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OFFICE: 16416 U.S. 19 North, Clearwater, FL 33764

Embassy Park

News & Views

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Sunshine Lady	. Marilyn Libby	

AUGUST BIRTHDAYS

- 8/1 Peggy Mazzie
- 8/21 Richard Vail
- 8/21 Liv Carter
- 8/30 Angela Purton

August Birthstone: Peridot Flower: Gladiolus



AUGUST ANNIVERSARIES

8/1Don & Peggie Mazzie8/20John & Lanice Andres



ICE CREAM SOCIAL

ur Summer Season Ice Cream Social will be held on Monday, August 10th, at 1:00 pm. This is one of our favorite 'warm' weather socials at the Clubhouse. So be sure to join your neighbors and friends for (almost) bottomless dishes of ice cream of many flavors, and for Embassy's sociability and catching up on the latest going-ons.













MONTHLY LADIES LUNCHEON

ugust's Ladies Luncheon will be held at noon on Wednesday, August 12th at the delightful luncheon restaurant, The Wildflower Café. It is located at the corner of Bellview

A and 1465 So. Fort Harrison Avenue, on the back side of a large gray building on the right hand side, immediately before the Bellview Street traffic light at the corner. They serve a wonderful quiche breakfast! Come and join all the girls!



DANCING AND SOCIABILITY

n Saturday, August 15th, at 7:00 pm, Ron Foster will once again regale us with his music at the keyboard. These are always enjoyable evenings to get away from the house and join with your friends and neighbors. Bring your own drinkie-poos and libations, and whatever snacks may suit your fancy! It's always a relaxing meeting for all. Thank you, Ron !!

NEW ENGLAND BREAKFAST



We Englanders, and friends and neighbors who just enjoy going out each month for a nice breakfast of sociability and friendship, will meet on Tuesday, morning, August 18th, at 9:00 a.m. at the Country Kitchen nearby on Roosevelt Avenue. Call Irene Blondin, at 474-2576, to reserve your place. Join us for a wonderful way to start the day and enjoy a hearty breakfast together. All are welcome.

POT LUCK SUPPER

ome on down to the Club House on Thursday, August 20th, at 5:00 pm. Always a well-attended social evening at Embassy, lots of people like to show off their culinary skills, and you will never see a better array of dishes and desserts anywhere! Social Club President Janis Wilson, and Vice President Elaine Migliorati, do a terrific job as



usual with their many helpful elves to put on a great evening for us. I've noticed a lot of visitors at some of their gatherings, and there's usually a share the wealth drawing. Come on down, folks, and enjoy the conviviality. Bring your own table service, cup and a dish to share.



BOUNTIFUL BREAKFAST

The chefs and waitresses do a bang-up job of preparing a wonderful breakfast for everyone. Chef Boyardee could learn a few lessons from them, for sure. So, join us once again for their beautiful array on Saturday, August 22nd at 9:00 a.m. Why do the cooking alone at home?? This is so much better. There will also be a share the wealth. Things are really poppin' around Embassy in the summer time as well as the winter season. Come on down!

DINNER PARTY

dinner is scheduled to be held at the Clubhouse on Friday, August 28th, at 5:00 pm. The menu will be announced at a future date. Watch your bulletin board and calendar notices; grab your dishes, settings, and get ready to enjoy another wonderful feast with your friends and neighbors. What could be better??? And you might get another chance to share the wealth, as well. See you there !!

LABOR DAY SUMMER WRAP-UP BARBEQUE

n Monday, September 7th, a wonderful Wrap-up Barbeque will be held to close our Summer season of activities here in the Park. If you were at the July 4th opener, you know what a great job is done by all the folks involved. And don't forget to sign up on the Bulletin Board if you are planning to attend, so that there will surely be enough food to go around. Would you believe that 40 extra people showed up beyond those who had actually signed up for the July barbeque. Fortunately, we were very lucky to have had enough to go around! Sign up, please, if you're planning to attend any of our functions which involve meal planning. Thank you very much.

