

=<mark>41</mark>₌Certified years in business ==★=No complaints unresolved =<mark>41</mark>=Years in Monthly Media ==

FOR AD RATES & INFO 727-484-7488 · info@monthly-media.com

OFFICE HOURS	PARK OFFICE	PARK MANAGER
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

Chairperson	Sharon Reed #126 (386-490-3026)
Vice – Chair/Entertainment	Barb King#220 (614) 519-8445
Secretary	Ann Ohr #358 (724-372-3825)
Treasurer	Patty Peterman: #216 (618-960-9284)
Decorating Chair	Lauri LeGault (847-465-9745)
Welcome Chair	Sue Ann Suderman #353 (503-364-3186)

CORPORATION DIRECTORS

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

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











(727) 623-9842 www.SMHardwood.com

8300 Ulmerton Road Unit 104, Largo, FL 33771 Family owned and operated / C-10414







HOA BOARD MEETING MAY 2, 2017

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.

ML Faiola needs block captains for the summer. Please contact her (410) 610-9673.

Share the wealth drawing (4) \$10 draws.

oach 434 was present for the draw so the prize monies of \$279.00 were awarded to Donna Miller and we will begin again at the next monthly meeting on October 4th, 2017.

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.*

GAME NIGHT AND POT LUCK JUNE 10TH 5:30PM

ome and partake of our delish resident dishes and we will have games immediately following the tummy filling time. Please bring a food contribution and your own place settings.

FATHER'S DAY PIE AND ICE CREAM SOCIAL JUNE 18th 2-4PM

For tickets contact Liz Johnson (618) 791-6555 or Patty Peterman (618) 960-9284 Dads are FREE but must have a ticket Members: \$3.00 & Non-Members: \$4.00 Tickets will be available at the Mothers Day Social & the Memorial Day Celebration



SOCIAL COMMITTEE MEETING MAY 3, 2017

hairperson, Sharon Reed, called the meeting to order. Sharon announced that Betty Sorrenti will be assuming the Sunshine/Memorial duties. Sharon also announced that the Scavenger Hunt had to be cancelled since nobody offered to chair the event.

Wayne Davis reported for the Safety Committee that there has been a substantial uptick in the parking violations. Nobody is to be parked on the streets past 11:00pm to allow emergency vehicles to pass safely.

As Board Chair, Wayne Davis reported that Duke Electric will repair lines at the meter. For further clarification:

AMBER GLADES ESTATES 3113 State Road 580 Safety Harbor, FL. 34695 (727) 725-1811 (727) 725-1812 (Fax) Scott Barker: Community Manager/Sales Kristen Van Nort: Office Asst./Sales



SPECIAL NOTICE

Dear Residents:

The Management of Amber Glades Estates Manufactured Home Community would like to remind residents that pursuant to the Community Rules and Regulations:

"Resident is responsible for maintenance of the water and sewer connections from the manufactured home to the point of connection located on the home site. Resident is also responsible for all internal plumbing lines and fixtures."

Therefore, should you experience issues with the water and/or sanitary sewer service at your home or home site and it requires work to be completed on the main service lines, Management requests that you first inform the Community Office so we can contact our own contractor for such repairs.

Thank you in advance for your cooperation in this matter. Should you have any questions, please contact the Community Office at 727-725-1811 Monday through Friday from 9:00am-5:00pm or 727-462-0633 after-hours.

Sincerely,

The Management of Amber Glades Estates Manufactured Home Community



Quality Workmanship **Honest Pricing**

- Vapor / Moisture Barrier
- Underhome Encapsulated Insulation
- **Hurricane Tie-Down Anchors**



AFTER



We Keep rodents, snakes, spiders, bugs, mold, mildew, and damaging moisture out of your homel



Office Location: 12355 62nd St N Unit B Largo, FL 33773



ESTIMATES & SMILES ALWAYS FREE

7885 or





AMBER GLADES ESTATES 3113 State Road 580 Safety Harbor, FL. 34695 (727) 725-1811 (727) 725-1812 (Fax) Scott Barker: Community Manager



-REMINDER-

As a reminder, the electrical line that connects your breaker box to the communitys electrical pedestal was installed as part of the home set-up package when initially purchased, and is the homeowner's responsibility.

