

OFFICE: 8201 40th Street North • Pinellas Park • FL 33781 • (727) 577-9205

August · 2016 Issue 6 40th Year

Delivered Door-to-Door by Park Residents FREE Every Month

Aloha!

Joyce Cooper was "Hanging loose" in Hawaii at one of the famous luaus found on the Hawaiian Islands.

Monthly Mania Winner! \$100 • Virginia Rouleau All Weather Roofing

view this newsletter on-line at www.monthly-media.com

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GOLDEN GATE RESIDENTS ASSOCIATION

8201 40th Street North, Pinellas Park, FL 33781

Paul Carter	President, Lot #87	577-7752
Mike Sorenson	Vice President, Lot #433	568-9197
Don Kuzmickas	Treasurer, Lot #140	579-9089
Dennis Dufault	Secretary, Lot #245	
Jim Alaimo	Director, Lot #433	
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FROM YOUR BOARD OF DIRECTORS

There was no Board of Directors meeting scheduled in July, 2016. Our financial report for the month of June 2016 shows that income for the month was \$33623 with expenditures of \$28416. The financial statement for each month is posted on the bulletin board at the rear of the hall for everyone to review.

Caution! Driving on roads when we have a large volume of rain. Slow Down!!!













FROM THE OFFICE

Shut off water valves

If you are using the water outdoors, please remember to shut off the valve at the house instead of just turn the nozzle on the hose.

Maintenance Staff Assistance

If you identify a maintenance item around the Community, please ask someone in the office (Jane or a member of the board) to complete a work order for Lam or Les. This allows them to track, prioritize and complete their daily work load. Thank you!

Parking Request

Whenever you, your guests, or contractors need to park out on the street, please follow Community Rules!

• No parking on the sidewalks. Your maintenance fees pay for all repairs.

• Please use common sense and do not park near or on corners or close to intersections. We would encourage parking on the same side of the street to avoid traffic having to "zig-zag" to get by. This causes obstructions and creates a dangerous situation for cars, golf carts and bicycles trying to proceed by the vehicles.

Soliciting

Soliciting of any kind is not allowed in Golden Gate. If anyone comes to your door trying to sell anything, please be safe and just say no thank you; close your door and call the police non-emergency number (on page 2 of the Golden Gate Telephone Directory (727) 369-7864. Do not confront the solicitors.

Articles for the Newsletter

Any article submitted to the Golden Gate Newsletter should have the author identified. If you have a computer with an email connection, articles may be emailed to <u>ggmedia@tampabay</u>. <u>rr.com</u>, preferably by the <u>Monday before the third Tuesday of the month</u>. The Board of Directors' Meeting is the third Tuesday of the month and the agreement with the publisher gives us up to the day after the meeting to deliver copy to be published. If you don't have a computer you may continue to deliver a double-spaced paper copy, again, preferably by the Monday before the third Tuesday of the month.

Light up at Night

If you are riding a bike or driving a golf car at night you should have lights on so others can see you.

A COMPLETE LISTING OF RESIDENT SERVICES CAN BE FOUND ON THE PAGE BEFORE YOUR CALENDAR

OPEN DOOR POLICY

The Board of Directors at Golden Gate have always had an "open door policy". There are a number of ways for you to discuss any Community issue with them either during the summer months or during the peak season. At least one Director is in the office between the hours of 9:00 AM and 11:00 AM that you can request to speak to; you can write a letter or email, or there are intake forms to submit issues that will be kept confidential and responded to, and they conduct Director's Workshops on Thursday mornings at 9:30 AM to discuss, plan and schedule work programs on items as they arise. A notice of these workshops is posted on the bulletin board by the Tuesday of the week they are scheduled.

As you know, being on the Board is a volunteer job. Please utilize any way listed above to bring issues to their attention. Please respect that outside of these venues, they are retired citizens just like you and enjoy their "free" time with their spouses in this beautiful Community you all enjoy.