EARLY BIRD THEATER

wo separate groups from Embassy attended this month's Early Bird Theater presentation on July 11th at 49th Street which was called "If The Shoe Fits".

It was, as usual, a hysterical farce with unbelievable dialogue that had all attending laughing all night long. Their ensemble group is one of the best around, and we are fortunate to have it so nearby to enjoy several times a year. And as usual, Banquet Masters caterers did a magnificent job catering a sumptuous meal.



Continued on page 9







The play's plot involved Delores, an unhappy housewife, and George, a shoe salesman she met at Shoe Fantasy shoe store. They eventually plot and plan to murder her husband, Marvin, who would never ever agree to a divorce. The antics and calisthenics involved with them trying to poison him, and the appearance of their eccentric Spanish-speaking maid, adding an even more unbelievable situation were enough to keep the entire audience on their toes the whole evening to follow the convoluted story.

All in all, I would say an afternoon at that theater venue is a wonderful way to spend a weekend afternoon. Most can't wait until their next production this fall. Barbara Whitman (238-3200) does a wonderful job of planning these monthly jaunts for us. Do think about joining us! Remember to sign up on the bulletin board.

THANK YOU NOTE

Beverly Ryan Doucette

E ach summer season, I just have to extended my most gracious appreciation for all those hearty couriers who ply our Park streets during the grueling hot days of Florida to be sure that our residents receive

the Embassy News & Views each month. When you see them on their rounds, won't you please extend your Thank You to them for delivering the missiles to you each month. I certainly appreciate it so much, and I'm sure you do, too. Thank you very much for your consideration of these, our generous friends:

1st- 5th Streets
½ 6th Street
½ 6th Street
7th Street
8th Street
9-10-11th Streets

Mike Dineen Bart Raively Shirley Irvin Iva Shannon Muriel Downie Doug Purton 12-13th Streets 14th Street 15th Street 16th Street 17th Street 18-19th Streets Janis Wilson Irene Blondin Joe Bartlett Peggy Norris Pat Nuebel Bart Raively

THANK



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JULY LADIES LUNCHEON

dozen of Embassy's ladies gathered for their monthly summer luncheon at Proino's Restaurant on West Bay Drive on Wednesday, July 8th. The affair was co-hosted by Mary Kogut and Iva Shannon of 7th Street, and the three tables were festively decorated with a colorful array of place settings and favors for all. Proino's is a fairly new restaurant in our area, and has become a favorite of many residents. Next month's luncheon will be hosted by Barbara Whitman, and will be held at noon on Wednesday, August 11th at the Wildflower Restaurant on Fort Harrison. Always an enjoyable gathering, remember to sign up for it on the Clubhouse Bulletin Board.

TRIVIA BUFFS

Four tables of guys and girls teams have been meeting on Thursday afternoons at 2:00 pm at our Clubhouse to match wits with each other to answer the trivia questions prepared for us by Janis Wilson and Elaine Migliorati. There is much camaraderie, and lots of laughter and bantering back and forth between the teams as they exercise the gray matter, and frivolity surely prevails! Are you a Jeopardy fan? If so, come and join us ... this is definitely the fun place for you to be on Thursdays. Lots of fun and enjoyment.

CONGRATULATIONS ARE IN ORDER

f we haven't said 'Thank You' before to Judy Hoke, we certainly realize that we definitely have been remiss. For many years, Embassy's Sewing Club met weekly to enjoy their craft in a social setting, and at the same time create many different items to distribute to hospital natal



nurseries for newborns, lap robes to our many disabled veterans, and to many other charitable works. Most of us probably never heard of their good works, and the wonderful camaraderie created with friends and neighbors. After many years, the club membership dwindled down to a few, and almost, almost, dissolved. That is until our Judy Hoke joined the small group, and stimulated the membership to growing into a viable, helpful situation once again. Recently, it has expanded from a 'sewing group' to one which involves friends and neighbors meeting twice a week sewing and teaching one another different handiwork and crafts at our busy Hobby House. So it would be great if our residents would vocally extend their thanks and appreciation to Judy for her worthy efforts. Merci, Judy !!

