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GOLDEN GATE

• NUGGET •

October • 2016

**Issue 8
40th Year**

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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 #245 615-974-9424
- Jim Alaimo Director, Lot #433 735-2634
- 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

There was no Board of Directors meeting held in September of 2016. Our financial report for the month of August 2016 shows that income for the month was \$33,202 with expenditures of \$25,966. After 8 months income was \$268,651 with expenses of \$230,527. After eight months of operation we are \$3,599 plus to budget on income and \$675 over budget on expenses, resulting in \$2,924 net (plus) to budget for 2016. The financial statement for each month is posted on the bulletin board at the rear of the hall for everyone to review.

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FROM THE OFFICE

Cautions! Driving on roads when we have a large volume of rain. Slow Down water waves could flow into residents' sheds as a result of your driving fast!!!

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

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.
- If your vehicle has an oil leak PLEASE DO NOT PARK ON THE STREET or around the Club House, as doing so will break down the asphalt resulting in high cost repairs. In conversations with Pinellas County Code Enforcement we were informed that Vehicle owners may be in violation of EPA ordinances and subject to fines.



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.

BICYCLES

Please remember that bicycles are vehicles and must obey all traffic laws including stopping at all stop signs. This applies to residents and visitors.





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.

FRIENDLY REMINDERS



Weeds are growing at a rapid pace due to the amount of rain. "Friendly Reminders" were sent to remind residents to keep homes as weed free as possible and to check homes for mold.

COMMUNITY RULES REMINDER

Rule 8: SELLING UNIT: "Your unit may be sold only to persons who have first been approved by the Board of Directors. No more than two for sale signs per unit not to exceed 24"x 24", are permitted and if not in the window of the unit the signs must not interfere with law maintenance. Shareholders may sell their units or may utilize any outside brokerage service."

THANK YOU

"THANK SO MUCH"

Sure a little bit of heaven fell from out of the sky one day, and it nestled in a spot called "Golden Gate" It is said only the "best people" could live there. I have proof that this is true to everyone and there are quite a few who called, sent cards and prayed for me. My family sincerely "Thank You". A special thanks to the "Labor of Love", for their thoughtful gifts.

Watch out because I have been taken lessons on how to cheat at cards. I have my 2 quarters to get started.

"GOD BLESS YOU ALL"

JERRY SCHREIBER



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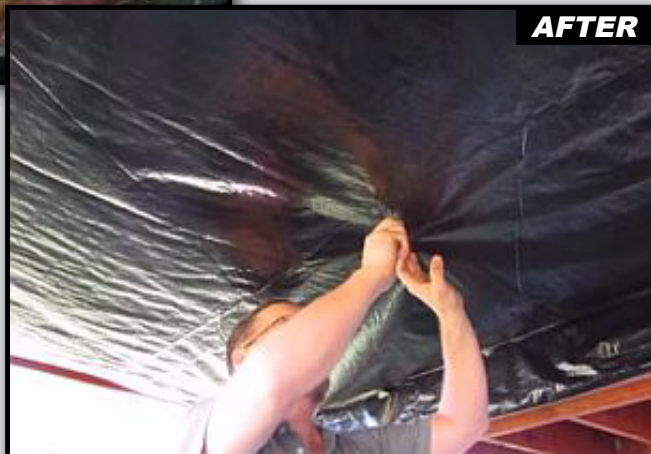
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LABOR OF LOVE

Our schedule for the coming year has been posted. The Fall Delivery Day will be Wed. Oct 19. We will be taking the beautiful items made during the summer to our charities. Also, some items in memory of our friends and neighbors will be taken to Hospice. Our Christmas Delivery date will be Dec. 7, and Easter Delivery Day will be Mar.29,2017.

We continue to meet every Wednesday from 10:00 am to 11:00am. Once a month our Sew Days are 8:30 to 12:30. We bring a sack snack and sew on our projects. There is always something YOU can do, cut, sew, iron, knit, crochet and ALL materials are furnished. Special thanks to those organizations and individuals who continue to support us with their gifts and prayers.

