



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

GOLDEN GATE

• N U G G E T •

June • 2015

**Issue 4
39th Year**

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Golden Gate Residents Association



8201 40th Street North, Pinellas Park, FL 33781

Paul Carter	President, Lot #87	460-5079	
Don Kuzmickas	Vice President, Lot #140	579-9089	
Rich Avitabile	Treasurer, Lot #99	576-7362	
Dennis Dufault	Secretary, Lot #245	615-974-9424	
Mike Sorenson	Director, Lot #433	568-9197	
Jane Hotchkiss	Office Manager	577-9205	

 Office Hours: 9:00 a.m. – 2:30 p.m. Monday through Friday

Office Phone: (727) 577-9205

Office Fax: (727) 576-3287

 E-mail Address: goldgateresassoc@tampabay.rr.com 

Emergency Number: (727) 578-2891



From your Board of Directors

At the Board of Directors meeting held on May 19, 2015 there were 3 shareholders present. Our financial report for the month of April 2015 indicates that income for the month was \$33,936, with expenditures of \$25,437. The financial statement for each month is posted on the bulletin board at the rear of the hall for everyone to review. The Board voted to reinvest a CD with US AMERIBANK maturing 08/09/15 and invest \$40,000 from the operating account into a CD with Hancock Bank. Also approved were motions to authorize the trimming of the bougainvillea bushes, the purchase and planting of Palm Trees (as requested by the shareholders) and pool certification training for our new maintenance employee, Jim Seidman. Additionally annual contract for the lift station maintenance was awarded to Lift Station Services, PRC.

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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 located the bottom of this page.



Emporium/Classified Listing - Do you have an event in your community such as a Bake Sale or Flea Market? An item for sale like an old set of golf clubs that needs to go? Help needed or vendors wanted for an event? Maximize the people that see your listing and use the Emporium! Your listing will be printed & delivered to over 20,000 homes in Pinellas County. See the Emporium page toward the end of the newsletter for more info.



Larger Print Newsletters - At the request of some residents we are now offering Larger Print Newsletters to those who request them. The newsletter type will be approximately 20% larger (16 pt article body type vs. 12 pt normally). There is a small service charge of \$2 per newsletter for those who request. The larger type newsletters can either be delivered to you every month like they are now or we can mail them directly to your home for an additional \$2 per issue shipping charge. Please call Monthly Media (phone number listed below) for more information.



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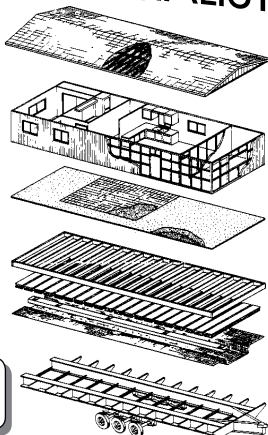
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From The Office

As is customary for this time of year, I must report that it is happening again! Thefts and break-ins have been reported at Mainlands. This often happens as our snow-birds are leaving. Here are some suggestions to keep you and your property safe.

1. Keep doors and sheds locked at all times. Yes, even if you are home.
2. Consider installing a motion sensitive porch or yard lights. Thieves hate lights!
3. Do not leave tempting items in your carport or in back of your home. A lot of thieves cruise the area first to see what is available and come back after dark. So, keep your sheds closed, locked and valuables out of sight.
4. Report any known theft, vandalism, or suspicious characters to the Police on (727) 541-0758 **IMMEDIATELY. Don't call the Office first.** Although it is important information for us to know, the Police will not accept reports from anyone other than the person who witnessed the event and can describe first-hand what has happened. You can let the office know once you have reported it to the Police.
 - a. Pay attention to details: What does the suspect look like (size, features, clothing, vehicle (color and make if possible), etc.). This will help the Police search our area and surrounding communities.
 - b. **Do not follow the suspect.** That is dangerous for your safety and will only delay the report to the police.
5. If you go away for a few days or a few weeks, don't forget to stop the mail and paper delivery. A loaded mailbox or newspapers in your carport screams "Break in – I'm not here".
6. Don't assume that strangers are just someone's family visiting. If your gut tells you something is wrong, it probably is. Call the Police. It is much easier to apologize to a neighbor for the error than explaining to them ..."gee I'm sorry, I thought it was someone related to you" after their home is broken in to.
7. Lock/Secure your Golf Cart and Bicycles.

