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GLEN ELLEN MOBILE HOME PARK, 2882 Gulf to Bay Boulevard, Clearwater, Florida Office Number (727) 796-7348

Manager Marilyn Sisti's message -

ust a few topics I wish to address, please remember that dogs must be on leashes at all times, there are no exceptions to this rule! Also do not walk your pet in another residents yard and always pick up after them.

For those of you who have completed and fixed up your homes we thank you, for those of you who have been given numerous notices, please note that the next step is to be sent to the attorney for a rule violation. We want the park to be clean and neat looking at all times, please if you receive a notice from the office we ask that you comply. Thank you!

Snow birds please know that you need to have someone take care of your home while you are away, some are not being weeded or taken care of at all. Please let us know when you leave who you are going to have take care of your home.

Last but not least, please remember to write your lot number on your check when you pay your rent.

Marilyn Sisti Community Manager Shangri-La 7790 Equity Lifestyle Properties, Inc. (NYSE:ELS) 249 Jasper Street Largo, Florida 33770 727-585-2850 Shangrila_mgr@Equitylifestyle.com	Glen Ellen 7580 EquityLifestyleProperties,Inc.(NYSE:ELS) 2882 Gulf to Bay Boulevard Clearwater, FL 33759 727-796-7348 Glenellen_mgr@Equitylifestyle.com www.equitylifestyle.com
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A Complete Listing of Resident Services can be found on the page before your calendar





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newsletter also pays YC We pay out \$400 every have received from using the bu		Give-a-Way. tickets they ing is easy, just
6	ited entries into our Monthly TING a business to advertise	
 We will take down your i the next month's drawing The more businesses you 	for over \$400 in cash prizes suggest, the more chances you	one number) and enter you into
What bus	in only suggest a business once) inesses would you like to see e spots available in the following	advertising? The Referrals
 Accountant/Tax Prep Assisted Living Facility Attorney/Lawyer Automotive Painting/ Detailing Automotive Repair/Sales Awnings Banks Bathroom Remodel Bicycle Repair & Sales Bingo Chiropractor Computer Services Dentist Driveway Coating Fitness Center/Gym Floor Coverings/Retail 	 Foot Specialist - Podiatrist Golf Cart Sales & Service Hair Salon/Day Spa Hearing Aid/Retail Home Care Home Furniture & Mattress House Cleaning Insurance Home/Auto/Health Investment/Brokerage Jewelry Sales/Design/Repair Manufactured Home Sales Massage Therapy Medical Doctor Mobile Home Supplies - Retail Motorcycle/Moped Sales & 	 Moving Services Optometrist Painting - Inside & Outside Pet Services Pharmacy Remodeling/Interior Resale Store

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Scribe Nancy Labbe's Message

ctober already, times flies when you are having fun, I hope everyone had a wonderful summer!

All the snow birds will be coming back this month and the activities should be starting, Bingo, Shuffleboard, Poker, Texas Hold 'Em, Euchre, Mah Jongg, Darts, Mens and Ladies Luncheons and maybe some new activities.

If you patronize the advertisers in the Focus and receive a Monthly Media ticket to win from \$5.00 up to \$100.00, mail it with your receipt for work done to Monthly Media, PO Box 1023, Venice, Fl 34284 and check the Focus to see if you win. Good Luck Everyone! (In the Focus it says to put it in your Monthly Mania Drop Box, Glen Ellen does not have this option, so please mail it as stated above, thank you).



Chairpersons for the month of October are Ronnie and Kevin Kimball and Joan Schuring. Look for notices in your mail box and on the bulletin boards to see what is happening. Bet it is going to be a fun month!

A special 'thank you' to all the residents in the park who kept the coffee hours and activities going during the summer. Your time and efforts are much appreciated!

If anyone wishes to have their birthday or anniversary put in the Focus, please check the main bulletin board in the hall and there will be a list for you to put the date you desire to be put in the Focus.

Also, if anyone wishes to have an item put in the Focus, I need to have it by the 10th day of the previous month, for example October Focus information I need by September 10. Thank you for your consideration.