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









Friendly neighbors Doug Purton and Elaine Migliorati went all out for Embassy's Mardi Gras Party. Check out those beads

PINELLAS COUNTY - FREQUENTLY CALLED NUMBERS

• EMERGENCY HELP - 911 • Crisis Line (Helpline) - 211 <u>SENIOR HELPLINE</u> - Information on aging services. Including home health, senior centers and nursing homes, Support groups, adult day care,

and nursing nomes, support groups, addit day care,	
respite and transportation	
Alzheimer's Disease Association.	
Cancer Society	
Center for Independent Living (CASCO).	
Consumer Protection.	
Health Department - Largo Office	
Hospice	727-586-4432
Legal Services (Free Legal Services for The Elderly	
Meals on Wheels	
Retired Senior Volunteer Program	
Social Security Administration	
Veteran's Services	
AARP American Association of Retired Persons	
Eldercare Locator	
Victim Assistance for Seniors	
<u> </u>	

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s you probably already know; patronizing the advertisers newsletter also pays YOU with our <u>Monthly Mania Cash</u> We pay out \$400 every month to residents who submit have received from using the businesses in the newsletter. Winn patronize any advertiser in the newsletter, then submit either the receipt to us for your chance to win! Now You Have More Chances to Win!	Give-a-Way. tickets they ing is easy, just			
We are now offering unlimited entries into our Monthly Mania drawing by just SUGGESTING a business to advertise.				
Here is how is works:				
1. Call our office and suggest a business to advertise in the				
2. We will take down your information (name, address, ph the next month's drawing for over \$400 in cash prizes	none number) and enter you into			
3. The more businesses you suggest, the more chances you <i>(To qualify each resident can only suggest a business once)</i>	u have to win.			
What businesses would you like to see We have spots available in the following	0			
 Accountant/Tax Prep Assisted Living Facility Attorney/Lawyer Automotive Painting/ Detailing Automotive Repair/Sales Awnings Banks Bathroom Remodel Bicycle Repair & Sales Bingo Chiropractor Chiropractor Chiropractor Chiropractor Dentist Driveway Coating Fitness Center/Gym Floor Coverings/Retail Floor Coverings/Retail Floor Coverings/Retail Floor Coverings/Retail Foot Specialist - Podiatrist Golf Cart Sales & Service Hair Salon/Day Spa Hair Salon/Day Spa Hearing Aid/Retail Home Care House Cleaning Insurance Home/Auto/Health Investment/Brokerage Jewelry Sales/Design/Repair Manufactured Home Sales Medical Doctor Motorcycle/Moped Sales & Repair 	 Moving Services Optometrist Painting - Inside & Outside Pet Services Pharmacy Remodeling/Interior Resale Store Restaurants Screen Repair Storage Taxi/Shuttle Travel Agent Veterinarian Window Film/Tinting Window Washing Window Treatment/Interior 			

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August Is...

American Artist Appreciation Month. From Maxine Albro (1903-1966) to Karl Zerbe (1903-1972) and everyone else in between, celebrate American art in all its forms and the people who create it.

Get Ready for Kindergarten Month. This is the time of year when young children (and their parents) prepare for that all-important first day of school. Relieve their jitters by talking about what to expect, visiting the school and the teachers, and getting excited about the upcoming school year.

National Immunization Awareness Month. National Immunization Awareness Month (NIAM) highlights the importance of immunization—not just for kids, but for everyone. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases.

National Spinal Muscular Atrophy Awareness Month. Spinal muscular atrophy (SMA) is a genetic disease affecting the part of the nervous system that controls voluntary muscle movement. An SMA diagnosis doesn't mean an end to your hopes and dreams. Changes and challenges lay ahead, but also opportunity, fulfillment, and hope for a future free of spinal muscular atrophy.

