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January • 2017

Issue 11 40th Year

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Secretary	Suzanne Roy, #413	727-289-4124
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Bird Group's Chairperson November, 2016 to March, 2017

Birdgroups	Chairperson	Month Assigned
Sandpipers.....	Judith Reid, #632, 727-954-6123.	February 2017
Flamingos.....	Brenda Manfredi, #631, 727-914-4154.....	March 2017
Blue Jays	Nancy Hope, #303, 727-546-4746.....	November 2016
Cardinals	Heather Hachey, #525, 727- 826-0298.....	December 2016
Mockingbirds	Louisa Rice, #535, 727-827-7442.....	January 2017

Crosswinds Homeowners Association Inc

President	Jane McMillan Lot #1040	727-289-1475
Treasurer	To Be Announced	
Secretary	Rachel Brabant Lot #743	727-350-3970
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From the Office of Crosswinds.....

Mobile Home Decals are a requirement of the State of Florida. If the park was ever audited with a state or county inspection, the mobile home owner could be fined if decal is expired, missing or unreadable. Decals should be placed on the window closest to the street in the bottom corner.

The office staff will be doing its own inspection of decals soon and if yours is not updated, visible from the street or unreadable we will be sent a reminder notice that you are in violation and will be asked to comply with the rule.

Homeowners: Mobile Home Registration Decals expired December 31, 2016 please visit the Department of Motor Vehicles (DMV) to renew your yearly decal if you have not updated yours prior to the expiration date. A renewal notice should have been sent to you from Diane Nelson Tax Payer Office.

Shareholders: If your decal is missing or faded you can visit the DMV for a replacement decal for a small fee.

DMV Tyrone office number is #727-464-7777 and they are located at 1800 66th St. N. St. Petersburg, FL 33710 – hours 8:00am – 5:00pm Monday-Friday.

Happy New Year to all!

John McNaughton

Manager &

Bethany Bever

Office Assistant – Management Team

The Mocking Bird Group will be hosting events in January

Tuesday January 3rd is coffee hour 9:30 am. Tickets for the month's activities go on Sale at 10:00am during coffee hour

Thursday January 19th Pizza Party 5:30 pm followed by Dancing by our Park's own Pam Fairclough. Tickets \$8 per person.



Friday January 27th Soup & Sandwiches 11:30 am. \$5 per person.

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Seasonal Welcome from the Crosswinds Homeowner's Association

Whether you have been here year round or are just returning from far and wide, the members of the Board of Directors of the Crosswinds Homeowner's Association (HOA) conveys greetings to all for another season of fellowship and activities here at Crosswinds.

The primary purpose of the HOA is to represent residents who own their mobile home but do not own a share in the Crosswinds Corporation. You are encouraged to attend the Annual Meetings usually held in early February. In January 2017 you will receive notice of the next meeting. If you pay monthly lot rent to Crosswinds, then the HOA Organization is for your benefit. Usually the Park Manager and/or a Corporation Board Member will attend to address our concerns as homeowners.

We hope to see and greet you at the upcoming New Year's Events.

Have a safe and health Holiday Season!

Jane McMillan, Lot 1040

President

Board of Directors Crosswinds HOA

Darts



Dart play will begin on January 4, 2017 at 7:00 pm. If you have not registered to play, please come to the large hall by 6:30pm or you can register early with Maggie Dequire #941. The earlier you register the faster it is to get the teams ready for play.

Karaoke....

Come Sing Karaoke With Us.... On the 2nd Friday of every month starting on January 13, 2017 at 6:30pm. All are welcome. Come join the fun. For more information contact Maggie Deguire 727-289-8775



Walk off the pounds...

Starting in January Walk off the Pounds class will begin at 7:45 am every Monday and 8:30 am every Friday.

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Shuffleboard Activities have started

We have two GREAT teachers; Kitty and John are at the courts every Monday and are busy giving lessons in the art of shuffling. All residents are welcome to play.

Shuffleboard Activities and posted for the month in your bulletin calendar.

Shuffleboard Meeting ---- Tuesday, January 3, 2016 --- 12:00noon

Pancake Breakfast ---- Saturday, January 21, 2016 --- 8:30-10:00 AM (Please bring your own place settings)

Chicken Shoot ---- Friday, January 27, 2016 --- \$1.00 registration (for shuffle members only)

Lessons on Mondays at 10:00 AM

Singles on Mondays at 1:00 PM

Horsecollar on Tuesdays at 1:00 PM (\$1.00 registration --- open to all residents)

Doubles on Thursdays at 1:00 PM

Shuffle Executives 2016-2017

Andy Beaudet, President

John Parent and Bill Wilkinson, Vice Presidents

Lois Bolduc, Treasurer

Jeanette Lortie, Secretary



Any resident of Crosswinds can join the Shuffleboard Club. Dues are \$10.00

For this you get to participate in the Wine and Cheese Party, The Shuffleboard Picnic, The Chicken Shoot and the tournaments and Luck You! You get to volunteer at all these functions, if you so desire.

