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January • 2017

ACTIVE ACTIVE

Thought About A New Year's Resolution? Look to Chris Conway in Palm Hill in Largo for inspiration. He's a triathlete and took 1st Place in the male 65-69 category in 2016!



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Issue 11

40th Year

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Golden Acres R. O. Association, Inc. 2016-17

President	Ray Lamoureux
Vice President	Ron Tasior
Treasurer	Don Webb
Secretary	Judith Fitzpatrick
Director	Joe Lemon
Director	David Merriam
Director	Frank St. Peter
Property ManagerHeidi LeVac, LCAM	Community Association Manager, PMI

Golden Acres' Recreation Committee 2016-17

Chairperson	Ron Short
Vice Chairperson	Wayne Bettridge
Treasurer	
Secretary	Barb Cox
Sub-Committee	Theresa Quinn
Sub-Committee	Cheryl Taylor
Sub-Committee	Susan Bailey
Bingo	Cheryl Taylor, Marilyn McKay, Paula Bunevith
Bowling	Norma Miller
Fun Shuffle	Charles Nadjiwon
Golf	Ron Tasior and Ed Richtmyer
Health & Welfare Master of Ceremonies	Jean Binette
Indoor Exercise	Belinda Sezbenski
Newsletter Editors	Sue Bailey
Pool Exercise	Marlene Scott and Nancy Baker
Progressive Cards	Eleanor and Gerald Saunders
Shuffleboard	Norm Sanford

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





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President's Report By Ray Lamoureux



Golden Acres has been busy this year with all different accidents happening in the park. We had a break-in and equipment stolen from Robert's work shop. Six weeks ago a car hit a parked car on San Christopher Road and drove through our fence and hit unit #187. A couple of weeks later a car hit the island coming into the park and spilled the bricks over our roadway into the park. Last Saturday at two in the morning a driver coming down San Christopher Road hit our fence and took out sixty eight feet of fence also the rear gate and electric controls and ended up in the

carport of unit #159. We are in the process of getting the fence replaced and having a new rear gate and controls built and installed. We also had residents in the park at the crash site to clean up the mess that was left after the accident. The board hopes this is the last of our accidents.

As of this writing we have only one unit up for sale. The others that were for sale are sold. The unit is #85 on Third Avenue across from the rear work shop and laundry. None of the units stay on the market long. They go pretty quickly.

We have elections for three members of the board of directors coming up on February 8, 2017 in the clubhouse at 10:00. You should have received your intent to run form in the mail by the time you read this letter. The form must be in to P.M.I. no later than Friday December 30, 2016. Also a resume will be needed to send out with the ballots and must be in by January 4, 2017. We have a very active board in our community and new members bring new ideas please consider submitting your name for these positions.

The park is all decorated for the holiday season. The board would like to thank all the residences that came forward and put in the time to hang the decorations.

The new office person Karin Desmone has been a joy to work with this year. She is helpful to everyone that comes into the office. She is quick to jumping in to any problem that is going on in our community and very helpful to all board members. If you have not met her please stop in and introduce yourself to her.

We as a board want to wish everyone a Merry Christmas and a Happy New year. If you are traveling in this holiday season please have a safe trip home and a safe trip back in the New Year.



From the Editor's Desk

By Sue Bailey suebail@tampabay.rr.com

Happy New Year! I hope everyone had a fantastic Christmas season. Now we are welcoming in another New Year. Boy time is really speeding up - it seems like the older I get, the faster it goes. Now get ready for a busy social life here at Golden Acres. The calendar is really chocked full of things to do this month.

Many thanks to all of you that provided articles and pictures for this month's newsletter. You will read about another close call that occurred in the early morning hours in our park by our back gate; a fantastic trip to China for two of our GA couples; Toys for Tots and Food Drive successes; two wonderful articles on our Veteran's Day / Remembrance Service; and a republish of the article on our "Golden List".

