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Issue 8 39th Year

Happy Halloween!
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#### **Golden Crest Mobile Home Park** Recreation Governing Board - 2015 - 2016

800 Main Street • Dunedin, Florida 34698

Golden Crest Mobile Home Park Recreation Governing Board - 2015 – 2016 800 Main Street, Dunedin, Florida, 34698



President	Vickie Mac Donald, #452
Vice Pres	Eddie Kurth, #340
Secretary	Dorothy Peterson, #413
Treasurer	Kathleen Fiffe, #406
Members	Linda Shale, #471
	Susan Grannell, #383
	Carol Dakin, #422
	Dee McTrach, #354
	Joyce Hawke, #387





#### **Golden Crest Chairpersons - 2015**

Bingo Coordinator	Helene Haanpaa
Bulletin Board (Inside)	Carol Aldrow
Cards (Euchre)	
Christmas Bazaar, Craft I	Bake Sale
	Shirley Boudreau
Christmas Decorations	. Boudreau's, Taylor's
	and friends
Clubhouse Outdoor Sign	Leroy Valleau
Crafts	
Entertainment - Vegas Ni	ght Art/Jean Taylor
Fun & Picnic Day	Rec. Board
Fun Shuffleboard	
Golden Crest Fun Games	/Picnic
Art &	Jean Taylor & Crew
Golf League	Nels Auger
Hall Decorations (as requ	ired)Leroy Valleau
Hall Properties	
•	

Halloween	Leroy Valleau
Kitchen Coordinator	Dennis MacDonald
Library	George Bodie
New Year's Eve	Rec. Board
News Bulletin	Val & Bob Pippy
News Bulletin Distribution	Eleanor Denslow
November 11th	Rec. Board
(alternate with Golden A	cres)
Pancake Breakfast	Larry Peterson &
Sunshine Ladies	
	Carol Nash
Travel	Teriann Tringali
Water Aerobics	•
	C













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#### Golden Crest Birthdays for October 2015:

1	Stanley Dixon	331
1	Larry Douthit	332
3	Ralph Plumpton	435
6	Joyce Hawke	387
8	Jane Gannon	377
8	Dennis MacDonald	452
9	Jane Anne McCabe	313
10	JoAnne Passcoe	343
12	Janice Adams	434
15	Arnold Aldrow	339
15	Joanne Boyes	432
15	Marquis Guimond	414
17	Shirley Boudreau	398
19	Blanche Stoneham	411
24	Janice Cain	360
29	Anne Siatkowski	356



#### Golden Crest Birthdays for April 2016:

Pamela Heyink	384
Cameron Johnson	429
Jeff Debord	382
Virginia Barton	454
Terry Shale	471
Villa Billones	311
Jean Taylor	397
Susan Grannell	383
Steven Boudreau	375
Robert Gagne	424
Cliff Stewart	421
Hank Heyink	384
Martha Dimit	316
Kurt Kuhnow	462
Robert Hellerer	335
Maureen Fidgen	357
Anna (Gretl) Karlnoski	431
	Cameron Johnson Jeff Debord Virginia Barton Terry Shale Villa Billones Jean Taylor Susan Grannell Steven Boudreau Robert Gagne Cliff Stewart Hank Heyink Martha Dimit Kurt Kuhnow Robert Hellerer Maureen Fidgen



#### 

#### Golden Crest Anniversaries for October 2015:

1	Barry & Lynda Akins	410	
6	Mike & Jenny Stephens	381	
4	Randy & Shirley Boudreau	398	
4	George & Judy Foltz	333	
4	Bill & Rita Baratta	450	
12	Marquis & Madeleine Guimond	414	
17	Sam & Jeana Palame	464	

#### **Golden Crest Anniversaries for April 2016:**

25 Mike & Kathleen Fiffe 406









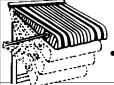
#### We Need Cover Pictures! Send in Your Interesting Photos!

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



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#### **Multiply Your Monthly Mania!**

s you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. We pay out \$400 every month to residents who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

#### **Now You Have More Chances to Win!**

We are now offering unlimited entries into our Monthly Mania drawing by just SUGGESTING a business to advertise.

#### Here is how is works:

- 1. Call our office and suggest a business to advertise in the newsletter
- 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? We have spots available in the following categories:

- 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 Restaurants
- Investment/Brokerage
- Jewelry Sales/Design/Repair
- Manufactured Home Sales
- Massage Therapy
- Medical Doctor
- Mobile Home Supplies -Retail
- Motorcycle/Moped Sales & Repair

- Moving Services
- Optometrist
- Painting Inside & Outside
- Pet Services
- Pharmacy
- Remodeling/Interior
- Resale Store
- · Screen Repair
- Storage
- Taxi/Shuttle
- Travel Agent
- Veterinarian
- Window Film/Tinting
- · Window Washing
- Window Treatment/Interior



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Three

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#### **Golden Crest Mobile Home Park**