Fun, Fun, Fun, The more the merrier!

Yoga Anyone?.....

Yoga classes will be held every Monday and Wednesday mornings at 9:00 am in the large hall for a small fee.

Birthdays

001A	Lortie, Jeannette	1-Jan
0636	O'Donnell, George	1-Jan
0216	Hoag, Rick	2-Jan
0544	Charron, Joseph	2-Jan
0848	Van Vooren, Laura	2-Jan
0101	Smit, Clarence	5-Jan
0014	Hayes, Jean	8-Jan
0620	Levine, Esta	8-Jan
0747	Burlock, Ethel	9-Jan
0632	Reid, Judith	10-Jan
0238	MacRae, Donald	11-Jan
0204	Ward-Weeks, Robyn	14-Jan
0430	Georgas, Cora	14-Jan
0610	Hennessey, Linda	17-Jan
0527	Book, Cliff	18-Jan
0742	Daugherty, Martin	21-Jan
014A	Robinson, George	22-Jan
0828	Kester, Jeffrey	22-Jan
0640	Hallett, Linda	23-Jan
0405	Mandabach, Sue	26-Jan
0014	Hayes, Harold	29-Jan
0827	Jenkins, Gerald	29-Jan
0027	Recupido, Mario	31-Jan
0216	Hoag, Kathy	31-Jan



Anniversaries

0636	O'Donnell, George & Ruth	3-Jan
0246	Hamilton, Charles & Marylyn	5-Jan
0318	Parkinson, William & Deborah	14-Jan
0310	Rudd, Larry & Kathy	24-Jan





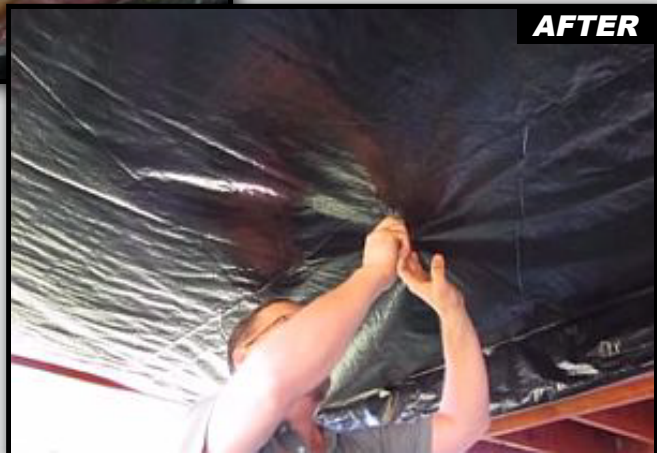
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Brain drain: Control your appetite after a long day at the office

Ever notice that you can feel starving after a long day at work even though you've spent it mainly at your desk? Scientists, as reported by The New York Times, say it happens because your brain, feeling tired, starts to want more fuel to keep going—even though you haven't exactly been digging ditches for eight or nine hours. The problem is that you're consuming calories your body doesn't actually need because your brain is telling you to.

One way around this dilemma is exercise. In an experiment at the University of Alabama at Birmingham, 38 college students met to discuss what their favorite pizza was. After the discussion, they were allowed to eat as much pizza as they wanted. On another day, they were brought back and given a series of tests from college entrance and graduate-level exams. Afterward, half the students worked out on treadmills while the rest sat quietly. The entire group was again served all the pizza they wanted, but the treadmill group ate less—about 25 fewer calories than at their previous session. On the other hand, the rest of the group actually ate 100 calories more.

The study suggests that a light workout after a mentally strenuous day may curb one's appetite—good to know before you sit down to eat.



Eat lots of these foods to prevent prostate cancer

Prostate cancer is one of the most common forms of cancer in men—more than 180,000 cases are diagnosed each year. Diet can be a factor, doctors say, especially one of foods high in saturated fats found in meat and dairy products. Men may be able to reduce their risk of developing prostate cancer by eating more of these healthy foods:

- Broccoli. Benefits: Low in carbohydrates and rich in antioxidants and phytochemicals that may prevent cell changes contributing to cancer.
- Salmon. Benefits: Lots of omega-3 fatty acids that can inhibit prostate cancer.
- Brazil nuts. Benefits: Selenium; six to eight nuts contain 700 percent of a daily serving.
- Tomatoes. Benefits: Lycopene. Men who eat 10 portions of tomatoes a week may reduce their risk of prostate cancer by 18 percent.
- Walnuts. Benefits: Walnuts and walnut oil have been shown to reduce levels of the hormone IGF-1, which has been linked to prostate cancer.
- Coffee. Benefits: Antioxidants, as well as stimulating the body to metabolize sugars more efficiently. Green tea shares similar qualities.

The five-second rule may not be so safe after all

We've all heard of the five-second rule: If a piece of food drops on the floor, it's safe to eat if you grab it in five seconds or less. That may not be true, though, according to an article on the Medical News Today website.