Come join us as we continue to "Serve those in need with Love". jennie louise snyder heeren
727-698-6003

GOLDEN GATE CHURCH - THE CHURCH IN THE PARK

Non-denominational Services: 8:45 AM - Sunday - Golden Gate Hall Paul Carter - (Lot 87)

Please feel free to join us for services at 8:45 am every Sunday. Rev. Bowers' enthusiasm is contagious. We, as all Churches, have a prayer list. If you know of anyone who needs to be Included please contact Paul Carter at 406-5079 or Don Kuzmickas at 579-9089. We have come to the time of year that our snow birds have left for the season. But we are working to continue the special music. Don't forget your swords (bible) so you can follow Pastor John.



GOLDEN GATE WOMEN'S CLUB

Pat Stephenson

Many of the snow birds have already returned from the north. October and November bring back the majority of our seasonal residents. It is now time for things to get very busy in the park. Club meetings, special events, dinners, dances and much more begin in October. At Golden Gate you can be as busy as you want to be or choose to not participate. I hope everyone chooses to participate and meet many new friends and enjoy all that Golden Gate has to offer.

All the clubs will conduct their first meetings of the year in October. Our first meeting will be Wednesday October 19th at 7:00pm. We welcome all women to attend the meetings and decide if they wish to join. We are open to suggestions if you have any event you would like to see. If you are not already a member, please come and join us.





BIRTHDAYS

1	Shelley Hinkle	199	17	Marjorie Eaglen	207
3	Erika Fischer	302		Michael Hay	230
	Nancy Flemming	210		Daniel Wilson	434
4	Edward Seddon	51	18	Roger Hassen	7
5	Joan Seagrave	428		Margaret Hay	230
6	John Oscien	44		Robert Reed	50
	Bernice Patrick	6	19	Ivan Butler	401
8	Mac Brackett	164		Norma Fredriksen	198
	Roger Fent	211		Carol Gagliano	66
	Clifford Jones	82		William Nelling	79
9	Susan O'Byrne	279	20	Patsy Noseworthy	19
10	Fabrizio Soffritti	150	21	Mary Hickey	236
11	Steven Berry	179	22	Pat Hanson	97
12	Ruth Hathaway	167		Rocky Passero	191
13	Maureen Harvey	141	23	Gordon Perrin	8
	Mary Jane Holoska	174	24	Avis Bluto	266
	Ronaldo Thibeault	273		Dolores Hathaway	402
14	William Bragdon	93	25	Darlene DePasquale	212
	Eileen Drake	403		Therese Lachance	300
	James Geneau	286	28	Ruth Hughes	309
	Joan Glennon	92		Marcel Pilon	104
	Betty Kraft	250	29	Judith Costello	291
	Belinda Rovenski	84		Jean Kent	107
15	Irene Butler	401	30	Sharon Rodgers	56
16	Stephanie Ulm	214	31	Sussane Bowles	429
				Judith Beard	74
				Jeanne Anne Tucker	278



ANNIVERSARIES

1	Judy & Ronald Sornson	251
5	Virginia & Robert Brookhart	304
8	Nancy & Gary English	22
9	Diane & Raymond Greco	192
14	Karen & Clifford Jones	82
18	Sharon & Robert Wilhelm	313
19	Janice & Frank Durham	49
	Joanne & Daniel Madeline	26
	Stephanie & Todd Ulm	214
20	Elaine & Lee Debeaudry	106
23	Helen Sue & Jerrold Thompson	271
29	Debbie & James Alaimo	17
	Ada & Edward Montgomery	306



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GOLDEN GATE NUGGETS CLUB OCTOBER 2016 NEWSLETTER

Anne Jones

We weathered the storm, we stuck together, we're missing our Northern friends and all of us are looking forward to this 2016-2017 season. The Nuggets Club in Golden Gate is the active, fun, partying club, but we have the biggest heart and I like to think the best people helping us to become what we are.

This summer we purchased a new stove for the clubhouse kitchen, as our members voted to do, and we purchased a new dart board for the poolroom, as the other one wouldn't hold darts.

