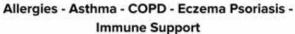
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#### Homes for Sale:

(Prices are as of June 15, 2023 - Please consult current sales list for any changes)

\*\*\*\*\*

Novak/Markham - Lot 80, 10285 North Lake Dr, 2B/2B DW Newly Remodeled, New Appliances, HVAC Asking Price 249,900.00 (Including share) Contact Paul Douglass - 727-423-1470



Pope - Lot 143, 10266 South Lake Dr, 2B/2B DW - Partially Furnished Asking Price \$175,900.00 (Including share) Contact Carolyn Holton - 727-458-5001.

Guilmette - Lot 198, 10219 Paradise Dr, 2B/2B SW Expando - Fully Furnished Asking Price - \$158,900.00 (Including share) Contact Paul Douglass - 727-423-1470

Szekley - Lot 246, 10383 South Lake Dr, 2B/2B DW Asking Price \$184,900.00 (Including share) Contact Matt Szekley - 813-352-1412

LaGrange - Lot 247, 10379 South Lake Dr, 2B/2B DW - Partially Furnished Asking Price - \$175,000.00 (Including share) - Contact Linda LaGrange - 727-424-5879

Geertsema – Lot 250, 10386 South Lake Dr, 2B/2B DW – Partially Furnished, Asking Price - \$179,500 (Including share) Contact Lee Rades 727-420-6427

Seng (Under Contract) - 10418 Gazebo Dr., 2B/2B DW - Partially Furnished Asking Price - \$188,900.00 (Including share) Contact Paul Douglass - 727-423-1470



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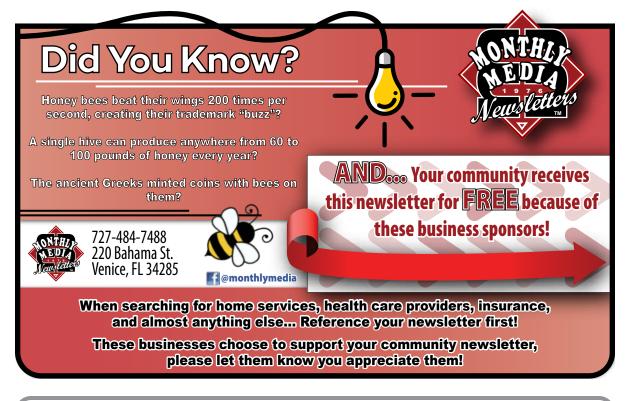


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money

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#### **AVOID FLORIDA PROBATE COURT** ATTENTION: OUT-OF-STATE RESIDENTS, CANADIAN CITIZENS, AND FLORIDA RESIDENTS

#### Steps should be taken to avoid Florida Probate Court on your Florida Home, your Lease and your Park Share.

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E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	121 011 0011
Rick's Appliance Repair	727-637-4789
ATTORNEY	121 001 1100
Law Offices of Paul Herzfeld	727-587-0009
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Bill Your Car Guy	727-729-2322
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Century Awnings Co BLINDS & DRAPERIES	727-559-8811
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
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Bill the Carpet Guy	727-521-4163
Doll Brothers Carpet/Upholstery Clnrs.	727-596-2249
CLEANING - INTERIOR	
Called 2 Clean LLC	413-949-6385
DERMATOLOGIST	
Florida Dermatology & Skin Cancer	727-548-9196
DOCTOR - INTERNAL MEDICINE	
Suncoast Family Medical Assoc	727-588-9572
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	707 404 0440
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FIREARMS	707 400 0404
Gun Trader Den	. 121-430-9424
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# **Holiday Shores**

uesday	Wednesday	Thursday	Friday	Saturday
1 Pool/Billiards ames/Cards ards/Euchre	2 9:00A: Exercise 10:00A: Chair Exercises	3 1-3P – Hand & Foot Card Game	4 9:00A: Exercise 10:00A: Chair Exercises 6:00P: Cards	5
8 Pool/Billiards ames/Cards ards/Euchre	9 9:00A: Exercise 10:00A: Chair Exercises	10 1-3P – Hand & Foot Card Game	11 9:00A: Exercise 10:00A: Chair Exercises 6:00P: Cards	12
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29 Pool/Billiards ames/Cards ards/Euchre	30 9:00A: Exercise 10:00A: Chair Exercises	31 1-3P – Hand & Foot Card Game	9:00A: Exercise 10:00A: Chair Exercises 6:00P: Cards	





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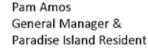
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### **Setting up an atmosphere to nurture your creativity**

Being more creative often means adopting a set of values that allows creativity to exist. Here are a few of the values you should honor in yourself if you want to live a more inspired and creative life:

- Retain the spirit of wonderment. Pretend you are a child seeing everything for the first time. Ask questions about things that intrigue you.
- Follow your bliss. As soon as you feel a spark of interest, let yourself go with it. Follow it where it takes you.
- Think courageously. Don't try to be like everyone else. Take your own path through whatever it is you are exploring.
- Take time to ponder. Sit down, relax, have a cup of tea and think things over. That's how people's best ideas usually arise.