Due to the limitation of the number of pictures that can be published in our Monthly Media Newsletter, I had to choose which ones to add, but you can see all the pictures submitted in our

eNewsletter or on our website at http://www.goldenacresfl. com. If you are not on the distribution list for the monthly eNewsletter and would like to be then send me an email at suebail@tampabay.rr.com and I will add you to my distribution list.

For those of you who just arrived from the north, welcome. For those of you confined to the north for whatever reason, we'll miss you but stay warm and have confidence that before



long it will warm up again. May the New Year bring all of you peace, love, and joy.

Until next time, May God bless and keep you well and safe...

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Thanksgiving Dinner:

By Joe & Paula Bunevith

n Thursday Nov. 24th, 56 of us gathered at the clubhouse for a Fantastic Thanksgiving Dinner. Turkey, Stuffing and Gravy all in Crock Pots, to keep everything hot. Out of the ovens came Sweet Potato Casserole, Green Bean Casseroles, Buttered Carrots, Mixed Veggies, a Tomato Cheese Casserole, 4 different cranberry dishes, an a great assortment of dinner rolls. And of course desserts to die for. Plenty of food, friends and family to enjoy. A great afternoon was had by all. And a lot of leftovers to take home.

Our China Adventure

By Cheryl & Lorne Taylor and Connie & Al Woodlock

The four of us spent 20 days travelling in September from one end of China to the other and hopping to Macau and Hong Kong too. In total, we took 9 flights, a 5 day Yangtze river cruise, a bullet train, a rickshaw ride, a sampan boat ride, a bamboo river raft ride and rode too many buses to count. We had early morning wake up calls and long days. This trip is not for the faint of heart!!! It took some of us (Al and Connie) almost 20 days to recover!





However, we saw some of the most amazing sights including the ones in these photos: The Great Wall of China, the Shanghai waterfront, a serene bamboo raft ride on the River Li, shopping (with a few million friends) in Macau and viewing the Hong Kong harbour from Victoria Peak. We learned that we have 4 people per square km in Canada compared to 6500 per square km in China. We visited the city of Chongqing which had over 30 million people, as many or more than all of Canada, and almost as many motor scooters. The bus drivers all deserved a medal for navigating the crazy traffic.

We had a lot of laughs and great times with our bus group of Australian, New Zealand, English, Scottish and Canadian travelers. We probably won't eat Chinese food for a long, long time, but we also won't forget the sights and sounds and memories of a truly wonderful adventure.



VETERAN'S DAY/ REMEMBRANCE DAY 2016 By Kent Wood

n November 11th at 11:00am a bell was rung 11 times to signify the start of a solemn ceremony to Honor the Veterans who have served and/or passed on behalf of their countries.

Attended by over 80 Veterans, family and friends from both Golden Acres and Golden Crest, the ceremony was ably directed by Bill Ericson. Readings, prayers and poems were presented by attendees from both parks. The program began with the playing of Taps, followed by the singing of the National Anthems and ended with the play of revelries'.

The ceremony was followed by a social meet and greet with cookies, cakes and goodies from our neighbors at Golden Crest.

A total of \$61.75 was collected from the sale of Poppies. Half of the money will go to the American Legion Post 275 and half will go to the Canadian Legion in support of our veterans.

Many Thanks to ALL who contributed in any way to this Ceremony of Remembrance.

Veterans Honored and Remembered

By Ron Winders

Golden Acres MHP honored Veterans from the USA and Canada in a most venerable fashion on Veterans Day. Hardon Hall was filled to near capacity by citizens of both nations whom truly demonstrated patriotism, brotherhood and sisterhood by attending. Everyone was singing "O Canada" and the "Star Spangled Banner" following prayers. The love between our Nations was prevalent during the one hour get together. As a veteran of the US Army I was deeply moved during the Veterans Day Ceremony.

I have added a few photos including some hats which represent the many which had served under their banner.





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The Golden List By Sue Bailey

n the November 2015 Newsletter I submitted an article about our Golden Acres' Golden List. Since we have many new residents since it was last published, I thought that it would be a good thing to repost it. It will not only help those who aren't aware that we have this list of services, but it will be like a refresher for those that have seen it. Here it is....

