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# Glen Ellen Park

• FOCUS •

**September • 2018**

**Issue 6  
42<sup>nd</sup> Year**

**Happy Labor Day!**

**Summer is almost gone, get out and enjoy!**

**Monthly Mania Winner!**  
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**Buggin Out Pest Control**

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 Office Number (727) 796-7348

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**In case you need to call the Police call this number not 911, you will get through faster – 727-562-4242.**

## September Birthdays:

September 30 – Keith Hutchinson



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## Scribe Nancy Labbe's Message:

The big news for this month is that we have a new manager. His name is Bob Kelsey and he will be in the Shangri-La Office in Largo. He can be reached by telephone at the same number we called Marilyn at, 727-585-2850. He is settling in nicely and will have a message in the Focus next month. Welcome Bob!

There are quite a few new residents in the park, welcome everyone, enjoy Glen Ellen, we do.

Just a few friendly reminders for park residents. Speed limit is 10 miles per hour in the park, quiet time is from 10:00 PM to 8:00 AM and please have your dogs respect other individuals' property. Don't forget to put your lot number on your check or money order for rent.

Hopefully the weather will be cooling down. It has been quite a summer. Enjoy everyone.

# September Sudoku

Difficulty level: easy.

		4			8			
			9	7		3	1	
5								
4								
	1	3	5					7
		9		1				2
		2			5	9		
	7			4				
	4		1			8		



9	4	5	1	6	2	8	7	3
3	7	1	8	4	9	2	5	6
8	6	2	7	3	5	9	4	1
7	8	9	4	1	3	5	6	2
2	1	3	5	8	6	4	9	7
4	5	6	2	9	7	1	3	8
5	9	7	3	2	1	6	8	4
6	2	8	9	7	4	3	1	5
1	3	4	6	5	8	7	2	9

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

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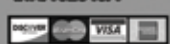


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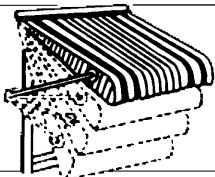


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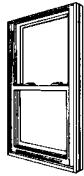
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**Largo** 60 ★ 17

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# PLUMBING

## 596-0525



Mobile Home  
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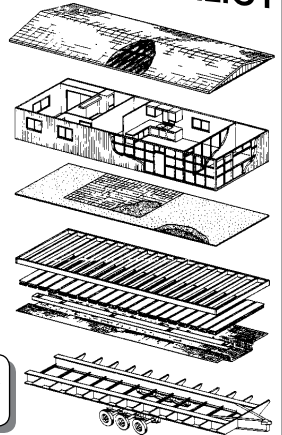
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## Monthly

---

**Be Kind to Writers and Editors Month.** Yes, it's a real thing, so be creative in your efforts to shamelessly promote your craft while persuading your colleagues to pay tribute to your brilliance and dedication.



**Intergeneration Month.** Promoting the sharing of knowledge, awareness of needs, exchange of ideas, and growth that can occur only when people interact with those of differing age groups. Expand your base to broaden your horizons.

**National Pediculosis Prevention Month.** September means our children have gone back to school, and it's time to review the facts and figures about head lice. Go to <https://www.head-lice.org/> to learn more and protect your family from an outbreak.

**One on One Month.** Take time to get better acquainted with your staff, team members, and coworkers to boost morale in your organization. Carve out quality time to do the same with family, friends, and members of your community.

## Weekly

---

**International Enthusiasm Week, Sept. 1-7.** Each of us can find something to be grateful and enthusiastic about this week and each week thereafter. Count your blessings and enjoy life.

**Self-University Week, Sept. 1-7.** The first week of the month is committed to lifelong learning. Open your mind to the discoveries that await the daring among us with a desire for knowledge.

**Line Dance Week, Sept. 10-15.** If you can follow directions, you can learn to line dance. It's simple and fun, as long as you don't step on anyone's toes.



**International Clean Hands Week, Sept. 16-22.** As autumn arrives, so too does the start of the cold and flu season. Keep in mind that proper handwashing with soap and water can help prevent the spread of germs in schools, workplaces, and other public spaces.



**Banned Books Week, Sept. 23-29.** Most banned books deal with themes of inclusion, tolerance, and diversity. Read a banned book this week, and support the American Library Association as it champions free speech. The theme this year is, "Banning Books Silences Stories. Speak Out!"

