

EMBASS CONEWS & VIEWS & CONEWS & VIEWS & VIEWS & CONEWS &



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

Embassy Park

News & Views

N. & V. Editor Beverly DoucetteLot #515727-531-4544

E-Mail Address: chls52bevdoucette@outlook.com
Sunshine Lady Carol AxeLot #731238-3270

ATTENTION RESIDENTS:

Publisher's Note

his newsletter, Embassy News & Views, is edited by Beverly Doucette. She was ill this month and was unable to submit articles for the March newsletter.

Please excuse any errors on the calendar or birthday/anniversary list as they were compiled using previous information.

Temporary Editor Help Needed - Contact Info Above



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Michael Ellis Pinellas Park Fl





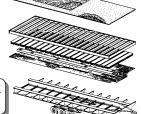


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PRESIDENTS TROPHY - ON THE COVER

id you know that during the 15th. Century the English would slide a silver penny across tabletops, the object being to get the coin to stop as close to the edge as possible. It's original name "shove penny" was modified to "shove board" because of the manufacture of elaborate board-tables found in many aristocratic homes. It eventually morphed into Shuffleboard.

By the turn of the century, floor shuffleboard 's popularity aboard cruise ships brought the game from Europe to America

In the Pinellas Big 10 Shuffleboard League, Embassy Park supports two teams -"a" & "b". Since it's inception in 1970, the league's year end coveted "President Trophy" has been vigorously pursued by all ten teams in the league. It is awarded to and retained for one year, honoring the season's most improved "a" & "b" teams combined performance.

For the 2014-2015 shuffle season, for the first time in it's history, Embassy Park was awarded this trophy. At the league's fall meeting, Susan White, president of the Embassy Shuffleboard Association was presented with this trophy.

It represents a tribute to the individual and team effort by all the Embassy shufflers playing on the "a' and "b" teams.

It is currently on display in the shuffle club's trophy case in Embassy's clubhouse

Congratulations to all shufflers on the "a" & "b" teams

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George Lordstrom, Saint Petersburg, FL



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Carol Zapiecki, Clearwater, FL



From our family to your family

Morton Plant Hospital got its start in 1914 when several local women asked railroad magnate Morton F. Plant to fund a hospital. He agreed, if the community would also make a substantial contribution. They took the challenge and the hospital opened in 1916. Throughout the years, the hospital served the community, and the community gave back, ensuring that generations of families would be able to count on the compassionate, quality care provided by Morton Plant Hospital.

One of the most noteworthy hospitals in the nation, Morton Plant Hospital was founded because a community cared. And 100 years later, one thing remains the same — our commitment to caring for your family.



The new Doyle Tower at Morton Plant Hospital, scheduled to be completed in 2016. Another example of how the community gave back.



MortonPlant100.org

BC1508301_1215



March Is...

merican Red Cross Month. The American Red Cross was founded by Clara Barton in 1881. Today its supporters, volunteers, and employees provide compassionate care in five vital areas: People affected by disasters in America; support for members of the military and their families; blood collection, processing, and distribution; health and safety education and training; and international relief and development.

Music In Our Schools Month. An annual celebration sponsored by the National Association for Music Education, Music In Our Schools Month engages music educators, students, and communities from around the country in promoting the benefits of high-quality music education programs in schools.

Social Work Month. The goal of Social Work Month is to educate the public about how social workers bring about positive social change and improve the lives of individuals and families. It's sponsored by the National Association of Social Workers, which works to enhance the professional growth and development of its 132,000 members, to create and maintain professional standards, and to advance sound social policies.

Women's History Month. Women's History Month has its origins as a national celebration in 1981 when Congress authorized the president to proclaim the week beginning March 7, 1982, as "Women's History Week." Since 1995, Presidents Clinton, Bush, and Obama have issued a series of annual proclamations designating March as "Women's History Month."

Weekly

ational Cheerleading Week, March 1-7. National Cheerleading Week recognizes cheerleading athletes around the world. Its goal is to build a more positive image of cheerleading by engaging in group activities, community service, and fundraising projects.

NO MORE Week, March 6-12. NO MORE is a movement to raise public awareness around ending domestic violence and sexual assault. NO MORE Week is a national effort to engage individuals and organizations to say "No more" to abuse, and to make domestic violence and sexual assault awareness and prevention a priority year-round.

