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GOLDEN CREST



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Golden Crest Mobile Home Community 800 Main Street, Dunedin, Florida, 34698

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Golden Crest Homeowners Association 2024-25



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Ready, Set, Go!

olden Crest Season is nearing. We look forward to seeing the familiar faces and the new residents. The season will start with a welcome event and include the popular coffee hours, bingo, cards and games, shuffleboard, and holiday events. You have an open invitation to be a part of these or any new activities.

Annual Rummage Sale

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January 10, 2025 Residents only January 11, 2025 Public Invited

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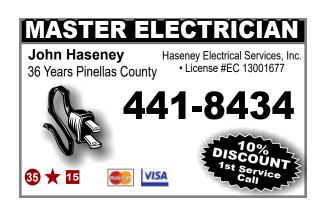


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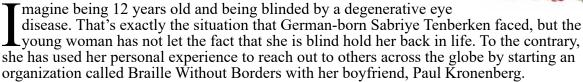








What some would view as obstacles can serve as great inspiration in life



According to a story on the Rugged Elegance Web site and the New York Times profile: "A German Voyager's Bold Vision for Tibet's Blind" by Jim Yardley, Tenberken went on a mission to Tibet to become one of "the blind leading the blind." There she set up the first school in the country for the blind. Tenberken, now in her 30s, says she wants to help blind people in developing countries, who are often considered out-casts, to shed their shame and gain confidence.

Tenberken says she faced a lot of naysayers when she was making her plans for Tibet. A lot of people didn't think she could do it. But the young woman, not only went to the country and started its first blind school, she also traveled on horseback to small villages, and created the first Tibetan Braille system.

In Tibet, blind children have often been relegated to dark rooms or tied to beds. But Tenberken inspired many of the families she visited, giving them hope that their children could not just survive, but could thrive independently.

Tenberken hasn't stopped there either. She now is in the process of launching an international training center in South India. There she hopes to train blind people from all over the world, especially from developing countries. She wants to help them develop management skills and communication skills to help fight poverty and do something meaningful for society. Tenberken has a goal: to touch the lives of the 161 mil-lion blind people of the world.

Tenberken told the NYT, that blind children would never be able to drive a truck. "But they can read and write in the dark," she said. "And who can do that?"

On patience

Patience serves as a protection against wrongs as clothes do against cold. For if you put on more clothes as the cold increases, it will have no power to hurt you. So in like man-ner you must grow in patience when you meet with great wrongs, and they will then be powerless to vex your mind.

— Leonardo da Vinci

Do not trust all men, but trust men of worth; the former course is silly, the latter a mark of prudence.

— Democritus

I used to think of all the billions of people in the world, and of all those people, how was I going to meet the right ones? The right ones to be my friends, the right one to be my husband. Now I just believe you meet the people you're supposed to meet.

— Diane Frolov and Andrew Schneider, Northern Exposure, The Quest, 1995

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Did You Know?

Halloween used to be called All Hallows' Eve.
All Hallow's Day, also known as All Saints day,
was a Christian festival. It was a day to
remember the dead, especially saints.
This is where Halloween came from – it was
originally All Hallows' Eve
(the day before All Hallow's Day).
This then turned into Hallowe'en and is now
just known as Halloween.



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Pinellas County Events

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Sunday Market St. Pete

and shop at the newest market to join St. he Sunday Market St. Pete debuted in early y as a huge market in Kenwood including egetables, local artisans, food trucks, live and more.

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on: St. Petersburg High School campus

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family event held the first Friday of the featuring Art, Food, Shops and Music, fun theme every month! Monthly on the first Friday 5pm - 10pm

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on: 324 E. Pine St. Springs, FL 34689

fety Harbor's Market on Main

Harbor Market on Main is every Sunday and ocal hand-crafted items, local food vendors, e, fresh orange juice, pickled products, and nore! Selection varies each week. Enjoy a rough quaint downtown Safety Harbor after sit to the market.

Monthly on the first Sunday

10:00 am - 3:00 pm

ree

on: 400 Main St. Harbor, FL 34695

Dunedin Halloween Parade & Cart Costume Contest

Join us for the first official DGC Halloween Golf Cart Parade since 2019! This family-friendly event is packed with spooky fun for everyone.

Date: Sunday, October 27th, 2024

Staging & Cart Costume Contest: 5:30 PM at VFW Post 2550, 360 Douglas Ave, Dunedin Parade Departure: 7:00 PM through Downtown

Dunedin, looping through Mease

Cost: This event is free, but registration is required. Be sure to register your golf cart and get your ticket for the event.