- badapted from "Steps to a creative mind-set," by Ulrich Kraft, in Scientific American Mind

#### Solving the problems of the universe in your spare time

Ibert Einstein worked a day job — eight hours a day, six days a week as an examiner in the patent office in Bern, Switzerland. He liked having a regular payday, and at night he walked around with friends and talked about physics. So it was in his spare time that Einstein changed the laws of physics. And that's part of why the world still loves him so. Even after he wrote and published four historic papers during his "miracle year," he continued on

as an employee at the patent office. And isn't that what we all want, after all, to be recognized for the geniuses that we are, instead of the office kooks we feel like.

As a matter of fact, Einstein's job at the patent office might have helped him, since if he had been in the academic world his ideas might have been squelched by the professors in power. Would they have listened to a young guy who believed that space and time were not absolute?

His job probably also kept his mind sharp, because he was constantly called upon to evaluate people's inventions. This required him to use his powers of visualization and to use specifications and drawings to test the ideas out.

Einstein wrote: "Working on the final formulation of technological patents was a veritable blessing for me. It enforced many-sided thinking and also provided important stimuli to physical thought." — adapted from "Who knew: Outside player," by Joel Achenbach, in National Geographic

> We cannot cure the world of sorrows, but we can choose to live in joy. — Joseph Campbell





## Why do we call them chairmen anyway?

E ver wonder why we use the words chairman, chairwoman or chairperson? The words seem meaningless to us today, but centuries ago they made perfect sense. Back then chairs were still uncommon. They were

rare and expensive commodities. People who attended meetings, generally sat on roughly made benches. The person who presided over the meeting was often, out of respect, given a chair to sit in. That made the presiding officer the chairman. And that is what they came to be called—and still are even to this day. — adapted from *That Takes the Cake*, by R. Brasch

### Wine industry targeting women's palates

The wine industry is following in the footsteps of the cleaning products industry — trying to lure women into their lair. But if you look at recent studies, it might not take much luring, as it seems that women purchase

77 percent of the wine sold in America and drink 60 percent of it. Cheers to the fairer sex. Nonetheless, the onslaught has begun, and if you look closely in the aisles of your local wine shop you're likely to find wines with names, such as Rose the Riveter, Mad Housewife or Seduction. There's even a low-calorie, low alcohol brand being served up called White Lie Early Season Chardonnay by Berringer Blass Wine Estates. The label of White Lie has the cursive look of a romance novel, and in fact, has a promotion using Jennifer Weiner, a best-selling chick-lit writer. Even the corks get into the action; they carry messages such as "It's my natural color" and "I'll be home by 7." The brand was extensively researched, using, what else — book clubs. Those famous gatherings that usually involve about as much wine as reading. — adapted from "Luring Women With the Chick Lit of Wine," by Patricia Leigh Brown, in *The New York Times*

### Are you a chronic collector?

o you have too much useless stuff on your desk? If your work area is messy from hoarding, maybe you can blame it on the primitive part of your brain.

Cows and rats hoard, as well as humans. In fact, about 70 species in all hoard things. Usually it's food, but it can be something totally useless to the hoarder. The act of hoarding involves primitive as well as the higher functions of brain structure. Steven W. Anderson, a neurologist and researcher, recently looked at 86 people who had lesions on various and well-defined areas of the brain. He found that one reason for hoarding was damage to the right mesial frontal region, the very primitive region of the brain that houses the collecting urge lost its guidance. Though the subjects had average intelligence, they would not stop hoarding, even when it caused them serious personal and legal problems. — adapted from "Chronic collectors," by Jonathan Beard, in *Scientific American Mind* 













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# **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.



## \*\*\*\*

### So, you're finally going to get that promotion ...

nce, a long time ago, an editor on an exotic adventure was captured by cannibals.

"Unhand me!" he cried out indignantly. "I am an editor, and I demand immunity of the press!"

"Most interesting," the cannibal chief, who had graduated from Columbia years before, but had fled society to find the meaning of life, said. "Are you a senior editor or a regular editor?" the chief demanded to know.

The man hung his head in shame and admitted to the cannibal chief that he was, indeed, only a mere editor.

"Well, you can consider this your lucky day. And let me be the first to congratulate you on your impending promotion," the chief said warmly. "After dinner tonight you'll be editor-in-chief." — adapted from *Laughter Incorporated* by Bennett Cerf

### Future fame and paying bills

crafty journalism student was short on cash and unable to pay his rent, trying to talk his landlord into being patient.