We have some new and different things in the making for this season and these will be discussed at our first meeting on Tuesday, October, 18th at 7:00 pm. We will be taking memberships from the first meeting, and the cost for being a member of the Nuggets Club is \$1.00. We always serve refreshments after the meetings and of course we always "mix and mingle" so plan on an informative and fun filled evening with your neighbors and friends.

Remember to "Never look down on anyone unless you are helping them up" AND "It's nice to be important, but it's more important to be nice!"

2		7	6			3	
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8		2			9		4
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		5		3			



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



Check medical bills with care

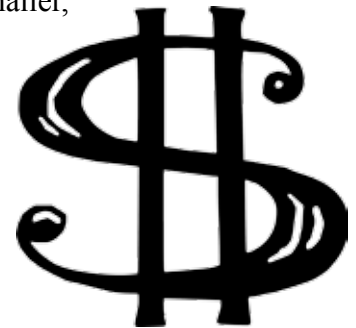
Dealing with health insurance claims can be frustrating and time-consuming. Multiple bills from different departments for what seems like one medical procedure can baffle even the most organized consumer. The key is to keep track of insurance claims and keep detailed records. Follow this advice:

- **Review records.** Verify that the medical provider has the correct billing information. Also, check the identification or group number of your insurance plan on claim forms.
- **Follow up to be sure the claim is being processed.** Contact the provider or insurer after receiving a bill to confirm receipt. Write down the names of everyone you speak to, noting the date of the call and any available confirmation numbers.
- **Verify all the expenses.** Check to see if you are being billed twice. Similarly, verify that the contracted rate between the insurer and the provider is actually what you are being billed for.

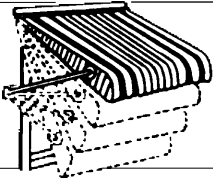
Revamp your finances to save more money

If you can figure out how to save just \$125 per month, then set up an automatic savings to a mutual fund that yields an average of 7 percent, in five years you will have almost \$9,000. In 20 years, that amount will have grown to \$65,000! Here are four suggestions for coming up with that \$125 per month:

- **Look at your cable TV bill. Do you need all those channels?** You can roll your bill back by getting rid of premium channels or subscribing to a smaller, cheaper package.
- **Stop picking up magazines from the supermarket or newsstand.** Save yourself some money by reading online or subscribing to your favorite magazine instead. And if you're subscribing to anything you don't read, cancel it.
- **Change your cell service.** Shopping around can get you a better deal that will save you bucks. Just make sure you won't be penalized for breaking a contract early.
- **Call your credit card company.** You may be able to get a lower interest rate just by asking.



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Some challenges spur imagination and success

Imagination performs best when it's challenged. Perfect freedom leaves the imagination listless, and whatever is created is lifeless as well. Only when a challenge presents itself does the imagination perk up. How can the problem be solved? What other paths could you follow?

Take for example, American writer Flannery O'Connor. She was stricken with lupus erythematosus in her mid-20s. She spent almost all of her life (she died at age 39) on her family's farm. But as the disease made movement more and more difficult, it also pushed her to sit at her typewriter every day and write. The stories she churned out are full of wild imaginings and a great spirit of hope.



Just listen

A man whose marriage was in trouble sought advice from his minister. The minister heard the man out and then said, "You must learn to listen to your wife."

The man took this advice to heart, but he returned a month later to say the marriage was still unhappy, even though he had learned to listen to every word his wife said.

The minister said with a smile, "Now go home, and listen to every word she *isn't* saying."

Learn to let go

A little boy was playing one day with a very valuable vase. When he put his hand inside it and couldn't draw it back out, he called for his mother. His mother tried gently to slide his hand free, but it remained stuck.



She was ready to break the vase when she said, "OK, let's try one more time. Open your hand and hold your fingers out out straight, and then pull."

"Oh, no, mommy!" the boy cried. "If I do that, I'll drop my penny!"

Storytellers have as profound a purpose as any who are charged to guide and transform human lives.