Brain Awareness Week, March 14-20. A global campaign to increase public awareness of the progress and benefits of brain research, Brain Awareness Week unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages. Activities include open days at neuroscience labs, exhibitions about the brain, and more.





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- 2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
- 3. The more businesses you suggest, the more chances you have to win. (To qualify each resident can only suggest a business once)

What businesses would you like to see advertising?

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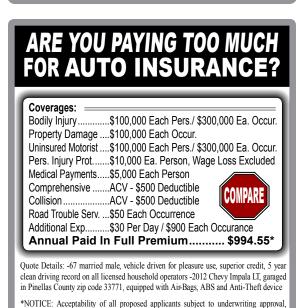
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Teed off

olf courses typically have two sets of tees, one for women and one farther back for men. One day at the first tee a man was stepping up to his ball when a voice came over the clubhouse loudspeaker: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The golfer looked up, surprised, then addressed his ball again. The voice on the loudspeaker repeated, "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

Irritated now, the golfer backed away, took a deep breath, and once again approached his ball. For a third time, the loudspeaker blared: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The man flung his golf club down. "Will the announcer please shut up and let me hit my second shot?"

An exciting finish

I wo bass players performing Beethoven's Ninth Symphony realized that for some time at the end of the piece, the bassists play nothing. They decided to sneak out of the auditorium for a quick drink at the bar in the lobby.

After a few quick shots, one of them checked his watch. "Uh-oh, we have to get back in two minutes."

"Don't worry." His friend ordered another round. "I tied down the last page of the conductor's score, so they'll keep playing the same part over and over. No one will notice."

After a few more drinks, they staggered backstage and made their way back to their chairs as the conductor struggled to untie his music score with one hand while conducting the orchestra.

One usher at the rear of the auditorium whispered, "What's going on?"

The other usher answered, "Well, it's pretty exciting. It's the bottom of the Ninth, the score is tied, and the bassists are loaded!"

I guess I laugh to keep from crying. And I guess if you ever get me crying, I might not stop. This is the way I look at tragedy or else I'll cry.

—Bob Newhart

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Going the store? Why leave the house?

hopping online has exploded in recent years. One example: A survey conducted by 72 Point Inc. and commissioned by Door to Door Organics, an online organic grocer, found that shoppers increased their online grocery purchases by an average of 29 percent in the past year, and those shoppers do about 19 percent of their weekly grocery shopping via the Internet.

Extra sleep may not lead to longer life

ost of us look forward to sleeping late on the weekend. After a hard week of work, we deserve a few extra hours, right? But a study from the Journal of Clinical Endocrinology & Metabolism suggests that sleeping in may contribute to a higher risk of diabetes and heart disease

Researchers tracked more than men and women age 30-54, using devices that recorded their movement to determine when they fell asleep and woke up for a one-week period. Close to 85 percent went to bed later and got up later on their days off from work, and those people tended to experience lower levels of HDL cholesterol (the good kind) along with higher triglycerides, greater resistance to insulin, and a higher body mass index, even after controlling for factors like physical activity, calorie consumption, and alcohol use.

The implications are clear: Maintaining a consistent sleep schedule, even on weekends, is better for everyone's long-term health.

Aspirin prevents skin cancer?

spirin is known to cure our aches and pains and improve heart health. It may also be useful in preventing certain kinds of skin cancer, according to an article on the Discover magazine website.

Non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin and ibuprofen are already known to help prevent cancers in the colon, lungs, prostate, and breasts. A meta-analysis of studies, some previously unavailable to researchers, turned up evidence that non-aspirin NSAIDs can reduce the risk of developing squamous cell carcinoma by 15 percent, and that when aspirin is added to the mix, the risk drops to 18 percent. NSAIDs are known to inhibit

Talk to your dermatologist about aspirin, and otherwise limit your exposure to UV light to stay safe from skin cancer all year round.