WEED PROGRAM

s most of you are aware, we have a problem with the growth of weeds during the summer months, typically May through September. The weed problem we are concerned about is in the planter boxes and the front of the homes. Even those homes that have mulch or stones in the planter boxes will have weed growth.

The board does send "friendly reminders" to alert residents as stated in rule #16..."Each shareholder is responsible for the neat and orderly appearance of his or her premises at all times. However, the general response to the friendly reminders has been less than satisfactory.

We would like to aid in solving this problem by having our maintenance staff spray weed killer in the planter boxes or in front of the home for any resident that desires to participate. There will be a \$40.00 per year fee to cover the cost of the material for spraying from May through September. If you wish to participate in this program, send a check or pay cash to Jane in the office. If you choose to participate in this program, our maintenance staff will spray, beginning in May and ending in September. However, if you have ornamental plants that could be harmed by the spraying, you will have to make other arrangements, since we will not be responsible for any damages. If you choose not to participate, the weed issue for planters and the front of your home will continue to be your responsibility, and be subject to the terms of rule #16 concerning work done in your absence.









Heller's Mobile Home Washing 667-8



GOLDEN GATE NUGGET AUGUST, 2016 D

INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!



Insulation Under Your Home Falling Down? Holes and Tears in Your Vapor /Moisture Barrier?





Insulation and Vapor Barrier Repairs

UNDER HOME INSPECTION Only with this COUPON

Licensed by the State of Florida #IH/102549/1



 Lifetime Vapor Barrier
 Guaranteed for Life Prevent Soft Floors
 Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House! • Lower Your Electric Bills







 Insured • Bonded • Workman's Compensation Insurance Member: National Association of Mold Professionals





SUMMER OFFICE HOURS

The Office will be closed on Fridays, starting Friday, July 1, 2016 through Friday, September 2, 2016. Please plan to conduct any office business you may have from Monday through Thursday during this time period. Don't forget, there is a self –serve copy machine in the hall near the entrance to the Patio for your use. If you have an emergency and need something from the Office on a Friday during this time-frame, you can call the out-of-hours number (727)-578-2891) and the Director on call will assist you. Thank you and have a GREAT Summer.

THANK YOU MESSAGES



ona Grubbs (Lot 220) Thank you for the many Birthday cards and good wishes on my birthday from so many Golden Gate friends.

GOLDEN GATE CHURCH

<u>The Church in The Park</u>

Ton-denominational Services at 8:45 AM on Sunday at Golden Gate Club House.

We continue to enjoy Pastor Bower's teachings. Come and enjoy overhead Projection. New larger print Bibles are available.

Your Church Board has voted, due to our current finances, to send a monetary gift to Metropolitan Ministries, Labor of Love and Pastor Bowers. We also bought a laptop computer for the Overhead projector.

Don't forget your swords (your Bible).

LABOR OF LOVE

Jennie Louise Snyder Heeren

abor of Love continues to meet every Wednesday from 10 -11 am. On July 13 will be our Sew day from 8:30 to 12:30. This is our "Christmas in July "sew day where we will start our Christmas bibs for PARC and Christmas quilts for our charities. We furnish all materials, fabric, thread, yarn, even have several sewing machines for your use. There is always SOMETHING you can do. Bring a sack snack and join us. Please call Jennie @727-698-6003 for any questions or needs.

We are having so much fun playing that now Euchre games are now Monday, Wednesday and Fridays at 1:00 to 3:00 PM. Come join us for this fun, fast paced card game. Only 50 cents, with pay offs. jennie louise snyder heeren



GOLDEN GATE WOMEN'S CLUB

Pat Stephenson

where the parade is the term out for the 4th of July celebration. Ten Golf Carts participated in the Parade. An Honorable mention to Cal Saures for decorating his walker for the occasion. Thank you to the Nuggets, Shuffle and Theatre Clubs for their help to make this celebration possible.