The electrical pedestal and its contents are the responsibility of community management.

If you have any questions, please call the community office at 727-725-1811

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

POT LUCK TRIVIA

Te all enjoyed great food and we were all thoroughly stumped at the variety of questions posed by the Trivia Master. We will have another one and we encourage you to come out for the great food and enjoy how we were all trivia challenged and were able to laugh. By the

way, important fact, the man that invented air conditioning was William Carrier. Remember this wonderful man!

JUNE BIRTHDAY AND ANNIVERSARIES

BIRTHDAYS

- 1 Ed O'Neal
- 4 Frances Burdette
- 4 Lavon Lewis
- 10 Galen Biddle
- 12 Beverly Lewis
- 13 Teresa Marchica
- 14 Lvnn Horner
- 18 Claudette Johannessen
- 20 Arthur Copeland
- 28 Mary Louise McKenna
- 28 Betty Ann Smith
- 29 Mary Lou Pirucki
- 30 Steve Hanson

May 29

June 18

July 4th

July 22

August 19

September 16th

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

ACTIVITY CALENDAR 2017

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.



Memorial Day BBQ

*Music on the Patio

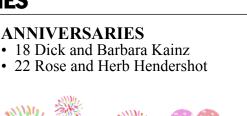
* Heritage Pot luck **EVENTS WITH (*) NEED A CHAIRPERSON!**

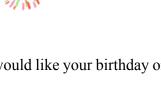
*Trivia and Pot Luck

Dad's Day pie and ice cream

*Cookout at the Clubhouse











AMBER GLADES ADVOCATE JUNE, 2017 N





MAY MOVE-INS

248 Robert and Shirley Spicer#64 Mitchell and Terry Cook



WELCOME TO THE NEIGHBORHOOD!

DEADLINE FOR July NEWSLETTER

f you have anything you would like published in the July Newsletter please contact Ann Ohr (724) 372-3825 or anjohr@gmail.com.

CHANNELS 95 & 732

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

OPEN LETTER TO ALL AMBER GLADES RESIDENTS

Your social committee strives to bring you a diverse selection of activities through the year. During the summer months we try to offer fun events until our other residents return from up North. We as a committee appreciate any comments and suggestions that are offered to us directly so that we know what you'd really like as an activity. Unfortunately, we have already cancelled one event due to the lack of anyone volunteering to chair the event. If you have enjoyed any of the events over the past years would you consider stepping up and volunteering just a little of your time as others have done for you? If you are a new resident this is a great way to get acquainted!

Here are the events that we are in need of volunteers:

July 4th	*Cookout at the Clubhouse
July 22	*Music on the Patio
August 19	*Trivia and Pot Luck
September 16th	* Heritage Pot luck

Thank you for your help and understanding, Sharon Reed Chairperson Social Committee 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......Bindays.....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 evert 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!





AMBER GLADES ADVOCATE JUNE, 2017 N

BATHMASTERS

THE MASTERS OF BATHROOM RENOVATION

- · Economical tub to shower conversions
- Extensive portfolio and references online
- We listen, we respond excellent communication skills
- Showroom in Clearwater
- Fixed price packages customized to meet
 your needs

Your choice of:

The most advanced easy-to-clean, solid surface tub and shower surrounds on the market or custom tile installation.

Special Offer

10% off

Tub to Shower Conversion Packages For Seniors Age 55+. Up to \$500. 6/30/17.



Call (727) 333-7997 now for your FREE in-home estimate!