Tampa Halloween Fest

This event features family-friendly businesses handing out candy and showcasing what they offer. When the candy runs out, don't forgot to enjoy the FREE balloon animals, crafts, temp tattoo scans, character meet & greets and more fun activities. Come dressed up as a family and you might win a

prize!

Date: Sunday, October 27th

Time: 12:00-4:00 PM

Cost: Free

Location: WestShore Plaza in Tampa

Oldsmar Fall Extravaganza

Experience the epitome of autumn elegance at the Oldsmar Fall Extravaganza, an exciting two-day event that promises to captivate and delight. Set against the picturesque backdrop of Oldsmar's vibrant State Road.

Date: October 26th and 27th **Time**: 10:00am - 5:00pm

Cost: Free

Location: State Rd, Oldsmar, FL 33635





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How acupuncture works

ore people in the mainstream are turning to alternative health therapies, and one of the most popular alternative therapies is acupuncture. For instance, St. Vincent's Hospital in Manhattan, a health our agreement that some people 600,000 nations and year.



a health care organization that serves nearly 600,000 patients each year, and The Chinese Medical Science Foundation, a non-profit organization whose mission is to integrate acupuncture with the Western medical system, have paired to provide acupuncture to rehabilitation patients. St. Vincent's rehab patients will now have access to free acupuncture treatments through the pro-gram, according to a news story on Acupuncture.com. The purpose of the program is to study and assess the benefits and problems with integrating acupuncture into a Western medical facility.

The National Health Institute's National Center for Complementary and Alternative medicine says that acupuncture originated in China more than 2,000 years ago and is one of the oldest and most common medical procedures in existence. A 2002 survey found that an estimated 8.2 million U.S. adults had ever used acupuncture, and 2.1 million U.S. adults used acupuncture in 2001.

And so with the growing popularity of acupuncture, many people may be asking the question: Just what is acupuncture and how does it work? According to The Longevity Center of Classical Chinese Medicine, this is how acupuncture works:

It strengthens the immune system by increasing T-cell counts. Some people believe this is why the treatment is effective for those who suffer from chronic fatigue syndrome.

It releases pain-killing endorphins, which also play a big role in the functioning of the hormonal system. This is why acupuncture often works well for those who suffer from back pain, arthritis, ulcers and PMS.

It releases endorphins, which helps the whole body to relax. The endorphins also regulate serotonin in the brain, which can affect moods, and which is why some forms of depression are treatable by acupuncture.

It breaks the cycles of muscle spasm, which can cause tightness in the muscles and unrelenting pain. Acupuncture increases circulation to the affected areas, which delivers needed nutrients for nerve and muscle healing.

It balances the energy of our bodies.

Acupuncture needles are as thin as human hair and once inserted are left in for an average of 20 to 40 minutes. Acupuncturists should use packaged sets of disposable needles.

Average treatments can run from one to 10 visits.

Acupuncture has no known side effects and does not usually cause pain.

To choose a qualified acupuncturist, you should check his or her credentials. Some national acupuncture organizations make lists available on their Web sites.

On mood

Never do anything when you are in a temper, for you will do everything wrong.

— Baltasar Gracian







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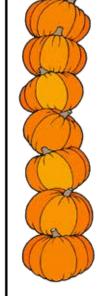
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You know you're having a bad day when...

- 1. You wake up face down on the pavement.
- 2. You see a 60 Minutes news team waiting in your office.
- 3. Your birthday cake collapses from the weight of the candles.
- 4. You want to put on the clothes you wore home from the office party and there aren't any.
- 5. You turn on the news and they're showing emergency routes out of the city.
- 6. Your twin sister forgot your birthday.
- 7. Your car horn goes off accidentally and remains stuck as you follow a group of Hell's Angels on the freeway.
- 8. Your boss tells you not to bother to take off your coat.
- 9. The bird singing outside your window is a buzzard.
- 10. You wake up and your braces are locked together.
- 11. You walk to work and find your dress is stuck in the back of your panty hose.
- 12. Your blind date turns out to be your ex.
- 13. Your paycheck bounces.
- 14. You put both contact lenses in the same eye.
- 15. Your pet rock snaps at you. adapted from the Comedy Central Web site

Late to work? This solution's a real pill

John was always late to work. His boss was getting fed up, but John told him that he didn't know why, but he just couldn't seem to get up on time to get to work. The boss was an understanding man and suggested that John see his doctor to find out if there was some kind of physical problem.