A special thank you to Dottie Rissinger for taking pictures at events to share with other Golden Gate residents.







VIEW THIS NEWSLETTER IN FULL COLOR AT WWW.MONTHLY-MEDIA.COM RIGHT CLICK WITH MOUSE TO DOWNLOAD TO YOUR COMPUTER





SUB-FLOOR & FLOORING EXPERTS!





HAPPY HOUR

Appy Hours have turned out to be a great success. Residents come, visit with their neighbors and sample some great appetizers. Check the Bulletin Board or read your flyers to see when we will have others.





EVENTS

uly 30th the Women's Club hosted "Christmas in July". A celebration to benefit the Salvation Army Program, "Toys for Tots". It's for a great cause.

We are sponsoring an Ice Cream Social on August 13th. Tickets are required to get an accurate head count. Remember to get your ticket on Tuesday August 2.

A Labor Day Celebration on Sept 5, 12:00 to 2:00PM is being planned. Be sure to get a ticket August 23rd and sign up for a side or dessert. More information will be sent out and posted on the bulletin board.

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BIRTHDAYS IN AUGUST

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57

262

- 2 Madeline Nelling
- Gary Simpson
 Lee Debeaudry Colleen Eady Pearl Hodder
- 6 Virginia Brookhart Grace Comstock
- 7 Donald Grubbs Estelle Rawski
- 8 Georgia Goetting Carol Hager James Hitch
- 9 Sandra Abell Robert LeBlanc Betty Stevenson
- 11 Karilyn Judd Henry Pieszcynski
- 12 Jennie Heeren Victoria Fox
- 14 James Padgett

	15	Mary Quinter	242
		Kenneth Smith	100
	19	Tom Hervey	95
	V	William Noel	246
	20	Delores Bryant	416
		Jean Hickman	155
		Walter Hornung	3
	23	Alice Kuhn	93
Bre		Laura Ann Worthy	436
		Paul Carter	87
		Alphee Cyr	15
	1.0	Cletus Thomas	135
	27	Robert Schilling	127
		Robert Wilhelm	313
17		Harold Williams	305
	28	Pamela Bruce	303
		Sandie Gilliland	29
		Nancy Padgett	288
	31	Janice Durham	49
		Velma Mahan	37

ANNIVERSARIES IN JULY

- 2 Jessie & Joseph Link
- 5 Sylvie & Roger Chartier 194 Anne & Kenneth Jones 293 Karen & Richard Judd 203
- 8 Geraldine & Frederick Miller 80
- 11 Stella & Ronald Golba 307
- 12 Susan & Thomas Leitch
- 13 Pearl & Harvey Hodder
- 15 Anneliese & Karl Freund
- 17 Carole & Stanley Reeves
- 18Janice & Troy Grandy6515
- Sabina & Fabrizio Soffritti 150
- 19Mary & Matthew Hickey236

- 21Bonnie & Kenneth Ernest427
- Patricia & Gerald Poczkalski 5
- 23 Marilyn & Robert Mitchell 272
- 24 Gloria & John Kolodizieizyck 229
- 25 Irene & Ivan Butler 401
- 27 Carol & Normand Guilmette 193
- 29 Charlene & Stanley Whitehead 217
- 30Rachelle & Paul Kuhn128
- 31Jackie & Tree Ondra138





Quality Workmanship Honest Pricing

- Vapor / Moisture Barrier
- Underhome Encapsulated Insulation
- Hurricane Tie-Down Anchors







Did you know that August is also...

Back to School Month. As summer draws to a close, back-to-school season is in full effect. Remember to safely share the roads with school buses, pedestrians, and bicyclists, and provide children with the necessary knowledge to stay safe at school. Whether children walk, ride their bicycle, or take the bus to school, they—and the motorists around them—should remember to take proper safety precautions .



