



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

HARBOR LIGHTS

• SCUTTLEBUTT •

August • 2023

**Issue 6
47th Year**

Beautiful Clouds Over Amber Glades!

Thank you to Leeanne Mchugh for the great picture!

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Important Phone Numbers

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St. Petersburg Police Dept.893-7780	Seminole Police Dept..... 595-5414
St. Petersburg Fire Dept.893-7694	Seminole Fire Dept..... 393-8711
Pinellas County Sheriff582-6200	
Florida Highway Patrol.....570-5010	Emergency - 911

UTILITIES

SPECTRUM1-855-222-0102
 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

PUBLIC OFFICES

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

HOSPITALS

Bay Pines VA10,000 Bay Pines Blvd., St. Petersburg, 33708398-6661
 Bayfront Medical Center.....701 6th St. S., St. Petersburg 33701823-1234
 Largo Medical Center201 14th St. SW, Largo 33770588-5200
 Morton Plant300 Pinellas St., Clearwater 33756462-7000
 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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expires 8/15/23



John 3:16

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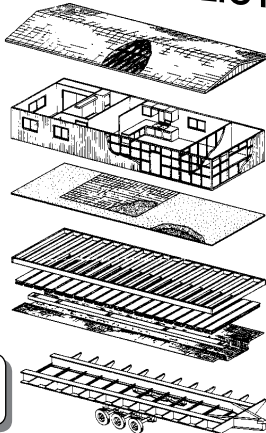
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Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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HARBOR LIGHTS HOME OWNER'S ASSOCIATION INC.:

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Secretary - Karen Kovac
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Brian Mahoney
Gail Warner
Bill Yunck

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Treasurer - Kevin Tompkins

Directors - Mary Antoszewski
Sylvia Dillard
Pam Gonzalez
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



AUGUST

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



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 August code for all our residents using the trail gate: 5050

EUCHRE:

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

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).

AUGUST WEEKLY EVENTS:

Week 1 – National Simplify your Life Week
Week 2 – national Smile Week
Week 3 – Friendship Week

Week 4 – Be Kind to Humankind Week

TRIVIA:



1. What is the rarest M&M color?
2. What was the first soft drink in space?
3. What was the first toy to be advertised on television?
4. What was the biggest selling music single of all time?
5. Which two countries have not missed one of the modern-day Olympics?





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- J. Howard, Pinellas County

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50



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HERE'S WHAT'S COOKING:

Roasted Sweet Potatoes with Sriracha and Lime:

Zest and juice of one lime, ¼ c. coconut oil, melted, 2 tsp kosher salt, 2 tsp sriracha, plus more as needed, 1 ½ pounds sweet potatoes, cut into 1-inch chunks, coarsely chopped fresh cilantro, for serving.



Preheat oven to 425 Degrees. In large bowl, whisk together the coconut oil, lime juice (save the zest for garnish), salt and sriracha. Toss the sweet potatoes in the mixture. Roast in a single layer on two sheet pans until fork tender, 35-45 minutes, tossing occasionally and rotating the pans halfway through. Transfer the roasted sweet potatoes to a serving platter. Top with the lime zest and a handful of coarsely chopped fresh cilantro. Serve immediately.

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

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WEATHER:

We have only just two month ago entered into hurricane season. We still have 4 months left. If you hear talk of Hurricanes, Tropical Storms, or Storm Surges, pay attention. Follow any guidelines that are always talked about on Spectrum Bay News channel 9, or on the Spectrum Weather channel which is channel 63. There is also information in the Clubhouse for you to pick up and familiarize yourself with, the evacuation routes, etc. There have been articles in the May, June and July Scuttlebutts with information as to what to pack in your TO-GO-BOX should you have to evacuate, sites for assistance, and contact information.



QUOTES OF THE DAY:

“**O**ne of the lessons that I grew up with *was to always* stay true to yourself and never let what somebody else says distract you *from your goals.*” Michelle Obama

“Only those who *will risk* going too far can possibly **find out how** far one can go.” T.S. Eliot

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: August, September and October – weekly.
Specific date are not available, lawn care typically takes place on Wednesday.



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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. Brown
2. Coca Cola
3. Mr. Potato Head from Toy Story
4. Candle in the Wind 1997
5. Greece and Australia





HARBOR LIGHTS SOCIAL CLUB

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: _____

Thank you!

