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OADVOGATEO

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August · 2017

Issue 6 41st Year

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Monday thru Friday 3113 S.R. 580 Scott Barker

9:00 a.m. to 12 p.m. Safety Harbor, FL 725-1811

1:00 to 5:00 p.m.

Website: www.amberglades.com

AMBER GLADES SOCIAL COMMITTEE MEETING EVERY 1ST WEDNESDAY OF MONTH (except June, July, August & September)

### 2017-2018 AMBER GLADES SOCIAL COMMITTEE

Vice – Chair/Entertainment ...... Barb King#220 (614) 519-8445

Decorating Chair .....Lauri LeGault (847-465-9745)

# **CORPORATION DIRECTORS**

President	Wayne Davis
Vice President/Director of Complaints	Marsha Lemons
Treasurer	
Director/Secretary	Randi Sanford
Director	
Director	Donald Horrigan
Director	Lorraine Richards

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expires 8/15/17

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- J. Howard, Pinellas County



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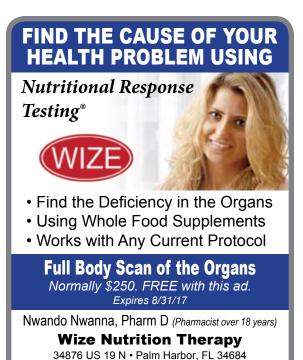
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The next HOA Board Meeting will be held Tuesday, October 3, 2017..........7pm All residents are invited to attend the HOA meetings. There is a question and answer session after the regular meeting of the board. The meeting is held in the Clubhouse Library.

The next Social Committee Meeting will be held Wednesday October 4, 2017 This meeting is open to all residents and it goes over the activities that are coming up and include a raffle and Coach Drawing (you must be a member of Amber Glades HOA and be present to win). Held in the Clubhouse.

# Heritage Pot Luck September 16th at 5:30PM At the Clubhouse.

Bring a dish that is indicative of your heritage or if you would prefer to bring a dish from another country, bring that!

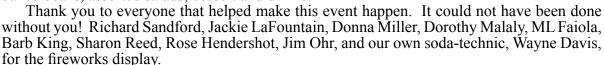
As always please bring your own place settings!

# POTLUCK DINNER

# **Independence Day Celebration 2017**

Randi Sandford

Seventy six people enjoyed the Fourth of July Celebration at the clubhouse. I would like to thank everyone for coming out and joining in. Red, white and blue was definitely the theme of the day. For lunch we had Chicken wings, BBQ Brisket, baked beans, assorted salads, dessert and drinks.



Also thank you to the group that decorates the clubhouse....you do an outstanding job!



# **AUGUST BIRTHDAY AND ANNIVERSARIES**

# **AUGUST**

- 6 SueAnn Suderman
- 11 Gail Goodman
- 11 Elizabeth Hendrix
- 12 Don Horslin
- 15 Bert Schroeder
- 19 Betty Biddle
- 19 Eileen Hayden
- 25 Gina Lavoie
- 26 Sharron Kachinski
- 29 Glenda Willems





- 8 Lavon and Beverly Lewis
- 9 David and SueAnn Suderman
- 17 Dave and Mona Karns
- 30 Jim and Shirley Young

Please contact Ann @724-372-3825/anjohr@gmail.com if you would like your birthday or anniversary listed.

# **ACTIVITY CALENDAR 2017**

# THERE WILL BE NO SOCIAL EVENTS IN AUGUST!

September 16th Heritage Pot Luck

Please check the message board at the front gate, the bulletin board in the Clubhouse or channels 95 or 732 or the Amber Glades Facebook page.

# **IMPORTANT INFORMATION**

The new directories are in! Please go to the office to get yours and please remember there is only one per household.

A Complete Listing of Resident Services can be found on the page before your calendar

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# **NEW NEIGHBORS**

If you are new to the Amber Glades Community we would like you to feel welcome and give you a packet of good information. If you haven't received your packet please contact: Sue Ann Suderman #353 (503 364-3186

### WELCOME TO THE NEIGHBORHOOD!

# WELCOME

# DEADLINE FOR SEPTEMBER NEWSLETTER

If you have anything you would like published in the September Newsletter please contact Ann Ohr (724) 372-3825 or anjohr@gmail.com by September 5th.

