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St. Petersburg Fire Dept.	893-7694	Seminole Fire Dept 394-6905
Pinellas County Sheriff	582-6200	1

Florida Highway Patrol 570-5010 Emergency - 911

UTILITIES

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Knology Sales	239-0211
Service	(866) 745-3685
Duke Energy	727-443-2641
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Frontier Services	1-800-921-8101
Directory Assistance	411
DirecTV	1-800-531-5000
Teco Gas	826-3333



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Diviv-lags, Dilver's License	
1800 66th St. N., St. Petersburg	464-7777
St. Petersburg Chamber of Commerce	821-4069
St. Petersburg City Hall	893-7171
St. Petersburg Post Office	(800) 275-8777
St. Petersburg Main Library	893-7724
Social Security Administration	(800) 772-1213
Seminole City Clerk	398-3107
Waste Management	888-964-9744
Seminole Recreation Dept	391-8345
VA Regional Office Benefits Info.	1-800 827-1000

HOSPITALS

Bay Pines VA	10,000 Bay Pines Blvd., St. Petersburg, 3	33708	398-6661
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Largo Medical Center	201 14th St. SW, Largo 33770		588-5200
Morton Plant	300 Pinellas St., Clearwater 33756		462-7000
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Shuffling and Bocce

Till be starting very soon as more players return from the North.

The pool area is being renovated and access to the courts may be affected. The pavers that were put in between the shuffling court and the pool patio have been removed. Pool renovations are scheduled to be finished in November.

LABOR DAY PICNIC:

hank you Diane Piscopo for being the chairperson for all the summer picnics. We can always rely on you to do a fantastic job!!!

Thank you to all who participated in the Labor Day picnic. A big thank you to all who brought food to share and who helped clean and set up.

PHONE DIRECTORY:

he 2018 – 2019 Phone Directory will be distributed in early November. Please contact our new chairpersons, Harriet Ha-Sidi and Dennis Antoszewski, with any new phone changes you may have. Their phone numbers can be found in the current directory. Do not wait till the last minute to do this!! Get your changes in now!!!!!

RECYCLE YOUR TRASH:

tems that do not belong in recycle bin: plastic bags, hoses, cords, ropes, clothing and any other tangles. They shut down the recycling process so throw in garbage.

BLANKET COLLECTION FOR THE MIGRANT WORKERS:

It is October and our thoughts will soon turn toward the holiday season. Harriet Ha-Sidi is again collecting blankets for the migrant workers in Plant City. Their houses have no heat and the winter nights can be very cold. While doing your shopping, pick up a blanket and give it to Harriet. If easier, make a donation and she will purchase the blanket for you with her tax exempt number. Harriet will give more information at Social Club meetings. A final date for collection will be announced in November.

ANOTHER REMINDER: WATCH THE WEATHER!!

HURRICANE SEASON JUNE TO NOVEMBER:

This very important information was submitted by Diane Piscopo. Diane is the park liason for hurricane preparedness. Call her with any questions, 716-479-9133.



Take a few minutes and stop in our clubhouse. As you enter the front door, to your left there is information on hurricane preparedness: pet registration forms, ID forms for those individuals that may need assistance from emergency personnel, what to take with you when evacuating, and steps to prepare ahead of time **WITH FAMILY**.

We live in mobile homes, therefore we <u>MUST EVACUATE</u>. Our clubhouse is not a shelter. Do not plan to go along the routes toward the ocean, but follow the blue and white "evacuate route" signs leading inland. Be aware, the shelter will accommodate you, but they may not have beds/cots, blankets or pillows. A chair or inflatable mat would be recommended.

BE PREPARED! BE SAFE!

Make arrangements for your pet!!

We have been lucky so far, hurricane season is not over. Please review your plans for hurricane preparations. We all remember last year!!!!!

DISINFECT WATER TO DRINK:

Purchase liquid Chlorox bleach (not splash-less or Calcium hypochlorite granules).

Bleach not more than 5 months old, stored at room temperature.

Recipe: clean container

1 quart of water – add 2 drops of bleach

1 gallon of water – add 8 drops of bleach

Let stand 1/2 hour before drinking

If you do not have above supplies, you can always boil the water.



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KILL THOSE WEEDS:

1 gal white vinegar 2 cups Epsom salts ½ cup blue Dawn detergent

Put in spray bottle for easier use. Prevents weeds for almost a month.





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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 here: P_{icture}



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TRAVEL:

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Contact Advantage Cruises and Tours toll free 866-824-1613.

<u>Day Trips:</u> Have not been arranged as yet. More information will be available in the fall. Day trips may include Kennedy Space Center, Giraffe Farm, and Ringling Bros.



DELETE:

Beaulieu, Norm Herren, Bill McCormick, Jim and Mary Turner, Jackie

DECEASED:

Sandra Timmons (in Kansas)



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

Did you know that October is also...

National Apple Month. Because apples are high in fiber and contain no sodium, cholesterol, or fat, they make a great snack. With more than 2,500 varieties grown in North America, it won't be difficult to find one you can enjoy chopped into your morning oatmeal, baked into a pie, or cored and sliced any time of the day when you want a delicious treat.