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			Zumba/F Sewing G Dealers C Dominoe Bunko 6: Fun nigh
Texas Holdem Poker 11:00 Vespers 7:00	6	7 Exercise / Elaine 7:45-8:30 Euchre 6:45 Poker 7:00	Zumba/F Sewing C New Eng 9:00 Managers Dealers C Dominos Fun nigh
Texas Holdem Poker 11:00 Vespers 7:00	13	Exercise / Elaine 7:45-8:30 New York Club, 10:00 Euchre 6:45 Poker 7:00	Zumba/E Sewing G Canada G Dealers G Dominoe Bunko 6: Fun nigh
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Embassy

luesday	Wednesday	Thursday	Friday	Saturday
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March Sudoku







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breeze with a variety of with restaurants outside shopping. patios and Boarding: 9:15 a.m. Return: Approximately 4:45 p.m. Sign up deadline is March 14.

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generation Includes Show. Buffet > lunch, coffee/tea, tax and bus transportation. (Gratuity not included) Boarding Time: 11:45 a.m. Return: Approx. 6:15. Sign up deadline April 22.



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Keep the speed up when you walk

brisk walk is good for your health, especially as you grow older. A study reported on the LiveScience website found that older adults who maintain a speed of 3 miles per hour when they walk have a 50 percent lower risk of heart disease than people with a pace of two miles per hour or slower. And folks who walk an average of seven blocks a day have a 47 percent lower chance of developing heart disease than those whose walks add up to just five blocks a day or less. So put your shoes on and get walking.

Help your brain stay healthy

eeding and stimulating your brain well can keep it healthy throughout your life. The American Academy of Family Physicians offers these tips for keeping your mind in tip-top shape:

- Eat a healthy diet. Choose nutritious foods like antioxidant-rich vegetables, fruits, and whole grains, and omega-3 fatty acids, and cut out saturated fats. Avoid fad diets that offer only short-term results.
- Watch your weight. Maintain a healthy weight and pay attention to your blood pressure, cholesterol, and blood sugar, which are all associated with an increased risk of dementia.
- Exercise your brain. Keep learning new things all the time. Puzzles and games that stretch your mind can help you maintain good brain health. So can staying active socially, so keep up your friendships and strive to meet new people.

Mission to gravity: Space probe searches for waves

European space probe will try to confirm a theory about gravity developed by Albert Einstein, according to the Reuters website. Launched late last year, the LISA (Laser Interferometer Space Antenna) Pathfinder will assume an orbit between the Earth and our sun, collecting data about gravity waves.

Einstein predicted the existence of ripples of gravity that bend space and time some 100 years ago, but finding those ripples on Earth has been impossible. The space-based experiment will monitor two cubes of a gold-platinum alloy to determine whether they maintain their distance from each other in free fall. The results will allow scientists to observe minute oscillations caused by gravity waves.









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Time behind the wheel

riving is embedded in our national psyche. If you feel as though you live in your car driving between home and work, consider these statistics from the AAA Foundation for Traffic Safety and the Urban Institute:

- Americans drive an average of 29.2 miles a day, for a total of 10,658 miles a year.
- Women tend to take more drives, but men spend more time on the road, driving 25 percent more miles than women.
- Drivers 30-49 years old drive an average of 13,140 miles a year. Teens and senior citizens over 65 drive less than other age groups.
- We drive more in the summer—30.6 miles a day, as opposed to the winter months, when we're on the road for just 25.7 miles daily.
- Education seems to be correlated to how much people drive: Those with no more than a high school education drive an average of 19.9 miles a day (32 minutes), while drivers with a college degree are in their cars for 37.2 miles (58 minutes).

Library use on the decline?

re libraries in danger of disappearing? A Pew Research Institute report found that most Americans strongly support their local public libraries, with 65 percent saying that the closing of a local library would have a major impact on their community. They like library services that contribute to education, along with those that help veterans, immigrants, and other special constituencies, and value access to computers and other technologies.

Still, library use appears to be trending downward: Forty-six percent of Americans age 16 and older have visited a library or bookmobile at least once during the past year, down from 53 percent in 2012. Twenty-two percent have used their library's website in the past year, down from 25 percent in 2012, and 27 percent have gone to the library to use computers and Internet resources, down again from 31 percent in 2012.





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EVENTS & PROGRAMS

Sat. Mar. 5, 8-1 White Elephant & Bake Sale, Furniture, Accessories, Linens, Jewelry etc. Lake Highlander MHP 1500 County Road 1, Dunedin.