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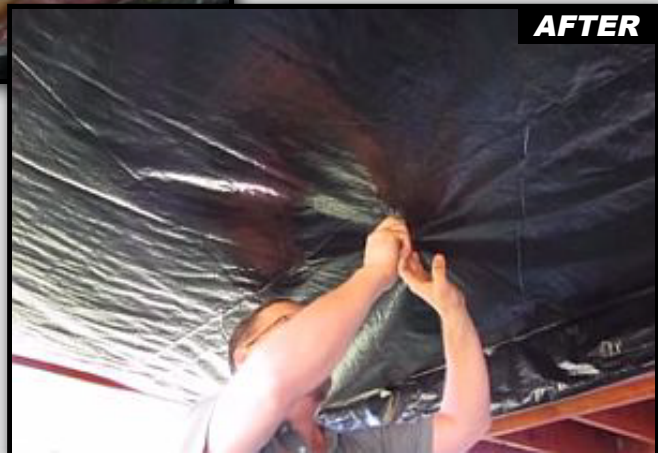
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## Carbon-rich rock found in deep space

---

Scientists have discovered the first carbon-rich asteroid in the Kuiper Belt, a region at the far edges of the solar system. According to the Sci-News website, models of the solar system's development have suggested that gas giants forming in the outer regions moved through the system before settling into stable orbits around the sun, and their movement pulled small rocky chunks from the inner system out into deep space.

The discovery of the asteroid's nature came from observations from the Hubble Space Telescope, analyzing the patterns of wavelengths reflected from the object, dubbed 2004 EW95.

The asteroid is 186 miles across, and some 2.5 billion miles from Earth—making any observation of its surface a significant challenge for scientists.

## Asteroid explodes over Africa

---

In case you missed it, last June an asteroid spotted on a collision course with Earth disintegrated without any harm above Africa, according to the U.S. News & World Report website. Astronomers had discovered it only hours before.

The asteroid, about 6 feet across, was too small to have caused any damage even if it had struck Earth. Instead it burned up in the atmosphere over Botswana. A video of the event shows a fireball dropping at a rapid velocity, then bursting in a fiery flash.

No one was hurt, and there's another plus: NASA considers the event a good training exercise for tracking other space objects on a close path toward Earth.



## Ancient Mayan manuscript confirmed as genuine

---

A Mayan codex from the 13th century has been deemed genuine by researchers after years of skepticism and controversy, according to the (e) Science News website.

The Grolier Codex was found in a cave in Chiapas, Mexico, in the 1960s, then remained in a basement at the National Museum in Mexico City. Skeptics called it a forgery, questioning the circumstances of its original discovery—a wealthy Mexican collector said that it was given to him by two looters after blindfolding him for an airplane ride. The collector shipped it to New York in 1971 for display at the Grolier Club, where the codex gets its name. However, other objects found with the codex have been judged authentic.

Researchers analyzed the manuscript's style and iconography, used carbon dating, and studied the craftsmanship of the codex before concluding that it's probably the real thing. Like other codexes found, the Grolier Codex charted the movements of the planet Venus.

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—Stephen Hawking



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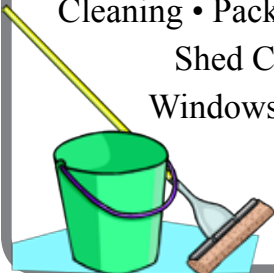
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## Let kids be bored

---

According to Northwestern University's Family Institute, boredom is one of the most rewarding experiences of childhood. When children get bored, they have a chance to nurture their creativity, daydream, think, come up with solutions to problems, and discover their interests.

In the 1980s, children from three different Canadian communities participated in a study. The researchers found that the children who lived in an area with no access to television scored higher in thinking skills that measured imaginativeness than their TV-watching counterparts. Two years later, televisions were introduced into the homes of these same rural children. The decline of their divergent thinking skills soon followed.

If watching television can diminish a child's thinking skills, imagine the impact of countless hours of video game playing, texting, and communicating through emoji. Help your children unplug from their devices, grow bored, and tune in to their imaginations. The opportunity to uncover their hidden talents and build new worlds awaits.