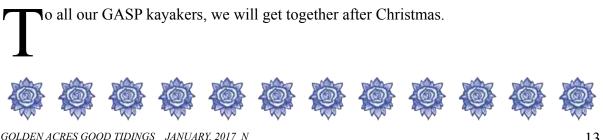
Everyone knows "Angie's List", so we at Golden Acres have decided to create our own internal list called "The Golden List" of services that companies offer where a resident was pleased with the result and is willing to "endorse" the company in order to be put on the list. Few or many factors can be used to determine if a resident will "endorse" the company such as reliability, quality of work, fair price, professional and courteous to name a few. I will be in charge of the list, and it will be posted in the clubhouse for all to use.

I'm sure some of you have had unsatisfactory outcomes and wished that there was a list of reliable companies in which to choose from. I am convinced that it's more than a business card that makes a company reliable and one of the best ways I know is by word of mouth.

There is a Disclaimer at the top of the list: "This is a list constructed by GA Residents but in no way should the endorser be liable for any dispute between the Service Provider and the Customer due to an unsatisfactory outcome."

The list currently consists of about eighteen services but only six endorsers. If you have a service that you want added to the list, please let me know and I will add it and update the list in the clubhouse. Let's make this list so that no one in the park has an unsatisfactory outcome again. If you have experienced an unsatisfactory outcome, there is also a list in the book of those you should not use.

GASP By Gil & Gail Callingham







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Food Bank Donations By Nancy Baker

Thanksgiving has made a lot of people realize how lucky we are to have the blessings we do and they decided to pass it forward - especially since the Food Bank is now in Dunedin. The collection of goods was very generous and the organizers were



very happy as always to see us as their supplies were depleted after Thanksgiving.

In fact, I mentioned that last year they had so little jelly for their peanut butter that we did a collection for just jams and jellies. The fellow said that they were in the same position and pointed to the 3 smallest jars of jelly that I have ever seen. So, get ready for a donation of jellies in January - a BOGO perhaps!

Toys for Tots

By Nancy Baker



gain this year, there will be a lot of excited children receiving their gifts from Santa on Christmas morning. Thanks to all our elves here in Golden Acres, there were many toys and monetary donations for those under-privileged boys and girls. Our mailman, Bill, arranged for us to drop off the gifts at the Post Office and the cheque was sent to the Pinellas Toys for Tots office so they can purchase other toys that are needed for a particular age group. Thank you, thank you to all our "elves" here in Golden Acres!!





bout 2 am on Saturday morning I was awakened by a bang and a series of sounds like popping or exploding, and then a swoosh scraping sound. I got up and went to the front bedroom and looked out the window. Much to my surprise a car was parked sideways in my carport.

I called 911 then Ray Lamoureux. The fire department, ambulance and Sherriff's deputies arrived. Ray and Ginny arrived also.



The firemen had to cut the doors off the car to get the driver out. He was put into the ambulance and taken to the hospital. We were told not to go back into the coach until advised as they had to check the structure and remove the badly damaged car. At about 4:30 am we



were given the okay go back in.

At 9:00 am Saturday our GA neighbors started to show up to help clean up the mess. The warmth of our GA friends and neighbors helped us get through this upsetting time.

Park Christmas Decorations

By Donna Delf

appy New Year Everyone! Hope you all enjoyed our new look in Christmas decorating this year! We added the motion lighting around the clubhouse and the office area. Wow what a great look. What about the big oak tree with all those moving lights shimmering through the tree. Everything looks spectacular!

I should like to take this time to say thank you to each and every one who helped with this event. You are Angels to me to make all this happen. Without you this could not be done! I would also like to thank my Special Elves Bill and Kay Erickson, Paula and Joe Bunevith, and Gill and Gail Callingham.

So until next December God Bless all of you and have a Healthy Happy New Year.