Recreation Board Calendar of Events for 2015 - 2016

<b>MONTH</b>	<b>DATE</b>	TIME	<u>EVENTS</u>		
Nov. 2015	Wed 11	10:30-11:00am	Veterans Day/Rememberance Day Golden Acres		
	Sat. 21	8:00am-12:00pm	Christmas Table, Bake Sale & Tea Room		
Dec. 2015	Sat. 05 Mon. 07 Thurs. 10 Thurs. 24 Thurs. 31	8:00am-10:00am 1:00pm 6:00pm 1:00pm 9:00pm	Pancake Breakfast Recreation Board Meeting CoveredDish—ChristmasCaroling—DJ—Leroy Luminaries setup at shed by Clubhouse NewYearsEve—DJ—EdKurth—RecBoardHosting		
Jan. 2016	Mon. 04 Sat. 09 Sun. 10 Fri. 15 Sat. 16 Thurs. 21	1:00pm 8:00am-10:00am 2:00pm 11:00am-12:00pm 8:00am-12:00pm 10:30am	Recreation Board Meeting Pancake Breakfast Homeowners Board Election – Clubhouse Pre-Screening of Sale Items – Residents Only Rummage and Craft Sale Penny Auction – After Coffee		
Feb. 2016	Mon. 01 Sat. 06 Thurs. 11 Sat. 13 Thurs 25	1:00pm 7:00pm 6:00pm 8:00am-10:00am 6:00pm	Recreation Board Meeting Vegas Night Covered Dish – Valentine's – DJ Ed Kurth Pancake Breakfast Western Chilli Night & Cards Night		
Mar. 2016	Sat. 05 Mon. 07 Thurs. 10 Thurs.17 Sat. 19	8:00am-10:00am 1:00pm 6:00pm 10:30am 10:00am	Pancake Breakfast Recreation Board Meeting Covered Dish – St. Patrick's Day Recreation Board Elections Fun Day		





#### 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

Tant 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

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#### 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.



#### 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

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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		Sı	ınd	lay			Monday	r
November 2015					15		,	
S	M	T	W	Τ	F	S		
1 8	2 9	3 10	4 11	5	6	7 14		
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						11	12	
						11	12	
							Columbus Day	
						18	19	
						25	26	

# **Golden Crest**

Tuesday		<u> </u>			
		Coffee Hour	1	2	
6	7	Coffee Hour	8	9	10
13	14	Coffee Hour	15	16 6p Covered Dish	13
20	21	Coffee Hour	22	23	24
27	28	Coffee Hour	29	30	Halloween



#### 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.



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.











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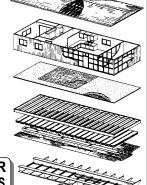


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#### Thought-controlled robots offer freedom and mobility

I 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

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

If 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 emitting 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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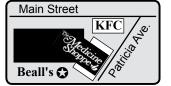
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# Happy Halloween!





#### 

#### ACROSS

- 1. Stop for a horse
- 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

## 17 23 42 43 58 63 61 62

#### 1. Vortex

- 2. Reddish brown
- 3. Keyboard instrument
- 4. American Sign

#### Language

- 5. Scandinavian
- 6. Heavenly hunter
- 7. Six-stringed instrument 30. Essence
- 8. In an opprobrious

#### manner

- 9. Female sib
- 10. Donnybrook
- 11. Recent arrival
- 12. Shortly
- 13. A hollow cylindrical

#### shape

#### DOWN

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

- 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 Crossword

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#### **EVENTS & PROGRAMS**

CRAFT SHOW, 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

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!

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#### ARTICLES FOR SALE

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

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#### **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:

(Allow 4-6 weeks fo	r mailing	of check). This month's cash
Harry Mathews	\$100	Largo Tech Services
Jo Waldron	\$10	Haseney Electrical Services
Elaine Schemm	\$10	Marti's Hair Salonn
		Socia's Painting
Margaret Kramford	\$10	Jones & Sons Plumbing
		Heller's Mobile Home Washing
		Air Masters of Pinellas, Inc.
		Battleline Pest Control, Inc.
		Barron's AC & Appliance Service
		ClovAir Inc. Heating & Cooling
		Bob's Appliance Repair
Florence Rejeris	\$10	Action Appliance Sale & Service
		Bill the Carpet Guy
		Largo Plumbing Co.
		Bob's Mobile Home Washing
		Imperial Electric Service
Ben Cortez	\$5	Jones & Sons Plumbing
Hellen Razzano	\$5	Natures Resource Pest Control, Inc.
		Knoblach Hearing Care
		Ron Wyngarden MH Washing
		Sunset Appliance Service
Jessie Walcott	\$5	Air Masters of Pinellas, Inc.

viilliers are.		
		Mobile Home Depot
Patricia Schmitz	\$5	Boss Electric Corp
		Battleline Termite & Pet Control, Inc.
Michael Boey	\$5	Jones & Sons Plumbing
		Ron Wyngarden Mobile Home Washing
Richard Montano	\$5	Air Masters of Pinellas, Inc.
		Mobile Home Depot
Joseph Eggleston	\$5	Chambers Specialties, İnc.
		Modern AC & Appliance Service
		Boss Electric Corp
		Heller's Mobile Home Washing
Connie Buford	\$5	Buggin Out Termite & Pest Control
		Kathy's Cleaning Service
Joe Palmer	\$5	Battleline Pest Control, Inc.
		Imperial Electric Service
		Sunset Appliance Service
Arlene Willmer	\$5	Appliance Specialty, Inc.
		Bob's Appliance Repair
Jeanne Hehl	\$5	
Carole Snyder	\$5	Bob's Mobile Home Washing
		Appliance Specialty, Inc.
		Advertiser Referral
Lillian Covington	\$5	Advertiser Referral
R. A. Duke Wilson	\$5	Advertiser Referral

<sup>•</sup> Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • No 30 purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly, Media advertisers GOLDEN CREST BULLETIN OCTOBER, 2015



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- Carol Aldrow	# 339
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- Brenda Boudreau	# 375
- Carol Nash	# 345

#### **October Sudoku**

Difficulty level: medium.

		8	3		1			6
7	4		8				1	
1				9		2	5	
6						5		
	8			1		9		
3		2	4	8		7		1
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Additions May be Extra

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