Harbor Lights Social Club Board



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 Together we can, and do, make a difference!
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AUGUST • 2023

Sunday	Monday	Tuesday
		8:30am Aerobic National Day
6	8:30am - Water Aerobics 9:00am and 6:00pm - Bocce	7 8:30am Aerobic
13	8:30am - Water Aerobics 9:00am and 6:00pm - Bocce	14 8:30am Aerobic National Day
National Bacon Lover's Day	20 8:30am - Water Aerobics 9:00am and 6:00pm - Bocce	21 8:30am Aerobic
27	8:30am - Water Aerobics 9:00am and 6:00pm - Bocce	28 8:30am Aerobic

Harbor Lights

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>- Water Aerobics</p> <p>al Girlfriends</p>	<p>2</p> <p>8:30am - Water Aerobics</p> <p>Euchre 6:30pm</p> <p>National Ice Cream Sandwich Day</p>	<p>3</p> <p>8:30am - Water Aerobics</p>	<p>4</p> <p>8:30am - Water Aerobics</p> <p>9:00am and 6:00pm – Bocce</p>	<p>5</p> <p>Sandcastle Day</p>
<p>8</p> <p>- Water Aerobics</p>	<p>9</p> <p>8:30am - Water Aerobics</p>	<p>10</p> <p>8:30am - Water Aerobics</p>	<p>11</p> <p>8:30am - Water Aerobics</p> <p>9:00am and 6:00pm – Bocce</p> <p>Son and Daughter Day</p>	<p>12</p>
<p>15</p> <p>- Water Aerobics</p> <p>al Relaxation</p>	<p>16</p> <p>8:30am - Water Aerobics</p>	<p>17</p> <p>8:30am - Water Aerobics</p>	<p>18</p> <p>8:30am - Water Aerobics</p> <p>9:00am and 6:00pm – Bocce</p>	<p>19</p>
<p>22</p> <p>- Water Aerobics</p>	<p>23</p> <p>8:30am - Water Aerobics</p>	<p>24</p> <p>8:30am - Water Aerobics</p>	<p>25</p> <p>8:30am - Water Aerobics</p> <p>9:00am and 6:00pm – Bocce</p> <p>National Whiskey Sour Day</p>	<p>26</p> <p>National Dog Day</p>
<p>29</p> <p>- Water Aerobics</p>	<p>30</p> <p>8:30am - Water Aerobics</p>	<p>31</p> <p>8:30am - Water Aerobics</p> <p>Eat Outside Day</p>		

55 ★ 2



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Carol Zapiecki, Clearwater, FL



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August Word Search



P	B	Y	T	I	N	E	R	E	S	P	A	C
E	B	E	C	K	O	N	Y	E	N	O	M	O
T	E	X	T	C	I	D	O	L	D	J	Z	C
S	G	I	E	C	T	C	R	V	A	N	O	K
A	D	S	M	Z	A	W	O	A	E	E	O	Y
W	I	T	P	T	T	R	R	N	O	L	D	W
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C	B	P	R	Y	E	I	U	T	N	A	R	G
E	A	E	A	E	P	N	O	Y	A	G	I	R
N	D	R	T	X	X	P	B	O	N	U	S	N
T	M	S	U	T	E	U	A	Y	V	A	E	H
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R	T	N	E	M	E	R	I	T	E	R	A	S



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August Monthly



Black Business Month. Aug. 1–31. To focus on and build awareness of black-owned and operated enterprises. For more information, browse www.springboard.com.

Children’s Eye Health and Safety Month. Aug. 1–31. To disperse information about amblyopia, a condition that can affect between 2 percent to 3 percent of children and cause permanent vision loss. For more information, browse www.preventblindness.org.

National Immunization Awareness Month. Aug. 1–31. To develop awareness that immunization is critical to maintaining health and preventing life-threatening diseases among people of all ages and cultures throughout the United States. For more information, browse www.partnersforimmunization.org.

Weekly

Simplify Your Life Week. Aug. 1–7. A week to encourage people to simplify their lives and reduce clutter, thereby reducing stress and acquiring happier and more peaceful lifestyles. For more information, browse www.friend-shipandgoodwill.org.

World Breastfeeding Week. Aug. 1–7. Breastfeeding advocates, healthcare professionals and social service agencies focus attention on the importance and benefits of breastfeeding. For more information, browse www.lalecheleague.org.

Elvis Week. Aug. 8–16. Each year Elvis fans from around the world visit Memphis as Aug. 16 marks the anniversary of Elvis Presley’s death (Aug. 16, 1977) at his beloved home, Graceland Mansion. For more information, browse www.elvis.com.

Daily

Respect for Parents Day. Aug. 1. A day set aside to think of positive things parents contribute to society. For more information, e-mail: marilyn@global.net.

National Night Out. Aug. 1. Designed to heighten crime-prevention awareness and to promote police-community partnerships. For more information, browse www.natw.org.

