

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

Office

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Crystal Lake Management and Staff

Community Manager .Tom Grimslev

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Maintenance	Dean Whitehouse
Emergency Maintenance	
Office HoursMonday, Tuesda	ay, Thursday, Friday - 9:00 am – 6:00 pm
Saturday $-10 \text{ am} - 6:00 \text{ pm}$	
Wednesday & Sunday - Closed	

HOA Board Officers

President:	Ron Gaines	727-623-7989
1st Vice Pres.:	Violet Escobar.	
Secretary:	Jane Hatch	727-452-6674
Treasurer:	Kim Gaines	
Sergeant at Arms.	JB Bodwell	727-557-9393

Courier Editor & Communications

Violet Escobar: (727) 278-7310 or (727) 440-6423 Please send any pictures from events, etc. to my email below to be posted in the Courier. MyCrystalLake9301@gmail.com

Block Captain Coordinator

Violet Escobar - 727-278-7310 Feel free to call if you haven't received your Courier by the 1st. of the month and we'll see that you get your copy.

Courier Distribution Preparations: Jane Hatch JB Bodwell **Block Captains**

Circle – Faith Johnson

- 1st St Kim Gaines
- 2nd St Dan Whallon
- 3rd St. Dawn Ramsdell
- 4th St. Kim Gaines
- 5th St. JB Bodwell
- 6th St Stacey Szlosek

CRYSTAL LAKE FACEBOOK GROUP LINK:

Group Name: Crystal Lake MHP Homeowners Reminder: This Group is for Crystal Lake Residents ONLY!

See any HOA Board member for your invitation to join. Much thanks to Dawn Ramsdell for updating the cover picture and information on our Facebook group page to keep it current. She does a great job!

If any Block Captain needs assistance for any reason in delivering the Courier, please contact Violet and we'll make further arrangements to get them out in a timely way.

We are always grateful to our Block Captains who bring your copy of the Courier to your door every month. Block captains are also sometimes asked to hand out flyers and notices when needed. When you see them, please let them know that you appreciate what they do.



ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

Coverages: =

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with AirBags, 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.













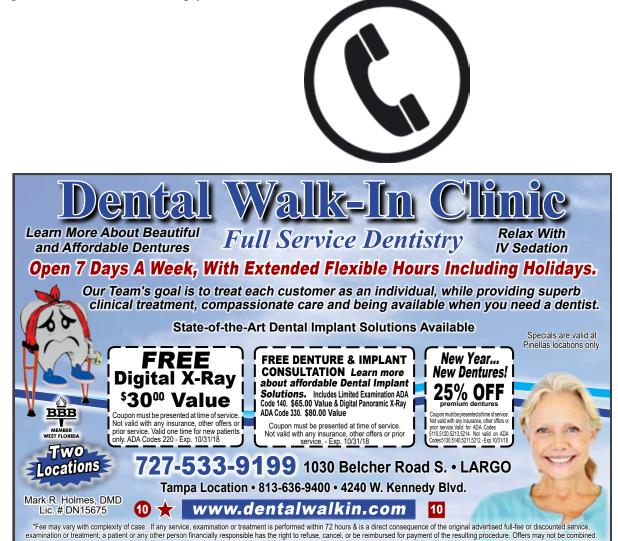
CALL & TEXT MESSAGING

ur messaging service is working well for most of us but there are still many who have not signed up to receive our messages and reminders.

We use this service to inform you of water issues or other park problems and to remind you of important meeting and events.

We would like to include all residents in this effort to reach you in case of any emergencies that may arise within our community.

If you are not currently receiving these messages, please call, email or text me with your phone # so that we can keep you informed.



LETTER FROM THE EDITOR

By Violet Escobar

ife holds many changes for all of us. One important thing that I've learned is that there are reasons for those changes and that we have to adapt as we go.

Life is precious.

Seek out the needs of those around you who may need and appreciate your help no matter how big or small the task.

Understanding goes a long way.

That said, I want to apologize for repeating so much information in this and the previous newsletter. I do realize that my personal situation should not affect my work as editor of this publication but as many of you know, this is a very difficult time for me... it's hard to even think. I hope to be back on track very soon.

HOA NEWS

MONTHLY HOA MEETING – August 6, 2018

6:15 PM Our evening beings with Coffee & Donuts & time to mingle with our friends.

6:45 PM – HOA Business Meeting begins then continues briefly after the speakers are done.