Celebrate Weekly

Clown Week, Aug. 1-7. Everyone loves a clown. Celebrations during this week take on a variety of forms, such as putting on shows in malls, child care centers, hospitals and nursing homes or educational events about clowns and fundraisers for numerous charitable causes.

International Assistance Dog Week, Aug. 2-8. Created to recognize all the devoted, hardworking assistance dogs helping individuals mitigate their disability related limitations.

Elvis Week, Aug. 8-16. Held every year in Graceland, Tennessee, Elvis Week celebrates the life and legacy of Elvis Presley, "the King of Rock and Roll," with special events, live music, concerts, movies, and more.

National Safe At Home Week, Aug. 23-29. The National Safety Council estimates that 245 people die of unintentional injuries in and near their home every day. The purpose of National Safe At Home Week is to raise awareness of safety practices to prevent injury and death in and around your home.





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AIR CONDITIONING SALES/SER	
Air Masters of Pinellas, Inc	. 727-586-6969
Barron's Air Conditioning	
Modern A/C Service Co	. 727-541-5541
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Appliance Specialty, Inc.	. 727-520-6002
Bob's Appliance Repair	. 727-637-4789
Sunset Appliance Service	. 727-559-1137
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Auto Painters Plus, Inc	. 727-504-6891
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Century Awnings Co BATHROOM REMODEL	. 727-559-8811
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Concrete Wizard, Inc.	727_780_5444
	. 121-103-5444
Volocity Air	727 754 7056
Velocity Air	. 121-134-1930
E & E Gliddon, Inc.	777 546 4343
Imperial Electrical Service	707 525 0700
Palm Harbor & Dunedin Electric	
FLOOR COVERINGS/RETAIL	. 121-113-1022
Affordable Floor Covering	707 644 4004
FLOOR REPAIR	. / 2/-04 1-1301
	707 044 4004
Affordable Floor Covering	
Flatworks	. 727-288-4680
Perfect Repair & Construction, Inc	. 727-539-0852
FOOT SPECIALIST - PODIATRIS	I
Mason, Dr. Peter M.	. 727-535-1919
FURNITURE & MATTRESS	
AJ's Beds & Furniture	. 727-588-0406
GOLF CART REPAIR	
Pinellas Golf Carts, LLC	.727-754-2923
GOLF CARTS SALES & SERVICI	
Capital Golf Carts, Inc	
Recreational Golf Cars of Florida	. 727-548-8460
HEARING AID/RETAIL	
Knoblach Hearing Care, Inc	. 727-530-3533
INSURANCE: AUTO	
O. E. Wilson - Auto INSURANCE: HEALTH	. 727-535-0524
INSURANCE: HEALTH	
Frank Martinez MANUFACTURED HOME SALES	. 813-403-0053
MANUFACTURED HOME SALES	NEW
Citrus Homes/Meadowood Homes	
MOBILE HOME SUPPLIES - RET	AIL
Mobile Home Depot. Inc.	. 727-535-1100
Southeast Mobile Home Supplies	727-522-2090
	-

MOBILE HOME WASH/WAX Wyngarden Mobile Home Wash 727-587-0876 MOBILE HOME WINDOW FILM PAINTING/INSIDE & OUTSIDE Socia's Painting & Waterproofing......727-345-6856 PEST CONTROL Buggin Out Termite & Pest Control ... 727-535-2629 Modern Pest Control, Inc. 727-410-1466 Nature's Resource Pest Control...... 727-785-2552 PLUMBING SERVICE ROOF COATING Community Roofing of FL, Inc.... 1-800-511-2517 Socia's Painting & Waterproofing...... 727-345-6856 ROOF REPLACEMENT AMS Advanced MH Systems 727-471-0820 ASC Aluminum Specialty Contr. 727-547-8300 Bay Area Aluminum Services. Inc. ... 727-585-4442 **ROOF WASHING** Heller's Mobile Home Washing 727-545-2665 ROOM ADDITIONS Bay Area Aluminum Services, Inc. ... 727-585-4442 TIE DOWNS/MOBILE HOMES VAPOR BARRIER VINYL SIDING ASC Aluminum Specialty Contr. 727-547-8300 WINDOW REPLACEMENT AMS Advanced MH Systems 727-471-0820 ASC Aluminum Specialty Contr. 727-547-8300 Community Roofing of FL, Inc..... 1-800-511-2517 WINDOW TREATMENTS/INTERIOR