—Nancy Mellon

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Sunday	Monday	Tuesday
8:45 AM - 11:00 AM Church Service 10:00 AM - 12:00 PM Pool Exercises	2 8:00 AM - 10:00 AM Pool Exercises 8:00 AM - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10:00 AM - 11:30 AM Line Dancing 1:00 PM - 3:00 PM Euchre	3 8:00 AM Pool Exercises 8:00 AM Power Walk 10:00 AM Senior Tai Chi 10:00 AM Line Dancing 1:00 PM - 3:00 PM Nova Shuffle Prac.
8:45 AM - 11:00 AM Church Service 10:00 AM - 12:00 PM Pool Exercises	9 8-10 AM Pool Exercises 8:00 AM - 9:15 AM Power Walk 9-10 AM Senior Tai Chi 10:00 AM - 11:30 AM Line Dancing 11:00 AM - 1:00 PM Friendship Shuffle Prac. 1:00 PM - 3:00 PM Euchre 1:00 PM - 3:00 PM Nova Shuffle Prac.	10 8-10 AM Pool Exercises 8:00 AM Power Walk 10:00 AM Senior Tai Chi 10:00 AM Line Dancing 7:00 PM - 9:00 PM Meeting 7:00 PM - 9:00 PM Practice
8:45 AM - 11:00 AM Church Service 10:00 AM - 12:00 PM Pool Exercises	16 8 - 10AM Pool Exercises 8 - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10 - 11:30 AM Line Dancing 11:00 AM - 1:00 PM Friendship Shuffle Prac. 1:00 PM - 3:00 PM Euchre 1:00 PM - 3:00 PM Nova Shuffle Prac.	17 8:00 AM Pool Exercises 8:00 AM Power Walk 10:00 AM Senior Tai Chi 10:00 AM Line Dancing 2:30 PM - 4:00 PM Meeting 7:00 PM - 9:00 PM Practice
8:45 AM - 11:00 AM Church Service 10:00 AM - 12:00 PM Pool Exercises 2:00 PM - 2:00 PM Private function	23 8 - 10AM Pool Exercises 8 - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10 - 11:30 AM Line Dancing 11:00 AM - 1:00 PM Friendship Shuffle Prac. 1:00 PM - 3:00 PM Euchre 1:00 PM - 3:00 PM Nova Shuffle Prac.	24 8:00 AM Pool Exercises 8:00 AM Power Walk 10:00 AM Senior Tai Chi 10:00 AM Line Dancing 2:30 PM - 4:00 PM Meeting 7:00 PM - 9:00 PM Practice
8:45 AM - 11:00 AM Church Service 10:00 AM - 12:00 PM Pool Exercises	30 8 - 10AM Pool Exercises 8 - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10 - 11:30 AM Line Dancing 11:00 AM - 1:00 PM Friendship Shuffle Prac. 1:00 PM - 3:00 PM Euchre 1:00 PM - 3:00 PM Nova Shuffle Prac.	31 8:00 AM Pool Exercises 8:00 AM Power Walk 10:00 AM Senior Tai Chi 10:00 AM Line Dancing 2:30 PM - 4:00 PM Meeting 7:00 PM - 9:00 PM Practice