Services Directory

AIR CONDITIONING SALES/SERVICE

Barron's Air Conditioning	}
APPLIANCE REPAIR A1 Appliance Repair	
A1 Appliance Repair	
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	,
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AUTO REPAIR ASE - Auto Service Experts	,
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Stingrays, Inc	
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Century Awnings Co 727-559-8811	
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DENTIST	
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Concrete Wizard, Inc	ŀ
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Haseney Electrical Services, Inc 727-441-8434	ļ
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Elite Golf Carts	2
Recreational Golf Cars of Florida727-548-8460	, \
HEALTH SUPPLEMENTS	
Wize Nutrition Therapy	5
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Citrus Homes/Meadowood Homes 727-535-5262	2
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	Underhome Armor	727-	282-2	045
V		707	474 0	
	AMS Advanced MH Systems ASC Aluminum Specialty Contr	121-	4/1-0 5/7 0	820 200
	Mitchell Siding	727-	586_6	300
M		121-	0-00-0	010
	AMS Advanced MH Systems	727-	471-0	820
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Sunday	Monday	Т
1 6:30 pm: Cards New Year's Day	2 League Shuffle Home 9:30 - 11:30 am Blood Pressure Clinic 10:30 am AquaFit 7:00 pm Bingo	9 am In at Clubl 7 - 8 pn Dancing
8 1 pm Open Shuffle 6:30 pm: Cards	9 League Shuffle Away 10:30 am AquaFit 7:00 pm Bingo	9 am In at Clubl 1 pm Fu 7 - 8 pm Dancing
15 1 pm Open Shuffle 6:30 pm: Cards	16 League Shuffle Home 10:30 am AquaFit 7:00 pm Bingo	9 am In at Clubl 1 pm Fu 7 - 8 pn Dancing
22 1 pm Open Shuffle 6:30 pm: Cards	23 League Shuffle Away 10:30 am AquaFit 7:00 pm Bingo	9 am In at Clubl 1 pm Fu 7 - 8 pm Dancing
29 1 pm Open Shuffle 6:30 pm: Cards	30 League Shuffle Home 10:30 am AquaFit 7:00 pm Bingo	9 am In at Clubl 1 pm Fu 7 - 8 pm Dancing

Golden Acres

	[[]	
uesday	Wednesday		Thursday	Friday	Saturday
3 door Exercise house h Ballroom g	9 am Coffee Hour 10:30 am AquaFit 3 pm Bowling	4	5 9 am Indoor Exercise at Clubhouse 6:30 pm: Dominos 7 pm Bridge in library	6 10:30 am AquaFit 1-3 pm: Cards 1 pm Shuffle Team Practice	7 7:30 - 10:30 pm Wel- come Back Snow- birds Dance
10 door Exercise house in Shuffle h Ballroom g	1 Fun Shuffle 9 am Coffee Hour 10:30 am AquaFit 3 pm Bowling	1	12 9 am Indoor Exercise at Clubhouse 6:30 pm: Dominos 7 pm Bridge in library	13 10:30 am AquaFit 1-3 pm: Cards 1 pm Shuffle Team Practice	14 8 - 9 am Pancake Breakfast 7 - 10 pm Progressive Cards
17 door Exercise house in Shuffle h Ballroom g	1 Fun Shuffle 9 am Coffee Hour 10:30 am AquaFit 3 pm Bowling	8	19 9 am Indoor Exercise at Clubhouse 6:30 pm: Dominos 7 pm Bridge in library	20 10:30 am AquaFit 1-3 pm: Cards 1 pm Shuffle Team Practice 5 - 7 pm Potluck / Soup	21
24 door Exercise house 11 Shuffle 1 Ballroom 8	2 Fun Shuffle 9 am Coffee Hour 10:30 am AquaFit 3 pm Bowling	.5	26 9 am Indoor Exercise at Clubhouse 6:30 pm: Dominos 7 pm Bridge in library	27 10:30 am AquaFit 1-3 pm: Cards 1 pm Shuffle Team Practice	28 7:30 - 10:30 pm Sock Hop
31 door Exercise house in Shuffle n Ballroom g					FEBRUARY 2017 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









Soldiers to Remember

Please take a moment to offer a prayer of thanks and remembrance to all those who help to protect our way of life. Keep them in your prayers until they return safely to their loved ones.