AUGUST•2015							
Sunday	Monday	Г					
Sunshine Lady: Edna Beaman Lot #804 Te All activities at Clubhouse unless indicated by:							
HH = Hobi	oy House L = Libr	ary					
2 11:00 am Texas Hold-'em	3 6:45 pm Euchre 7:00 pm Texas Hold 'em	9:00 a Se HH 12:15 p I Poker					
9 11:00 am Texas Hold-'em	10 1:00 pm Ice Cream Social 6:45 pm Euchre 7:00 pm Texas Hold 'em	9:00 a Se HH 12:15 p I Poker					
16 11:00 am Texas Hold-'em	17 6:45 pm Euchre 7:00 pm Texas Hold 'em	9a New fast Cou Restaura 9a Sewir 12:15 p I Poker					
23 11:00 am Texas Hold-'em	24 6:45 pm Euchre 7:00 pm Texas Hold 'em	9:00 a Se HH 12:15 p I Poker					
30 11:00 am Texas Hold-'em	31 6:45 pm Euchre 7:00 pm Texas Hold 'em	9/7					

Embassy

Tuesday	Wednesday	Thursday	Friday	Saturday
l: 531-3742			7/31 5:00 pm Chicken Dinner	1 1:00 pm Potluck Shuffle
4 ewing Guild – Nickel & Dime	5 1:00 p Dominoes 1:00 p Ladies Hold-'em 6:30 p Bingo: (Papers sold 5 to 6:15) (Games begin 6:30 pm)	6 2:00 p Trivia	7 9:00 a Craft Classes – HH 9:30 a Fun Shuffle 7:00 p Texas Hold-'em	8 1:00 pm Potluck Shuffle
11 wing Guild – Nickel & Dime	1:00 p Dominoes 12 1:00 p Ladies Hold-'em 6:30 p Bingo: (Papers sold 5 to 6:15) (Games begin 6:30 pm) Noon Ladies Luncheon	13 2:00 p Trivia	14 9:00 a Craft Classes – HH 9:30 a Fun Shuffle 7:00 p Texas Hold-'em	15 1:00 pm Potluck Shuffle 7:00 pm Ron Foster Dance & Social
England Brea <mark>k</mark> 8 ntry Skillet nt ng Guild–HH Nickel & Dime	19 1:00 p Dominoes 1:00 p Ladies Hold-'em 6:30 p Bingo: (Papers sold 5 to 6:15) (Games begin 6:30 pm)	20 2:00 p Trivia 5:00 p Pot Luck Dinner	21 9:00 a Craft Classes – HH 9:30 a Fun Shuffle 7:00 p Texas Hold-'em	22 1:00 pm Potluck Shuffle 9:00 am Breakfast
25 ewing Guild – Nickel & Dime	26 1:00 p Dominoes 1:00 p Ladies Hold-'em 6:30 p Bingo: (Papers sold 5 to 6:15) (Games begin 6:30 pm)	27 2:00 p Trivia	28 9:00 a Craft Classes – HH 9:30 a Fun Shuffle 5:00 pm Dinner TBA 7:00 p Texas Hold-'em	29 1:00 pm Potluck Shuffle
1:00 pm La	abor Day BBQ			SEPTEMBER 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Little-known facts about books and language

he world of books, reading, and words is full of surprises. Take a look at some of these stories about writers and other creative people (from the Buzzfeed website):

- Green Eggs & Ham. This Dr. Seuss classic was written on a bet. Publisher Bennett Cerf wagered \$50 that Ted Geisel couldn't write a children's book using fewer then 50 different words. Geisel won.
- Thomas Jefferson. The third U.S. president (and writer of the Declaration of Independence) invented more than 100 "American" words to distinguish U.S. writing from British usage—including the word "anglophobia."
- Gone with the Wind. Margaret Mitchell began work on her first (and only) novel after recovering from an auto accident. During her convalescence, she read so many books from the local library that her husband got tired of going back and forth—so she suggested she try writing a book of her own.