# **CHANNELS 95 & 732**

A

ny changes, additions, subtractions, ads, etc. for our "in park" TV channels can be forwarded to Richard Sandford, 419-460-6518 or emailed to 95@amberglades.com







Shuffleboard, Let's do Crafts, Sweating to the Oldies and Line Dancing are on summer hiatus. We will start again in the fall!

# **HORSES Thursday Night - 6:30 – 8:30pm**

Veryone is welcome to join us. We are a group of about 10-20, depending on who is available. No experience necessary – you don't even need to know how to ride a horse! We would love to welcome you to our (s)table.



# BINGO......6:30pm

ooking for a fun night out? Join us on Mondays for BINGO at the clubhouse. The more the merrier! Prize payouts depend on attendance.

Plan to come a few minutes early because the first game is a progressive cover-all and you will need time to mark the pre-drawn numbers.

# **BUNCO**

Very Tuesday at 1pm we play Bunco at the Clubhouse. It's a \$2 game and all the money goes back out as prizes. You don't have to know how to play, we'll teach you. See you there, just throw the dice!

# August Sudoku

	9			1				
	3						2	7
6						4		
	2		6	8	7			3
7				3				1
					5		1	
					9	6	4	
		8	2		3			



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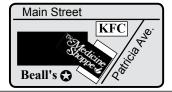
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Carol Zapiecki, Clearwater, FL





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George Lordstrom, Saint Petersburg, FL



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# **Columbus' anchor salvaged from the depths**

team of explorers believe they've discovered an anchor from one of Christopher Columbus' ships in the Caribbean. According to a story on the Fox News website, an analysis of the anchor shows that it dates from somewhere between 1492 and 1550. It weighed 1,200-1,500 pounds and probably belonged to a 300-ton vessel, typical of Columbus' time.

The anchor is believed to come from a fleet of smaller ships called caravels, which included the Pinta. Captained by Vicente Pinzon on one of the "minor voyages" of Columbus' third expedition to the New World, the ship sank in a hurricane near the Turks and Caicos islands in 1500.

In addition to the anchor, the team brought up other artifacts at the shipwreck site, including grappling hooks used for salvaging cargo from shipwrecks, as well as pieces of pottery and an olive jar painted with indigo.

# Scientists create negative mass in the laboratory

Tegative mass might sound like something out of science fiction, but physicists have created it in a laboratory. The BBC News website reports that scientists at Washington State University have created a particle composed of negative mass by using lasers to trap atoms of rubidium and then cooling them down to just above absolute zero. This caused the atoms to behave as a superfluid liquid, flowing without losing any energy.

Paradoxically, if you push something with negative mass, it accelerates in your direction, following behavior predicted by quantum mechanics. Scientist expect the technique to help them solve questions about black holes, neutron stars, and dark energy in the cosmos.

# Ancient bone raises modern questions

n artifact unearthed in Crimea may shed new light on our Neanderthal ancestors, according to the Sci-News website. It's a bone fragment from a raven, and it's approximately 38,000 years old. A mere 18 mm long, the bone bears a series on notches that are too evenly spaced to be the result of everyday butchery. Archaeologists believe that two notches on the raven bone could have been made intentionally by Neanderthals to create a pattern meant to be consistent or symbolic. The bone may have worn as a personal ornament, some speculate.

























# Traditional books are alive and well

Publishers and traditional readers alike have long been worried about the rise of electronic books as sales of Amazon's Kindle and other devices have grown, but their concerns may have been at least somewhat overblown. New studies suggest that the growth of e-book sales is leveling out—and possibly declining.

According to the Chicago Tribune website, during the first nine months of 2016 e-book sales dropped by 18.7 percent compared with the same period a year earlier. On the other hand, hardcovers, paperbacks, and audiobooks did not suffer a similar decline. In the same time frame, e-books' share of the total market fell to 17.6 percent from 21.7 percent. In addition, sales of hardcover books in 2016 outpaced e-books for the first time in five years.

Don't panic—books don't look like they're being replaced any time soon.