Halloween

Golden Gate

Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00 AM - 10:00 AM Pool Exercises 12:45 PM - 3:30 PM Horse Collar Shuffle
10:00 AM - 11:00 AM 4 Pool Exercises 10:00 AM - 11:00 AM Walk 11:00 AM - 11:00 AM 5 Walk	8:00 AM - 10:00 AM Pool 5 Exercises 8:00 AM - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10:00 AM - 11:00 AM Labor of Love 1:00 PM - 3:00 PM Euchre	8:00 AM - 10:00 AM Pool 6 Exercises 8:00 AM - 9:15 AM Power Walk 9:30 AM - 11:30 AM Direc- tor's Workshop if posted 5:00 PM - 9:30 PM Hand & Foot	8:00 AM - 10:00 AM Pool 7 Exercises 8:00 AM - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10:00 AM - 11:00 AM 5 Mile Walk 1:00 PM - 3:00 PM Euchre	8 8:00 AM - 10:00 AM Pool Exercises 12:45 PM - 3:30 PM Horse Collar Shuffle
11 Pool Exercises 9:15 AM Power 10:00 AM - 11:00 AM 5 Walk 10:00 PM Meeting	8:00 AM - 10:00 AM Pool 12 Exercises 8:00 AM - 9:15 AM Power Walk 8:30 AM - 12:30 PM Labor of Love - Sew Day 9:00 AM - 10:00 AM Senior Tai Chi 1:00 PM - 3:00 PM Euchre	8:00 AM - 10:00 AM Pool 13 Exercises 8:00 AM - 9:15 AM Power Walk 9:30 AM - 11:30 AM Direc- tor's Workshop if posted 5:00 PM - 9:30 PM Hand & Foot	8:00 AM - 10:00 AM Pool 14 Exercises 8:00 AM - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10:00 AM - 11:00 AM 5 Mile Walk 1:00 PM - 3:00 PM Euchre	15 8:00 AM - 10:00 AM Pool Exercises 12:45 PM - 3:30 PM Horse Collar Shuffle
10:00 AM Pool 18 9:15 AM Power 11:00 AM Board 12:30 PM TC 9:00 PM Nuggets	8:00 AM - 10:00 AM Pool 19 Exercises 8:00 AM - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10:00 AM - 11:00 AM Labor of Love - Delivery Day 1:00 PM - 3:00 PM Euchre 7:00 PM - 9:00 PM Women's Club Meeting	8:00 AM - 10:00 AM Pool 20 Exercises 8:00 AM - 9:15 AM Power Walk 9:30 AM - 11:30 AM Direc- tor's Workshop if posted 5:00 PM - 9:30 PM Hand & Foot	8:00 AM - 10:00 AM Pool 21 Exercises 8:00 AM - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10:00 AM - 11:00 AM 5 Mile Walk 1:00 PM - 3:00 PM Euchre	22 8:00 AM - 10:00 AM Pool Exercises 12:45 PM - 3:30 PM Horse Collar Shuffle
10:00 AM Pool 25 9:15 AM Power 11:00 AM 5 Walk 12:30 PM TC	8:00 AM - 10:00 AM Pool 26 Exercises 8:00 AM - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10:00 AM - 11:00 AM Labor of Love 1:00 PM - 3:00 PM Euchre 8:00 PM - 8:00 PM Halloween Dance	8:00 AM - 10:00 AM Pool 27 Exercises 8:00 AM - 9:15 AM Power Walk 9:30 AM - 11:30 AM Direc- tor's Workshop if posted 5:00 PM - 9:30 PM Hand & Foot	8-10AM Pool Exercises 28 8:00 AM - 9:15 AM Power Walk 9:00 AM - 10:00 AM Senior Tai Chi 10 - 11AM 5 Mile Walk 2:15 PM - 3:30 PM Church Choir 7:00 PM - 9:00 PM TC Chorus	29 8:00 AM - 10:00 AM Pool Exercises 12:45 PM - 3:30 PM Horse Collar Shuffle
				NOVEMBER 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

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Try these tips for better napping

Sleep is important to your health, and regular naps can make a positive difference. One Harvard study found that people who nap at least three times a week for a half hour or more have a much lower risk of heart disease. Other studies suggest that a 40-minute nap can improve performance on the job.

So what's the best way to nap? The Science of Us website summarized the findings of different studies. First, try to sleep for at least an hour to get a deeper sleep, even though shorter naps have positive benefits as well. Second, lie down for your nap; you'll wake up feeling more alert than if you sleep sitting up in a chair.



Finally, nap in the morning if possible. You're more likely to get REM sleep because your brain still craves it from the night before. Although, on the other hand, afternoon naps tend to be more restorative and improve memory.