• Amazon. The first book sold on the now dominant website was Fluid Concepts and Creative Analogies, by Douglas Hofstadter. Its subject: whether machines could be taught to think like people.

Stay optimistic to get ahead

Successful people are optimistic. They're realistic, and they see the challenges, but they don't lose their confidence. Here are some of the characteristics of "intelligent optimists" that anyone can master:

- Don't deny problems. Don't try to pretend difficulties don't exist. Learn to live with obstacles while looking for ways to overcome them.
- Accept reality. Recognize that you can't solve every problem. Don't get too wrapped up in trying to fix things you can't influence that you ignore what's possible.
- Don't bury negative thoughts. Everyone has them—"This will never work," or "Why am I wasting my time?" Instead of trying to repress them, ask what they're telling you, and work on getting past the problems that create negative thinking.
- Look for different solutions. Many solutions start as attempts to solve a different problem. Searching the background can provide clues to resolving the current difficulty.



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ACROSS

- 1. Cursed
- 6. Petty guarrel
- 10. Hairdo
- 14. Burdened
- 15. List of options
- 16. Lummox
- 17. Supplemented
- 18. Weightlifters pump this
- 19. Cypher
- 20. Bad luck
- 22. Applications
- 23. Tiny
- 24. Lariat
- 26. A change for the better
- 30. Watchful
- 32. Flip over
- 33. Convulsive
- 37. Tidy
- 38. City in France
- 39. Rodents
- 40. It produces electricity
- 42. A tart fruit
- 43. Donated
- 44. Rat or mouse
- 45. Welsh dog
- 47. A small piece of cloth
- 48. Magma
- 49. Authorized
- 56. Adjoin
- 57. False god
- 58. Hyrax
- 59. Man
- 60. Monster
- 61. Redress
- 62. Implored
- 63. Require
- 64. Conducts

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62					63		\vdash			64				\vdash

DOWN

- 1. Close violently
- 2. Drv riverbed
- 3. Probabilities
- 4. Coral barrier
- 5. Gifted
- 6. Strike
- 7. South American country
- 8. Nameless
- 9. Unmelodious
- 10. Habituated
- 11. Clean between teeth
- 12. Cowboy sport
- 13. Poems

- 21. Ump
- 25. Supply with weapons
- 26. A step on a ladder 27. Type of sword
- 28. Low-fat
- 29. Not segregated
- 30. A cook might wear one 31. Den
- 33. Satisfy
- 34. 10 cent coin
- 35. Computer symbol
- 36. 1/100th of a dollar
- 38. Large tent

41. 18-wheeler

- 42. Rational
- 44. Rodent
- 45. A clique
- 46. Small egg
- 47. Angered
- 48. Lantern
- 50. Border
- 51. Pierce
- 52. Bit of dust 53. Dwarf buffalo
- 54. Care for
- 55. Visual organs



August is **National Eye Exam Month**

August Crossword

The right diet may guard against dementia

ould the right diet lower your risk of developing Alzheimer's disease? Maybe, according to an article on the MedicineNet website—although the results aren't conclusive yet. A study of adults who closely followed a combination of two wellknown diet plans, the Mediterranean diet and the DASH diet, found that subjects had a 53 percent lower risk of being diagnosed with Alzheimer's. Other subjects who stuck to the diet only moderately well saw their risk drop approximately 35 percent.