2260 Gulf to Bay Boulevard | Clearwater, FL 33765 (727) 333-7997 • www.BathMasters.us

Certified Residential Contractor: CRC1331061



Services Directory

AIR CONDITIONING SALES/SERVICE

Barron's Air Conditioning	727-784-1603
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	
A1 Appliance Repair	727-736-1106
Appliance Specialty, Inc.	727-520-6002
Bob's Appliance Repair	727-637-4789
AWNINGS	
Century Awnings Co.	727-559-8811
BATHROOM REMODEL	
BathMasters	727-333-7997
CARPET CLEANING	
Bill the Carpet Guy COMPUTER SERVICES	727-521-4163
COMPUTER SERVICES	
Discount Computer Repair	727-320-2965
Largo Tech Services, LLC	727-474-4285
DRIVEWAY COATING	
Concrete Wizard, Inc.	727-789-5444
DUCT / VENT CLEANING	
Velocity Air	727-754-7956
World Class	727-447-5101
ELECTRICAL CONTRACTOR	
Boss Electric Corp.	727-791-1308
Haseney Electrical Services, Inc	727-441-8434
Palm Harbor & Dunedin Electric	/2/-//3-1622
FLOOR COVERINGS/RETAIL	707 000 00 10
S&M Hardwood	727-623-9842
	707 000 4000
Flatworks	/2/-288-4680
Florida Anchor & Barrier Co.	727-330-7821
Perfect Repair & Construction, Inc	/2/-539-0852
GOLF CARTS SALES & SERVIC	
Capital Golf Carts, Inc.	
Recreational Golf Cars of Florida HEALTH SUPPLEMENTS	/ 2/-548-8460
	707 000 0005
Wize Nutrition Therapy	121-223-0005
O. E. Wilson	727 535 0524
LAUNDRY SERVICE	121-000-0024
Oldsmar Coin Laundry	912 901 7007
Olusinal Colli Lauriury	013-091-7997



MANUFACTURED HOME SALES	
Citrus Homes/Meadowood Homes	. 727-535-5262
MOBILE HOME SUPPLIES - RET	
Mobile Home Depot, Inc	. 727-849-4900
MOBILE HOME WASH/WAX	
Bob's Mobile Home Washing	. 727-787-1459
Heller's Mobile Home Washing	. 727-733-1166
Wyngarden Mobile Home Wash	. 727-587-0876
PAINTING/INSIDE & OUTSIDE	
Payless Painting Services	. 727-470-5876
PEST CONTROL	
Ameripride Pest Control	. 727-447-2186
Buggin Out Termite & Pest Control	. 727-535-2629
Nature's Resource Pest Control	
PHARMACY	
Medicine Shoppe, The	. 727-733-0404
Wize Pharmacy	. 727-953-9880
PLUMBING SERVICE	
Dunedin Plumbing, Inc	. 727-734-2879
Plumbing Patrol, Inc	. 727-726-9193
Ray Duncan Plumbing, Inc	. 727-733-0968
ROOF COATING	
AMS Advanced MH Systems	. 727-471-0820
Community Roofing of Florida, Inc	. 727-536-9999
ROOF REPLACEMENT	
All Weather Roofing	. 800-297-3758
AMS Advanced MH Systems	. 727-471-0820
ASC Aluminum Specialty Contr	. 727-547-8300
ROOF WASHING	
Heller's Mobile Home Washing	. 727-545-2665
TIE DOWNS/MOBILE HOMES	
Florida Anchor & Barrier Co	. 727-330-7821
Tommy Tie Downs	. 941-628-6840
VAPOR BARRIER	
Florida Anchor & Barrier Co	
Florida Underhome Solutions	
Underhome Armor	. 727-282-2045
VINYL SIDING	
AMS Advanced MH Systems	. 727-471-0820
ASC Aluminum Specialty Contr	. 727-547-8300
Mitchell Siding	. 727-586-6315
WINDOW CLEANING	
Just Windows	. 727-312-3581
WINDOW REPLACEMENT	
AMS Advanced MH Systems	. 727-471-0820
ASC Aluminum Specialty Contr	727-547-8300





JUNE•2017

Sunday	Monday]
	12p Memorial Day Potluck Picnic	
4	5 6:30p Bingo	1p Bur
11	12 6:30p Bingo	1p Bur
18 2pm Ice Cream and Pie for Dads <u>Father's Day</u>	19 6:30p Bingo	1p Bur
25	26 6:30p Bingo	1p Bur