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 Jim. 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) 541-0758. Do not confront the solicitors. The Office was informed by a resident who was walking and saw an uncomfortable soliciting incident. He used his cell phone to call the police and report it. The police arrived in **3 minutes** and when they searched the community they found a number of people who were blanketing the entire community. They were all detained and interrogated. You are not being “mean” when you call the Police. You are protecting yourself and your Community.



Golf Cart Parking

Board of Directors

It has been brought to the Board’s attention that many unit owners are leaving their golf carts parked between units. This causes a problem for the Association’s Lawn Contractor, for it impacts his ability to perform his responsibilities in a proper manner. Please refrain from parking the carts on the lawn areas, especially on Mondays, the designated day for lawn cuttings. Your cooperation is truly appreciated.

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.

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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 **ggmedia@tampabay.rr.com**, preferably by the **Monday before the third Tuesday** of the month. 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.

WEED PROGRAM

As 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.

SUMMER OFFICE HOURS

The Office will be closed on Fridays, starting Friday, July 3, 2015 through Friday, September 4, 2015.

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.

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Sidewalk cleaning

Your board has agreed on the issue of pressure washing our sidewalks. This will begin in July. The sidewalks in the worst condition will be done first. For anyone who is not in residence at the time of their cleaning, no water will be turned on at your home.

Thank You Messages

Dee Bryant – Lot 416

I want to thank the Men's Club for the delicious, beautiful Mother's Day dinner they provided for all the Golden Gate Mothers on Saturday, May 9th. Thank you also for the lovely poems and prayer. It was very much appreciated. We are all so blessed to have our Golden Gate Homes. Sincerely!

Pat Heintz 144

Thanks Chas and all the Men in the club who enabled Mother's day to be so special.

The Bob Evans dinner was delicious and the flowers for Polly Hunter and Toots Bradley were beautiful and well deserved. Golden Gate is sure the right place to be, have a nice summer and many thanks.



Golden Gate Church

The Church in The Park

Non-denominational Services: 8:45 AM – Sunday – Golden Gate Hall Paul Carter – (Lot 87)
Pastor Bowers continues to bless us with his spiritual message each Sunday morning. Come and enjoy the overhead projection where the Pastor is emphasizing as the message of the day. Also, New Larger word bibles are available for anyone who wishes to take one home. Pastor Bowers reminds us to always carry our swords to church, (your Bible).

Library News

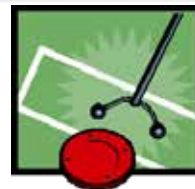
Submitted by Janet Bankhead

Thanks to everyone for the many donations of books, puzzles, magazines and dvds. The library was put to good use this year with Board meetings, bible study classes, and general quiet time on computers. When you return in the Fall please remember the library for the books you read during the Summer. Coffee table books are not suited for our shelving so, unfortunately we cannot accept them. We will however donate them to a worthy recipient. Enjoy your Summer and we'll see you in the Fall.



ShuffleClub

John Bankhead



Please remember that the Tullahoma-K-Krewe group will be putting on another show in February for the benefit of the Shuffle Club. Since it will be a Valentine's Theme we are asking for wedding pictures from everyone in the park to be used in their video show. The pictures cannot be returned, so pick out something that you can live without. Please mail them to Janet Bankhead @ 82289 2nd Ave N. Pinellas Park FLA. 33781 it will make for a wonderful time. Members here in the park for the summer are attending practice on Monday, Wednesday, and Fridays at the Pinellas Park Senior Center. There are many pro's there, and they are helpful and fun to play against. The first meeting is October 13th at 7:00PM The Halloween dance will be October 28th at 8:00PM

Hope to see you there.