The combination diet plan, known as the MIND diet, emphasizes healthy grains, vegetables, beans, poultry, and fish, along with a limited amount of red meat, butter, and sweets. Researchers have noted that other factors, like smoking history, regular exercise, and challenging activities like Sudoku or crossword puzzles, have also contributed to diet followers' results.

On the other hand, both the Mediterranean and DASH diets are believed to effective at preventing heart disease, making them a healthy choice for other reasons.

Take proper precautions against electric shock

mild electrical shock can hurt; a major jolt can cause serious injury. Whenever you're working with live power, be careful to avoid problems by following the proper procedures:

- Turn off live circuits. Always unplug equipment or turn off circuit breakers when dealing with electrical power. Don't skip this step even when dealing with low-voltage appliances.
- Keep power off. When you turn off a circuit breaker, post a note warning co-workers not to turn it back on. Better yet, lock the circuit box so no one can accidentally send power back to a "dead" line.
- Use protective equipment. Gloves, facemasks, helmets, and other gear are important for your safety. Check the documentation to find out what you need, and ask your supervisor what he or she requires. Report and replace any defective equipment before getting to work.



• Check electrical cords. Examine cords for sign of wear and damage. If you see any exposed wire, or evidence that someone has tried to repair the cord with duct tape or electrical tape, replace it immediately. The cost is minimal, especially compared against the need for safety.

Did You Know About These Great Monthly Media Services?

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are located the bottom of this page.

Emporium/Classified Listing - Do you have an event in your community such as a Bake Sale or Flea Market? An item for sale like an old set of golf clubs that needs to go? Help needed or vendors wanted for an event? Maximize the people that see your listing and use the Emporium! Your listing will be printed & delivered to over 20,000 homes in Pinellas County. See the Emporium page toward the end of the newsletter for more info.



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^{victure}

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Plan your vacation with these trends in mind

You may already have taken your summer vacation and are eagerly planning next year's. If so, you might want to consider these 2015 vacation data, according to the Summer Travel Guide from the travel insurance comparison website InsureMyTrip. com.

The five most popular vacation destinations were the U.K., France, Italy, the Caribbean, and the Netherlands. Planning ahead makes sense: The survey found that 82 percent of travelers booked their trips more than 30 days ahead of time, with 15 percent

waiting until just a week or so before leaving to make their plans, and only 3 percent heading off at the spur of the moment.

Where will you stay? In the 2015 survey, 42 percent of vacationers chose hotels, 25 percent took a cruise, and 18 percent opted for vacation rentals. Only one in 10 survey participants said they bunked in with family or friends while traveling.



'Appointment TV' a thing of the past?

Not too long ago, the only way to watch your favorite show was to make sure you were home when the networks decided to broadcast it. Not so much anymore. Modern technology is taking hold of our viewing habits, according to the Digital Democracy Survey from Deloitte.



The study of more than 2,000 U.S. consumers age 14 and up found that 56 percent of viewers are streaming movies on their laptops, tablets, or other devices, and 53 percent stream television shows once a month. More than 42 percent of U.S. households use a video streaming service like Netflix to watch their shows and movies. Meanwhile, only 45 percent prefer to watch TV live.

Video streaming also makes binge-watching a thing, according to the survey: Sixty-eight percent of consumers report sometimes watching at least three episodes of a TV program in one sitting, and 31 percent of them do it once a week or more.



Warning: Don't annoy this beetle

S mall animals and insects have many defenses against predators, but one of the most puzzling to scientists is the spray emitted from the bombardier beetle, an insect found on every continent except Antarctica. The spray is a boiling combination of chemicals that fights off attackers without injuring the beetle, and scientists have long wondered how it's produced.

According to the (e)Science website, the liquid is composed of two chemicals stored in the beetle's abdomen. The bombardier mixes the two substances together at the moment of use in a protective chamber inside its rear end. The chemicals heat up on contact, and the boiling process provides the energy needed to shoot it at anything threatening the beetle. The jet of liquid is hotter than defensive sprays ejected by other insects, and also five times faster, making it even more effective against attackers.