October Birthdays

October 2 - Howard Leonard October 5 - Sean Brown October 9 -George Storm October 13 - Raymond Trainor October 13 - Robert Eaton October 16 - John Gillespie



Much luck, health and happiness to all October birthday individuals!!!

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Avoiding the dentist? It may cost you

Proper dental care is important to your overall health. Unfortunately, many of us tend to avoid visiting the dentist—often because of the cost.

A survey commissioned by Aspen Dental found that almost two out of five Americans have delayed needed dental work, or had it only partially performed, because of their financial situation. It's a figure that has jumped by almost 8 percent over the last two years, even though 80 percent say they're aware that staying away from the dentist will be more expensive in the long run.



Take one step to lose weight

ant to lose weight? Step onto a scale every day. That may seem like obvious advice, but it's supported by the results of a study reported on the Live Science website.

In the study, researchers challenged 162 people to reduce their weight by 10 percent over the course of the year. They weren't given any specific advice, but about half the participants were given scales and told to check and record their weight every morning.

Although few of the participants in either group achieved their goal of losing 10 percent of their body weight, 29 percent of those given scales succeeded in losing at least 5 percent, but only 11 percent in the scale-free group lost as much. In addition, participants given scales managed to maintain their weight loss for a second year.

The researchers have theorized that checking weight once a day may help people pay more attention to what they eat (and how much), and reinforce positive weight-loss behaviors like skipping dessert.

Without mathematics, there's nothing you can do. Everything around you is mathematics. Everything around you is numbers.

—Shakuntala Devi

Love, honor, and make your payment

ne important factor that can unbalance a marriage or romantic relationship is debt. A survey conducted by Harris Poll for NerdWallet determined that 35 percent of adults have brought at least some credit card debt into their romantic relationships—more than student loans, car payments, medical loans, and mortgage debt.

More men than women bring it, with 42 percent of adult men coming into relationships with credit card debt, as opposed to 29 percent of women. Whoever's behind it, though, such debt can have costs beyond interest payments: 25 percent of couples with at least one partner dealing with credit card debt reported that it had a negative impact on their relationship.



Be alert to the signs of Alzheimer's disease

ore than 5 million people live with Alzheimer's disease in the U.S. It's an affliction that can't be diagnosed with a blood test or a brain scan, so doctors and patients depend on behavioral clues to determine whether someone is suffering from it. An early diagnosis can help with treatment and care, so pay attention to these warning signs from the Alzheimer's Association:

- Changes in memory that disrupt daily activities
- Difficulty solving problems or making plans
- Problems performing familiar tasks at work or at home
- Confusion over places and times
- Problems processing visual images and spatial relationships
- Growing difficulties with writing and speaking
- Losing items/getting lost outside



If you or a loved one begins exhibiting a number of these symptoms, consult with your doctor. Although Alzheimer's has no cure, many treatments can delay its onset and provide a meaningful quality of life for years.





GLEN ELLEN FOCUS OCTOBER, 2015 E





ACROSS

- 1. Stop for a horse
- 5. Exploded stars
- 10 Flutter
- 14. Not his
- 15. Small African antelope
- 16. Hindu princess
- 17. Disgraceful
- 19. At the peak of
- 20. Ribonucleic acid
- 21. Graven images
- 22. Display
- 23. Ointment ingredient
- 25. Of a pelvic bone
- 27. Record (abbrev.)
- 28. A daily evening church service
- 31. Wanderer
- 34. Make improvements
- 35. Japanese apricot
- 36. Bucolic
- 37. Skating jumps
- 38. Permits
- 39. " the season to be jolly"
- 40. Female internal reproductive organ
- 41. Not last
- 42. Completely
- 44. Spy agency
- 45. Unreactive
- 46. Military quarters
- 50. Manacles
- 52. Habituate
- 54. Alkaline liquid
- 55. Murres
- 56. Teen
- 58. Adolescent
- 59. Blockages
- 60. Relating to urine
- 61. Where the sun rises
- 62. Children
- 63. Carve in stone

October Crossword

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1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20	\square			21						22				
23			24					25	26					
			27				28						29	30
31	32	33				34						35		
38					37						38			
39				40						41				
42			43						44					
		45						46				47	48	49
50	51					52	53					54		
55					56						57			
58	\square				59						60			
61					62						63			