Amber Glades

Fuesday	Wednesday	Thursday	Friday	Saturday
		1 6:30p Horses	2 12p Color Your Heart Out	3
nco	6 7 8a Koffee Klatch	8 6:30p Horses	9 12p Color Your Heart Out	10 6:30p Game Night & Potluck
1 nco	3 14 8a Koffee Klatch	15 6:30p Horses	16 12p Color Your Heart Out	17
2	0 21 8a Koffee Klatch	22 6:30p Horses	23 12p Color Your Heart Out	24
2 1CO	7 8a Koffee Klatch 28	29 6:30p Horses	30 12p Color Your Heart Out	S M JULY 2017 T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

SUB-FLOOR & FLOORING EXPERTS!





THORIDA

COMPANNY

AND BARREN



EXPERIENCE

STATE LICENSED MOBILE HOME INSTALLER IH# 102549/1



727.330.7821 800.681.3772

LICENSED INSURED

BONDED

ANCHOR

ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

Coverages:

Bodily Injury\$100,000 Each Pers./ \$300,000 Ea. Occur.
Property Damage\$100,000 Each Occur.
Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible
CollisionACV - \$500 Deductible
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*
Duote Details: -67 married male vehicle driven for pleasure use superior credit 5 yea

clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.

son Insurance Inc. 727-535-0524



Venice. FL 34284







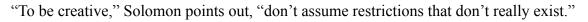
MULE-HIDE

www.FloridasBestRoof.net

What do the instructions say? Creativity expert

oram Solomon often conducts workshops that teach people to approach problems with an open mind. In one exercise (recounted on the Inc. magazine website), he asks participants to build a structure out of a sheet of paper. Some cut the paper into smaller pieces, although his instructions don't specifically say they can.

Once everyone is finished, Solomon asks, "Did the instructions allow you to cut the paper?" Most believe they've done something wrong. But one person usually pipes up with, "You didn't say we couldn't, either."



Beware these creativity myths

reativity can seem magical and mysterious, but you shouldn't make assumptions that can hold your imagination back. Watch out for these misconceptions that can impede your efforts to find innovative ideas and solutions:

• The "eureka" moment. Many people believe that creativity is a sudden flash of insight. More often it's the result of research and persistence, immersing yourself in a subject, and then building on what you learn.

• Inborn creativity. You aren't necessarily born with the ability—or inability—to think creatively. You can learn the knack by asking questions, looking at things in new ways, and challenging the status quo.

• Uniqueness. Good ideas don't always spring from something new. Often the best ideas and solutions come from combining separate elements in different ways.

• Lone wolves. The stereotype of the genius working alone in an office or laboratory is misleading at best. Although some mavericks do produce good ideas totally on their own, many of the best ideas and solutions are the result of collaboration by smart, motivated people.

• Brainstorming. Brainstorming sessions can produce results if they're focused on a specific issue. If it's just a free-form session of throwing ideas around, chances are you won't generate practical solutions. Keep the discussion centered on the problem you're trying to solve.

• No limits. Creativity may seem to thrive on the concept of thinking beyond boundaries. In reality, constraints can force your thinking in the right direction. Try setting some limits to what you want to create—size, budget, deadlines—and see how that helps focus your imagination.

reativ



Did you know June is also...

Adopt a Cat Month. Your local shelter has tons of cute, cuddly newborn kittens mellow older cats, and everything in between. Shelter staffers are ready to help you adopt your very first cat or bring home a friend for another beloved cat.

National Dairy Month. Start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products such as milk contain essential nutrients that can help you manage your weight and reduce your risk for high blood pressure, osteoporosis, and other health problems.

National Zoo and Aquarium Month. June is an excellent time to explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, activities, and sounds so real you'll think you're there.