Remote-controlled mice are real, but don't worry—scientists aren't planning to create rodent armies to take over the world. The mice experiments are part of the 2013 BRAIN Initiative, created by President Obama to design new therapies for neurological disorders.

Doctors controlled the neurons in mice using a technique called DREADDs, for Designer Receptors Exclusively Activated by Designer Drugs. The mice's neurons were genetically engineered to produce a specific brain receptor that allowed scientists to manipulate neurons without implanting any devices in the brain. The mice could then be made to walk, stop, run toward food, or ignore it.

Neuroscientists hope that the experiments will help them identify the brain wiring that controls specific behaviors, and then influence those behaviors by activating and deactivating the neurons associated with them. This could lead to therapies for a variety of neurological syndromes in humans.

There are three stages in scientific discovery. First, people deny that it is true, then they deny that it is important; finally they credit the wrong person.

-Bill Bryson



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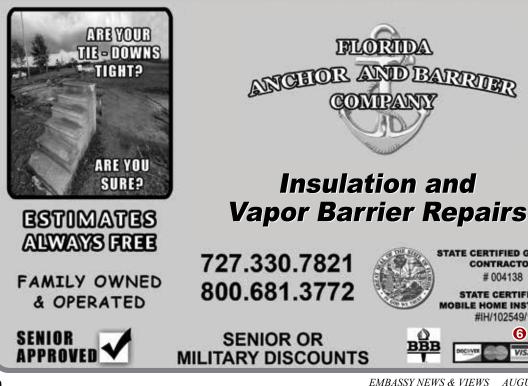
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All for the best

A king was friends with a wise doctor. They spent many hours hunting together, talking about the world as they walked through the kingdom. The king was intrigued by the doctor's insistence that events always worked out for the best. He was never convinced, but they remained close friends.

Then one day they went out hunting. The doctor's rifle went off by accident, and the bullet hit the king in the hand. The doctor had to amputate two fingers, and the king was so angry that he had his friend thrown into a dungeon.

Several months later, the king went on a safari in the deep jungle. Bored, he went off by himself and was promptly captured by a band of savages who carried them back to their village.

The king realized that these people planned to eat them, and all his promises of riches and rewards if they freed him were ignored. But when they came to prepare him for their feast, they noticed that his hand lacked two fingers.

Their traditions demanded that they not harm anyone with an amputated limb. They freed the king, and he returned to camp unharmed.

When he got back to his castle, the king immediately freed the doctor. He told his friend the story, and added, "If not for you cutting off my fingers, I might have been killed."

The doctor was happy that the king. "You see, that proves my point about things happening for the best."

"But what about you?" the king asked. "You spent all those months in a dungeon. How did that work out for the best?"

The doctor smiled. "If I hadn't been in the dungeon, I might have been out hunting with you."

Go fly a kite

The mayor of a small town was walking through the park one day when she spotted a little boy flying an enormous and beautiful kite high in the sky. Intrigued, she walked up and asked who was responsible for the keeping the kite in the air.

"I am," the boy said. "I made this kite all by myself, and I got it up into the air on my own."

Then they both heard a whisper in the air. "I am the wind," the voice said. "I keep the kite in the air by holding it aloft with my breath."

A third voice, high-pitched and vibrant, joined in. "I am the kite's tail," said this voice. "I keep the kite stable as it flies through the air. Without me it would crash to the Earth!"

Moral: Cooperation and teamwork are essential to every endeavor.



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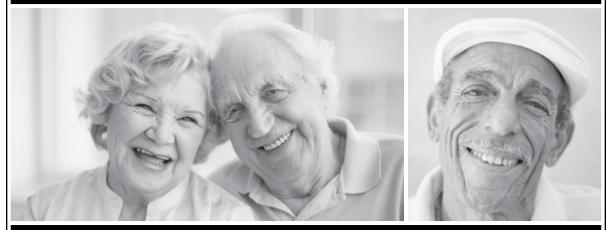
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