National Black Business Month. During August, individuals, institutions, and businesses are encouraged to visit at least one black-owned business per day. The increased sales resulting from that traffic could result in more than 40,000 additional jobs during the month and as many as 450,000 new jobs if the habit is continued over the course of a year.

National Immunization Awareness Month. National Immunization Awareness Month (NIAM) provides an opportunity to highlight the value of immunization across a person's lifespan. Activities focus on encouraging all people to protect their health by being vaccinated against infectious diseases.

Clown Week, Aug. 1-7. Celebrations take on a variety of forms, such as putting on shows in malls, child care centers, hospitals, and nursing homes, and clown appearances in parades, grand openings, and other places.

National Fraud Awareness Week, Aug. 7-13. Businesses and government agencies around the world lose an estimated 5 percent of their annual revenues to fraud. National Fraud Awareness Week seeks to educate everyone on the dangers of fraud and how to protect themselves from criminal activities.

Motorcycle Week, Aug. 14-20. For the motorcycle rider and lover, a week dedicated to the vehicle that millions of Americans enjoy. Ride, celebrate, and make new friends on the road.



National Aviation Week, Aug. 14-20. A celebration of flight, observed during the week of Orville Wright's birth, Aug. 18. Along with his brother Wilbur, Orville Wright built and flew the world's first successful airplane in Kitty Hawk, N.C., in 1903.

International Beer Day, Aug. 5. Enjoy your favorite beer, or try a new one—responsibly, of course.

World Elephant Day, Aug. 12. Asian and African elephants are loved, revered, and respected around the world, yet we teeter on the brink of seeing the last of these magnificent creatures.

National Dog Day, Aug. 31. Celebrate your dog—and dogs everywhere.

Services Directory

AIR CONDITIONING SALES/SEI	RVICE
Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	
Animal Eviction Services	707 100 0000
	121-430-2032
	707 007 4700
Bob's Appliance Repair	/2/-63/-4/89
Sunset Appliance Service	727-559-1137
AUTO REPAIR	
Peterson Auto Care Center	
Suncoast Auto & Tire	727-520-1148
AUTO SALES / PURCHASING	
Stingrays Inc.	727-798-2921
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co	727 550 8811
Century Awnings Co.	121-339-0011
BathMasters	707 000 7007
Batriwasters	121-333-1991
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
CABINET REFINISHING	
Electro-Glo Inc.	727-556-0701
CARPET CLEANING	
Bill the Carpet Guy	727-521-4163
COMPUTER SERVICES	
Largo Tech Services, LLC	727-474-4285
DUCT / VENT CLEANING	
Velocity Air	727 754 7056
DRIVEWAY COATING	121-134-1330
Concrete Wizard, Inc.	707 700 5444
	/ 2/ - / 69-5444
ELECTRICAL CONTRACTOR	707 444 0404
Haseney Electrical Services, Inc	727-441-8434
Imperial Electrical Service	727-535-0708
FLOOR REPAIR	
Flatworks	727-288-4680
Florida Anchor & Barrier Co	727-330-7821
Perfect Repair & Construction, Inc	727-539-0852
GOLF CARTS SALES & SERVIC	Έ
Capital Golf Carts, Inc	
Recreational Golf Cars of Florida	727-548-8460
INSURANCE/AUTO	
O. E. Wilson	727-535 0524
	1 21-333-0324
Harr & Associates	707 054 4447
MANUFACTURED HOME SALES	
Citrus Homes/Meadowood Homes.	727-535-5262
MEDICAL CARE	
Bay Care ERwww.	BayCareER.org