Researchers at Rutgers University decided to test the rule. They used four types of surfaces: stainless steel, ceramic tile, wood, and carpet. They also choose four kinds of food: watermelon, bread, bread with butter, and gummy candy. Finally, they tested four different contact times: less than a second, five seconds, 30 seconds, and 300 seconds.

They cultivated bacteria similar to salmonella and spread it on the different surfaces, allowed it to dry, then dropped each food on each surface for each designated time period. The results: The bacteria was able to contaminate the food almost instantly in every case, although with different degrees of contamination. Watermelon soaked up the most bacteria because of its moisture; the gummy treats were affected the least due to their hard surface. Nonetheless, the scientists are confident that their findings disprove the five-second rule. So you're probably safer throwing out any food on the floor.

.....
A fit, healthy body—that is the best fashion statement.
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—*Jess C. Scott*
.....

Plutonian moon's red spot explained

Jupiter is famous for its great red spot, but it's not the only red patch in the solar system. Charon, a moon of Pluto, also sports a reddish blotch near its north polar region, and scientists now know what causes it, according to the Sci-News website.

The spot, nicknamed Mordor Macula, covers an area the size of New Mexico, and is made of methane that comes from Pluto. Once the methane escapes Pluto's atmosphere, it falls to the surface of Charon's north pole and then freezes (winter temperatures in Charon's polar region can drop as low as negative 430 Fahrenheit). UV light from the sun turns the methane into heavier hydrocarbons that eventually become reddish organic materials known as tholins.

Data came from the New Horizons space probe. One of the project's scientists characterized the discovery as the realization that Pluto is a cosmic graffiti artist, spray-painting its nearest neighbor red.



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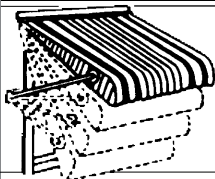
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Sunday	Monday	Tuesday
<p>1</p> <p>6:30pm Wild Cards Poker (small hall)</p> <p><i>New Year's Day</i></p>	<p>2</p> <p>7:45am Walk Away the Pounds 9am Yoga Classes 10am Shuffle (Instructions & Practice Lessons) 10am Bridge Lessons for Beginners (Small Hall) 1:00pm Shuffle Singles 6:30pm Billiards (Small Hall) 7pm Euchre (Large Hall)</p>	<p>3</p> <p>8am Exercise 9:30am Coffee your ticket Activities 10am Writing (small hall) 12pm Shuffle 1pm Horseshoe per person 6pm Poker 6:45pm Billiards</p>
<p>8</p> <p>10am Church</p> <p>6:30pm Wild Cards Poker (small hall)</p>	<p>9</p> <p>7:45am Walk Away the Pounds 9am Yoga Classes 10am Shuffle (Instructions & Practice Lessons) 10am Bridge Lessons for Beginners (Small Hall) 1:00pm Shuffle Singles 6:30pm Billiards (Small Hall) 7pm Euchre (Large Hall)</p>	<p>10</p> <p>8am Exercise 10am Writing shop (small hall) 1pm Horseshoe Shuffle \$ 6pm Poker 6:45pm Billiards</p>
<p>15</p> <p>10am Church</p> <p>6:30pm Wild Cards Poker (small hall)</p>	<p>16</p> <p>7:45am Walk Away the Pounds 9am Yoga Classes 10am Shuffle (Instructions & Practice Lessons) 10am Bridge Lessons for Beginners (Small Hall) 1:00pm Shuffle Singles 6:30pm Billiards (Small Hall) 7pm Euchre (Large Hall)</p>	<p>17</p> <p>8am Exercise 1pm Horseshoe Shuffle \$ 6pm Poker 6:45pm Billiards</p>
<p>22</p> <p>10am Church</p> <p>6:30pm Wild Cards Poker (small hall)</p>	<p>23</p> <p>7:45am Walk Away the Pounds 9am Yoga Classes 10am Shuffle (Instructions & Practice Lessons) 10am Bridge Lessons for Beginners (Small Hall) 1:00pm Shuffle Singles 6:30pm Billiards (Small Hall) 7pm Euchre (Large Hall)</p>	<p>24</p> <p>8am Exercise 1pm Horseshoe Shuffle \$ 6pm Poker 6:45pm Billiards</p>
<p>29</p> <p>10am Church</p> <p>6:30pm Wild Cards Poker (small hall)</p>	<p>30</p> <p>7:45am Walk Away the Pounds 9am Yoga Classes 10am Shuffle (Instructions & Practice Lessons) 10am Bridge Lessons for Beginners (Small Hall) 1:00pm Shuffle Singles 6:30pm Billiards (Small Hall) 7pm Euchre (Large Hall)</p>	<p>31</p> <p>8am Exercise 1pm Horseshoe Shuffle \$ 6pm Poker 6:45pm Billiards</p>