DOWN

- 18 Lubricated
- 22. A region of SE
- Pakistan
- 24. By mouth
- 26. Focusing glass
- 28. Manicurist's board
- 29. Catches
- 7. Six-stringed instrument 30. Essence
 - 31. Anagram of "Tine"
 - 32. Norse god
 - 33. Baffles
 - 34. In an uplifted manner
 - 37. Affirm
 - 38. Teller of untruths
- 13. A hollow cylindrical
- shape

1. Vortex

Language

manner

9. Female sib

12. Shortly

10. Donnybrook

11. Recent arrival

2. Reddish brown

4. American Sign

5. Scandinavian

6. Heavenly hunter

8. In an opprobrious

3. Keyboard instrument



- 40. Mining finds 41. Infernos
- 43. Child
- 44. Gentle stroke
- 46. Protrusion
- 47 Alarm
- 48. Faultfinder
- 49. A two-masted
- sailing vessel
- 50. Adorable
- 51. Component of urine
- 53. Cozy corner
- 56. Play a role
- 57. Prompt





October Is...

dopt A Dog Month. Millions of animals are waiting for someone to give them a safe, loving home. Be a hero and consider adopting a rescue animal or a dog from your local shelter. You'll be saving a life and adding joy to yours.

Eye Injury Prevention Month. Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life. The American Academy of Ophthalmology reminds everyone to wear protective eyewear when performing home repairs or maintenance, and while playing sports.

National Bullying Prevention Month. A campaign to unite communities nationwide in educating and raising awareness of bullying prevention. National Bullying Prevention Month is recognized across the United States, with organizations like Facebook, Disney, CNN, Yahoo Kids, and other partners supporting the effort through media outreach and dissemination.

National Cyber Security Awareness Month. National Cyber Security Awareness Month is designed to engage and educate public and private sector partners with events and initiatives aimed at raising awareness about cyber security and increasing the resiliency of the nation in the event of a cyber incident.

Week to Week

E mergency Nurses Week, Oct. 11-17. Sponsored by the Emergency Nurses Association, which represents the approximately 180,000 emergency nurses in the U.S. who save lives and render aid on a 24/7 basis.

Earth Science Week, Oct. 11-17. An international event to help the public gain a better understanding and appreciation for the Earth sciences and to encourage stewardship of the Earth.

Nuclear Science Week, Oct. 19-23. A national celebration to focus local, regional, and national attention on all aspects of nuclear science. The 2015 theme: "Get to Know Nuclear."

Respiratory Care Week, Oct. 25-31. An annual event that recognizes the respiratory care profession and promotes awareness of lung health issues and practices.

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Follow correct procedures whenever you lift a load

ifting heavy items incorrectly can injure your back and other parts of your body. Whenever you have a heavy object to move, follow these basic rules for staying safe:

- Bend at the knees.
- Keep your head up.
- Keep your back straight.
- Lift with your legs, not your arms or back.
- Keep the object close to your body.
- Don't twist your back as you walk.
- Maintain stable footing.



• Ask for help if the load is too heavy for you to move on your own.

Strengthen your peer relationships

etting along with your manager is important to success in any workplace, but so is a good relationship with your co-workers. You need everyone's support to get ahead. Forge strong connections by looking at these factors:

- Expectations. Clarify what you expect from your colleagues in the way of information, assistance, and results. Get to know each other's goals so you can provide the right kind of support.
- Mutual trust. Can you count on each other to follow through on commitments—or at least warn that problems are approaching? This is possible only if you both take responsibility for cooperation and communication.
- Sociability. Can you do more than merely tolerate each other? Go beyond common courtesy and show a genuine interest in other people's lives outside the job. Relationships grow through getting to know each other on a personal basis instead of just talking about work.
- Communication. This is the acid test of any working relationship: Can you tell each other what's on your mind? This isn't simply a matter of airing complaints. Delivering praise or thanks to a co-worker may feel awkward, but it's the heart of a good relationship. Be honest with the people around you, and listen to their words in the same spirit.