# **More Americans taking advantage of technology**

he digital revolution continues gaining ground, according to the Pew Research Center. Seventy-seven percent of Americans own a smartphone, a figure that's almost doubled since Pew began tracking smartphone ownership in 2011.

Similarly, broadband access is on an upswing, with home broadband service rising 6 percent in 2016 (after a slight decline from 2013 to 2015). In November 2016, nearly three-quarters (73 percent) of Americans reported having broadband service.

Finally, 69 percent of U.S. adults are using social media, especially young people—86 percent of 18- to 29-year-olds are on at least one social media platform.

# **New hope for headache sufferers**

luster headaches, such as migraines, are rare, but they can cause intense pain to the people (mostly men) who suffer from them.

But there's hope. According to the NBC News website, the Food and Drug Administration has recently approved a device known as the vagus nerve stimulator for treatment of cluster headaches. Sufferers place the small device, named gammaCore, against the neck and send a mild electrical stimulation to the vagus nerve—a large nerve that runs from the brain to the colon. The jolt disrupts signals along the nerve, reducing the pain.

Vagus nerve stimulation is already used to treat ailments such as epilepsy and depression. Gammacore, manufactured by the organization electroCore, is available in Europe, but electroCore plans to begin offering it in the United States later this year.





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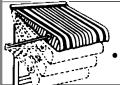
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Sunday	Monday	Т
		1:00Pl
6	6:30PM Bingo <sup>7</sup>	1:00Pl
13	6:30PM Bingo 14	1:00PI
20	6:30PM Bingo 21	1:00PI
27	6:30PM Bingo <sup>28</sup>	1:00PI

# **Amber Glades**

uesday	Wednesday	Thursday	Friday	Saturday
M Bunco <sup>1</sup>	8:00AM Koffee <sup>2</sup> Klatch	6:30PM Horses <sup>3</sup>	12:00PM 4 Color your heart out	5
M Bunco <sup>8</sup>	8:00AM Koffee <sup>9</sup> Klatch	6:30PM Horses 10	12:00PM 11 Color your heart out	12
M Bunco <sup>15</sup>	8:00AM Koffee <sup>16</sup> Klatch	6:30PM Horses <sup>17</sup>	12:00PM <sup>18</sup> Color your heart out	19
M Bunco <sup>22</sup>	8:00AM Koffee <sup>23</sup> Klatch  **Blood Pressure Monitoring**	6:30PM Horses <sup>24</sup>	12:00PM 25 Color your heart out	26
M Bunco <sup>29</sup>	8:00AM Koffee <sup>30</sup> Klatch	6:30PM Horses <sup>31</sup>		SEPTEMBER 2017 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

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# **Coffee more popular than ever**

For more and more people, a morning cup of coffee is part of starting the day off right. According to a National Coffee Drinking Trends consumer survey, the number of Americans drinking coffee daily has increased to 62 percent, up from 57 percent in 2016.



The biggest increase is in the 13-18 age bracket. Their daily coffee habit climbed to 37 percent in 2017, up from 31 percent in 2016. Adults ages 18-24 increased their coffee habit from 48 percent to 50 percent, and 63 percent of adults 25-39 drank more, up from 60 percent.

Sixty-four percent of Americans 40-59 drink a daily cup of joe, up from 53 percent last year. The 60-plus crowed moved to 68 percent in 2017 from 64 percent the previous year.

# **Consumers prefer the human touch**

lectronic self-service may be the wave of the future for many organizations, but lots of consumers are bucking the trend. The CRM Buyer website reports that researchers surveyed more than 24,000 consumers in 12 countries about customer interactions, and here's what they found:

- Eighty percent prefer customer service from a human instead of an automated system.
- Eighty-three percent say that interacting with a customer service rep is important on the phone or in a store.

• Sixty-eight percent believe they're more likely to get a better deal when negotiating in person instead of online.

• Eighteen percent said they would renew products or services because of good personal customer service, even if they were more expensive.

Mathematics—the unshaken foundation of sciences, and the plentiful fountain of advantage to human affairs.

-Isaac Barrow







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# **Unclear on the concept**

group of managers who had never taken the time to understand the technical aspects of their organization's product line took a tour of their plant. They made several disparaging comments about their manufacturing employees' intelligence until their guide decided to challenge them.