7:00 PM - Speaker

WIN WITH THE VENDORS OF CRYSTAL LAKE PARK

hether you need a Plumber, a Vapor barrier or a new roof, the first and best place to look is in the right here in this Media!

Supporting the vendors in the Media keeps the monthly newsletter available and helpful to each homeowner because sooner or later you are going to need a service that is advertised.

In appreciation of your support, you could be eligible to win \$5.00 to \$100! Once a job has been completed at your home, the Vendor will provide you with a Monthly Media contest entry ticket.

All you need to do is fill out the ticket and deposit it in the Media box that is located in the clubhouse. There is a limit of one entry per month.

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





ONGOING ACTIVITIES

Pool Tournaments on Saturdays - Starting at 5:00pm

Friday Night Snack Bar

Come out and have dinner with your friends and neighbors. The Snack Bar is open on Fridays from 6:00pm until 7:00pm. We have an extensive menu: Hamburgers, Hot Dogs, Chicken Breast, French Fries, Onion Rings, ice cream and much more.

Many thanks to our cook, Ron Gaines and Margie Vega who sets up the drinks and condiments table and then takes the orders.

<u>Bingo</u>

Bingo continues Friday nights at 7pm and usually runs for about 2 hours. This past season was a great success and enjoyed by all who attended.

Our newest feature is a "Progressive" Bingo. Last month, Michelle Banks walked away with almost \$600. Congratulations Michelle!!

A new "Progressive" Bingo began the very next week and is growing quickly. I hope you plan to come and join in the excitement of watching it grow!!

Thank you to everyone who volunteered their time and to all those who participated. <u>Poker</u>

Friends & neighbors gather on Sunday evenings for Texas Hold'em, so if you're looking for something to do, head on down to the clubhouse and join in the fun.

that follow. Come and share with us!

Fortune Cookie Contest

There were only 3 entries in last month's Fortune Cookie Contest so we're going to suspend the contest for a few months and try again at a later date. The August entries were: Lainee Guffey (Circle), Kim Gaines (4th St.), and Joyce Larocque (1st St.). Each one called me and read the message to me. The winner of the August contest is Joyce Larocque who will receive a gift card and much thanks for reading our Courier. Thanks to all who played



FMO: FEDERATION OF MANUFACTURED HOME OWNERS OF FLORIDA, INC.

What is the difference between the terms "HOA" and "FMO"?

HOA: The **HOA** is the <u>local "governing body"</u> of the community. It is a homeowners' association, created under Chapter 723, Florida Statutes, for the specific purpose of either purchasing the community on behalf of the residents and/or representing the community on behalf of disputes between management and the residents.

FMO: The **FMO** is the <u>statewide organization</u> that lobbies for and defends your rights as a mobile/manufactured home owner in Florida. We assist in the training, and offer advice, for the HOA officers and directors in a community. The FMO does not assist with or interfere in the governing of the community. That is left up to the community HOA.

FMO needs your help. If FMO is to continue fighting for your rights and protecting your lifestyle, we must keep our membership numbers high. That is what gives FMO clout with legislators and other government officials.

TOGETHER WE MUST STAND

Now more than ever!

An important meeting of the FMO is scheduled for March 20th. One featured speaker will be Attorney and Retired Judge Dan Perry. Mr. Perry specializes in Mobile Home Laws and will be answering all legal questions that are asked.

COMMITTEES

Committees are always being formed to carry out some very important tasks.

- 1. Welcome Committee Our Welcome committee went out last week and visited 5 new residents and gave them packets of information to keep for information and reference. It was fun! We have some very interesting and friendly new people living amongst us and look forward to getting to know them better. I can't wait to do this again.
- 2. Sunshine Committee It's not always easy to know who is sick, in the hospital or in rehab or who has gone to a nursing home. We would love to have someone who knows "who's who" in the park or who can find out who might like for others to know what's going on with them. It would be so nice for someone to send a get-well card or even plan a visit to someone who might feel under the weather and alone or might need someone's help.
- 3. Meals-on-Wheels –We have been made aware of several people usually miss out on the awesome meals that are prepared for our potlucks. These friends and neighbors miss out on our events due to poor health or the inability to come to the Clubhouse to join in and share a meal. Our HOA routinely delivers meals to those who cannot be with us.



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BEFORE



This small act of kindness makes us feel all warm and fuzzy inside and we love doing it.

If you know of anyone who could use this kindness, please let us know and we'll immediately add them to our list.