Services Directory

AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc.	727-	586-	6969
E & E Gliddon, Inc	727-	546-	4343
Modern A/C Service Co.	727-	541-	5541
APPLIANCE REPAIR	··	• · ·	
Appliance Specialty, Inc.	727-	520-	6002
Bob's Appliance Repair	727	637	1780
Sunset Appliance Service	727	550	1127
AUTO BODY & PAINTING	121-	-009-	1137
AUTO BUDT & PAINTING	707	-04	0004
Auto Painters Plus, Inc	121-	504-	6891
AUTO REPAIR			
Browns Automotive.			
Garza Motors	727-	240-	0790
AUTO SALES / PURCHASING			
Tampa Bay Car Cash	727-	580-	9580
AWNINGS			
Bay Area Aluminum Services, Inc	727-	585-	4442
Century Awnings Co.	727-	559-	8811
BATHROOM REMODEL			
BathMasters	727-	333-	7997
CABINET REFINISHING			
Electro-Glo Inc.	727-	556-	0701
CARPET CLEANING			
A1 Dry Carpet Cleaning	727-	729-	0547
Bill the Carpet Guy	727-	521-	4163
Doll Brothers Carpet/Upholstery Clnrs.	727-	596-	2249
CLEANING/INTERIOR	121	000	2245
Betty's Cleaning & Customized Service .	727	280	1011
Kathy's Cleaning Service			
COMPUTER SERVICES	.121-	-004-	-1110
Largo Tech Services, LLC	707	171	1005
	121-	4/4-	4200
Natabaska Diva Jaa	707	507	0500
Notebooks Plus, Inc	727-	507-	0533
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Notebooks Plus, Inc	727- 727- 727- 727- 727- 727- 727- 727-	507- 789- 754- 791- 441- 773- 584- 288- 539- 535- 535- 588- 754- 772- 548-	0533 5444 7956 1308 8434 1622 3711 4680 0852 1919 0406 2923 8833 8460
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Speedy Mobility MOBILE HOME SUPPLIES - RETA	. 727-223-9898
MOBILE HOME SUPPLIES - RETA	IL
Mobile Home Depot, Inc.	. 727-535-1100
Southeast Mobile Home Supplies	. 727-522-2090
MOBILE HOME WASH/WAX	
Heller's Mobile Home Washing	. 727-667-8110
Roval Enterprises	.727-394-7351
Wyngarden Mobile Home Wash	. 727-587-0876
MOBILE HOME WINDOW FILM	
Royal Enterprises	. 727-394-7351
MOVING SERVICES	
Shawn & Shawn Moving, Inc	. 727-234-7204
PAINTING/INSIDE & OUTSIDE	
Payless Painting Services	
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	
Denny's Plumbing, Inc	. 727-530-1391
Jones & Sons Plumbing, Inc	. 727-799-0287
Largo Plumbing Co	. 727-596-0525
REMŎDELINGĬINTERIOR	
American Restoration Systems, Inc	. 727-525-7200
ROOF COATING	
Socia's Painting & Waterproofing	. 727-345-6856
Community Roofing of Florida, Inc 1	-800-511-2517
ROOF REPLACEMENT	
AMS Advanced MH Systems	. 727-471-0820
ASC Aluminum Specialty Contr	. 727-547-8300
Bay Area Aluminum Serices, Inc	. 727-585-4442
ROOF WASHING	
Heller's Mobile Home Washing	. 727-667-8110
ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	. 727-585-4442
TIE DOWNS/MOBILE HOMES	
Florida Anchor & Barrier Co	. 727-330-7821
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Florida Anchor & Barrier Co	. 727-330-7821
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AMS Advanced MH Systems	. 727-471-0820
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October Sudoku

Difficulty level: medium.

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GLEN ELLEN FOCUS OCTOBER, 2015 E



Thought-controlled robots offer freedom and mobility

Let umans can now control robots remotely with their thoughts, thanks to a team of scientists who have developed technology to help people with disabilities regain some independence in their lives.

The robots are equipped with wheels and a video camera. The scientists tested them with a group of 19 subjects, nine with disabilities and 10 without. Each subject wore a helmet studded with electrodes that analyzed with brain signals for several weeks. Then they were told to direct the movements of a robot in Switzerland via the Internet. After less than 10 days of training, all of the nine participants with disabilities were able to control the robot easily, as did those with no disability.