## Help your family eat their fruits and veggies

---

According to the American Heart Association we should be consuming at least four cups of fruit and five cups of vegetables every day. Fresh and frozen options work best and will ensure you're not taking in too much sodium or other preservatives. Here are some tips to make sure your plate is filled with these healthy nutrients and every meal:

- Have a cup of fruit with your breakfast.
- Add chopped veggies such as spinach, onions, bell peppers, and mushrooms to your eggs.
- Eat an apple, orange, or banana for a morning snack.
- Swap the chips with celery or carrot sticks for an afternoon snack or with your lunch.
- Enjoy a cup of vegetable soup with afternoon meals.
- Make sure you add plenty of lettuce, tomato slices, and sprouts to your sandwiches.
- Pack raisins or other dried fruits in your backpack or purse for a quick and easy snack when you're out and about.
- Always have a side salad and a steamed/cooked vegetable with dinner.



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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.

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We are attempting to set up a "GoFundMe" page and/or a special account for him. For more info call 727-548-8460.

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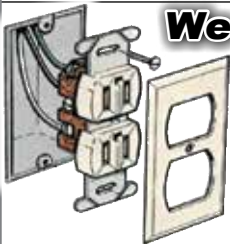
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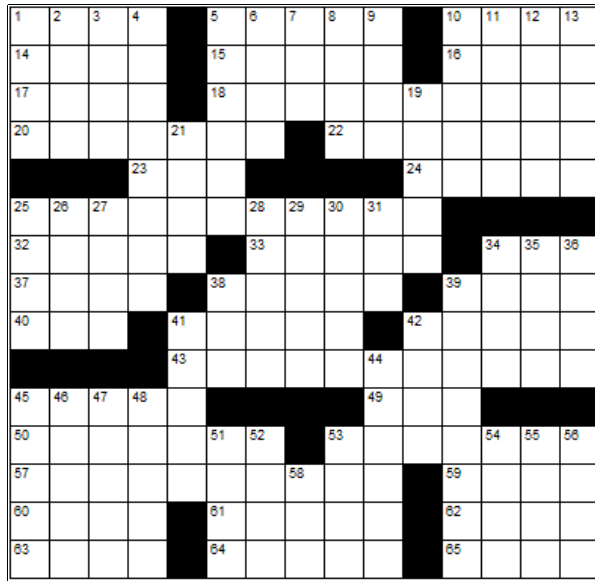
Sunday	Monday	Tuesday
2	3	Mah Jong P.M.
	Labor Day	
9	10	Mah Jong P.M.
		Pa
16	17	Mah Jong P.M.
23	24	Mah Jong P.M.
	First Day of Autumn	
30		

# Glen Ellen

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
				1 Mah Jongg at 1:00 P.M.																																										
4 Mah Jongg at 1:00	5	6 ELS Coffee Hour 8:30 A.M. No charge – No Association Meeting. Mah Jongg at 1:00 P.M.	7	8 Mah Jongg at 1:00 P.M.																																										
11 Mah Jongg at 1:00	12	13 Resident Coffee Hour 8:30 A.M. – Cost \$1.00. Mah Jongg at 1:00 P.M.	14	15 Mah Jongg at 1:00 P.M.																																										
18 Mah Jongg at 1:00	19	20 Resident Coffee Hour 8:30 A.M. – Cost \$1.00. Mah Jongg at 1:00 P.M.	21	22 Mah Jongg at 1:00 P.M.																																										
25 Mah Jongg at 1:00	26	27 Resident Coffee Hour 8:30 A.M. – Cost \$1.00. Mah Jongg at 1:00 P.M.	28	29 Mah Jongg at 1:00 P.M.																																										
				<p>OCTOBER</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td> </tr> </table>	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	31			
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28	29	30	31																																											

**ACROSS**

- 1. Relating to aircraft
- 5. Tag
- 10. Expectoration
- 14. 24 in Roman numerals
- 15. Humble
- 16. Roman moon goddess
- 17. Vitality
- 18. Lingo
- 20. Continuing forever
- 22. Any simple chemical
- 23. Occupation
- 24. Church recesses
- 25. Cars
- 32. Water soaked soils
- 33. Licoricelike flavor
- 34. Bar bill
- 37. Hotels
- 38. Rubs
- 39. Garden tool
- 40. East Indian tree
- 41. Gesture of indifference
- 42. Eagle's nest
- 43. Happiness
- 45. Subarctic coniferous forests
- 49. A very long period
- 50. Abrupt strong increase
- 53. Type of marmoset
- 57. Criminal
- 59. Schnozzola
- 60. Mining finds
- 61. Sound of an angry dog
- 62. Scrabble piece
- 63. Rodents
- 64. Not cloudy
- 65. Toboggan