BIRTHDAYS IN JUNE

2 Robert Biggs	16	15 Robin Panzano	226
3 Donna Rearic	292	Noreen Nirelli	166
Linda Dufault	281	Teresa McDermott	213
Marc Lauriault	284	16 Elizabeth Daddio	224
Julien McLean	71	Anne Jones	293
Cheryl Oyster	175	17 Paul Murphy	21
7 Stella Golba	307	18 Judith Wilson	116
Michael Whiteman	9	19 Janice Black	249
8 Doreen Barbetto	197	23 Julie Falco	197
Barbara Dawe	169	Joseph Link	310
Nicole Lauriault	197	Shirley Steele	283
9 Karen Gowanlock	116	24 Janet Bankhead	289
Raymond Greco	192	25 Maureen Brennan	209
Ginette Chartier	195	Micheline Cote	77
11 Sue Bannister	247	Peter Wallis	91
Clifton Haseltine	13	27 Polly Hunter	173
12 Rita Thibeault	273	28 Betty Prensler	282
13 Olga Fantucchio	168	29 Allan Doucette	55
John Harris	163	30 Kathleen O'Brien	436
14 Lyle Schroeder	423		



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

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Sunday	Monday	Tuesday
	1 8AM Pool Exercises 8:00 AM Stay Fit 10 AM 5 Mile walk 1:00 PM Euchre	8AM P 8AM S
7 8:45 AM Church Service 10A Pool Exercises	8 8AM Pool Exercises 8:00 AM Stay Fit 10 AM 5 Mile walk 1:00 PM Euchre	8AM P 8AM S
14 8:45 AM Church Service 10A Pool Exercises	15 8AM Pool Exercises 8:00 AM Stay Fit 10 AM 5 Mile walk 1:00 PM Euchre	8AM P 8AM S
21 8:45 AM Church Service 10A Pool Exercises	22 8AM Pool Exercises 8:00 AM Stay Fit 10 AM 5 Mile walk 1:00 PM Euchre	8AM P 8AM S
First Day of Summer Father's Day		
28 8:45 AM Church Service 10A Pool Exercises	29 8AM Pool Exercises 8:00 AM Stay Fit 10 AM 5 Mile walk 1:00 PM Euchre	8AM P 8AM S

Golden Gate

Tuesday	Wednesday	Thursday	Friday	Saturday
<div>2</div> <div>Pool Exercises Stay Fit</div>	<div>3</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 10A Labor of Love 1:00 PM Euchre</div>	<div>4</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 9:30A Director's Workshop if posted 5 PM Hand & Foot 6:30 PM Pinochle</div>	<div>5</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 10 AM 5 Mile Walk</div>	<div>6</div> <div>8:00 AM Pool Ex- ercises</div>
<div>9</div> <div>Pool Exercises Stay Fit</div>	<div>10</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 10A Labor of Love 1:00 PM Euchre</div>	<div>11</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 9:30A Director's Workshop if posted 5 PM Hand & Foot 6:30 PM Pinochle</div>	<div>12</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 10 AM 5 Mile Walk</div>	<div>13</div> <div>8:00 AM Pool Ex- ercises</div>
<div>16</div> <div>Pool Exercises Stay Fit</div>	<div>17</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 10A Labor of Love Sew Day 1:00 PM Euchre</div>	<div>18</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 9:30A Director's Workshop if posted 5 PM Hand & Foot 6:30 PM Pinochle</div>	<div>19</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 10 AM 5 Mile Walk</div>	<div>20</div> <div>8:00 AM Pool Ex- ercises 4:00 PM WC's Fa- ther's Day event</div>
<div>23</div> <div>Pool Exercises Stay Fit</div>	<div>24</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 10A Labor of Love 1:00 PM Euchre</div>	<div>25</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 9:30A Director's Workshop if posted 5 PM Hand & Foot 6:30 PM Pinochle</div>	<div>26</div> <div>8AM Pool Exercises 8:00 AM Stay Fit 10 AM 5 Mile Walk</div>	<div>27</div> <div>8:00 AM Pool Ex- ercises</div>
<div>30</div> <div>Pool Exercises Stay Fit</div>				<div>JULY 2015</div> <div>S M T W T F S</div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30 31</div>