MOBILE HOME SUPPLIES - RETAIL
Mobile Home Depot, Inc 727-535-1100
Southeast Mobile Home Supplies727-522-2090
MOBILE HOME WASH/WAX
Heller's Mobile Home Washing 727-667-8110
Royal Enterprises
MOBILE HOME WINDOW FILM
Royal Enterprises
PAINTING/INSIDE & OUTSIDE
Payless Painting Services
PEST CONTROL
Buggin Out Termite & Pest Control 727-535-2629 Modern Pest Control, Inc
Nature's Resource Pest Control
PLUMBING SERVICE
Jones & Sons Plumbing, Inc
Ray Duncan Plumbing, Inc
Enos Plumbing
REMODELING/INTERIOR
American Restoration Systems, Inc. 727-525-7200
ROOF COATING
AMS Advanced MH Systems
Community Roofing of FL, Inc727-536-9999
ROOF REPLACEMENT
All Weather Roofing1-800-297-3758
AMS Advanced MH Systems 727-471-0820
ASC Aluminum Specialty Contr 727-547-8300
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
Tommy Tie Downs
VAPOR BARRIER
Florida Anchor & Barrier Co
Florida Underhome Solutions
Underhome Armor
VINYL SIDING
AMS Advanced MH Systems
ASC Aluminum Specialty Contr 727-547-8300
WINDOW REPLACEMENT
AMS Advanced MH Systems





AUGUST•2016

Sunday	Monday]
	8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM Line Dancing 1:00 PM Euchre	1	8:00 AN Exercis 8:00 AN 10:00 A Walk
7 8:45 AM Church Service 10:00 AM Pool Exercises	8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM Line Dancing 1:00 PM Euchre	8	8:00 AN Exercis 8:00 AN 10:00 A Walk
14 8:45 AM Church Service 10:00 AM Pool Exercises 2:00 PM Reserved - Lot 288	8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM Line Dancing 1:00 PM Euchre	15	8:00 AN Exercis 8:00 AN 10:00 A Walk
21 8:45 AM Church Service 10:00 AM Pool Exercises	8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM Line Dancing 1:00 PM Euchre	22	8:00 AN Exercis 8:00 AN 10:00 A Walk
28 8:45 AM Church Service 10:00 AM Pool Exercises	8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM Line Dancing 1:00 PM Euchre	29	8:00 AM Exercis 8:00 AM 10:00 A Walk

Golden Gate

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M Pool es M Stay Fit M 5 Mile	9	10 8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM Labor of Love 1:00 PM Euchre	8:00 AM Pool 11 Exercises 8:00 AM Stay Fit 9:30 AM Director's Workshop if posted 5:00 PM Hand & Foot	12 8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM 5 Mile Walk 1:00 PM Euchre	13 8:00 AM Pool Exercises 2:00 PM Ice Cream Social
1 Pool es 1 Stay Fit M 5 Mile	16	17 8:00 AM Pool Exercises 8:00 AM Stay Fit 8:30 AM Labor of Love Sew Day 1:00 PM Euchre	8:00 AM Pool 18 Exercises 8:00 AM Stay Fit 9:30 AM Director's Workshop if posted 5:00 PM Hand & Foot	19 8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM 5 Mile Walk 1:00 PM Euchre	20 8:00 AM Pool Exercises
M Pool es M Stay Fit M 5 Mile	23	24 8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM Labor of Love 1:00 PM Euchre	8:00 AM Pool 25 Exercises 8:00 AM Stay Fit 9:30 AM Director's Workshop if posted 5:00 PM Hand & Foot	26 8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM 5 Mile Walk 1:00 PM Euchre	27 8:00 AM Pool Exercises 12:00 PM Reserved - Lot 421
M Pool es M Stay Fit M 5 Mile	30	31 8:00 AM Pool Exercises 8:00 AM Stay Fit 10:00 AM Labor of Love 1:00 PM Euchre			SEPTEMBER 2016 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



Like a good neighbor . . .

We depend on our neighbors to water our plants and walk our dogs when we're out of town—or do we? A study from the Pew Research Center found that only a little more than half of Americans—52 percent—say they trust all or most of their neighbors, and 48 percent they trust only some of their neighbors, or none at all.