**DOWN**

- 1. Spindle
- 2. Way out
- 3. Abundant
- 4. Gladdens
- 5. Washbasin
- 6. Cain's brother
- 7. Tavern
- 8. Feudal worker
- 9. Loyal (archaic)
- 10. Slouch
- 11. Whines
- 12. Absurd
- 13. Small open pies
- 21. French for "Names"
- 25. Corrosive
- 26. Forearm bone
- 27. Armored vehicle
- 28. Scottish for "Child"
- 29. Enter data
- 30. Feudal lord
- 31. S
- 34. Container weight
- 35. Like
- 36. Red vegetable
- 38. Which person?
- 39. Leftovers
- 41. Neck warmer
- 42. "Smallest" particle
- 44. Almost
- 45. Carcinoid
- 46. 3-banded armadillo
- 47. A small island
- 48. Estimate
- 51. Jokes
- 52. Beige
- 53. Small city
- 54. Agitate
- 55. Small island
- 56. Require
- 58. 2,000 pounds



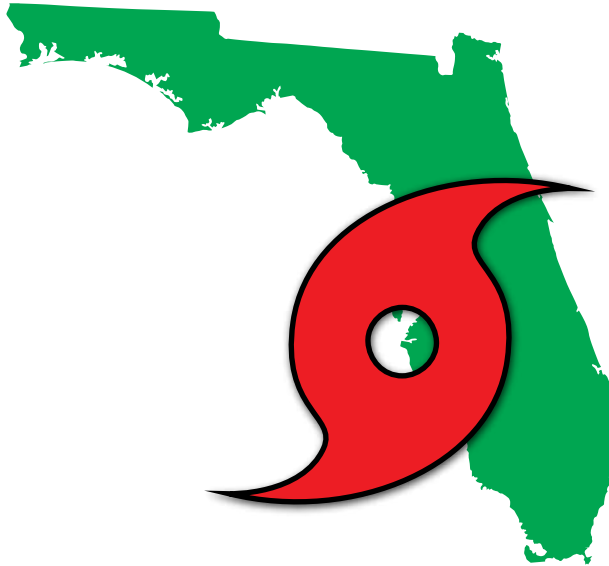
# September 2018



# Hurricane Season Is Here!



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## Gardening may benefit mental health

---

Getting your hands dirty in the garden may be one way to fight depression, according to the Gardening Know How website. Fresh air and sunshine help, but scientists say there's a natural antidepressant in soil: *Mycobacterium vaccae* apparently has the same effect on neurons that Prozac and other medications provide. The bacterium seems to enhance the production of serotonin, the lack of which has been linked to depression, anxiety, bipolar disorder, and other mental illnesses.



Experiments using the bacterium with rats appeared to increase cognitive ability, lower stress, and create higher levels of concentration. Studies testing the bacterium on cancer patients found that the patients reported less stress and a better quality of life.

The effects can come from the air, touch, and through the blood in case of a cut in the skin. You should always wash your hands after working in the dirt, of course, but a few hours in the garden every week could have a positive effect on your physical and mental health.

## Live a fuller life by enhancing your senses

---

Our senses are our connection to the world. They can make us feel more alive. Here are a few tips for heightening your senses:

- **Touch.** Close your eyes while you are performing familiar tasks. For instance, when you are taking a bath, close your eyes and then locate the water taps, the soap, etc. Closing your eyes will prevent your sense of sight from predominating. To stimulate nerve endings, go for a massage.
- **Smell.** Sniff specific objects and pay close attention to what you are smelling. Add smells to familiar items, for instance by sprinkling cinnamon in your coffee.
- **Taste.** Eat foods that are high in zinc, or take a multivitamin that contains zinc. If you are on medication, it can affect your taste, so check with your doctor.
- **Sight.** Make sure you wear 100 percent UV-blocking sunglasses. Take off all your eye makeup at night, and always clean your contact lenses.

*A healthy attitude is contagious, but don't wait to catch it from others.  
Be a carrier.*  
—Tom Stoppard

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## One of those days

---

A librarian was scanning a stack of returned books when she heard, “Book, book, book, book.”

She looked up and saw a chicken standing before the counter. The chicken looked at her and then at the stack of books and again said, “Book, book, book, book.”

The librarian handed the chicken a random book from the pile; the chicken grabbed the book in her beak and ran out of the library.

A few minutes later the chicken returned to the library with the book and tossed it on the counter. Again, the chicken said, “Book, book, book, book.”

The librarian handed the chicken another book. The chicken ran off with it only to return minutes later, slamming it on the counter, flapping her wings, and shouting, “Book, book, book, book!”