Crosswinds

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Exercise Class Coffee Hour - Buy for this months ing Workshop Shuffleboard Meeting e collar Shuffle \$1 (small hall) NGO</p>	<p>8:00am Low Impact Workout 9am Yoga Classes 10am Bridge (Intermediate) (small hall) 1pm Crafts 6:45 Bocce 6:45 Bridge (Regular)(small hall) 6:30 Dart Registration 7pm Darts</p>	<p>8am Exercise Class 9am Line Dancing (Beginners) 9:30am Line Dancing (Regular) 10am Writing Workshop (sm hall) 1pm Shuffle Doubles 6:30pm Billiards (small hall) 7pm Cribbage</p>	<p>8:30am Walk Away the Pounds 9am Yoga Classes \$5 Per Person 6pm Poker (small hall)</p>	<p>6:30pm Wild Cards Poker (small hall)</p>
<p>Exercise Class Writing Work- (small hall) se collar \$1 per person ker (small hall) BINGO</p>	<p>8:00am Low Impact Workout 9am Yoga Classes 10am Bridge (Intermediate) (small hall) 1pm Crafts 6:45 Bocce 6:45 Bridge (Regular)(small hall) 7pm Darts</p>	<p>8am Exercise Class 9am Line Dancing (Beginners) 9:30am Line Dancing (Regular) 10am Writing Workshop (sm hall) 1pm Shuffle Doubles 6:30pm Billiards (small hall) 7pm Cribbage</p>	<p>8:30am Walk Away the Pounds 9am Yoga Classes \$5 Per Person 6pm Poker (small hall)</p>	<p>6:30pm Wild Cards Poker (small hall)</p>
<p>Exercise Class se collar \$1 per person ker (small hall) BINGO</p>	<p>8:00am Low Impact Workout 9am Yoga Classes 10am Bridge (Intermediate) (small hall) 1pm Crafts 6:45 Bocce 6:45 Bridge (Regular)(small hall) 7pm Darts</p>	<p>8am Exercise Class 9am Line Dancing (Beginners) 9:30am Line Dancing (Regular) 1pm Shuffle Doubles 5:30pm Pizza Party then Dancing by Pam Fairclough Tickets \$8pp 6:30pm Billiards (small hall) 7pm Cribbage</p>	<p>8:30am Walk Away the Pounds 9am Yoga Classes \$5 Per Person 10am Co-Op Annual Meeting 6pm Poker (small hall)</p>	<p>8:30-10:00am Pancake Breakfast 6:30pm Wild Cards Poker (small hall)</p>
<p>Exercise Class se collar \$1 per person ker (small hall) BINGO</p>	<p>8:00am Low Impact Workout 9am Yoga Classes 10am Bridge (Intermediate) (small hall) 1pm Crafts 6:45 Bocce 6:45 Bridge (Regular)(small hall) 7pm Darts</p>	<p>8am Exercise Class 9am Line Dancing (Beginners) 9:30am Line Dancing (Regular) 1pm Shuffle Doubles 6:30pm Billiards (small hall) 7pm Cribbage</p>	<p>8:30am Walk Away the Pounds 9am Yoga Classes \$5 Per Person 11:30am Soup & Sandwich Luncheon \$5pp Chicken Shoot \$1 Members Only Please 6pm Poker (small hall)</p>	<p>6:30pm Wild Cards Poker (small hall)</p>
<p>Exercise Class se collar \$1 per person ker (small hall) BINGO</p>				<p>FEBRUARY 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</p>

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Marriage in trouble? Watch for these signs

Just because you're not having fights with your spouse doesn't mean everything is fine in your marriage. It could be in trouble without you and your partner realizing it. Watch for these signs that you need to get back on track:



- **Your partner isn't first on your list.** When you've got big news, whom do you tell first? If it's not your spouse, you may be disconnecting from him or her. Communicating about what's important to both of you is vital in an honest, healthy relationship.
- **You're focused on yourself.** Strong marriages rest on mutual goals. If you forget your partner's needs while making your own plans, he or she may begin to do the same. Although you each may want some personal time, carve out time to spend with each other—talking, taking a walk, watching a movie, or something else you both enjoy.
- **You compare your spouse to others.** Try to avoid thoughts like, "I wish Lynda was more like Diane," or "Why doesn't he bring me flowers like Paula's husband?" Comparisons lead to dissatisfaction and resentment. Be open about what you want so your partner has a chance to fulfill your needs.
- **You lead separate lives.** You may not be fighting, but you're also not doing much together. Do you watch separate TV shows, go to bed at different times, eat meals without the other person? Make more of an effort to get in sync so you don't find yourself living alone without actually moving out.

Quick hits

Want to liven up the conversation at your next party? Try some of these one-liners:

- "I've been diagnosed with a certain type of brain disorder where I deny the existence of certain 1980s rock bands. There is no Cure."
- "My wife probably tells me I never listen to her."
- "And the award for best neckwear goes to ... well, look at that. It was a tie."
- "No matter how nice your son or daughter is, German children are kinder."
- "Thank you for my student loans. I don't think I can ever repay you."