PTSD Awareness Month. The purpose of PTSD Awareness Month is to raise public awareness of PTSD and effective treatments and help all those affected by PTSD. Mental health experts aren't sure why some people develop PTSD and others don't, but if stress reactions don't improve over time and disrupt everyday life, seeking help to determine whether PTSD is present is important.

National Automotive Service Professionals Week, June 11-17. A weeklong celebration to honor the commitment and dedication of the automotive, truck, collision specialists and parts specialists who keep our vehicles running safely.

Men's Health Week, June 12-18. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, members of the news media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



National Nursing Assistant Week, June 15-22. Nursing assistants work in hospitals and nursing homes performing everyday living tasks for the elderly, chronically ill, or rehabilitation patients who cannot care for themselves. This week is set aside to recognize the nursing assistants who dedicate their lives to the well-being of others.

Global Day of Parents, June 1. The Global Day of Parents was proclaimed by the UN General Assembly in 2012 to honor parents throughout the world in appreciation of their self-less commitment to children.

Flag Day, June 14. Fly Old Glory with pride!

Father's Day, June 18. A day to honor fathers everywhere.





AMBER GLADES ADVOCATE JUNE, 2017 N











Flying in the face of disaster

In the 1980s and early '90s, Continental Airlines was a disaster. The organization had gone bankrupt twice and was on its way to a third (and final) catastrophe. It had gone through 10 presidents in 10 years, and employees mistrusted management.

Then in 1994 Gordon Bethune stepped in. Instead of running around willy-nilly trying to stamp out the various raging fires, Bethune took a step back to return to the basics. He identified Continental's key goals so that employees' efforts would be concentrated on them rather than diffused by the disaster of the moment. One of his areas of focus was creating a corporate culture. Without the commitment of the employees, the other goals would be impossible.

Drawing on the organization's history of excellence in service, he rallied the workforce. Bethune discovered that the employees weren't bad—they just worked in a dysfunctional organization. So they were quick to get behind his new leadership.

Senior management was a different story. Bethune knew he had to make wholesale changes, and that meant getting rid of the bureaucracy. In a couple of months, Bethune and his top executives replaced 50 of the company's 61 officers with 20 top-notch people.

The changes were dramatic. In one year's time, Continental went from being ranked the worst in customer satisfaction among major airlines to first.

The birth of 'excellence'

Tom Peters didn't exactly give birth to excellence, but he did establish the idea that companies can achieve excellence under the inspiration of a management guru—like himself.

It all began in the spring of 1978. John Larson of McKinsey's San Francisco office was set to give a presentation to a client. But his computer crashed and took with it his notes. He turned to another consultant, Tom Peters, to throw together a presentation that would satisfy the client.

Peters had just returned from traveling the world to compile research on best practices in business. Up until then, his research had been collecting dust after he had presented it to the McKinsey powers that be. With an opportunity to present his findings again, Peters gathered his data. In search of a sexy title to give his presentation, Peters came up with "Excellence." It was a hit.

Eventually, Peters edited the material into a manuscript. Continuing with the idea of excellence, he titled the book The Secrets of Excellence. But the title didn't fly with the McKinsey folks, who feared that clients would think the company was selling the secrets of client operations. In 1982, Peters and co-author Robert Waterman renamed it the more politically astute In Search of Excellence. And thus was excellence born. **INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!**



Insulation Under Your Home Falling Down? Holes and Tears in Your Vapor /Moisture Barrier?





Insulation and Vapor Barrier Repairs

UNDER HOME INSPECTION Only with this COUPON



 Lifetime Vapor Barrier
 Guaranteed for Life Prevent Soft Floors
 Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House! • Lower Your Electric Bills

Licensed by the State of Florida #IH/102549/1



FREE ESTIMATES







 Insured • Bonded • Workman's Compensation Insurance Member: National Association of Mold Professionals







10 WORDS for \$8.55 – Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

WANTED TO BUY

When selling on consignment *always get a WRITTEN QUOTE* on the sellers' commission.

FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780

Wanted to buy: 2 bedroom; 2 bathroom or larger double-wide mobile home on Gulf side of the State. 701-570-3990.