- 4. Personal Shopper We know that some of our neighbors don't or can't get out for basic things like food, toiletries or cleaning supplies. If shopping is something you like to do, there are ways you can help and get some things for yourself at the same time.
- **5. H.O.P.E.** (Helping Our People Excel) is the HOA-sponsored Neighbor's helping Neighbor's Committee. Our last day of helping was a great success and some of our most deserving neighbors received some very needed aid. We washed homes, trimmed trees and overgrown bushes, replaced blocks that had fallen around a home, pulled weeds and some other things that I've forgotten about and had it all done before noon. We worked, we laughed, we got sweaty and dirty and had a lot of fun doing it. When we were done working, we met back at the clubhouse to cool off and eat lunch.

We are planning on having another day of helping in the Spring but would like to see more volunteers than just the 5 we had the last time. It would be so nice to see more men step up to help us ladies... Ron G. was the only guy to help last time. We need more! With more volunteers, we could help more of our friends clean up their homes (outside) and improve the appearance of our community.

6. And last, but certainly not least, Manager Tom has offered a "Yard of The Month" prize <u>each month of the year.</u> The winner will be given a sign in their yard for all to see, they will receive a gift card from a local garden center and of course they'll have bragging rights. Maybe we can post a picture of the winning yard on the Bulletin Board in a special "Wall of Fame" place. More details about this will be discussed later.

LOOKING FORWARD

ho wants to play cards? Do you like to play board games? The clubhouse is the perfect place to meet up with your friends for some friendly games and a good night out.

Suggestions for tournaments are also being discussed: In addition to the ongoing Pool (Billiards), we'd like to see Corn hole, Bowling, Darts and hopefully soon, Shuffleboard.

Watch for the Round Table meeting to be scheduled soon to talk more about the kinds of things other residents want to do as a group and we'll help to get things started.

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Modern A/C Service Co	. 727-541-5541
AWNINGS	
Bay Area Aluminum Services, Inc	
Century Awnings Co	. 727-559-8811
AUTO REPAIR	
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BATHROOM REMODELING	
BathMasters	. 727-333-7997
BLINDS & DRAPERIES	
Rod Runners	. 727-394-9534
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Bill the Carpet Guy	. 727-521-4163
COMPUTER SERVICES	
Discount Computer Repair	. 727-320-2965
Largo Tech Services, LLC	. /2/-4/4-4285
	707 500 0400
Dental Walk-In Clinic	. 121-533-9199
DERMATOLOGIST	707 540 0400
Florida Dermatology & Skin Cancer	. 727-548-9196
DRIVEWAY COATING Concrete Wizard, Inc.	707 700 5444
DUCT / VENT CLEANING	. / 2 / - / 89-5444
Velocity Air	707 754 7056
	. / 2/ -/ 54-/ 950
Haseney Electrical Services, Inc	707 111 0121
Imperial Electrical Service	
FLOOR REPAIR	. 121-333-0100
Flatworks	727-288-4680
Florida Anchor & Barrier Co.	727-230-7821
Perfect Repair & Construction, Inc	727-539-0852
GOLF CARTS SALES & SERVICE	. 121-000-0002
Capital Golf Carts, Inc	727-772-8833
Recreational Golf Cars of Florida	727-548-8460
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INSURANCE/HEALTH - MEDICARI	E
Humana - Laurie Laferty	
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Mobile Home Depot, Inc.	. 727-535-1100
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Buggin Out Termite & Pest Control	727-535-2629
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Nature's Resource Pest Control	727-785-2552
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Ray Duncan Plumbing, Inc.	727-733-0968
Enos Plumbina	727-804-9105
REMODELING/INTERIOR	
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Community Roofing of FL, Inc	727-536-9999
ROOF REPLACEMENT	
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AMS Advanced MH Systems	727-471-0820
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ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	727-585-4442
TIE DOWNS/MOBILE HOMES	
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VAPOR BARRIER	
Florida Anchor & Barrier Co	
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Underhome Armor	727-282-2045
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T

18 19 20 21 22 23 24 25 26 27 28 29 30	6:45P HOA Busi- ness Meeting	
7 4P – 8P Texas Hold 'em	8	
	Columbus Day	
14 4P – 8P Texas Hold 'em	15	
21 4P – 8P Texas Hold 'em	22	
28 4P – 8P Texas Hold 'em	29	

Crystal Lake

uesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5 6:00P Snack Bar 7P BINGO	6 5:00P Billiards Tournaments
9	10	11	12 6:00P Snack Bar 7P BINGO	13 5:00P Billiards Tournaments 4P Italian Dinner
16	17	18	19 6:00P Snack Bar 7P BINGO	20 5:00P Billiards Tournaments
23	24	25	26 6:00P Snack Bar 7P BINGO	27 5:00P Billiards Tournaments
30	31 Halloween			

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VOLUNTEERS

olunteers spend countless hours working on your behalf; this is why we are always requesting more help. And, this is why we need you.