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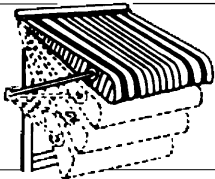
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7 Lynda & Edward Seddon	51
8 Roberta & William Fournier	422
10 Maria & Amedeo Castiglione	113
Carol & Lauren Hager	46
14 Dolores & Robert Hathaway	402
15 Victoria & James Fox	200
James & Irene Duncan	411
16 James & Darlene Stanley	67
19 Barbara & Henry Lechner	208
22 Grace & Larry Comstock	206
Raymond & Darlene DePasquale	212
24 Antoinette & Rocco Passero	191
26 Helen & Roger Bonenfant	101
Jenny & Geoff Murphy	205
Donna & Dallas Rearic	292
30 Dorothy & Jerome Schreiber	222



June Sudoku

	7	9	5		2				1			b		e
				c					2	6	1	a	3	
	3		2			1				7		d	c	
										b			f	
				a	b		f		c		1	2		g
		5		9	4				d				1	
8	a				1	6	d		g			f		
9		7		2	8	5			4					
					e		c					2		5
b	5		8	4		2					d		3	7
					6			4			e	a	f	
d		e	a			7			5	9	4		6	
		3			d		9					c	e	a
c		d	6			f				3				
5		8	7	6		3		f		a		9		1
		b		7					e	g		8		

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a	2	b	1	7	c	6	9	4	6	e	g	5	3	8	d	f
5	e	8	7	6	g	3	2	f	d	a	9	4	6	1	b	c
c	6	d	6	e	a	8	1	b	3	4	g	5	2	7	f	c
f	4	3	6	1	5	d	9	2	7	8	6	c	e	a	d	b
d	f	a	8	3	7	1	2	5	6	9	4	g	6	c	e	a
7	c	2	6	d	6	g	5	4	3	1	e	a	f	b	d	8
b	5	8	4	6	2	a	c	f	6	d	e	3	7	1	d	a
1	6	4	3	3	f	e	b	a	7	8	c	d	6	9	5	2
6	1	7	e	2	8	5	g	b	4	3	c	6	9	1	a	d
8	a	c	b	3	1	6	d	7	g	9	2	f	e	5	4	a
2	g	5	f	9	4	c	7	e	6	d	a	b	1	8	3	6
3	d	6	a	b	e	f	8	c	5	1	2	7	9	g	d	a
g	8	1	c	5	d	4	6	a	e	c	3	7	f	2	1	9
e	3	a	2	b	7	1	9	g	8	4	5	d	6	1	a	3
4	b	f	d	c	1	8	5	9	2	6	f	1	a	3	g	6
6	7	9	5	g	2	a	3	d	1	c	f	8	b	4	e	2



Summer Time

Eat Better to Spur Creativity

Some great artists and writers are known to have used drugs or alcohol to seek inspiration, but you don't have to risk your health when you need a creative boost. The Medical Daily website suggests trying some of these foods to help stimulate the brain:

- **Fruit.** Fruits have lots of an amino acid called tyrosine, which helps synthesize proteins and may influence your ability to think deeply. In one study, students performed better at completing puzzles when they drank orange juice strong with tyrosine.



- **Chocolate.** The flavanols in chocolate may enhance short-term cognitive skills, according to one British study, because flavanols boost the amount of oxygen in the brain. Try a cup of hot cocoa before you need to be at the top of your mental game.