In addition, the robot is able to avoid obstacles on its own without direction from its human controller, allowing people to take a break when they become tired. Such robots could become part of the daily life of people with mobility issues, giving them the opportunity to interact with others outside their homes.

Solar panel promises hope for clean fuel

A new type of solar panel could allow us to split water into hydrogen and oxygen atoms and create a clean hydrogen fuel, according to the NBC News website. The panel, developed by scientists in Switzerland, looks like the common solar panels found on rooftops. Sunlight passes through a layer of water, and the non-toxic chemical tungsten diselenide orks as a catalyst to break the water into its separate hydrogen and oxygen atoms. The scientists hope to commercialize the process to create a cheap source of hydrogen fuel, but a practical version won't be available for at least 10 years.

We can judge our progress by the courage of our questions and the depth of our answers, our willingness to embrace what is true rather than what feels good.

—Carl Sagan

Spiders On The Move: Land, Air, And Water

f you're afraid of spiders, this may not be good news: Scientists have discovered that some spiders can actually walk or sail across water, allowing them to travel great distances and colonize new areas of the world.

Spiders have long been known to travel by "ballooning"—climbing to the top of a plant or tree and shooting out a strand of web that catches the breeze, pulling them through the air. But what happens when they land on water? Some species of spiders have water-resistant legs that prevent them from sinking beneath the surface. With specialized "dance" routines, the spiders are able to make their way across the water. In addition, they're able to lift their legs to catch the wind, sliding on the surface as if sailing. Some spiders are also able to lift their abdomens like sails and take advantage of air currents to transport themselves.

All this helps spiders move about, allowing them to take their place as predators keeping insect populations in check. How far they can actually travel is still unclear, as is the question of whether salt water affects their mobility. Scientists are continuing to study the spiders to find out if they can literally sail across the ocean.

Black Holes: The Truth Is Out There (Just Hidden)

The universe is full of supermassive black holes, according to findings from NASA's Nuclear Spectroscopic Telescope Array (NuSTAR). But they're not always easy to locate because they're typically found at the center of galaxies, and hidden by clouds of dust and gas.



Astronomers found several of them recently them by analyzing high-energy X-rays at nine locations throughout the universe. The NuSTAR confirmed the existence of five black holes and determined that they're much more active than previously was known, consuming huge amounts of interstellar material and emit-ting large doses of radiation.

The NuSTAR's readings confirm theories of the presence of black holes throughout the cosmos and help to explain why many of them are obscured from view.

We can judge our progress by the courage of our questions and the depth of our answers,

our willingness to embrace what is true rather than what feels good.

—Carl Sagan

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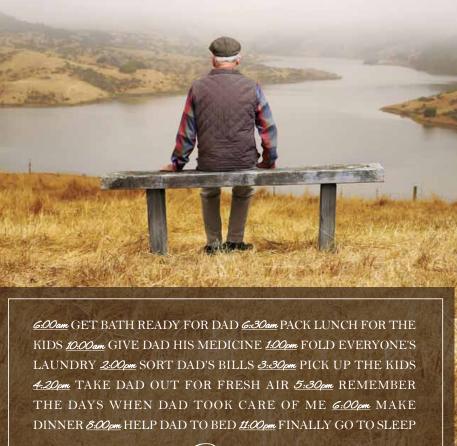
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WITH A STROKE, TIME LOST IS BRAIN LOST.

If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at StrokeAssociation.org or 1-888-4-STROKE.



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EVENTS & PROGRAMS

<u>CRAFT SHOW</u>, Saturday, October 10, 9am – 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL 33770. 85 Vendors/85 Prizes. Indoor & Outdoor Show. Food, Children's Activity Center & Pumpkin Patch. \$1.00 Admission.

Caribbean Isles Craft/Granny Attic November 25, 8am - 1pm, Breakfast/Lunch available. 12100 Seminole Blvd., Largo

Annual Craft Fair Saturday Nov 7, 2015 @ Paradise Island Clubhouse, 1001 Starkey Rd. Largo. Open 9am-1pm. A big variety of crafts. Bake sale and canteen open for food.