- Jim Beulow (Navy Seal) friend of Ray and Mina Krumsieg, Lot #60
- Adam Coburn, British army, serving in Afghanistan, nephew of Mildred and David Todd, Lot #2
- Sgt. Justin T. Drescher (U.S.M.C.), serving in Afghanistan, grandson of Marie Looby, Lot #170
- Damien Fitzpatrick, USAF, grandson of Judith Fitzpatrick, Lot #87
- Company Commander, Sean Fitzpatrick, US Army, grandson of Judith Fitzpatrick, Lot #87
- Michael Gerathy, US Army, son-in-law of Debra and Steve Pollard, Lot #221
- Master Sgt. John Grutzmacher (Air Force) nephew of Ray and Mina Krumsieg, Lot #60
- Daniel Jones, US Navy, Grandson of Carol and Henry Diniz, Lot #25
- Matthew Jones, US Navy, Grandson of Carol and Henry Diniz, Lot #25
- "Scottie" close friend of Mina and Ray Krumsieg, Lot #60
- Brian J. Stanfa, USAF, grandson of Joe and Lois Stanfa, Lot #96.
- Stanley Sweeny (Army) nephew of Ruth Marino, Lot #225
- PFC lst Class John Wilson (USMC) Iraq grandson of Jean Key, Lot #138
- Army Ranger Joshua L. Buzzard, Grandson of Ron and Marsha Baylor, Lot #196

So that we might get to know these courageous soldiers better, I would like to add their pictures to this section. Please forward any photos to Sue Bailey suebail@tampabay.rr.com

For changes to the list of soldiers, please contact Sue Bailey suebail@tampabay.rr.com



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Birthdays and Anniversaries

By Norma Moore

Golden Acres January Birthdays

We want to mention all those who are celebrating this month and send them our very best wishes.

Paul Shannon	January 1
Carmella Margaglio	January 2
Bill Obermark	January 2
Frances Clark	January 3
Elaine Janes	January 3
Margie Paddington	January 5
Richard Bryant	January 6
Joan Leslie	January 8
Clifford Cushman	January 10
Deb Dundon	January 10
Thomas Tyler	January 10
Kurt Novakowski	January 13

Eileen Drane Robert Mickle Mary Ann Zura Kenneth Paul Mina Krumsieg Kathy Regnier Kay Erickson Angie Walker Jean Franqueira Joseph Lemon Tom McGrory

- January 14
- January 19
- January 21
- January 23
- January 25
- January 25
- January 26
- January 27
- January 28
- January 29
- January 29



Golden Acres January Anniversaries

Let's wish these couples a very happy wedding anniversary.

Mike and Barb Cox Kent and Anita Wood January 10 January 14







Brain drain: Control your appetite after a long day at the office

E ver notice that you can feel starving after a long day at work even though you've spent it mainly at your desk? Scientists, as reported by The New York Times, say it happens because your brain, feeling tired, starts to want more fuel to keep going—even though you haven't exactly been digging ditches for eight or nine hours. The problem is that you're consuming calories your body doesn't actually need because your brain is telling you to.

One way around this dilemma is exercise. In an experiment at the University of Alabama at Birmingham, 38 college students met to discuss what their favorite pizza was. After the discussion, they were allowed at eat as much pizza as they wanted. On another day, they were brought back and given a series of tests from college entrance and graduate-level exams. Afterward, half the students worked out on treadmills while the rest sat quietly. The entire group was again served all the pizza they wanted, but the treadmill group ate less—about 25 fewer calories than at their previous session. On the other hand, the rest of the group actually ate 100 calories more.

The study suggests that a light workout after a mentally strenuous day may curb one's appetite—good to know before you sit down to eat.