So John went to the doctor and told him that no matter what he couldn't seem to get up on time for work. The doctor gave him a pill and told him to take it before he went to bed. So John went home and took the pill.

When John woke up he noticed that he was two hours ahead of schedule. He felt great, so he got up showered and arrived at work well before starting time.

"Boss," he said, "that pill that the doctor prescribed for me actually worked."

"That's great," said the boss, "but where were you yesterday?" — adapted from AhaJokes.com

On intelligence

I refuse to answer that question on the grounds that I don't know the answer.

— Douglas Adams

On long walks

I like long walks, especially when people who annoy me take them.

— Noel Coward

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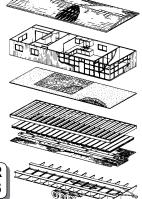


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Scammers are good at **pretending to be someone that they're not**. They try to trick you into thinking **a loved one is in trouble.**

Once the scammer makes you think they're your grandson and in trouble, they pressure you to quickly send them money. **But it's all a scam.**Your family member was never in trouble.

- The scammer will say it's **urgent** and that you're the only one who can help.
- The scammer might tell you it's important to keep it secret. They don't want you talking to other family members and friends and realizing it's a scam.
- The scammers will **play with your emotions.** They're counting on you to act quickly to help your family or friend. And they're counting on you to pay without stopping to check out whether there's really an emergency. If you get a call like this, you can be sure this is a scam.

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15

18

ACROSS

- 1. Ridicules
- 6. Snakes
- 10. You bake with it
- 14. Perpendicular to the keel
- 15. Ice sheet
- 16. Split
- 17. Move furtively
- 18. Not yours
- 19. Mid-month days
- 20. Steel factory
- 22. Lady's escort
- 23. Small songbird
- 24. Blockhead
- 26. Fridge attachment
- 30. Disdain 32. Mistake
- 33. Farm enclosures
- 37. A set of garments
- 38. Asian aquatic plant
- 39. Onion relative
- 40. Out of action
- 42. Lacquer ingredient
- 43. Declines
- 44. Fashions
- 45. Hillside
- 47. Fire residue
- 48. Indistinct image
- 49. Trickiness
- 56. Parental sister
- 57. Debatable
- 58. Small and light boat
- 59. Asian nurse
- 60. Anagram of "Neat"
- 61. Confuse
- 62. Agile
- 63. Close
- 64. Kind of beam



DOWN

1. A body of matter

59

40

- 2. Death notice
- 3. Formally surrender
- 4. Cabbagelike vegetable 27. African sheep
- 5. Metal refinery
- 6. Underway
- 7. Aspersion
- 8. Pig meat
- 9. Legislative sittings
- 10. In the beginning
- 11. Not audio
- 12. Occurrence
- 13. Bird home

- 21. Drollness
- 25. Arid

60

- 26. Clutter
- 28. Electrical
- distribution system
- 29. Remarkable
- 30. Satisfies
- 31. Gunk
- 33. Osseous tissue
- 34. Bobbin
- 35. Greek district
- 36. Slaloms
- 38. Referee's assistant

- 41. Once around the track
- 42. Morally correct
- 44. Supersonic transport
- 45. Economic down time
- Associated with the
- moon

16

19

42

- 47. Not before
- 48. Bleats
- 50. Sharpen
- 51. Infinitesimal amount
- 52. Nil
- 53. Stops
- 54. Only
- 55. Fortune teller







October Crossword



The first that the fi

Thoughts alone can control movement of external devices

new brain sensor has allowed a quadriplegic to open a prosthetic hand, control a robotic limb and move a computer cursor—using only thoughts to accomplish the tasks. The man could open e-mail, play a game of Pong and adjust the volume of his television set—using thoughts only. The findings were recently published in the journal Nature.



The article reports on the trial of a device called BrainGate, a brain-to-movement system created and tested by Cyberkinetics Neurotechnology Systems. Brown University created the company based on the research of neuroscientist John Donoghue.

BrainGate is made up of a surgically implanted sen-sor that records the activity of dozens of brains cells. The system then decodes and reads the signals to control external devices.

Leigh Hochberg, lead author of the study, says, "We found that cortical activity can be modulated voluntarily even years after spinal cord injury. Some researchers might have predicted that this part of the brain would alter its function dramatically after the spinal cord was injured. But that doesn't seem to be the case. The movement related signals are still there.