You know, in a few years time, people will make it a point to walk by this building and point to my window and say 'Jackson, the famous writer, once lived there."

The landlord drew his eyebrows into a scathing look and said: "If I don't get the rent tonight, they'll be able to say that tomorrow." — adapted from *Laughs for Teens* 

### Two philosophers go for a walk...



id you hear the story about the two philosophers, Goethe and Kant?

Kant was confused about something important and so the two famed philosophers took a walk in the woods.

Later, Kant was asked if taking a walk in the woods with Goethe helped. Kant answered, "Definitely, yes. I'm still confused, but at a much higher level." — adapted from the Tully Communications Web site

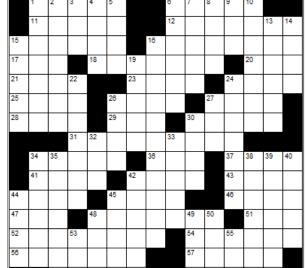
*Education* Education is when you read the fine print. Experience is what you get if you don't. — *Pete Seeger* 

> Sleeping People who say they sleep like babies usually don't have them. — Leo J. Burke



#### ACROSS

- 1 Sink
- 6. Similar
- 11. Battery terminal
- 12. Bring
- 15. Trough
- 16. Whenever
- 17. Lumberjack's tool
- 18. Podium
- 20. D
- 21. Not yours
- 23. Existed
- 24. A group of cattle
- 25. Europe's highest volcano
- 26. Charged particles
- 27. Be suspended from above
- 28. Burn the surface of
- 29. Partially opened flower
- 30. Itinerary
- 31. Paring
- 34. Footwear
- 36. Hebrew liquid measure
- 37. Not his
- 41. Duration
- 42. Alumnus
- 43. Journey
- 44. Disable
- 45. Hurt
- 46. Cassava
- 47. What we breathe
- 48. Plane ticket price
- 51. Tiny circle
- 52. Curved shape
- 54. Not idle
- 56. Perfume
- 57. A frame of iron bars
- 58. Sugary
- 59. Extremely



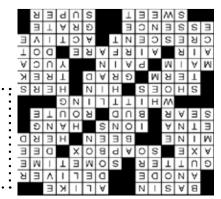
#### DOWN

- 1. Aluminum ore
- 2. Aerial
- 3. Boozer
- 4. Mid-month days
- 5. Adopted son of
- Claudius
- 6. Sun-dried bricks
- 7. Tart yellow fruit
- 8. Holly
- 9. Fox baby
- 10. Apparent
- 13. Come forth
- 14. Marsh plant

- 15. Diversions
- 16. Profligate

- 27. Term of endearment
- 30. Peel
- 32. Skirt's edge
- 33. Tropical vine
- 34. Steps
- 35. A female heir 38. Having profound knowledge 39. Recoup 40. Glide over ice 42. January's birthstone 44. Riot spray 45. Fragment 48. Skin disease 49. Tatters 50. Beige 53. Stitch 55. Faucet





- - - - 19. Give or take
      - 22. An annovingly
      - catchy tune
      - 24. Disdainful
      - 26. Nile bird







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Now, that's flattering

The actor, Tony Randall, once recalled walking down Madison Avenue when he spied a very attractive tie in a shop window. Randall went in and immediately the storekeeper recognized him. The shopkeeper was so excited he told Randall that he just had to call his wife while the actor was standing right there because she was never going to believe he was in the store.

• \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* \*

The storekeeper proceeded to call his wife and asked Randall to speak to his wife—to just say anything.

Randall said that he was so flattered that he bought the tie and six shirts, but then realized he did not have enough money to pay for the items.

The actor asked the shopkeeper if he would take a check, and the shopkeeper replied, "Do you have any identification?" — adapted from the Anecdotage Web site

#### **On being consistent**

here was a woman who frequently turned up in traffic court to answer routine traffic tickets. Each time she came in over a period of years the judge asked her the same standard quastions

standard questions.

"What is your age?" he asked.

"Thirty," the woman replied.

"Come on now, lady," the judge said, "you've been coming into this courtroom for five years, and you always give me the same age."