When everybody does a little, it keeps others from having to do a lot. Spreading out our responsibilities makes things easier and a lot more fun for all.

Volunteers are always needed for all sorts of things! Some things can be done in 5 minutes, some things can be done at home, some things require a little more time and effort, but all things are very important. Fortune Cookie Contest - "A smile is your passport into the hearts of others."

The more Volunteers we have to help, the more fun things we will be able to do.

If you've signed up before and were never called, Not to Worry! We need you and we will be calling you. Please, let us know, once again who you are!

PLEASE SLOW DOWN

The Speed Limit in our community is 10mph! We have a few residents that consistently violate this policy.

Their lack of regard for the safety of the residents and wild life may lead to a needless tragedy. Many residents have physical handicaps whether it is simply a small problem with mobility or being hearing or visually impaired.

Many of us use our streets to take walks or visit with each other.

Someone could be injured, and it would be a needless tragedy. Please be courteous to everyone, and slow down. There is no reason to use excessive speed inside our community.

STREET LIGHT OUT

e want to keep all our residents safe especially walking in the park. If you can provide and address to after dark

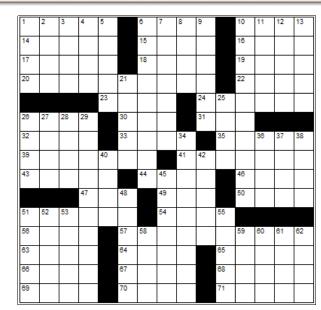
If you know of a streetlight that is our or not working properly, you can call Duke Energy at (727) 443-2641 with the number on the pole and/or a nearby address. We need to keep our streets well lighted and safe. You can also use the Duke Energy website to make the report.

View this Newsletter in full color at www.monthlymedia.info right click with mouse to download to your computer

SLOV

ACROSS

- 1. Clearing
- 6. Behold, in old Rome
- 10. Claim
- 14. Bodies of water
- 15. Groan
- 16. False god
- 17. Wall climbers
- 18. Stopper
- 19. Arid
- 20. A decorated dart
- 22. Walking stick
- 23. Indian dress
- 24. Esophagus
- 26. Young cow
- 30. Offer
- 31. Historic period
- 32. Found in some lotions
- 33. Anagram of "Dice"
- 35. Factions
- 39. A porch
- 41. Unyielding
- 43. Busybody
- 44. Tardy
- 46. Cocoyam
- 47. Not her
- 49. Make lace
- 50. Coarse file
- 51. Adorable
- 54. Black, in poetry
- 56. Anagram of "Rave"
- 57. Repose
- 63. Curtail
- 64. Identical or fraternal
- 65. Flatboat
- 66. If not
- 67. Scallion
- 68. A drama set to music
- 69. Sow
- 70. Makes a mistake
- 71. Assail



DOWN

13. Mixture of rain and	42. Treat for drug
snow	dependence
21. Fanatical	45. Artist's workroom
25. Constellation bear	48. An evergreen shrub
26. South American	51. Shoestrings
rodent	52. Small egg
27. Away from the wind	53. Line of a poem
28. Forsaken	55. Wealthy man
29. Mollycoddle	58. Pitcher
34. Databases	59. Adhesive strip
36. Slang for Father	60. Angers
37. Concludes	61. Monster
38. "Cut that out!"	62. Tidy

40. Found on a finger





2. Magma

3. Related

5. S S S S

7. Clash

embryos

for

9. Captivate

12. Carried



1. Smooth-tongued 4. Accomplishment 6. Experimental 8. Inner membrane of 10. Disavowal 11. Something to shoot

li Pays To Patronize the Advertisers in This Newsletteri

With our monthly cash give-a-way, <u>Monthly</u> <u>Mania</u>, residents can win up to \$100 for simply using the businesses in the newsletter. See the winners listing page toward the end of this newsletter for more info. We give out \$400 monthly to residents just like you!