Chest pain? Worry—but don't panic

You're having chest pains. Should you rush to the hospital? Although you shouldn't ignore the pains, don't panic. According to an article on the Medline Plus website, fewer than 6 percent of chest pains are symptoms of a heart attack. That's the good news. The bad news is that doctors usually can't determine the cause of chest pains, and they can be evidence of a serious illness.

Researchers studied a database containing records of emergency room visits, looking at 11,000 cases of chest pain unrelated to other trauma. They found that only 5.5 percent of patients suffered from life-threatening ailments. The most common diagnosis was simply "non-specific chest pain," accounting for more than five in 10 patients complaining of discomfort.

Chest pains cause more than 8 million trips to emergency rooms each year, second only to abdominal pains.

Heart health improving for Americans

Americans are taking better care of their hearts, according to the Centers for Disease Control and Prevention. According to a study published in the American Journal of Preventive Medicine, the rate of heart disease in Americans over 40 dropped to 8 percent in 2011-12, down from 10 percent in 2001-02. Among Americans 60 and older, the rate dropped from 19.5 percent to 15 percent in the same time frames. The researchers found no significant change either way in Americans 40-59 years old, however.

One factor influencing the improvement was having access to health insurance, according to the study. Better management of risk factors like high blood pressure, cholesterol, smoking, weight, and diabetes probably contributed to the decline, the report suggested.



Go for the quick laugh

Jokes don't have to be longwinded. Try these one-liners out on your friends:

- I sold my vacuum cleaner—all it was doing was gathering dust.
- I give all my dead batteries away—free of charge.
- I hate elevators, so I take steps to avoid them.
- I know a man who drinks brake fluid. But he says he can stop any time.
- When will all the rhetorical questions end?
- Women really should not have children after 35. After all, 35 children are enough.
- It's hard to explain puns to kleptomaniacs because they always take things literally.
- A hard-boiled egg in the morning is hard to beat.
- There are only 10 types of people in the world—those who understand binary and those who don't.



Hot tip

A man was watching TV one night when his wife walked up behind him and smacked him on the back of the head with a newspaper.

“What was that for?” he demanded.

“I was doing the laundry and I found a piece of paper folded up in your back pocket with the name ‘Carol Anne’ written on it,” she said.

“Oh, honey,” the man said. “I was at the track the other day and a guy gave me a hot tip on a horse named ‘Carol Anne.’ I won \$50.”

Unconvinced, the wife said, “All right, then,” and went back to the laundry.

Two nights later the husband was watching TV again when the phone rang. A minute later, his wife walked up behind him and once again hit him with the newspaper. “What are you doing?”

“The phone call? That was your horse.”



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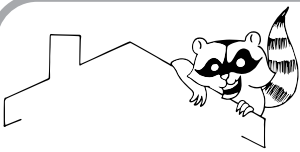
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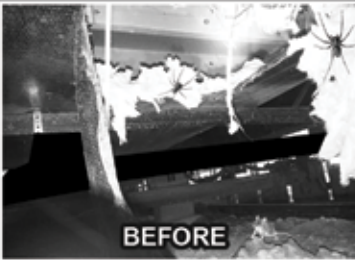
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Get your imagination going when you paint

You don't have to be a Picasso to find satisfaction and enjoyment in creating art. When you're searching for ideas or subjects to paint, consider these approaches:

- Seek inspiration. Spend some looking at art—paintings, sculpture, drawings. Listen to music to stimulate your creative juices.
- Start small. If you're hesitant, or blocked, don't tackle a big art project. Start with something small and easy. Work on one section of a painting you're planning, and don't think of the rest of the project. You'll accomplish something concrete, and your success may give you the momentum you need to continue.
- Switch things around. If you usually paint or draw horizontally, switch to vertical. Instead of painting what you see, paint what you feel. If you draw with your right hand, try switching to your left. A small change can make a big difference.
- Try an exercise. Pick a common saying: "Once in a blue moon," for instance. Draw or paint what the saying means to you. What kind of rare occurrence springs to your mind? How would the world look under blue moonlight? Choose other clichés and catchphrases to illustrate, and you'll keep your perceptions sharper.