"What's truly exciting about this: The cortical activity of a person with spinal cord injury, controlling a device simply by intending to move his own hand, is similar to the brain activity seen during preclinical studies of monkeys actually using their hands. Whether it is real or attempted movement, neurons seem to respond with similar firing patterns."

Trial users were able to move a computer cursor using their thoughts only with 75 percent to 85 percent accuracy over the course of many sessions.

Researchers also say that when asked to "think left" or "think right" patients were able to change their neural activity immediately. And they were also able to multitask. They could hold a conversation and continue controlling their computer cursor, just as anyone can talk and work on the computer simultaneously.

'Time' is the most used noun

The folks at the *Oxford English Dictionary* say that "time" is the most used noun in the English Language, according to an Associated Press story. Other nouns that made the Top 25 most used words that were time related were "year," in third place, "day" in fifth place, and "week" coming in at No. 17.



The most commonly used word of all: "the." It's followed by "be," "to," "of," and, "a," "in," "that," "have," and "I," according to the Concise Oxford English Dictionary.

Here's a list of the Top 25 nouns: time, person, ear, way, day, thing, man, word, life, hand, part, child, eye, woman, place, work, week, case, point, government, company, number, group, problem, fact.



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EVENTS & PROGRAMS

HELLO CANADIANS! The Canadian Club Canadien Pinellas County, Florida, is growing its membership. We promote fellowship among Canadians and foster goodwill with the American people. Join us for our monthly lunch with informative speakers, weekly golf, dinner/theater, and many more activities. Membership is \$20, and new members get their first lunch for free! For information, email: CCCPCFL@GMAIL.COM

2 Day Yard Sale. Friday Oct 4th Inside Clubhouse & Outside. Bake Sale in Clubhouse/Refreshments available Oct 4th only, 8-1pm. Oct 5th Outside Only 8am-1pm. LaPlaza MHP 6700 150th Ave N. Clearwater

Paradise Island Fall Flea Market October 12, 9am-2pm. 1001 Starkey Rd, Largo, 8 am early entrance \$1.00. Large selection of home goods, tools, furniture, linens, clothes, bake sale and more. Follow signs for clubhouse.

Community Carport Sales. Oak Crest MHP, 9925 Ulmerton Road, Largo and Acorn MHP, 435 16th st. SE, Largo. Saturday, October 12, 8-1. Rain date October 13. Lunch available at Pavilion.

OakCrest MHP 3rd annual craft fair. 10/19/2024, 9-2pm. Vendor spaces available. Call Jill 443-741-5304



EVENTS & PROGRAMS

Regency Heights Carport Sale: Friday and Saturday, November 1st-2nd, 8am-2pm. 2550 State Rd 580, Clearwater.

Annual Craft Fair - Paradise Island - Saturday November 2nd 9-3 pm. Clubhouse, 1001 Starkey Rd. Largo. 80 plus Tables, Handmade items & Bake Sale

HOLIDAY BAZAAR. Saturday, 11/09/2024 9am-2pm. First Lutheran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Free admission. 217-251-4382 or jayneb1227@gmail.com

FALL BAZAAR Ranchero Village 7100 Ulmerton Road Hacienda Clubhouse. Sunday 11/10/24 from 11am-3pm. Crafts, baked goods, raffle baskets & more. Vendors: Rent a table for \$20. Contact: Donna Dahmm 309-263-2640 or RDDahmm@gmail.com

Craft Fair 11/16/24, 9 AM - 1 PM at Clearwater Cascade. Contact Jane Boucher 903-426-3636, janeboucher29@gmail.com

Serendipity Mobile Home Park Community Yard Sale. Saturday, November 16, 2024, 8AM-2PM. 29081 US Highway 19N, Clearwater. Drive around the park and check driveways for sales.

Palm Hill 2nd Annual Craft Fair. November 16th, 8-1. North Club House. Use North 8th Ave entrance. Outside crafters welcome. call John at 507-259-6934 after October 10th

> November Events

EVENTS & PROGRAMS

Palm Hill Christmas Bazzar. Saturday December 1st, 8-1. North Clubhouse, use 8th Ave entrance.

Annual Holiday Market at Pointe West Clubhouse, December 7th, 2024 from 9am-2pm. Vendors wanted. \$20/table or \$30 for 2 tables. Contact Susan Barnard for information or to register at 317-402-7904 or susanbarnard930@ vahoo.com

CRAFT VENDORS WANTED, Saturday December 7, 9-1. Southwind MHP, Palm Harbor. \$15/table. Contact Evelyn: 440.227.5906 or evelynfinken@gmail.com



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