Eat lots of these foods to prevent prostate cancer

Prostate cancer is one of the most common forms of cancer in men—more than 180,000 cases are diagnosed each year. Diet can be a factor, doctors say, especially one of foods high in saturated fats found in meat and dairy products. Men may be able to reduce their risk of developing prostate cancer by eating more of these healthy foods:

- Broccoli. Benefits: Low in carbohydrates and rich in antioxidants and phytochemicals that may prevent cell changes contributing to cancer.
- Salmon. Benefits: Lots of omega-3 fatty acids that can inhibit prostate cancer.
- Brazil nuts. Benefits: Selenium; six to eight nuts contain 700 percent of a daily serving.
- Tomatoes. Benefits: Lycopene. Men who eat 10 portions of tomatoes a week may reduce their risk of prostate cancer by 18 percent.
- Walnuts. Benefits: Walnuts and walnut oil have been shown to reduce levels of the hormone IGF-1, which has been linked to prostate cancer.
- Coffee. Benefits: Antioxidants, as well as stimulating the body to metabolize sugars more efficiently. Green tea shares similar qualities.



Monthly

National Bath Safety Awareness Month. In the United States, an average of 370 people across all age groups suffer bathtub or shower-related injuries every day. Slips, falls, and hotwater burns are the prime causes of accidents in the bath and the second leading cause of accidental death and disability. Remember: Bath safety is an integral part of general home safety.

National Blood Donor Month. Some give blood because they've been asked to. Some know a family member or a friend who might need blood someday. Some simply believe it's the right thing to do. Whatever your reason, the need is constant and your donation is important to maintaining a healthy and reliable blood supply.

National Stalking Awareness Month. The National Center for Victims of Crime launched National Stalking Awareness Month (NSAM) in January 2004 to increase the public's understanding of the crime of stalking. The National Stalking Awareness Month website (www.stalkingawrenessmonth.org), launched in January 2009, provides a wealth of information about this crime and about the nationwide observance.

National Train Your Dog Month. The Association of Professional Dog Trainers began the National Train Your Dog Month campaign in 2010 to raise awareness of the importance of socialization and training, to inform the public that training your dog can be easy and fun, and to help new pet parents start off the year right with their newest family member.

Weekly

Diet Resolution Week, Jan. 1-7. This week is about focusing and altering the types of food you consume rather than just reducing the amount. Try eating at least one piece of produce every day (fruit or vegetable), eating fish at least once a month (once a week would be better), and drinking at least two glasses of water a day.

National Sugar Awareness Week, Jan. 16-20. Can you go five days without sugar? Take the challenge to find out how difficult finding foods that do not contain some form of sugar can be, as well as how this substance can affect your body, mind, emotions, and life.

No Name-Calling Week, Jan 16-20. No Name-Calling Week was inspired by the popular young adult novel The Misfits, by James Howe. The No Name-Calling Week Coalition was created by GLSEN and Simon & Schuster Children's publishing and has been adopted by schools around the U.S., growing into one of the largest bullying-prevention initiatives in the country.

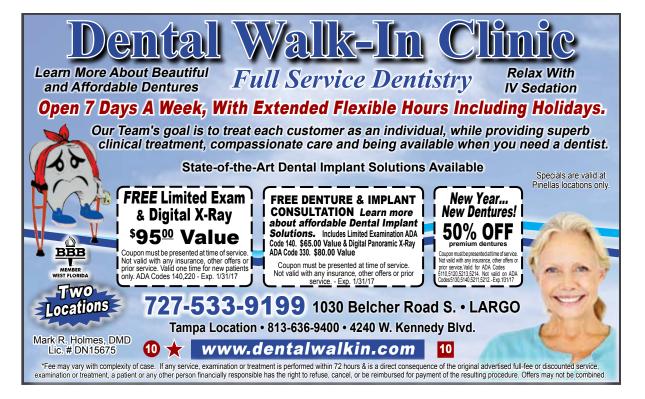


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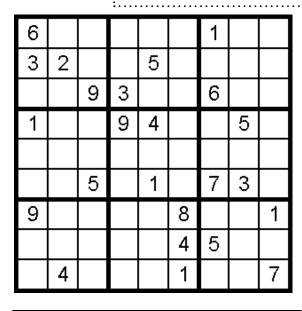
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GOLDEN ACRES GOOD TIDINGS JANUARY, 2017 N





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GOLDEN ACRES GOOD TIDINGS JANUARY, 2017 N



The five-second rule may not be so safe after all

e've all heard of the five-second rule: If a piece of food drops on the floor, it's safe to eat if you grab it in five seconds or less. That may not be true, though, according to an article on the Medical News Today website.