Do you want more chances to win? Let us know any businesses you would like to see advertising in the newsletter. The more advertisers you use, the more chances you have to win!



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BOB NEEDS OUR HELP!

Our delivery driver, Bob Davis (whom many of you know and have liked over the years), had a **SERIOUS FALL** while trimming a tree for a needy person on Sunday, August 5th.

He broke bones in his neck plus other injuries. He has NO insurance and he is the sole provider for his family. ANY donation you may be able to help with will be GREATLY APPRECIATED!!!

Credit card donations greatfully accepted over the phone. For more info call **727-548-8460**.

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October Sudoku

Difficulty level: easy.

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		6				5		
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	1			7				2



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6	9	Ζ	8	4	Ĝ	L	ŝ	٢
L	3	4	6	9	٢	G	8	Ζ
8	١	Ĝ	L	ŝ	Ζ	9	4	6
3	G	9	٢	8	L	6	Ζ	4
Þ	8	6	3	Ζ	9	٢	ç	Z
٢	2	L	4	ç	6	ε	9	8



Did you know that October is also...

National Apple Month. Because apples are high in fiber and contain no sodium, cholesterol, or fat, they make a great snack. With more than 2,500 varieties grown in North America, it won't be difficult to find one you can enjoy chopped into your morning oatmeal, baked into a pie, or cored and sliced any time of the day when you want a delicious treat.

International Augmentative and Alternative Communication (AAC) Awareness Month. AAC is a set of strategies, tools, and devices used by people to overcome communication challenges. People who rely on AAC might use sign language, text, pictures, symbols, speech-generating devices or a combination of these for their basic communication. This month let's increase our awareness of the possibilities that could develop when everyone has the ability communicate effectively.

National Work and Family Month. In 2003 the U.S. government designated October as a time to promote sensible, flexible, and healthy work environments, as well as the benefits of work/life balance. Don't wait for your employer to create an initiative or perk to combat the daily grind. Take a day or more of PTO to decompress from your busy life and reconnect with your family.

Positive Attitude Month. Researchers believe people who embrace a positive outlook have less stress, an increased sense of well-being, better coping skills, and longer life spans. Purge the negativity from your life: Meditate, pray, practice positive affirmations, and surround yourself with only happy people. Do whatever you must, but always look on the bright side.

Fire Prevention Week, Oct. 7-13. This year's motto is "Look. Listen. Learn. Be aware. Fire can happen anywhere." Look for and eliminate potential fire hazards in your home. Listen for the sound of smoke alarms. Learn two ways of exiting every room in the event of an emergency. Visit the National Fire Protection Association website at https://www.nfpa.org/Public-Education/Campaigns/Fire-Prevention-Week to access more information.

Bone and Joint Action Week, Oct. 12-20. It's estimated that more than half of the U.S. population over 18 is dealing with some sort of musculoskeletal issue. This can include arthritis, osteoporosis, back pain, injuries or other conditions causing pain, disability, and a diminished quality of life. There is hope. Visit the website for the U.S. Bone and Joint Initiative at https://www.usbji.org/ to find out about research, prevention, and initiatives targeting bone and joint issues

National Taco Day, Oct. 4. Have one for breakfast, lunch, dinner, or any time of the day. We celebrate the taco on this day just to give you one more reason to enjoy them.







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EVENTS & PROGRAMS

HOLIDAY BAZAAR 11/10/18 All indoor craft show. First Lutheran Church, 1644 Nursery Rd., Clearwater. Vendors; 727-744-3806 or eobrien2429@gmail.com

Bazaar/Community Wide Sale. Clubhouse & Carports. Crafts, Homegoods, Bake Sale, Raffles, 50/50, Music. Regency Heights MHP 2550 SR 580 Clearwater (next to Kohl's). Vendors wanted; 727-265-8515

Paradise Island Annual Craft Fair, Sat. Nov. 3, 2018. Tables, \$10 and \$15. Call Delores at 727-754-5569

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CRAFT SHOW, Saturday, October 13th, 9am – 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL. 98 Vendors/98 Prizes. Indoor & Outdoor Show. Food Court & Pumpkin Patch. \$1.00 Admission goes toward the homeless.

Art/Craft Sale: Park Royale Mobile Home Park 10611 66th street. 11/17/18 9am-2pm Vendors 727-545-5430

Welcome one and all to our Japanese Garden Art sale and Craft Bazaar. 12/1/18. We still have room for painters as well as crafters. Call: Charlotte, 727-531-3651, for details. A raffle, coffee, and lunch will be available.