Fun Night with Silent Auction, March 10th 7pm, Sugar Creek MHP, Largo, North at 101st.

PARADISE ISLAND ANNUAL FLEA MARKET, March 12, 2016. Paradise Island MHP 1001 Starkey Rd. Largo. EARLY ENTRY \$1 @ 8am. Very Large Market with over 65 vendors and Treasures Galore. Food from the canteen. For Tables call Marcia 727-953-3616

ART/CRAFT FAIR. Friday, March 11, 9am - 1pm. Lake Highlander MHP. 1500 County Road 1, Dunedin.

Annual Blue Jay Rummage Sale: Sat. March 19th 8:00am-1pm. 2755 Curlew Road Palm Harbor.

FRIDAY, MARCH 4TH, 9am-1pm, Flea Market/Bake Sale Lake Seminole Resort MHP Clubhouse, 10245 110th Ave. North, East off Seminole Blvd. Refreshments, Lunch.

Nova Scotia Picnic March 24th. 10065 Park Blvd Seminole State Park. Site 13. 727-475-9470

HUGE Rummage Sale at St. Paul United Methodist Church March 4 & 5. Address: Christian Life Enrichment Center, 1498 Highland Ave, Largo, FL 33770. Early Bird Friday, 4-8 pm; \$1 admission. No admission fee Saturday, 8am–2pm. Food available.

Community Yard Sale. Lake Tarpon Village, 36299 U.S. 19 North. Saturday, March 5. 8am - 3pm.

COME ONE, COME ALL!!! It's that time of year again!!! The 2016 Palm Hill Bazaar is on March 5th 2016. Early bird admittance \$1.00 at 8:30am. Regular Admittance 9:00am till 1pm. Everything must go!!!

1800 Seminole Blvd. Largo, FL 33778

White Elephant Sale. Lake Haven MHP 1415 Main St. Dunedin. Huge Bake Sale, Lunch Availble. Saturday March 12th 8am-1pm Park 3 (Behind Subway)

WHITE ELEPHANT SALE. Saturday March 5, 9AM-12PM. Americana Cove. 7201 1st Street NE, St. Petersburg. Jewelry, antiques, treasures, collectibles, electronics, housewares, furniture, linens, books, DVD's, CD's, Tapes, LP'S, Xmas decos.

March 5th, 8am-1pm. ANNUAL BAZAAR - BRIAR CREEK II MHP Clubhouse (Near Mease Countryside Hospital)

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March 4th & 5th. Carport Sale, Doral Village, 29250 US Hwy 19 North #85 & #87. Furniture, Housewares and Miscellaneous. 9am - 3pm

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-Monthly Media Staff

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• 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.



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(Allow	4-6 weeks fo	r mailing of check).	This	m	onth	ı's c	ash	winners	are:
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(Allow 4-0 Mcck3 lo	ı ınanı	ig of check). This months casi
Pat Forest	\$100	Bobs Appliance Repair
		D & W Heating & Air Conditioning
		All Around Tours
Brian Larmand	\$10	Bob's Mobile Home Washing
		Largo Plumbing Co.
Tony Staudohar	\$10	
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Bill Donnelly	\$10	Bill The Carpet Guy
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Richard Travers	\$5	Ray Duncan Plumbing, Inc.
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Embassy Homeowners Association

The Annual Meeting and Elections are held on the 3rd Friday in January. Other meetings are held as needed, and are posted in the Clubhouse on the Association Bulletin Board.

as needed, and are post	ed in the Clubhouse on	the Association	on Bulletin Boa
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Vice President	Sue White	(521)	423-4127
	Terry Hazlett		
	Elaine Pepper		
Directors	June deRuiter	(918)	754-7321
	Mary Ann Cassy		
	Arlene Stuart	(441)	531-9302
	Guy McDougall	(1222)	230-9969
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Vice President	Elaine Migliorati	(1644)	437-7327
Secretary	Cheryl Russell	(733)	585-455-0471
Treasurer	unknown at this time	•••••	
Directors	Judy Hoke	(627)	536-3417
	Barbara Whitman		
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Mid-West Club			
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President	Brud Livingston	.(523)	536-6678
Embassy Shuffle Club			
Meets 3rd Tuesday			
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	Randy Poulin		
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