The Pew Center found that among households with incomes of \$75,000 or more, 67 percent of residents trust all or most of their neighbors, but in households earning less than \$30,000, only 37 percent feel the same.

Race may also be a factor, although the connection is unclear: Sixty-two percent of white Americans say they trust their neighbors, just 31 percent of African-Americans do, and only 27 percent of Hispanics.

The Zika virus: Protect yourself with the facts

The Zika virus is spreading in the headlines and around the world, but you don't have to panic. The best defense is information. Here are some basic facts about the virus from the NBC News website:

- Origins. Zika comes from the continent of Africa. It was first observed in 1947, but didn't seem dangerous. That changed when it migrated across the South Pacific and ultimately arrived in Brazil, where immunity against the virus is low.
- Effect. The virus itself doesn't seem to cause major health problems in most people beyond a rash, headaches, and fever. But it can in some cases cause paralysis, nerve damage, encephalitis, and miscarriages, as well as birth defects and deaths in newborn children.
- **Transmission.** The Zika virus is mostly spread by mosquitoes native to tropical regions. It can also be sexually transmitted.
- **Reach**. Zika has already arrived in the United States, where approximately 700 people have been infected after traveling to foreign countries. Mosquitoes that carry the disease are common in many areas, even as far north as New York, so localized outbreaks could occur in several states.
- **Prevention.** Air conditioning and windows screens are both good defenses against the mosquitoes. In addition, officials advise that people wear long clothing and insect repellant when going outside.

Get started on your writing project today

f you've dreamed of writing a novel, a short story, or even a poem, but you don't know how to get started, don't worry. Most creative writers have trouble with the first page from time to time. Try these tips for charging up your imagination:

- **Try some exercises.** Instead of launching right in on your thousand-page trilogy, try writing a few short scenes to get the hang of the process. Don't be a perfectionist—just get your story down as quickly as you can until you're used to writing.
- Keep a notebook. Whether you use paper or a smartphone, keep a running list of observations about the people and things you encounter every day. Use it to spark your imagination when you feel low on ideas.
- Find the right time. Determine when you feel most creative. For many people, it's the first few hours of the morning, but some do just as well writing late at night.
- **Cut yourself some slack.** Your first attempt probably won't be perfect. Remember that you're just trying to get your ideas out on paper (or the screen). You'll have plenty of time to rewrite and revise later.
- Have fun. If writing is drudgery, it may not be for you. Whatever you're working on, relax and try to enjoy what you're doing. Your emotions will show through in the finished product.

Shake up your habits to spark innovation

Innovation doesn't happen all by itself—you and your team have to work persistently to develop creative new ideas. Here are some strategies to kick your innovative impulses into high gear:

- Change your routine. Reschedule your day so you're doing things in a different order.
- Vary your surroundings. Rearrange your office for a different view, or switch offices with someone else if that's practical. Hold meetings off-site.
- Share data differently. Look for different ways to distribute information. For instance, write a report in rhyme, or deliver a presentation as a skit.
- Switch jobs. Spend a day doing someone else's job—inside your department or outside it.







17 0 0

ACROSS

- 1. Accumulate
- 6. Wanes
- 10. Coffee dispensers
- 14. Ringworm cassia
- 15. Flippant
- 16. Person, place or thing
- 17. Floral leaf
- 18. Bright thought
- 19. Carpenter's groove
- 20. Daughter of a step-parent
- 22. Therefore
- 23. Against
- 24. Girdle
- 26. Chick's sound
- 30. Flee
- 31. In what way
- 32. Cap
- 33. Former lovers
- 35. Choice
- 39. Red wine
- 41. Business executive
- 43. Body
- 44. A period of discounted
- prices
- 46. Small city
- 47. Best seller
- 49. Calypso offshoot
- 50. If not
- 51. Domestic breed of rabbit
- 54. Certain ball-and-socket
- joints
- 56. Storage cylinder
- 57. A type of semiconductor
- 63. Chair
- 64. An indefinite period
- 65. Nigerian monetary unit
- 66. Behold, in old Rome
- 67.1111
- 68. To untwist
- 69. Clairvovant
- 70. Probabilities
- 71. Trades