Researchers at Rutgers University decided to test the rule. They used four types of surfaces: stainless steel, ceramic tile, wood, and carpet. They also choose four kinds of food: watermelon, bread, bread with butter, and gummy candy. Finally, they tested four different contact times: less than a second, five seconds, 30 seconds, and 300 seconds.

They cultivated bacteria similar to salmonella and spread it on the different surfaces, allowed it to dry, then dropped each food on each surface for each designated time period. The results: The bacteria was able to contaminate the food almost instantly in every case, although with different degrees of contamination. Watermelon soaked up the most bacteria because of its moisture; the gummy treats were affected the least due to their hard surface. Nonetheless, the scientists are confident that their findings disprove the five-second rule. So you're probably safer throwing out any food on the floor.

A fit, healthy body—that is the best fashion statement. —Jess C. Scott

Plutonian moon's red spot explained

Jupiter is famous for its great red spot, but it's not the only red patch in the solar system. Charon, a moon of Pluto, also sports a reddish blotch near its north polar region, and scientists now know what causes it, according to the Sci-News website.

The spot, nicknamed Mordor Macula, covers an area the size of New Mexico, and is made of methane that comes from Pluto. Once the methane escapes Pluto's atmosphere, it falls to the surface of Charon's north pole and then freezes (winter temperatures in Charon's polar region can drop as low as negative 430 Fahrenheit). UV light from the sun turns the methane into heavier hydrocarbons that eventually become reddish organic materials known as tholins.

Data came from the New Horizons space probe. One of the project's scientists characterized the discovery as the realization that Pluto is a cosmic graffiti artist, spray-painting its nearest neighbor red.



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FEBRUARY AD DEADLINE - JANUARY 10, 2016

• 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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Punctuation is powerful

aria Feodorovna, the wife of Tsar Alexander III of Russia, was known for her charitable works. According to one story, she once saved a condemned man from exile in Siberia by moving a single comma in the warrant signed by her husband.

The original document read: "Pardon impossible, to be sent to Siberia." The Empress moved the comma so the warrant read: "Pardon, impossible to be sent to Siberia." The man was saved and released.

There is no greater agony than bearing an untold story inside you. —*Maya Angelou*

Entice children and grandchildren to go on walks

Taking a walk is one of the simplest forms of exercise you can imagine. It's also a fun way to spend time with your family, especially your children. Try these tips for getting them out of the house and on the trail:

- Make it an adventure. Don't just say, "Let's go for a walk." Spark your child's interest with something like, "Let's look for leaves to collect," or "Let's find some animal footprints." This makes the walk sound like more of an activity and less like a chore.
- Think ahead. Before setting off, think about where you want to go. Will it be safe for your child? You don't want to wear children out, let them get too muddy, or force them to dodge cars and other obstacles. Plan a short walk at first. If children are still enthusiastic, you can always lengthen it.
- Walk at your child's pace. Don't make it a race (unless your child actually wants to run one). Match your speed to your child's. Encourage kids to stop and look at things—bugs, rocks, trees, etc. Be willing to go off and explore in a different direction if your child wants.
- Take your pet. Most children love animals. If you don't have a dog of your own, ask your neighbors if they'd like you to take their dog for a walk. Children will get a chance to run and play, making the walk more energetic and enjoyable.
- Dress appropriately. Make sure you and your children have the right shoes and other clothes. Sunscreen and hats are a must for bright days. Dress in layers so you can add or remove clothing depending on the temperature. If the weather is wet, wear boots.