Work Like a Dog Day. Aug. 5. A celebration during the Dog Days of summer of the professional and personal satisfaction experienced by entrepreneurs and small business owners who work like dogs to achieve success. For more information, browse www.eviltwinproductions.com.

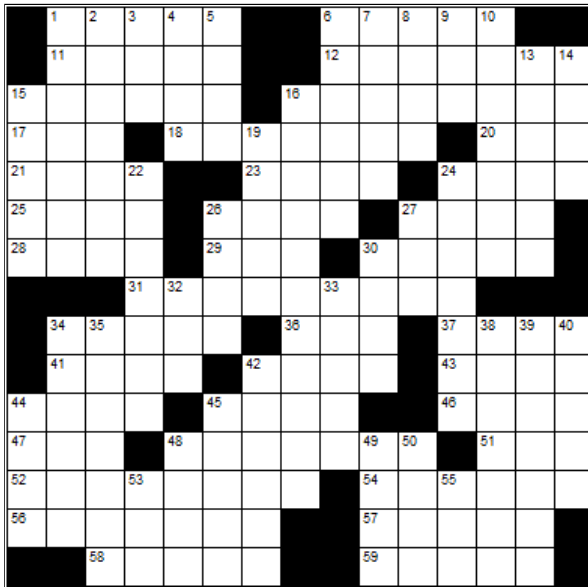
National Mustard Day. Aug. 5. Mustard lovers across the nation pay tribute to the king of condiments by slathering their favorite mustard on hot dogs, pretzels, circus peanuts and all things edible. For more information, browse www.mustardmuseum.com.

Vinyl Record Day. Aug. 12. We all need a reminder some-times that life is good. Favorite songs can bring back fond memories, and Vinyl Record Day encourages celebrating these music memories with family and friends. For more information, browse www.vinylrecordday.com.



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



August
Crossword



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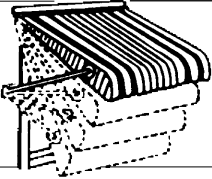
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On finding perfection



Two men met on an airplane and began to talk. They asked each other the usual questions, and it came to be disclosed that one of the men was married and the other man was not. After a while the married man asked, “Why is it that you never married?”

The single man looked pensive then said, “Well, I think I just never met the right woman, you know.”

“Oh, come on, man,” the married man replied, “surely you’ve met at least one girl during your lifetime that you wanted to marry.”

The single man once again thought about the man’s statement, “Well, yes, that’s true,” he said. “There was one girl ... once. The perfect girl. Actually, she was the only perfect girl I have ever met. Everything she did was absolutely right on. She really was the perfect girl for me.”

“Well, why on Earth didn’t you marry her?” the married man asked?

“She was looking for the perfect man,” the other replied. — adapted from www.OneSmartClick.com

On giving sage advice

An extremely famous writer came to deliver a lecture to a group of students who, it was known, were absolutely determined to pursue their own literary careers. The esteemed lecturer walked to the front of the room, gazed out at the ambitious faces in the audience and asked: “How many of you really want to be writers?”

Every student in the audience raised his or her hand. The lecturer calmly looked around the room and then said, “In that case, I won’t be needing these.” He returned his notes for his talk to his coat pocket in a sweeping motion. He looked up and said, “The best advice I can give you is to go home and write.”

And with that the esteemed writer left the room. —adapted from the Speaker’s Sourcebook II: Quotes, Stories, and Anecdotes for Every Occasion by Glenn Van Ekeren

An honest man

Cincinnati Red’s closer Danny Graves lost his wallet recently during a trip to the West Coast for a game. Graves just assumed his wallet was gone forever. The wallet contained about \$1,400, credit cards and Graves’s driver’s license.

Graves didn’t know it, but he had lost his wallet on the bus that took the Reds to the airport. Lucky for Graves, the man who cleaned that bus was an honest man. The man didn’t just return the wallet to Graves, he went to a lot of trouble to make sure the ball player got everything back safely. The bus cleaner took the cash in and exchanged it for traveler’s checks so that it wouldn’t get stolen in the mail. The man also overnighted the wallet to Graves. And what did this honest man want in return?

He sent his name and address and asked for an autograph for his father. —adapted from The Rugged Elegance Inspirational Network Web site

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August

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					7		4	

Ready, set - get your energy flowing



If 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**

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Orville Knott	\$10	Air Masters of Pinellas	Sally Ericson	\$5	Tarpon Pest
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How to overcome insomnia



If 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 you 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 day.
 - 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?



Does “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 significantly 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 modified 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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