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DOWN

- 13. Snob
- 21. Arm of the sea
- 25. Klutz's cry
- 26. Agreement
- 27. Reflected sound 28. Arab chieftain
- 29. A toy that fires
- pellets
- 34. Sleekness
- 10. Protect by insurance 36. False god
 - 37. Kittens' cries
- 11. Lion sounds 12. Prod

7. Time to go to sleep

8. Broth (Scottish)

9. Polysaccharide

1. Vipers

3. Stake

4. Break

5. Chip dip

6. Nosebleed

2. Encounter

- 38. Sea eagle
 - 40. French for "Black"



- 48. Skin pattern
- 52. Daughter of a
- sibling
- 53. Candied
- 55. Nasal passage
- 58 Peel
- 59. Rational



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- 42. Some tides
 - 45. Disgraced

10 11 12 12

- 51. Donkeys

- 60. Cultivate
- 61. By mouth
- 62. Beams

The night shift takes a bigger toll on women

W orking the midnight shift is hard on everyone, but it may be more detrimental to women's health than men's, according to a study by a sleep research center at the University of Surrey.

The center put 16 male volunteers and 18 females in a controlled environment where each day lasted 28 hours without natural day-night light levels. Every three hours during "daytime" the volunteers performed a range of tasks that measured brain function, alertness, motor control, and memory. Both men and women were affected by the lack of natural circadian rhythms, but the impact was greater on women, who exhibited more problems than men during the early hours of their awake period. The information is useful for everyone contemplating work on the so-called graveyard shift.

Loneliness is bad for the heart

oneliness and isolation may be bad for your mental health, and they can also have a negative impact on your physical health. That comes from a British study reported on the CBS News website, which found that in addition to high blood pressure and compromised immune systems, loneliness can apparently lead to problems with the heart.



The British researchers looked at data from more than 180,000 people. They found that adults with few friends or social relationships were 29 percent more likely to suffer a heart attack or angina, and also 32 percent more likely to have a stroke.

The cause and effect relationship remains unclear, but the findings suggest that strong relationships can influence your health in many ways.

Choose the right food to combat stress

e all have our go-to foods when we're stressed out—chocolate cake or a bowl of ice cream. But certain foods can actually help you relax without blowing your diet. Consider these alternatives:

- Leafy greens. Spinach, lettuce, and other leafy vegetables can help your brain produce dopamine, which can calm you down.
- Turkey. The tryptophan in turkey boosts serotonin levels, relieving depression.
- Salmon. Salmon is high in omega-3 fatty acids, which can inhibit hormones that cause stress.



GOLDEN GATE NUGGET AUGUST, 2016 D



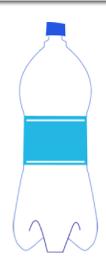


Water—are you getting enough?

Why reneed water to live, but if you're worried that you're not fully hydrated every day, information from the U.S. National Health Nutrition Examination Survey may ease your mind. The survey found that adult men drink an average of 14 cups of water every day— 117 ounces—and women consume about 12 cups, or 93 ounces.

The Institute of Medicine advises that men get about 125 ounces of water a day, and women 91 ounces, so the study suggests that most men and women are getting adequate amounts of fluid.

The report notes that "water" doesn't mean just plain water, though—in fact, only about 30 percent of fluid intake comes from the tap or bottle. We also get water from juices, sodas, coffee/tea, and even food. But juice and soda can add extra calories to your diet, so don't depend on these too much for your daily dose of H2O.



New findings on lifespans - How long will you live?

The Centers for Disease Control and Prevention recently reported that the average life expectancy for a Caucasian American born in 2014 is currently 78.8 years, down from 78.9 years one year before.