- **Carbohydrates.** Carbs deliver a quick dose of glucose to your body and brain, providing aid to concentration and memory. Potatoes, oatmeal, and other carbs may have a beneficial effect on brain function.

- **Walnuts.** Rich in omega-3 fatty acids, walnuts can help memory and increase brain function, according to the journal Plant Foods for Human Nutrition. The results of one study showed that rats given a diet of raw walnuts for 28 days showed better learning and memory than rodents on another diet.



Money Matters

Try these smart shopping tips at the grocery store

Everyone wants to stretch his or her food dollars. You don't have to live on ramen noodles and cold cereal three times a day to do it. Here are some tips for savvy shopping at the store:

- Don't fall for fancy displays. Items stacked at the end of the aisles, like sodas, aren't necessarily on sale. The display can make them seem like they're marked down, but often they're still regular price.

- Remember that you pay for convenience. Skinless chicken breasts cost more than those packaged with skin. The same applies to the pre-cleaned and cut carrot sticks. In both cases, they're a little more expensive. Decide whether the convenience is worth the extra money.

- Try the store brands. If you compare the contents and nutritional value of name-brand versus no-brand items, you'll often discover that they're almost identical. In many cases, they're made in the same plant and just packaged with the store label.

- Use coupons. How often have you clipped coupons only to allow them to expire? Develop a system that will ensure you remember and use them.



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June Facts and Trivia

Basic Facts

- June is named for the Roman goddess Juno. The month of June is a popular month for weddings, perhaps because Juno was the goddess of marriage.
- In ancient Rome, June was the fourth month of the year. When the Gregorian calendar was adopted, it became the sixth month of the year. It is one of the four months with thirty days.

Birthstones

- The traditional birthstone for June is the pearl. It is a symbol of purity and is the only gem that comes from living sea creatures.
- Alexandrite is an alternate birthstone for June. This unique gemstone changes color depending on the lighting conditions. It is greenish brown in color when exposed to daylight and fluorescent light, but changes to a purple, reddish hue by incandescent or candlelight. It is a symbol of joy and good fortune.
- Another alternate birthstone for June is moonstone. It is considered a sacred stone in India. Moonstone varies in color from clear to bluish white or peach. It is a symbol of health and longevity.

Flower



- The flower for the month of June is the rose. Roses are a symbol of love and appreciation. They are also known as the flower of passion.
- Roses come in a wide variety of colors. Each color has a different meaning. Red roses symbolize love; white roses symbolize innocence and purity, and light pink roses are a symbol of admiration or sympathy.

Astrological Signs

Gemini and Cancer are the astrological signs for June. Birthdays from June 1st through the 20th fall under the sign of Gemini. June 21st through the 30th birthdays fall under the sign of Cancer.

Historic Events in June

- Benjamin Franklin discovered electricity on June 15, 1752.
- Continental Congress adopted the United States flag known as the Stars and Stripes on June 14, 1777.
- The Pledge of Allegiance was recognized by Congress on June 22, 1942.
- The Korean War began on June 25, 1950.



Famous People Born in June

Many famous people were born in June. Here are just a few of them.

- One president: George H.W. Bush
- Several actors and actresses: Tim Allen, Courtney Cox, Johnny Depp, Michael J. Fox, Angelina Jolie, Nicole Kidman, Toby Maquire, Marilyn Monroe, and Meryl Streep
- Singers/Musicians: Paul McCartney and Lionel Ritchie
- Athletes: Joe Montana, Michael Phelps and Venus Williams



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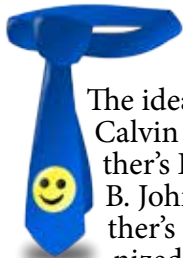
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Here's to you, dad: The start of Father's Day

Father's Day started with a dedicated woman: Sonora Smart Dodd, the daughter of a widowed Civil War veteran who had raised her on his own. Dodd came up with the idea for a special day celebrating fathers when listening to a Mother's Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Wash., and began a campaign for an official celebration thereafter.