Monthly

National Bath Safety Awareness Month. In the United States, an average of 370 people across all age groups suffer bathtub or shower-related injuries every day. Slips, falls, and hot-water burns are the prime causes of accidents in the bath and the second leading cause of accidental death and disability. Remember: Bath safety is an integral part of general home safety.

National Blood Donor Month. Some give blood because they've been asked to. Some know a family member or a friend who might need blood someday. Some simply believe it's the right thing to do. Whatever your reason, the need is constant and your donation is important to maintaining a healthy and reliable blood supply.

National Stalking Awareness Month. The National Center for Victims of Crime launched National Stalking Awareness Month (NSAM) in January 2004 to increase the public's understanding of the crime of stalking. The National Stalking Awareness Month website (www.stalkingawarenessmonth.org), launched in January 2009, provides a wealth of information about this crime and about the nationwide observance.

National Train Your Dog Month. The Association of Professional Dog Trainers began the National Train Your Dog Month campaign in 2010 to raise awareness of the importance of socialization and training, to inform the public that training your dog can be easy and fun, and to help new pet parents start off the year right with their newest family member.



Weekly

Diet Resolution Week, Jan. 1-7. This week is about focusing and altering the types of food you consume rather than just reducing the amount. Try eating at least one piece of produce every day (fruit or vegetable), eating fish at least once a month (once a week would be better), and drinking at least two glasses of water a day.

National Sugar Awareness Week, Jan. 16-20. Can you go five days without sugar? Take the challenge to find out how difficult finding foods that do not contain some form of sugar can be, as well as how this substance can affect your body, mind, emotions, and life.

No Name-Calling Week, Jan 16-20. No Name-Calling Week was inspired by the popular young adult novel *The Misfits*, by James Howe. The No Name-Calling Week Coalition was created by GLSEN and Simon & Schuster Children's publishing and has been adopted by schools around the U.S., growing into one of the largest bullying-prevention initiatives in the country.

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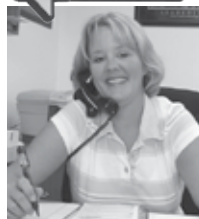
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EVENTS & PROGRAMS

RUMMAGE AND BAKE SALE at Golden Crest MHP 800 Main Street, Dunedin on January 14, 9 - 1. Glassware, Jewelry, Clothes, Raffles and much more.

Sat. Jan. 28th, 9am to 1pm, **WHITE ELEPHANT SALE**. Ranch Mobile at Clubhouse, Lake Rd. (between 142nd & 150th Ave. N. Zip 33764)

COMMUNITY SALE - Sat. Jan. 28, 2017 - 8AM - 1PM. Paradise Island section of Lake Haven MHP, Main St. (SR580) & Lake Haven Rd. (W of Keene/CR1), Dunedin. Housewares, Linens, Clothes, Small Appliances, Jewelry, Furniture, Baked Goods, Raffle Baskets, and Lunch.

Sat. Feb. 25, 8-12 noon, Flea Market, Colonial Village, 2000 East Bay Dr., Largo

Sat., Jan. 21, 8:00 am - 1:00 pm. **ANNUAL RUMMAGE AND BAKE SALE**, Boca Ciega MHP, 11200 Walsingham Road, Largo. Breakfast/Lunch Served.

TRASH TO TREASURE SALE: Serendipity Mobile Home Park, Saturday February 18th, 8am-1pm at 29081 Hwy 19N. Bedding, Dishes, Furniture, Appliances, Tools, Sporting Goods, Home Baked Goods, Basket Raffles, Coffee & Donuts on the Deck, Lunch Available. Something for everyone. **COME JOIN US!**

Annual Community Rummage/Bake Sale. Saturday January 14th 8am-1pm. Glenwood Estates 12501 Ulmerton Rd Largo. (Near Indian Rocks Baptist Church)

ANNUAL BAZAAR: Pointe West ROC, 12651 Seminole Blvd., Largo. Saturday, January 14. 8:30 AM - 1 PM. **EARLY BIRD** Inside Admission \$1.00 @ 8:00. Arts & Crafts, Furniture, Kitchen Items, Linens, Clothing, Jewelry. Baked Goods and Chinese Raffles. Breakfast and Lunch Served. **RAIN DATE:** Saturday, January 21 - Same time.

"The King's Brass" January 19th at Christ Presbyterian Church, Largo, Tickets on sale @ www.largocpc.com or call 727-584-8596 for reservations.

Sunset Palms Mobile Park Community-wide yard sale and food. Saturday January 28th 9a.m. 3401 Gandy Boulevard Pinellas Park.