The librarian handed the chicken another book. This time when the chicken wandered off, the librarian followed. She tracked the chicken down the block, to the park, where a frog was sitting on the edge of a pond. The chicken showed the frog the book, and the frog said, “Read-it, read-it, read-it, read-it.”



## You know you're getting old when ...

---

Three elderly gentlemen were taking a stroll in the park. The first man said, “Isn't it windy?”

The second man replied, “I'm pretty sure it's Thursday.”

The third man said: “Me, too. Let's go get some lemonade.”

## A knock-knock joke

---

“Knock, knock.”

“Who's there?”

“Repeat.”

“Repeat, who?”

“Who, who, who, who ...”





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## Ignore these creativity myths

---

**F**reeing your creativity sometimes means letting go of the misconceptions many people have about it. Don't fall prey to these mistaken assumptions:

- **Only a few people are creative.** Some people may seem to be more creative than others, but all of us have the power to generate new and innovative ideas.
- **You can't teach creativity.** You can train people (and yourself) to be creative with mental exercises and just learning to look at the world through different and fresh angles.
- **Discard bad ideas quickly.** You may think this will save time, but dropping "bad" ideas means you may miss opportunities. Analyze them to find out what makes them bad. Maybe you can fix it, or perhaps you could salvage at least part of the idea for use later.

## Live by the principles of creative people

---

**C**reativity isn't something you have to be born with. Here are some habits and traits of creative people that you can put to work in your quest to make your imagination blossom:

- **Intolerance for boredom.** Creative people don't like to spend their time with the same old ideas. When they get bored, they start looking for something new and different to play with.
- **Willingness to take chances.** Trying or suggesting anything new has an element of risk. The people you want to emulate aren't afraid of being laughed at or rejected as long as they're committed to their ideas.
- **Enthusiasm.** No one works hard on a project or idea they don't feel strongly about. Don't pursue a project if its possibilities don't excite you.
- **Generosity.** Don't worry too much about people "stealing" your ideas. Creative types know that they do better when sharing their thoughts with a wide array of people and listening to the feedback they generate.
- **Optimism.** You won't succeed if you think only about the possibility of failure. The most successful creative people reached their goals because they never believed that giving up was a good idea.
- **Realism.** At the same time, the best artists, writers, designers, and entrepreneurs understand that hanging on to an idea too long doesn't work. Persistence is a positive trait, but it has to be tempered with an understanding that moving on to a better idea is sometimes the best path to take.






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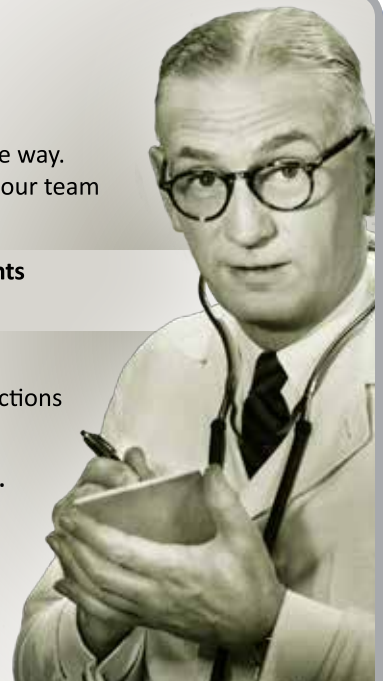
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DEC 1, 3 DAY—ST AUGUSTINE NIGHT OF LIGHTS!!!...\$339\*/\$419  
DEC 9, 6 DAY - OPRYLAND NASHVILLE HOLIDAY...\$1027\*/\$1395

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## Plan your cookout for safety

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If you're planning a cookout for Labor Day—or any other time—you should observe the following safety tips:

- Always wash the racks on your grill. Unwashed racks can be breeding grounds for bacteria and could contaminate your food at your next cookout. Use a brass-bristle brush to remove all the debris from the rack.
- Never place your grill close to your picnic table or other seating. Place it instead far away from where people will be gathered.
- Don't wear loose or flowing clothes when you are grilling. A drooping sleeve could brush against the grill or coals and catch fire.
- Use heat-resistant cooking mitts and long-handled utensils to avoid burns.
- Make sure you keep a fire extinguisher or a large spray bottle filled with water nearby in case of fire emergencies.
- Never add charcoal starter or fluid to coals that are already warm or hot. The fluid could cause flames to flare dangerously.
- Never use alcohol, kerosene, or gasoline to start a fire or grill. Using any of these fluids to start a fire can cause an explosion.