The idea of Father's Day initially met with some skepticism, but in 1919, President Calvin Coolidge expressed support for the holiday, and in 1926 a National Father's Day Committee was formed in New York City. In 1966 President Lyndon B. Johnson signed a proclamation designating the third Sunday in June as Father's Day, but it wasn't until 1972 that President Richard Nixon officially recognized it as a national holiday.

Loyalty to country, always. Loyalty to government, when it deserves it.

—Mark Twain



Quick zingers and fast chuckles

Need to get a laugh in a hurry? Try some of these handy one- or two-liners:

- Explaining puns to kleptomaniacs is hard because they always take things literally.
- I used to think the brain was the most important organ. Then I thought, "Look where that idea comes from."
- A dwarf fortune-teller who kills his customers might be known as a small medium at large.
- Did you hear about the dyslexic devil worshipper who sold his soul to Santa?
- During a prison break I saw a dwarf climb over a wall. As he jumped down he sneered at me, and I thought, "That's a little condescending."
- A blind man walks into a bar. And a table. And a chair.
- You never see a hippopotamus hiding in a tree. They must be really good at it.

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Services include:

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- Support for caregivers through education, navigation and support groups
- Resource library

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Where there's a will, you need a plan

It sounds like the setup for a joke: A rich uncle dies and leaves you a fortune. But what happens next in real life? A financial windfall, large or small, needs to be managed well. Here are some tips on what to do if you come into some money:

- Stash it away. Put the money away for at least six months. Trying to decide what to do with the money too soon after a relative's death may lead to questionable decisions. Put it into a money market or savings account for a little while.
- Assess your debt situation. Before you decide to invest or buy something with the money, determine whether the funds would be better spent wiping out any debt you may have.
- Seek advice. If you receive more than \$20,000, consider hiring a financial advisor who can tell you how to gain the largest or safest return on your investments.



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Know Your Organs: The Gallbladder

The gallbladder is a small, pear-shaped organ located beneath the liver and next to the pancreas. You may not give it a lot of thought—until it starts malfunctioning. Then it can cause pain and serious health problems.

The gallbladder stores a substance called bile, or gall, that comes from the liver and helps to digest fat. The main problem that can arise is the formation of gallstones, which can be as small as a grain of sand or as large as a golf ball. They affect both men and women, and may occur as a single large stone or a group of small ones. What causes them is unclear, though they're more common in people with excessive body fat around the waist, and in those who have lost weight very quickly. The risk of gallstones increases as you age, particularly among women as they approach menopause and everyone after age 40.



You may have gallstones for years without noticing them, regardless of their size or number. But during a gallstone attack, patients can experience sharp pain in the upper right side of the abdomen, along with nausea and vomiting. Attacks tend to occur at night, often after a large meal with lots of fat, as well as after drinking alcohol.

Gallstones are treated in a number of ways: Some people take an acid orally which dissolves the stones gradually, although they may reappear once the treatment is stopped. Otherwise, they can be broken up with ultrasonic shock waves or removed by surgery in serious cases.

Be on the lookout for these symptoms:

- Sudden severe pain in your upper right abdomen, lasting from 30 minutes to several hours.
- Pain in your right shoulder blade or under your right shoulder.
- Indigestion after eating desserts, fried foods, or foods high in fat or protein.

See a doctor immediately if abdominal pain lasts five hours or more, if you experience nausea, vomiting, fever, or chills, if you have a yellowish color in your skin or in the whites of your eyes, or if you have light-colored stools or dark urine.

Keep Your Heart Healthy With The Right Food Choices

The food you eat can make a big difference to your health, especially in matters of the heart. You can keep your heart ticking to a ripe old age by adding these foods to your diet:

- Tomatoes. A good source of vitamin C, vitamin A, potassium, and fiber, tomatoes also contain lycopene, an antioxidant that may help to lower bad cholesterol, keep blood vessels open, and lower the risk of heart disease. For best results, serve cooked tomatoes in stews, soups, and sauces.
- Blueberries. Blueberries contain antioxidants called anthocyanins, which may reduce blood pressure by relaxing blood vessels. One cup has only 80 calories, and they add fiber and vitamin C to your daily diet.