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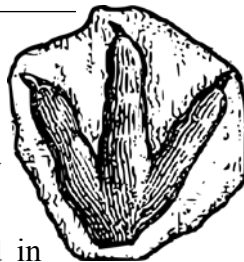
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Oldest fossils may have evolved during hellish times

The world's oldest fossils have been discovered in Greenland, according to The New York Times. The fossils, known as stromalites (mounds that have built up over time around single-celled microbes called cyanobacteria) were found in an outcrop of rock called the Isua supracrustal belt on the southwest coast of Greenland.



The stromalites are 220 million years older than stromalites found in western Australia, previously thought to be the world's oldest fossils at 3.48 billion years old. If they're confirmed as evidence of ancient microbial life, the fossils will push back the estimated date of the formation of life on Earth to about four billion years ago, during a period when the planet was bombarded by meteors that turned oceans into steam and the surface into lava—a time dubbed the Hadean stage of Earth's history.

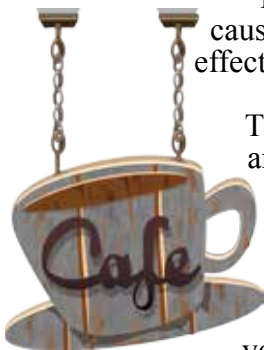
Genes may control your coffee intake

The amount of coffee you drink may be based on your genetic makeup. A study by an international team of researchers, written up in the journal *Scientific Reports*, identified a gene that regulates the expression of other genes connected to caffeine metabolism.

The gene, PDSS2, hampers cells' ability to break caffeine down, which causes it to remain in the body longer. Thus, people with the gene will feel the effects of caffeine longer, reducing their desire for more.

The scientists examined genetic data from two groups of people in Italy, and they asked participants to record how many cups of coffee they drank each day. People with a variation in their PDSS2 gene tended to drink less coffee than those without the variant. The study was replicated in a similar study carried out in the Netherlands.

So if someone ever tells you that you're drinking too much coffee, you can blame it on your genes.



.....
There is no adequate defense, except stupidity, against the impact of a new idea.
—Percy Williams Bridgman
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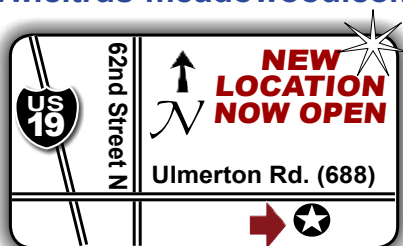
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Punctuation is powerful

Maria Feodorovna, the wife of Tsar Alexander III of Russia, was known for her charitable works. According to one story, she once saved a condemned man from exile in Siberia by moving a single comma in the warrant signed by her husband.

The original document read: “Pardon impossible, to be sent to Siberia.” The Empress moved the comma so the warrant read: “Pardon, impossible to be sent to Siberia.” The man was saved and released.

.....
There is no greater agony than bearing an untold story inside you.
—*Maya Angelou*
.....

Entice children and grandchildren to go on walks

Taking a walk is one of the simplest forms of exercise you can imagine. It’s also a fun way to spend time with your family, especially your children. Try these tips for getting them out of the house and on the trail:

- Make it an adventure. Don’t just say, “Let’s go for a walk.” Spark your child’s interest with something like, “Let’s look for leaves to collect,” or “Let’s find some animal footprints.” This makes the walk sound like more of an activity and less like a chore.
- Think ahead. Before setting off, think about where you want to go. Will it be safe for your child? You don’t want to wear children out, let them get too muddy, or force them to dodge cars and other obstacles. Plan a short walk at first. If children are still enthusiastic, you can always lengthen it.
- Walk at your child’s pace. Don’t make it a race (unless your child actually wants to run one). Match your speed to your child’s. Encourage kids to stop and look at things—bugs, rocks, trees, etc. Be willing to go off and explore in a different direction if your child wants.
- Take your pet. Most children love animals. If you don’t have a dog of your own, ask your neighbors if they’d like you to take their dog for a walk. Children will get a chance to run and play, making the walk more energetic and enjoyable.
- Dress appropriately. Make sure you and your children have the right shoes and other clothes. Sunscreen and hats are a must for bright days. Dress in layers so you can add or remove clothing depending on the temperature. If the weather is wet, wear boots.



Use limitations to your advantage

Sometimes our limitations and constraints force us to find creative solutions. Here are two examples:

- Django Reinhardt. This jazz musician had two fingers fused together due to an accident as a child. Undaunted, he learned to play the guitar with his remaining fingers and became internationally famous—so much so that Black Sabbath guitarist Tony Iommi copied Django’s technique when he lost the tips of his right hand’s middle and ring fingers in an accident at a sheet metal factory.
- Sir Richard Branson. The British businessman has turned his dyslexia into an advantage. He says it’s forced him to get better at hiring and delegating, and prevents him from micro-managing employees’ tasks because sometimes he literally can’t take over.



Making the bed

South African leader Nelson Mandela was known for many things, not the least of which was his humility even after he became famous around the world. Mandela always made his own bed, no matter where he traveled. One time he was visiting Shanghai, where he stayed in a very fancy hotel. Chinese hospitality requires that you allow the maid to clean your room. Doing it yourself can be regarded as an insult.