CRAFT FAIR! Nov. 14th 9:00am to 1:00pm Southwind MHP invites you to come and view our handmade craftsand delicious baked foods. Food will be available in club house. Our fall and winter creations are great gifts! 795 CR#1, Palm Harbor - Between Curlew and Tampa Rd.

Eternal Visipn Gospel Group at Crossroads Christian Church, October 29th 727-584-8601 RSVP by October 25th

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

CRAFT FAIR! Saturday November, 7th, 8 AM - 2 PM, Sugar Creek Mobile Home Park Clubhouse - 10265 Ulmerton Rd., Largo (Behind Pier One Store) Lunch and Bake Sale. Table \$10.00 727-584-4204

Crafters Faire, October 24, 2015, Island in the Sun Park 100 Hampton Rd, Clearwater, Florida 33759, 9-5 in the clubhouse. Start your Christmas shopping now. Great items to choose from, Ceramics, Hand knitted items, Christmas Santas, door decorations, character themed Hoodies for children and more. ALL hand crafted items!

WANTED TO BUY

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

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HELP WANTED

Crafters Wanted: Paradise Island Annual Craft Fair Sat. Nov 7, 2015 Tables \$10 & \$15 Call Marcia 727-953-3616

ARTICLES FOR SALE

Moving: October 1-3 Doral, 29250 U.S. HWY 19 North Lot 448

Sliding Shower / Bath Chair - New in box. \$125.00 Call 727-560-4140

NOVEMBER AD DEADLINE - OCTOBER 10, 2015

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







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(Allow 4-6 weeks for mailing of check). This month's cash winners are:				
Harry Mathews	\$100	Largo Tech Services	Lorraine Fitzgerald \$5	Mobile Home Depot
Jo Waldron	\$10		Patricia Schmitz \$5	Boss Electric Corp
		Marti's Hair Salonn	Robert Desroches \$5	. Battleline Termite & Pet Control, Inc.
Chuck O'Leary	\$10	Socia's Painting		Jones & Sons Plumbing
		Jones & Sons Plumbing	Donna Dotson\$5. R	on Wyngarden Mobile Home Washing
Ann Tindall	\$10		Richard Montano \$5	Air Masters of Pinellas, Inc.
Cecile Turner	\$10	Air Masters of Pinellas, Inc.	Sidney Silver\$5	Mobile Home Depot
Cathleen Chubrick	k \$10	Battleline Pest Control, Inc.	Joseph Eggleston\$5	Chambers Specialties, Inc.
Beverly Hazel	\$10		Sandra Timmons \$5	Modern AC & Appliance Service
Joyce Hastings	\$10	Barron's AC & Appliance Service	Pamela Torgersen \$5	Boss Electric Corp
Berne Gleason	\$10		David Foran\$5	
Carol Marsella	\$10	Bob's Appliance Repair	Connie Buford\$5	Buggin Out Termite & Pest Control
Florence Rejeris	\$10	Action Appliance Sale & Service	Richard Des Jardin \$5	Kathy's Cleaning Service
		Bill the Carpet Guy		Battleline Pest Control, Inc.
		Largo Plumbing Co.		Imperial Electric Service
		Bob's Mobile Home Washing	Jill Coppins\$5	Sunset Appliance Service
Carl Chamberlaiir	1\$5	Imperial Electric Service		Appliance Specialty, Inc.
Jim Pace	\$5		Jack Murrie\$5	Bob's Appliance Repair
		Jones & Sons Plumbing		Doll Brothers Carpet Cleaners
Hellen Razzano	\$5	Natures Resource Pest Control, Inc.		Bob's Mobile Home Washing
		Knoblach Hearing Care		Appliance Specialty, Inc.
		Ron Wyngarden MH Washing		Advertiser Referral
Ronald Casella	\$5	Sunset Appliance Service	Lillian Covington \$5	Advertiser Referral
Jessie Walcott	\$5	Air Masters of Pinellas, Inc.	R. A. Duke Wilson \$5	Advertiser Referral

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