Fear criticism? Do it anyway

The cliché that you can't please everyone is a simple lesson on dealing with criticism. You'll always have detractors, so you may as well follow your heart and do what's right.

That's what Julia Butterfly Hill learned. Hill made headlines a couple of years ago when she climbed into a California redwood and lived there for two years to protest logging in the ancient woods. After she came down, she wrote a book about her experience, *The Legacy of Luna* (Luna is the name she gave to her tree home).

Then came publicity—and criticism from loggers whose livelihood she was curtailing and environmentalists who accused her of selling out.

"For every action, there's an equal and opposite criticism," Hill said. So do it anyway.





Skin cancer risk—your feet

You probably know to check the areas of your skin that get the most exposure to sunlight for symptoms of melanoma, but don't neglect the rest of your body. The WebMD website reports that skin cancer can develop on the soles of people's feet, particularly the spots that get the most stress from walking or running. Those areas include the ball of the foot, the side of the arch, and particularly the heel.



Melanoma on the sole of the foot is rare, accounting for just 2.4 cases per million for Caucasian Americans and 2.2 per million among African-Americans. However, because most of us don't think to check our feet for signs of cancer, it's often very advanced when discovered. So don't forget your feet when examining your skin.

Sea sponge could hold key to fighting deadly infections

MRSA (methicillin-resistant *Staphylococcus aureus*) is a bacterial infection that kills an average of 11,000 patients every year in the United States. But scientists now believe they've discovered an Antarctic sea sponge that produces a chemical compound capable of stopping it.

According to the UPI website, researchers studying the defense mechanisms of sea sponges—as well as algae and underwater invertebrate organisms—found the compound, named darwinolide, in *Dendrilla membranosa*. It works by penetrating MRSA's protective biofilm, a coating of proteins, carbohydrates, and DNA that current antibiotics can't get through.

Harvesting the sponges from the sea floor is neither practical nor environmentally sound, so the scientists are looking for a way to produce the compound synthetically. Fortunately, UPI states, most chemical compounds found in nature can be reproduced in the lab by chemists.

Poison found on ancient arrowheads

Primitive humans may have hunted prey with poison-tipped arrows at least 13,000 years ago, according to an article on the Sci-News website. Archeologists in eastern Africa uncovered several artifacts made from bone in the Kuumbi Cave—implements that included five slender projectile points. The cave also held traces of ancient charcoal from the Mkunazi plant, which has poisonous fruit.

Ancient humans probably used poison-tipped arrows of bone because stone-tipped arrows and spears didn't have the stopping power to take down large prey like zebras or buffalo.



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Gas giant found orbiting two stars could host life

A Jupiter-size planet in the habitable zone of two suns may have moons capable of supporting life, scientists say. Kepler-1647b is 3,700 light-years from Earth, and its two parent stars are about the size and age of our sun. It's a gas giant without a solid surface, the largest planet discovered in a two-star system, and it orbits the stars in 1,107 days.

As the MSN website reports, almost half of all sun-like stars discovered exist in binary systems. Most of their planets are closer to the size of Saturn and circle relatively closer to their parent stars, not in the zone where liquid water could exist. The discovery of

Kepler-1647b by the Kepler space telescope suggests that other such Tatooine-like worlds (after Luke Skywalker's home in the Star Wars movies) could be waiting elsewhere in the universe.

Volcanoes on Mars? Maybe

The Curiosity rover has made an unexpected discovery on Mars that's making scientists re-examine what they know about the history of the red planet.

As reported on the ScienceDaily website, Curiosity drilled into a rock at a location on the Martian landscape known as "Buckskin," collecting powder that was analyzed by X-ray diffraction. Scientists identified the powder as tridymite, a silicate mineral.



What's surprising? Tridymite is associated with volcanism—which wasn't thought to be a feature of Mars. The discovery has scientists wondering whether active volcanoes were at one time present on Mars despite its lower temperature. Mars, it seems, is still full of surprises.

Science is not about control. It is about cultivating a perpetual condition of wonder in the face of something that forever grows one step richer and subtler than our latest theory about it. It is about reverence, not mastery.