Pointing to a flagpole rising from the floor, the guide gave them a tape measure and challenged them to measure the height of the pole—without using a ladder. The managers all exclaimed how easy that would be and started in. But they couldn't figure out a way to reach to the top of the pole to get an accurate measurement.

Then the guide asked a worker who was walking by on her way to lunch to measure the pole. The woman walked over to the pole and looked at its base. Seeing it was screwed into a stand, she unscrewed the pole, laid it on the floor, and measured it, all in about 30 seconds.

"Ha!" said one of the managers. "That doesn't count. We were supposed to measure the height of the pole, not its length!"

# The wrong assumption?

wo experts in business economics were out for a walk and noticed two men in buildings on opposite sides of the street yelling and screaming at each other out of their windows.

After observing the situation, one of the economists said, "I predict they will never find a way to agree and resolve their argument."

"Why not?"

"Because," said the first, "they are arguing from different premises."

# One way to solve a problem

farmer invested his savings in building a pond to raise fish for sale.

But after he stocked the pond, he discovered he would soon have a problem, A friend warned him that kids from the nearby town liked to sneak into farmers' ponds to go swimming. The farmer knew they would stir up the muddy bottom and kill off his fish.

One evening the farmer, carrying a pail, went down to the pond. Sure enough, a bunch of young people were getting ready to dive in. They outnumbered the lone farmer and showed no signs of fearing him. In fact, they taunted him and dared him to drive them off. But he simply reached in the pail and started tossing chunks of raw meat into the water.

"What the heck are you doing?" asked the trespassers. The farmer shrugged. "Just feeding the alligator."



# The science behind creative thinking

reativity may seem mysterious and magical, but scientists have been studying it for a long time. From the Fast Company website, here's some of what they've learned:

- Creative insights do come in the shower. In one study, 72 percent of participants reported getting new ideas while taking a shower.
- Solitude boosts creativity. The networks in our brains responsible for creativity and imagination work better when we're alone.
- Trying new things helps. New experiences can trigger dopamine, a neurotransmitter that facilitates mental flexibility.
- Trust your hunches. Intuition isn't well understood, but it's led to many creative insights. Learn to let your unconscious mind noodle on problems and ideas without forcing your brain to work.
- Daydreaming has positive effects. Daydreams can enhance creative thought, self-awareness, and long-term planning by giving you a kind of mental incubation for ideas.

# Three levels of imagination

reativity and innovation come in many different forms. An article on the Bizcommunity website points to three distinct levels of imagination:

- Discovery. Sometimes you just see something that looks like a good idea. Keep an open mind as you look around you, and learn to find opportunities in everyday things.
- Invention. Apply the tools you've got to solve the problem in front of you. Look at all your available resources and see which will help you achieve the results you're looking for.
- Creation. Dig deep into your personal experience for something only you can create. Remember that ideas may be common, but how you put them to work is what makes them stand out.

It is a fair, even-handed, noble adjustment of things, that while there is infection in disease and sorrow, there is nothing in the world so irresistibly contagious as laughter and good humour.

-Charles Dickens

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# These herbs may ease diabetes symptoms

Type 2 diabetes afflicts millions of people around the world. Medication such as insulin can help keep your blood sugar levels stable, but according to the Medical News Today website, these herbs can also have a beneficial affect:



- Aloe vera. Known for its skin care benefits, aloe may also help increase the amount of insulin produced by the pancreas. It can be consumed as juiced pulp added to beverages or as extracts available as supplements.
- Cinnamon. This tasty spice offers many benefits for diabetes patients, including positive results in maintaining appropriate blood sugar and insulin levels as well as decreasing blood pressure. Consult with your doctor before using it as a supplement, though.
- Bitter melon. Used for centuries as a traditional medicine in China and India, the seeds from this melon appear to lower blood sugar levels. It's also effective when its pulp is mixed with water and when consumed as juice.
- Milk thistle. An extract called silymarin from this herb has antioxidant and anti-inflammatory properties, which are beneficial for people with diabetes.
- Fenugreek. The seeds from this herb contain fibers that help slow the digestion of sugar and other carbohydrates. They may also help to lower cholesterol as well.