The life expectancy of non-Hispanic white women born in 2014 is 81.1 years, a slight decline from 81.2 years. For non-Hispanic white men, the figure is 76.5 years. The CDC notes that the drop, though mild, is unusual in nations like the United States, which tend to have higher standards of public safety and health care.

No more dumb blondes

The stereotype of the dumb blonde doesn't hold up, according to a study from The Ohio State University. Researchers studied data from more than 10,000 Caucasian women and found that natural blondes had an average IQ score within 2 or 3 points of brunettes and redheads. No word on whether the researchers determined that blondes really do have more fun.

The difference between the poet and the mathematician is that the poet tries to get his head into the heavens while the mathematician tries to get the heavens into his head.

-G.K. Chesterton

Lost in translation

Henry was visiting a distant country where he didn't know the language. He managed fairly well with the help of a guide, but on Sunday he wanted to go to church, and his guide had the day off. So he found a small church in the village where he was staying and followed a friendly-looking man inside.

The man greeted him and smiled, so Henry took a seat next to him and decided to copy his every action. When his new friend rose with the congregation to sing a hymn, Henry did the same, finding the hymn by looking at the man's hymnal. When the collection plate came around, Henry put in the same amount of money as the man next to him.

Toward the end of the service, the minister made some kind of announcement. The man next to Henry stood up, so Henry did too. The congregation gasped in shock.

After the service, the minister approached Henry. So Henry's surprise, the minister spoke English. "You don't know a word of our language, do you?" the minister asked kindly.

"Uh, no." Henry was nervous. "Is it that obvious?"

"Well, when I was announcing the birth of a new child and asked the father to stand up..."

The real problem

A little girl was running a high fever with a bad cough and an aching feeling throughout her body, so her father took her to see the doctor. After waiting for an hour, the doctor finally took them into her office for an examination.

"Now, Christina," she said after checking her heartbeat and looking down her throat, "What's bothering you the most?"

"My brother Sam," she replied honestly. "He breaks all my toys!"

High stakes

man walked into a bar and ordered a beer. As he drank, he noticed slabs of beef hanging from the ceiling on hooks. "What's this about?" he asked the bartender.



The bartender smiled. "Well, if you can jump up and pull one of them, we cook it up and give you free beer all night. If you miss, though, you have to put \$100 into the charity jar we keep back here for orphans. What do you say?"

The man looked up, then shook his head. "Sorry. The steaks are just too high."



ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

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Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

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• 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.



August Sudoku

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





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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 \$135,000 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 <u>mail your paid receipt</u> to us at Monthly Media • PO Box 1023 • Venice, FL 34284. 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:									
Virginia Rouleau \$100	All Weather Roofing	Marilyn Holmes \$5 .	Florida Anchor & Barrier						
	Citrus/Meadowood Homes	Marie Woods \$5 .	Jones and Sons Plumbing						
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Max Powell \$10		Kathy Sweetman \$5.	Largo Plumbing						
Darwin Tweedy \$10	Doll Brothers Carpet & Upholstery		Perfect Repair & Construction						
Don Cihasky\$10	Royal Enterprise	Kathy Molinaro\$5 .	Dunedin Plumbing						
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	Ron Wyngarden MH Washing		Bob's Mobile Home Washing						
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Mary Jo Webert \$5			Doll Brothers Carpet & Upholstery						
Ann Tindall\$5	Battleline Termite & Pest Control		Battleline Termite & Pest Control						
	Royal Enterprise	Charles Latimer\$5.	Jones and Sons Plumbing						
Shirley Frew\$5	Florida Anchor & Barrier	Mary Jardin \$5 .	Recreational Golf Cars of Florida						
Peggy Long\$5	Air Masters of Pinellas	Thelma Marsch \$5 .	Boss Electric						
Linda Fogle \$5	Jones and Sons Plumbing		BugginOut Termite and Pest control						
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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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