## Saltwater trout evolve to freshwater species

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Evolution normally takes place over thousands or millions of years, but sometimes it can happen more quickly. The Science website reports that a group of saltwater steelhead trout transplanted from California to the salt-free waters of Lake Michigan in the 1890s have evolved into a species that can live wholly in fresh water—in only 100 years.

Genetics helped. The steelheads hatch in freshwater rivers before swimming out to the ocean for much of their lives, returning to the rivers to spawn. That probably allowed key genetic differences to develop in their new home, demonstrating how quickly an organism can change and adapt to a new environment if it has the right genetic makeup.





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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

Japanese Garden Holiday Art and Craft Bazaar. Artists and Crafters welcomed to join. CALL: Charlotte Thompson for details: 727-531-3651

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

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## OCTOBER AD DEADLINE - SEPTEMBER 10, 2018

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

**THOUSANDS** manufactured home residents have won over **\$144,400** 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 mail your paid receipt 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:**

Armand Plourde.....	\$100	..... Buggin Out Termite & Pest Control	Lee Drury.....	\$5	..... Jones & Sons Plumbing, Inc.
Kurt Hopkins.....	\$10	..... Discount Computer Repair	Cindy Barnstorf.....	\$5	..... Ron Wyngarden MH Washing
Laura Beckham.....	\$10	.....Modern AC & Appliance Service Co.	Ellis Vissman.....	\$5	.....Battleline Termite & Pest Control, Inc.
Greg Gooderal.....	\$10	..... 1st Class Handyman Service, Inc	Lynda Warner.....	\$5	..... 1st Class Handyman Service, Inc
Linda Bender.....	\$10	..... Natures Resource Pest Control, Inc	Joyce Hastings.....	\$5	..... Barron's AC & Appliance Service
Rose Hendershot.....	\$10	..... Hellers Mobile Home Washing	Joan Coonan.....	\$5	..... Hellers Mobile Home Washing
Norm Goldberg.....	\$10	..... Bob's Mobile Home Washing	Randy Gibson.....	\$5	..... Natures Resource Pest Control, Inc
Tony Protano.....	\$10	..... Modern Pest Control, Inc.	Richard Williamsom....	\$5	..... E & E Gliddon Air Conditioning, Inc.
James McGraw.....	\$10	..... Boss Electric Corp.	Frank J. Teti.....	\$5	..... Air Masters of Pinellas, Inc.
Jean Styler.....	\$10	..... The Plumbing Patrol	Marty Mielnick.....	\$5	..... Buggin Out Termite & Pest Control
Iva Shannon.....	\$10	..... Appliance Specialty, Inc.	Hope Koetzle.....	\$5	..... Jones & Sons Plumbing, Inc.
W. F. Churchill.....	\$10	..... Doll Brothers Carpet Cleaners	Mari Jo Reagor.....	\$5	..... Recreational Golf Carts, LLC
Robert Haley.....	\$10	..... Jones & Sons Plumbing, Inc.	Kenneth Land.....	\$5	..... Air Masters of Pinellas, Inc.
Suzy Hunt.....	\$10	.....Battleline Termite & Pest Control, Inc.	Rick Seiter.....	\$5	..... Jones & Sons Plumbing, Inc.
Ed Palka.....	\$5	..... Buggin Out Termite & Pest Control	Roxane Emmer.....	\$5	.....Imperial Electric
Stephen Cavanaugh.....	\$5	..... Palm Harbor & Dunedin Electric, Inc.	Lee Curtis.....	\$5	.....Battleline Termite & Pest Control, Inc.
Sue Heiland.....	\$5	..... Buggin Out Termite & Pest Control	Mary Ann Claypool.....	\$5	.....Royal Enterprise
Richard Sisson.....	\$5	..... Hellers Mobile Home Washing	Carol Silver.....	\$5	..... Debbie's Cleaning Services
Cynthia Thomas.....	\$5	..... Natures Resource Pest Control, Inc	Maureen Miller.....	\$5	.....Doll Brothers Carpet Cleaners
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Dana Silva.....	\$5	..... Doll Brothers Upholstery Cleaners	Mary Cook.....	\$5	.....Royal Enterprise
George Farmer.....	\$5	..... Debbie's Cleaning Services	Janice Malicke.....	\$5	..... Appliance Specialty, Inc.

- 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.



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