Always check with your physician before taking any herbs or supplements, of course.

# **Tolerance for alcohol? Don't count on it**

Think you can handle your booze? Think again. Many heavy social drinkers believe they can build up a tolerance for alcohol that lets them perform routine tasks without loss of coordination, but recent studies suggest that may not be the case.

As reported on the LiveScience website, the Chicago Social Drinking Project, begun in 2004, tracked 155 young adults with an average age of 25 at the time over a period of years. More than 80 percent were heavy drinkers, meaning they had consumed 10-40 drinks per week for two years.

In tests carried out over the years, participants were either given a real drink or a placebo beverage that tasted like alcohol and then were tested on some simple fine-motor tasks. Although heavy drinkers actually improved their scores from previous years on the easier tasks, their performance declined on the more challenging tasks—although they still considered themselves less intoxicated than lighter drinkers.

So be careful. That "tolerance" you've built up may be just wishful thinking.



# Did you know that August is also...

American Artist Appreciation Month. From Andy Warhol and Andrew Wyeth to Georgia O'Keeffe and Mary Cassatt, America has been the birthplace for some of the world's most talented and celebrated artists—all of whom are honored during American Artist Appreciation Month.

**Child Support Awareness Month.** Recognizing the importance of child support and applauding parents who provide financial and medical support for their children, this month is meant to raise awareness of the ways child support helps children reach their full potential and achieve their dreams.

**National Immunization Awareness Month.** An annual observance held in August to highlight the importance of vaccination for people of all ages, NIAM was established to encourage everyone to make sure they are up to date on the vaccines recommended for them.

**National Truancy Prevention Month.** Truancy is a pervasive problem for schools across the country, particularly public schools in urban areas. Students who demonstrate a lack of commitment to school are at an increased risk for substance abuse, delinquency, teen pregnancy, and dropping out.

International Assistance Dogs Week, Aug. 6-12. Recognizing all the devoted, hardworking assistance dogs helping individuals mitigate their disability-related limitations.

**National Farmer's Market Week, Aug. 6-12.** Throughout this week, the U.S. Department of Agriculture celebrates our nation's thousands of farmer's markets, the farmers who make them possible, and the communities that host them.

**National Motorcycle Week, Aug. 13-19.** For riders, motorcycle lovers, and all enthusiasts of two-wheeled excitement, this weeklong event celebrates one of America's favorite pastimes—riding motorcycles.

**World Water Week, Aug. 17-Sept. 1.** In 2017, World Water Week will address the theme "Water and waste—reduce and reuse." Held in Stockholm but celebrated everywhere, experts, practitioners, decision-makers, business innovators and young professionals meet to network, exchange ideas, foster new thinking and develop solutions to the most pressing water-related challenges of today.



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### ATTENTION RESIDENTS!

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-Monthly Media Staff

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	ig of check). This months cas
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\$10	All Weather Roofing
\$10	Battleline Termite & Pest Control, Inc.
	Bob's Mobile Home Washing
	Sunset Appliance Service
\$10	Boss Electric Corp.
\$10	Denny's Plumbing, Inc.
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	ASC Aluminum Specialty Contractors
	. Modern Air Conditioning & Appliance
	Jones & Sons Plumbing, Inc.
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\$5 .	Air Masters of Pinellas, Inc.
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minore are:		
Joan Athey	. \$5	Battleline Termite & Pest Control, Inc.
Paul Reynolds	. \$5	Modern Air Conditioning & Appliance
Linda Ferris	. \$5	Dunedin Electric Co.
Connie Wilson	. \$5	Wyngarden Mobile Home Wash, LLC
		Payless Painting Service, Inc.
		E & E Gliddon Air Conditioning, Inc.
Lori White	. \$5	Jones & Sons Plumbing, Inc.
Pattie Wanamaker	. \$5	Imperial Electric Service of Pinellas
David Lyons	. \$5	Community Roofing of Florida, Inc.
Hazel Raynes	. \$5	Heller's Mobile Home Washing
Roger Kolvek	. \$5	Boss Electric Corp.
Marilyn Jones	. \$5	Royal Enterprises
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Kathy Oleksy	. \$5	Bob's Mobile home Washing
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