Holiday Craft Fair: 11/10/18 Clearwater Cascade MHP 9790 66th St N. - clubhouse Pinellas Park 9am-2pm.

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• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285. • 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.

Favorite places to eat, 2018 edition

hat's your favorite place to eat? The American Customer Satisfaction Index's Restaurant Report 2018 ranked consumer preferences based on such factors as food quality, food order accuracy, courtesy of servers, and food variety. The top fullservice restaurants in the United States are:

- Texas Roadhouse
- Olive Garden
- TGI Friday's
- Ruby Tuesday
- Cracker Barrel
- Outback Steakhouse
- Applebee's
- Denny's

- Longhorn Steakhouse
- Red Lobster
- Chili's

Trends in U.S. dining: Quick decisions and lots of delivery

Diners in the United States are pretty spur-of-the-moment when it comes to deciding where to go out to eat, according to a survey cited on the Fast Casual website. Eightyfive percent make their dinner decision on the day of the meal.

Delivery is a popular option among all age groups, from Baby Boomers to Generation Z (born 1995–2010 or so). Fifty-one percent in the survey said they'd gotten food delivered in the past three months, with millennials doing the most ordering—77 percent of the age group.

What are people ordering?

- Burgers (28 percent)
- Wings (27 percent)
- Mexican (21 percent)
- Barbecue (14 percent)
- Desserts (11 percent)



Anyone who considers arithmetical methods of producing random digits is, of course, in the state of sin. For, as has been pointed out several times, there is no such thing as a random number—there are only methods to produce random numbers, and a strict arithmetic procedure of course is not such a method.



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

THOUSANDS manufactured home residents have won over \$144,800 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 +-0 weeks for main	ig of check). This month is cash	winners are.	
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Susan Craig \$5 .	Rod Runners	Pat Belbin \$5 .	Doll Brothers Carpet Cleaners
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• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify

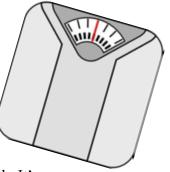
• No purchase necessary • Contest void where prohibited by law •Tickets available at participating Monthly Media advertisers.

Thinking of a fast? Try these approaches

any people practice intermittent fasting—going without food for a limited period of time. Benefits include fat loss, greater longevity, and better overall health. The Medical News Today website offers these strategies for fasting:

• Twelve hours. Some researchers say that fasting for 10–16 hours can cause your body to start burning fat and turning it into energy. The easiest way to do a 12-hour fast is to start at night. Fasting from 7 p.m. to 7 a.m., for example, means you won't spend all day reminding yourself that you're not eating, so you avoid the temptation to give in when hunger pangs start to rise.

• Two-day fast. You don't have to go completely without food, but under this plan, men should eat only 600 calories a day and women should consume 500. Separate the days—don't go two days in a row. Instead, plan at least one non-fasting day between your efforts. Studies suggest that this can help reduce weight and also improve insulin levels.



• Every other day. Again, limit yourself to 500–600 calories per day on your fast, but eat as much as you want on non-fast days. One study found that this is effective for weight loss and heart health. It's a little extreme, though, and may not be suitable or sustainable for long periods of time.

• Twenty-four hours. Once a week, abstain from eating for a full 24 hours—maybe from one breakfast to the next. You can drink coffee, tea, or other calorie-free beverages during your fast. Return to your normal routine afterward. Be aware, though, that this fast can cause fatigue, headaches, and/or irritability.

• Skip a meal. This type of fast is good for beginners. Instead of fasting for long periods of time, simply skip breakfast, lunch, or dinner. Just remember to eat nutritious and healthful foods during your other meals.

It's important to stay hydrated during your fast, with lots of calorie-free drinks. Try not to obsess about food—plan distractions, like going to the movies or catching up on chores. Finally, avoid strenuous activity when you fast. Rest and relaxation will help you maintain your motivation.

Nanotubes in your clothes may power your phone

Someday you may not have to remember to plug your smartphone in to recharge it. Scientists are working on clothes that will charge your phone for you, according to the Science Daily website. The fabric contains carbon nanotubes, replacing polyester and other artificial fibers. At present the nanotubes are too expensive to mass produce, but researchers are looking at military applications that may allow soldiers' equipment to recharge—lights, communication gear, and night-vision capabilities.