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BUYING COIN COLLECTIONS. Proof and mint sets, old coins, currency, \$.03 for "Wheaties", American Flyer Trains. 688-9871

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ATTENTION RESIDENTS!

Did you know this Emporium/Classified listing reaches over 21,000 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

Thanks!

-Monthly Media Staff

JULY AD DEADLINE - JUNE 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:**

Winifred Ruggeri	\$100.00	O.E. Wilson Insurance, Inc.	Ruth Wiles	\$5.00	Royal Enterprise
Ralph Coe	\$10.00	Superior Vapor Barrier	BJ Daw	\$5.00	Ron Wyngarden MH Washing
Kelly McMahon	\$10.00	Modern A/C & Appliance Service	Carolyn Chambers	\$5.00	Boss Electric Corp
Dora Nicinski	\$10.00	Chambers Specialties, Inc.	Barbara Thomas	\$5.00	Bob's Appliance Repair
Bob Doyle	\$10.00	5 Star Carpet Care	Dottie Hunter	\$5.00	Jones & Sons Plumbing, Inc.
James Erickson	\$10.00	Mitchell Siding	Russell Sapia	\$5.00	Sunset Appliance Service
Brian Cantwell	\$10.00	Mister Squeegee	David Miller	\$5.00	Shonna Bender Massage Therapist
Ronald Farrell	\$10.00	Action Appliance Sales and Service	Debra Thompson	\$5.00	Dr. Peter M. Mason
Albo Palazini	\$10.00	Appliance Specialty, Inc.	Jill Chambers	\$5.00	Rod Runners, Inc.
Allan Ziegler	\$10.00	Note Books Plus	Alphee Cyr	\$5.00	Haseney Electric
Loretta Ray	\$10.00	Royal Enterprise	David Cross	\$5.00	E & E Gliddon Air Conditioning, Inc.
Garvin Desjardin	\$10.00	Natures Resource Pest Control	Doris Althouse	\$5.00	Appliance Specialty, Inc.
Mable Champion	\$10.00	Enos Plumbing and Service, Inc.	Frank Orzel	\$5.00	Knoblock Hearing Care, Inc.
Thomas Baker	\$10.00	Air Masters of Pinellas	Larry Clinton	\$5.00	Buggin Out Termite & Pest control
Dorothy Love	\$5.00	Haseney Electric	Catherine Berg	\$5.00	Largo Plumbing Co.
Heidi Willeford	\$5.00	Bill the Carpet Guy	Eleanor Malloy	\$5.00	Barron's A/C & Appliance Service, Inc
Carole Woodward	\$5.00	Chambers Specialties Inc.	Robert Mitchell	\$5.00	Mobile Home Depot
Sherry Henry	\$5.00	Bob's Mobile Home Washing	Elaine Magee	\$5.00	Florida Water Treatment, Inc.
Melodie Marco	\$5.00	Modern A/C & Appliance Service	Frank Hemming	\$5.00	Knoblock Hearing Care, Inc.
Harry Wolaver	\$5.00	Buggin Out Termite & Pest control	Joy Billis	\$5.00	Air Masters of Pinellas
Kenneth Seaner	\$5.00	Largo Plumbing	Ginette Laland	\$5.00	Doll Brothers Carpet Cleaners
Jolene Lease	\$5.00	Debbie's Salon	Hazel Raynes	\$5.00	Hellers Mobile Home Washing
Robert Gamboa	\$5.00	Battleline Termite & Pest Control, Inc.	Jewel Ahrens	\$5.00	Royal Enterprise
Larry Schultz	\$5.00	Capital Golf Carts, Inc.			

• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • No purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers.



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