"I know," agreed the woman, "but I'm not one of those people who says one thing today and another thing tomorrow." — adapted from Laughs for Teens, compiled by Arthur Liebers

#### Memo: In our infinite wisdom we have decided ...

f you've ever worked in an office, you've probably had someone in management decide that it would be a good idea for everyone in the office to move to another location or desk. Who knows where this crazy restless exercise originates in the minds of those who order it, but apparently the prac-



tice has been around for quite a while. Harold Ross, the famous founder of The New Yorker, was so fond of moving the desks of workers and the partitions in the magazine's offices, that James Thurber hung a sign in the entrance hall that read: "Alterations Going On As Usual During Business." —adapted from Laughter Incorporated, by Bennett Cerf

On progress Progress was alright. Only it went on too long. — James Thurber

### How to overcome insomnia

f you suffer from insomnia, you know how miserable it can be. About half of all Americans report chronic problems sleeping. Here are a few things Lyou can try to get yourself on the way to a perfect night's sleep:

- Set your body clock. It will take about two weeks to do this. Set a time for bed and awakening that work with your lifestyle. You'll also want to make sure that you're allowing yourself enough time for sleep. Then stick to your routine. Don't take naps during the dav.
- Prepare yourself, so that you can sleep deeply. That means stay away from caffeine and nicotine for at least six hours before you plan to sleep. You will also want to avoid alcohol and marijuana, or other recreational drugs, at least six hours before you sleep. They can predispose you to anxiety or depression— and that can turn into a sleep problem. You might also want to try a snack of bananas and warm milk. Both are high in tryptophan, which can help you get to sleep. Avoid fluid intake, so you won't be awakened by the need to go to the bathroom. Exercise regularly (five times a week), and you'll be surprised at how much your sleep will improve.
- Stretch and meditate. Doing this just before bedtime will relax you.
- Avoid the television and computer for one hour before you sleep. These light sources can encourage your body to stay alert. And they can also keep you thinking, which can interfere with sleep.
- Make your bedroom perfect for sleeping. Make it dark, and make it quiet. And make your • bed comfortable and cozy. Keep the temperature setting at whatever works for you. -adapted from Utne magazine

### Is organic milk really better for you?

oes "organic" milk really have more nutrients than non-organic milk? The Danish Institute of Agricultural Research suggests that it does. Researchers found that organic milk from pasture-fed cows has sig-

nificantly higher levels of antioxidants, omega-3 fatty acids, beta carotene and Vitamin E. It may all go back to what our mothers pounded into our heads: You are what you eat. Organic, pasture-fed cows eat lots of grass and clover. Non-organic cows are sometimes fed genetically modi-fied feed, plastic pellets, manure and urea. — adapted from "Got organic milk?" by Alexis Adams in Natural Home & Garden

> On how to live Live as if your were to die tomorrow. Learn as if you were to live forever. — Mahatma Gandhi





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VENDORS WANTED - HOLIDAY BAZAAR. Saturday, 11/11/2023 9am-2pm. First Luteran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Questions: 727-744-3806 or eobrien2429@gmail.com. 217-251-4382 or jayneb1227@gmail.com



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-Monthly Media Staff



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### Ready, set - get your energy flowing

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f you feel sapped of all life, maybe you need to reenergize. Your energy is the essence of who you are. The ancients who studied energy did not see it as something expendable that



you run out of, but rather saw it as a force that can become blocked. You can unblock your energy by making some healthy and balanced changes in your life. Here are some suggestions on how to get your energy going:

- Take a shower—and contrast the temps. That means after your regular warm shower, turn the knob to dispense water as cold as you can bear for 30 seconds. Switch it back and forth two or three times. Make sure the water hits your chest, back and back of the neck.
- Skip the coffee and start out with something that will truly perk you up. Pour hot water into a cup, add the juice of one-quarter to one-half lemon and shake in a pinch of cayenne. The sour taste of the lemon releases bile and stimulates digestive juices. Cayenne stimulates gastric acids in the stomach and raises metabolism. It gets everything started.
- Thump yourself. It will invigorate you, so give it a try. Gently pound the insides and outsides of your arms and legs with loosely closed fists. Then try it out on your solar plexus, lower back and neck and your abdomen. It will increase your circulation and make you feel good.
- Exercise. Get your heart moving. It will trigger the release of chemicals in the brain that will make you feel good.
- Eat your breakfast. And continue eating small meals throughout the day, so you don't hit that wall in the afternoon.
- Stretch your bod. When you're feeling washed out, try some stretching exercises to re-energize.
- Go ahead—sparkle. Turn the volume up on whatever it is you do best. Try throwing in that extra oomph. Don't act like some lunatic or a phony. Just try being more upbeat than you usually are. Pay attention to how people respond.
- Seek out those who are energetic. Good energy after all is contagious.
- Break free of your rut. Let your energy be free and see where it takes you. Go to a new restaurant. Listen to music you've never heard before.
- Put your personal stamp on everything you do. Living creatively does not necessarily mean you turn out amazing works of art. It does mean that you bring your uniqueness to everything you do, though. Dare to live an inspired life.

— adapted from body+soul

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometime in life you will have been all

of these. — Lloyd Shearer August

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