An aide tried to explain this to Mandela. In response, the leader asked for his maids to be sent up to his room. The aide talked to the hotel manager, and soon Mandela was speaking to the staff. He explained that he always made his own bed wherever he was, and the maids agreed.

“He never really cared about what great big people think of him,” the aide wrote later, “but he did care about what small people thought of him.”

No magic

An elderly gentleman was being treated by his doctor. “You’re in pretty good shape for a man your age,” she said. “But I’m only a doctor, not a magician. I can’t make you any younger.”

“I know that,” the man said. “All I want is to go on getting older.”





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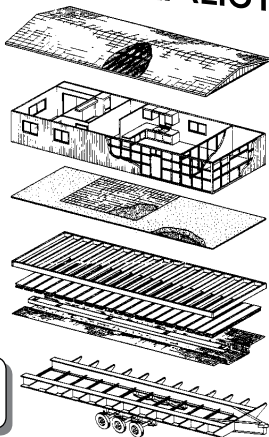
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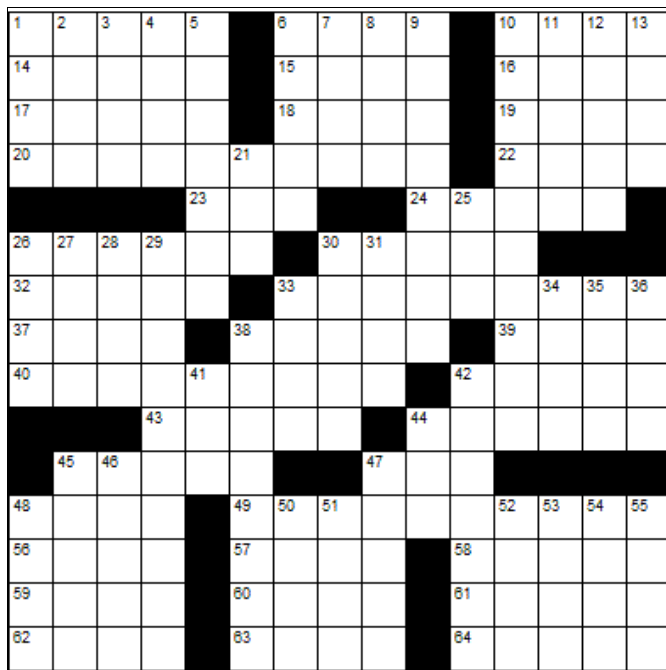
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ACROSS

- 1. Nosed (out)
- 6. Acquire
- 10. Not this
- 14. Plaster
- 15. Beige
- 16. Cravings
- 17. Manner of speaking
- 18. Store
- 19. Indian music
- 20. Coherent
- 22. Affirm
- 23. G
- 24. Not outer
- 26. Stumblebum
- 30. Unadorned
- 32. Not silently
- 33. Car exhausts
- 37. A noble gas
- 38. Feudal workers
- 39. Grotto
- 40. Exterminate
- 42. Consumer of food
- 43. Foolishness
- 44. Attraction
- 45. Coast
- 47. Beer
- 48. Relating to urine
- 49. Paltry
- 56. Rescue
- 57. Broad valley
- 58. Something to shoot for
- 59. Biblical garden
- 60. Not under
- 61. Exclamation expressive of regret
- 62. Fender blemish
- 63. Lease
- 64. Yields



DOWN

- 1. Sweeping story
- 2. Carpenter's groove
- 3. Smile
- 4. Prima donna
- 5. Part mortal and part deity
- 6. "Beau ____"
- 7. Throb
- 8. Press
- 9. Wedding ceremony
- 10. Despotism
- 11. Throw with effort
- 12. Rile
- 13. Russian emperor
- 21. Gender
- 25. Bite
- 26. Alley
- 27. Gorse
- 28. Debatable
- 29. Lavish
- 30. Celebration
- 31. Vitality
- 33. Blue-green
- 34. A Maori club
- 35. Always
- 36. Arid
- 38. Magnificence
- 41. 16 1/2 feet
- 42. Melancholy
- 44. Anagram of "Ail"
- 45. Rank
- 46. Energize
- 47. Watchful
- 48. Utilized
- 50. Overhang
- 51. Secluded valley
- 52. Doing nothing
- 53. Tiny sphere
- 54. Shoestring
- 55. Large North American deer (plural)