ARTICLES FOR SALE

15.5' Islander: Bimini, Side Console, Many Extras. 48HP Johnson. Auto-lift. Trailer \$3,500. Call after 5 PM 727-391-6541

Looking for a dependable car. Have cash. Please call Marilyn @ 727-348-1676

Wanted: Zippo lighters and Case XX pocket folding knives. Call Tony 727-398-1512 Cash paid.

ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

JULY AD DEADLINE - JUNE 10, 2016

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284. • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.



Reverse Osmosis Filter Systems

93 or 942

Call Us for All Your Plumbing Needs! www.the-plumbing-patrol.com

22 ★ 22

VISA DISCOVER

Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

THOUSANDS manufactured home residents have won over \$135,000 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or <u>mail your paid receipt</u> to us at Monthly Media • 220 Bahama St. • Venice, FL 34285. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 4-6 weeks for mailing of check). This month's cash winners are:

(Allow 4-0 weeks for mailing of check). This month's cash withers are.					
Bill Nichols \$100	Air Masters of Pinellas, Inc.	Burrell Basil \$5	Imperial Electric Service		
Margaret Kirk \$10.	Aluminum Specialty Contractors	Harold Niyork \$5	Jones & Son Plumbing, Inc		
Robert Eckland \$10.	Bob's Mobile Home Washing	Paul Capotosto \$5	Air Masters of Pinellas, Inc.		
John Gilliland \$10.	Barron's AC & Appliance Repair		Buggin Out Termite & Pest Control		
	ASE - Auto Service Experts	Edward Molyneux \$5	Heller's Mobile Home Washing		
Cindy Byer \$10.	Jones & Son Plumbing, Inc	Domenic Berenato \$5	ASE - Auto Service Experts		
Lillian Migliorini \$10.	Ron Wyngarden MH Washing	Barbara Helmes \$5	Doll Brothers Carpet Cleaners		
Helen Cook \$10.	1st Class Handyman Service		E & E Gliddon Air Conditioning, Inc.		
Larry Clinton \$10.	Mobile Home Depot, Inc.	Edmund Santos \$5	Air Masters of Pinellas, Inc.		
Joan Polcyn \$10.	Discount Computer Repair	Tom Locher \$5	Royal Enterprises		
Kathleen Wyman \$10.		Raymond Wynn \$5			
	Sunset Appliance Service	Jim Beasley \$5	E & E Gliddon Air Conditioning, Inc.		
Mary Knecht \$10.	Florida Anchor & Barrier Company	Shawn Lovejoy \$5	Jones & Son Plumbing, Inc		
Nancy Underwood \$10.	George's Mobile Home Service, Inc.	Janice Evely \$5	Heller's Mobile Home Washing		
	AJ's Beds & Furniture, Inc.	Richard Pijanowski \$5	Natures Resource Pest Control, Inc.		
	Payless Painting Services. Inc.	Norman Hoke \$5	Royal Enterprises		
Margaret James \$5	The Plumbing Patrol, Inc.	Richard Viel \$5	Modern AC & Appliance Service		
	Just Windows, Inc.	Thomas Cooke \$5	Natures Resource Pest Control, Inc.		
Daryl Lahiff \$5	Battleline Termite & Pest Control		Heller's Mobile Home Washing		
	Air Masters of Pinellas, Inc.		Debbie's Salon		
Cornelius Sharron \$5	Bill The Carpet Guy		Natures Resource Pest Control, Inc.		
Annette Davis \$5	Boss Electric Corp.	Patricia Stewart \$5	Heller's Mobile Home Washing		
Gary Johnson \$5	Battleline Termite & Pest Control		Community Roofing of Florida, Inc.		
Betty Washam \$5	Debbie's Salon	Elsie Lipson \$5	Jones & Son Plumbing, Inc		

• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • No purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers.

Try ginger for its health benefits

ooking to get over a cold a little more quickly, or ease muscle soreness? A little ginger may help. Check out this list of ginger's healthy benefits from the Huffington Post website:

• The common cold. Some research suggests that ginger helps your body sweat out a cold, as well as producing a germ-fighting agent called dermicidin, which can protect you from bacteria and fungi.