—Richard Powers

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BIG SALE: Oct. 14th-15th-16th & Fri-21st. 11104-101 St, Largo - off 110 Ave.



EVENTS & PROGRAMS

CRAFT SHOW, Saturday, October 8th, 9am - 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL. 95 Vendors/95 Prizes. Indoor & Outdoor Show. Food Court & Pumpkin Patch. \$1.00 Admission goes toward the homeless.

Annual Craft Fair Saturday 11/05/16, Paradise Island Clubhouse, 1001 Starkey Rd. Largo. Open 9am-1pm. A variety of handmade crafts, Bake sale, and Canteen open for food.

CRAFT SHOW 12/10/16 Four Seasons Estates, Largo. Vendors wanted. Email medmatchpay@yahoo.com for application, or 727-200-3240 for more info.

Craft Show 10/29/16 from 8am to 1pm. Crafters Wanted. Caribbean Isles, Largo. \$10 per Table. Please call Barb 727-674-0137.

Crafters Wanted: Paradise Island Annual Craft Fair. Sat. 11/5/16. Tables \$10 & \$15. Call Sammye 727-474-2660

Annual Bazaar - Rancho Village MHP, 7100 Ulmerton Road, Largo Florida. Sunday, November 13th, 12-4pm. Many vendors and food available.

Craft Sale Saturday December 3rd, 2016 8:30 am - 1:30 pm Sugar Creek MHP @ Clubhouse - 10265 Ulmerton Road, Largo (Behind Pier One Store). Bake Sale and Lunch. Tables \$10.00 - Call Sally 727-584-2404

HOLIDAY BAZAAR 11/12/16 All indoor craft show. First Lutheran Church, 1644 Nursery, Clearwater. Vendors: 727-744-3806 or cobrien2429@gmail.com

Junk In The Truck Rummage Sale: Saturday, Oct. 22nd 8am - 12:30pm. St Catherine of Siena Catholic Church 1955 S. Belcher Rd, Clearwater, FL 33764

ATTENTION RESIDENTS!

Did you know this Emporium/Classified listing reaches over 21,500 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.

-Monthly Media Staff

NOVEMBER AD DEADLINE - OCTOBER 10, 2016

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284.
 • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

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

Arthur Lovelock..... \$100	Dunedin Electric, Inc	Dennis Kreke	\$5	Boss Electric Corp
Walter Hook	\$10 ... E & E Gliddon Air Conditioning, Inc.	Paul Gray	\$5	Bill the Carpet Guy
John Matus	\$10	Barbara Champion	\$5	Boss Electric Corp
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Angela Mistretta	\$10	Ronny Lillo	\$5	Air Masters of Pinellas, Inc.
Jimmy Karon	\$10	Rick Burks	\$5	Payless Painting Services, Inc.
Debra Santee	\$10	Shirley Thompson	\$5	Jones & Sons Plumbing, Inc.
Debbie Cammar	\$10 ... Appliance Specialty Contractors, Inc.	Beatrice Johnson	\$5	Air Masters of Pinellas, Inc.
Patricia Marek	\$10	Gise Le Brouillette	\$5	AJ's Beds & Furniture, Inc.
Sandy Ravelin	\$10	Joy DiVenuti.....	\$5	1st Class Handyman Services
Art Kelsey	\$10	Godfried A. Grunwald	\$5 ... E & E Gliddon Air Conditioning, Inc.	
Martha Bunker	\$10	Pat Jackson.....	\$5	Recreational Golf Carts
Cindy Trenkamp.....	\$10	Phillip Friedlander	\$5	Doll Brothers Carpet Cleaners
Kristin Bacon	\$5	Judy Archer	\$5	Kathy's Cleaning Service
Terry Smith	\$5	Michael Walsh	\$5	Largo Plumbing Co.
Jenny Naegele	\$5	Irene Hartzell	\$5 ... Appliance Specialty Contractors, Inc.	
Kenny Eckhart	\$5	Dorothy Daley	\$5	Jones & Sons Plumbing, Inc.
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