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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

(Allow +-0 weeks for manning	ig of check). This month's cash		
John Gilliland \$100		Shirley Snayberger \$5	Royal Enterprises
	Master Plumbers & Septic Inc	Helen Cress \$5	Sunset Appliance Service
Donald Swindle \$10.	Battleline Pest Control, Inc.	Roger Ouandt \$5	O.E. Wilson Insurance
Barbara Burnard \$10.	Jones & Sons Plumbing, Inc.	William Schwab \$5	Sunset Appliance Service
Beverly Redman \$10.	Dunedin Electric, Inc.	Steve Fisher \$5	Carmen's Gift Shop
Joella Beck \$10.	Bob's Appliance Repair	Jane Hedrick\$5	Air Master's of Pinellas, Inc.
James Garner \$10.	Royal Enterprises	Mary Ann Green \$5	Boss Electric Corp.
Marilyn Jahoda \$10.	Air Masters of Pinellas	Susan Halloran \$5	Buggin Out Pest Control, Inc.
Robert Kirkham \$10.	Imperial Electric	Phil Thoms \$5	Modern AC & Appliance Service
Ronald Wallace \$10.		Joann McMunigle \$5	E & E Gliddon Air Conditioning, Inc.
	Boss Electric Corp.	Lorraine Richards \$5	Royal Enterprises
Lloyd Wilson \$10.	Sunset Appliance Service	David Hartsell \$5	Appliance Specialty, Inc.
Bill McNeil \$10.	Heller's Mobile Home Washing	Ronald Moran \$5	Jones and Sons Plumbing, Inc
Donald Wysokowski \$10 .	Community Roofing of Florida, Inc.		Ron Wyngarden Mobile Home Washing
	E & E Gliddon Air Conditioning, Inc.	Nancy Ellis \$5	A Happy Cleaning Service
Joseph Grazioso \$5	Jones & Son's Plumbing	Jim Tracey \$5	Jones and Sons Plumbing, Inc
Ronald McCarrie \$5	Heller's Mobile Home Washing	David Wheeler \$5	Dunedin Electric, Inc.
	Doll Brothers Carpet Cleaners		Heller's Mobile Home Washing
Sharon Alleo \$5	Imperial Electric	Judith Ferguson \$5	Air Masters of Pinellas
	The Plumbing Patrol, Inc.	Ian Taylor \$5	Bill The Carpet Guy
	Battleline Termite & Pest Control, Inc.		Boss Electric Corp.
	Air Masters of Pinellas		Battleline Termite & Pest Control, Inc.
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Diana Bowhall \$5	Debbie's Salon	Carol McGraw \$5	Bob's Appliance Repair
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• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • No purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers.



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6. Acquire	40. Exterminate
10. Not this	42. Consumer of food
14. Plaster	43. Foolishness
15. Beige	44. Attraction
16. Cravings	45. Coast
17. Manner of speaking	47. Beer
18. Store	48. Relating to urine
19. Indian music	49. Paltry
20. Coherent	56. Rescue
22. Affirm	57. Broad valley
23. G	58. Something to shoot for
24. Not outer	59. Biblical garden
26. Stumblebum	60. Not under
30. Unadorned	61. Exclamation expressive of
32. Not silently	regret
33. Car exhausts	62. Fender blemish
37. A noble gas	63. Lease
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- 2. Carpenter's groove
- 3 Smile
- 4. Prima donna
- problems
- 5. Part mortal and part
- deity
- 6. "Beau
- 7. Throb
- 8. Press
- 9. Wedding ceremony
- 10. Despotic
- 11. Throw with effort
- 12. Rile
- 13. Russian emperor

DOWN

21. Gender

25. Bite

26. Alley

27. Gorse

29. Lavish

31. Vitality

35. Always

36. Arid

28. Debatable

30. Celebration

33. Blue-green

34. A Maori club

38. Magnificence

- 41. 16 1/2 feet
 - 42. Melancholy
 - 44. Anagram of "Ail"
 - 45. Rank
 - 46. Energize
 - 47. Watchful
 - 48. Utilized
 - 50. Overhang
 - 51. Secluded valley
 - 52. Doing nothing
 - 53. Tiny sphere
 - 54. Shoestring
 - 55. Large
 - North American deer (plural)