• Muscle aches. One study by the American Pain Society found that taking two grams of ginger for 11 days can significantly reduce aches and muscle soreness caused by exercise. That's because ginger contains anti-inflammatory compounds

known as gingerols, which prevent the transmission of pain from inflammation. Try adding a few slices of ginger every time you drink a glass of water.

Watch out for 'masked' hypertension

eing diagnosed with high blood pressure may be scary, but thinking your blood pressure is normal when it's not? Scarier still.

The Live Science website reports that almost one in eight Americans who believe their



blood pressure is just fine may really have a masked form of hypertension that doesn't show up when they visit their doctors. Instead their blood pressure is elevated during their daily activities, so they may be at increased risk of heart disease without realizing it.

To diagnose masked hypertension, researchers suggest wearing 12-hour blood pressure monitors that take readings through the day.

The flip side of this phenomenon is so-called "white-coat hypertension," in which patients' blood pressure increases at the doctor's office (possibly from nervousness?) but is normal the rest of the time. Unlike masked hypertension, these people don't appear to be at a higher risk of heart disease.

Cleaner air = longer life

ake a deep breath. Lots of them. You'll be breathing longer these days, thanks to improved air quality. Researchers at Brigham Young University and the Harvard School of Public Health, writing in the New England Journal of Medicine, say that since the introduction of the Clean Air Act in 1978, Americans' life expectancy has increased by 2.72 years. Although changes in smoking habits and better socioeconomic living conditions are a major factor in our increased longevity, the scientists note that as much as five weeks of our lengthened lifespans are due to better air because of cuts in auto emissions, steel mills, diesel engines, and coal-fired power plants.



Activities 2017

Bingo	Ray and Donna Miller, #434	. 724-0306
Blood Pressure	Sharon Kachinski, #165	. 725-3745
Bunko	ML Faiola, #13	. 410-610-9673
Cards		
Channels 95 & 732 Producer	Richard Sandford, #397	. 419-460-6518
Crafts, Needlecraft,		
& Hobbies	Faye Rahrig	. 419-277-2753
F. M.O. Representative	Wayne Fletcher, #57	. 559-1306
Golf League	Marsha Lemons, #90	. 559-1386
Kitchen Managers	Maggie Lande #229	. 678-621-9714
Library	Diane Nance #245	. 365-1959
Line Dancing	Irene Pehl, #107	. 791-1027
Neighborhood Watch	Ed O'Neal, #380	. 238-8170
	Roy Keefe, #310	. 396-4461
Newsletter	Ann Ohr #358	. 724-372-3825
Shuffleboard	Ed O'Neal, #380	. 238-8170
Memorials/Sunshine	Betty Sorrenti #47	. 727-386-4445
Travel		
Welcome Committee	Sue Ann Suderman, #353	. 503-364-3186

Block Captains

ML Faiola, #13, 443-624-0342

BLOCK

		DLUCK	
Chesney, Georgia	#387		474-3113
D'Amigo, Joe		77-93	. 463-3952
DesJardins, Sharon	#438	94-107, 425-440	727-726-3027
Donohue, Helen	#76		724-3916
Fether, Janet	#34		474-7978
Fiola, ML			410-610-9673
Fletcher, Linda			. 559-1306
Howell, Janice	#339		669-7244
Johnson, Liz	#263		618-791-6555
LaFountaine, Jackie	#44		802-342-6604
Lande, Maggie #229		23-34, 288, 404-411	. 678-621-9714
Lewis, Bev	#198		270-7128
Lopez, Iris	#17		669-8053
McGoldrick, Monica			727-333-7473
Misselwitz, Mary Ann	#293	239-252, 295-307	724-4788
Mulaly, Dorothy	#115	108-127	417-0396
O'Neal, Karen	#380		238-8170
Spencer, Rickie	#103		727-612-6923
Suderman, SueAnn			