January Crossword

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

John Gilliland.....	\$100	Heller's Mobile Home Washing	Shirley Snayberger.....	\$5	Royal Enterprises
Argelyn Strote.....	\$10	Master Plumbers & Septic Inc	Helen Cress.....	\$5	Sunset Appliance Service
Donald Swindle.....	\$10	Battleline Pest Control, Inc.	Roger Ouandt.....	\$5	O.E. Wilson Insurance
Barbara Burnard.....	\$10	Jones & Sons Plumbing, Inc.	William Schwab.....	\$5	Sunset Appliance Service
Beverly Redman.....	\$10	Dunedin Electric, Inc.	Steve Fisher.....	\$5	Carmen's Gift Shop
Joella Beck.....	\$10	Bob's Appliance Repair	Jane Hedrick.....	\$5	Air Master's of Pinellas, Inc.
James Garner.....	\$10	Royal Enterprises	Mary Ann Green.....	\$5	Boss Electric Corp.
Marilyn Jahoda.....	\$10	Air Masters of Pinellas	Susan Halloran.....	\$5	Buggin Out Pest Control, Inc.
Robert Kirkham.....	\$10	Imperial Electric	Phil Thoms.....	\$5	Modern AC & Appliance Service
Ronald Wallace.....	\$10	Recreational Gulf Carts. LLC	Joann McMunigle.....	\$5	E & E Gliddon Air Conditioning, Inc.
Gary McRae.....	\$10	Boss Electric Corp.	Lorraine Richards.....	\$5	Royal Enterprises
Lloyd Wilson.....	\$10	Sunset Appliance Service	David Hartsell.....	\$5	Appliance Specialty, Inc.
Bill McNeil.....	\$10	Heller's Mobile Home Washing	Ronald Moran.....	\$5	Jones and Sons Plumbing, Inc
Donald Wysokowski.....	\$10	Community Roofing of Florida, Inc.	Mary Wuest.....	\$5	Ron Wyngarden Mobile Home Washing
Louis Oswalt.....	\$5	E & E Gliddon Air Conditioning, Inc.	Nancy Ellis.....	\$5	A Happy Cleaning Service
Joseph Grazioso.....	\$5	Jones & Son's Plumbing	Jim Tracey.....	\$5	Jones and Sons Plumbing, Inc
Ronald McCarrie.....	\$5	Heller's Mobile Home Washing	David Wheeler.....	\$5	Dunedin Electric, Inc.
Ruth Walpole.....	\$5	Doll Brothers Carpet Cleaners	Ann Doult.....	\$5	Heller's Mobile Home Washing
Sharon Alleo.....	\$5	Imperial Electric	Judith Ferguson.....	\$5	Air Masters of Pinellas
Kathleen Matthews.....	\$5	The Plumbing Patrol, Inc.	Ian Taylor.....	\$5	Bill The Carpet Guy
Joan Glassmeyer.....	\$5	Battleline Termite & Pest Control, Inc.	Robert MacLachan.....	\$5	Boss Electric Corp.
Rudi Rinas.....	\$5	Air Masters of Pinellas	Sue Hyldahl.....	\$5	Battleline Termite & Pest Control, Inc.
Anne Marshlow.....	\$5	Ron Wyngarden MH Washing	Bernice Hiron.....	\$5	O.E. Wilson Insurance
Diana Bowhall.....	\$5	Debbie's Salon	Carol McGraw.....	\$5	Bob's Appliance Repair

• 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.



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Bingo.....	Maggie Deguire, #941	(727) 289-8775
Bocce.....		
Bridge.....	Betty Eicher, #624	513-574-1312
Choir		
Church.....	Peggy Keicher #436	
Coffee Hour.....	(The birdgroups are responsible for organizing the coffee hour for the month that is assigned to their group. See Birdgroups)	
Crafts.....	Nancy Hope, #303	(727) 546-4746
Cribbage.....	Jim Hope, #303	(727) 394-4992
Darts.....	Maggie Deguire/George Methe, #941	289-8775
Euchre	Jim Hope.....	394-4992
Exercise Classes.....	Doreah Yoder, #330	828-464-6534
Golf (Ladies).....	Maggie Deguire, #941	289-8775
Golf (Men)	Gordon McFarlane, #328.....	258-7666
Karaoke.....	Maggie Deguire, #941	(727) 289-8775
Low Impact Workout	Louisa Rice, #535	727-827-7442
	Dina Samson, #616	727-290-9053
Line Dancing.....	Jeannette Lortie #1	727-528-7875
Open Mic	George O'Donnell, #636	546-4930
Poker	Robert Weeks #240	(727)-954-6669
Red Hat Society Chap.....	Marsha Keith, #618	812.821.4814
Shuffleboard.....	Andy Beaudet, President #838	727-289-8430
Special Events Com.	Anne Connelly #322.....	727-546-7871
Tours	Jeannette Lortie, #1A.....	727-258-7875
Walk Away Lbs.	Rachel Brabant, #743	350-3970
Weigh-In.....	Dina Samson, #616.....	(727) 920-9053
Welcoming Comm.	MaryBeth Leduc, #412	827-7114
	Donna Tilford, #734	545-1593
	Colette Blais, #621	(727) 546-5516
	Mary Charbonneau, #139	(727)-768-0309
	Pamela Fairclough, #644	544-8751
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