International Augmentative and Alternative Communication (AAC) Awareness Month. AAC is a set of strategies, tools, and devices used by people to overcome communication challenges. People who rely on AAC might use sign language, text, pictures, symbols, speech-generating devices or a combination of these for their basic communication. This month let's increase our awareness of the possibilities that could develop when everyone has the ability communicate effectively.

National Work and Family Month. In 2003 the U.S. government designated October as a time to promote sensible, flexible, and healthy work environments, as well as the benefits of work/life balance. Don't wait for your employer to create an initiative or perk to combat the daily grind. Take a day or more of PTO to decompress from your busy life and reconnect with your family.

Positive Attitude Month. Researchers believe people who embrace a positive outlook have less stress, an increased sense of well-being, better coping skills, and longer life spans. Purge the negativity from your life: Meditate, pray, practice positive affirmations, and surround yourself with only happy people. Do whatever you must, but always look on the bright side.

Fire Prevention Week, Oct. 7-13. This year's motto is "Look. Listen. Learn. Be aware. Fire can happen anywhere." Look for and eliminate potential fire hazards in your home. Listen for the sound of smoke alarms. Learn two ways of exiting every room in the event of an emergency. Visit the National Fire Protection Association website at https://www.nfpa.org/Public-Education/Campaigns/Fire-Prevention-Week to access more information.

Bone and Joint Action Week, Oct. 12-20. It's estimated that more than half of the U.S. population over 18 is dealing with some sort of musculoskeletal issue. This can include arthritis, osteoporosis, back pain, injuries or other conditions causing pain, disability, and a diminished quality of life. There is hope. Visit the website for the U.S. Bone and Joint Initiative at https://www.usbji.org/ to find out about research, prevention, and initiatives targeting bone and joint issues

National Taco Day, Oct. 4. Have one for breakfast, lunch, dinner, or any time of the day. We celebrate the taco on this day just to give you one more reason to enjoy them.



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Favorite places to eat, 2018 edition

That's your favorite place to eat? The American Customer Satisfaction Index's Restaurant Report 2018 ranked consumer preferences based on such factors as food quality, food order accuracy, courtesy of servers, and food variety. The top full-service restaurants in the United States are:

- Texas Roadhouse
- Olive Garden
- TGI Friday's
- Ruby Tuesday
- Cracker Barrel
- Outback Steakhouse
- Applebee's
- Denny's

- Longhorn Steakhouse
- Red Lobster
- Chili's

Trends in U.S. dining: Quick decisions and lots of delivery

iners in the United States are pretty spur-of-the-moment when it comes to deciding where to go out to eat, according to a survey cited on the Fast Casual website. Eighty-five percent make their dinner decision on the day of the meal.

Delivery is a popular option among all age groups, from Baby Boomers to Generation Z (born 1995–2010 or so). Fifty-one percent in the survey said they'd gotten food delivered in the past three months, with millennials doing the most ordering—77 percent of the age group.

What are people ordering?

- Burgers (28 percent)
- Wings (27 percent)
- Mexican (21 percent)
- Barbecue (14 percent)
- Desserts (11 percent)

Anyone who considers arithmetical methods of producing random digits is, of course, in the state of sin. For, as has been pointed out several times, there is no such thing as a random number—there are only methods to produce random numbers, and a strict arithmetic procedure of course is not such a method.

—John von Neumann



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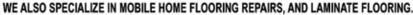


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11 1	2 13	3 14	15	16	17		
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						Columbus Day Thanksgiving Day – Canada	
					14	Bocce 9:00am	
					21	Bocce 9:00am	
					28	29 Bocce 9:00am	

Harbor Lights

uesday	Wednesday		Thursday	Friday	Saturday
2		3	4	Bocce 9:00am Bus to shop – Fridays -9:15am - Check with office for starting date	6
9	1	0	11	Bocce 9:00am Bus to shop – Fridays -9:15am - Check with office for starting date	13
16	1	7	18	Bocce 9:00am Bus to shop – Fridays -9:15am - Check with office for starting date	20
23	Social club 9:00am Coffee hour 10:00am Meeting	4	25	Bocce 9:00am Bus to shop – Fridays -9:15am - Check with office for starting date	27
30	Halloween 3	1	is closed for 2 mont Aquacise – Check f	ing done to the kitchen a ths, and there will be no for starting date, pool cl Look for starting date	Bingo in October. osed for 2 months.
	Halloween				

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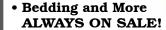
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Thinking of a fast? Try these approaches

any people practice intermittent fasting—going without food for a limited period of time. Benefits include fat loss, greater longevity, and better overall health. The Medical News Today website offers these strategies for fasting:

• Twelve hours. Some researchers say that fasting for 10–16 hours can cause your body to start burning fat and turning it into energy. The easiest way to do a 12-hour fast is to start at night. Fasting from 7 p.m. to 7 a.m., for example, means you won't spend all day reminding yourself that you're not eating, so you avoid the temptation to give in when hunger pangs start to rise.

• Two-day fast. You don't have to go completely without food, but under this plan, men should eat only 600 calories a day and women should consume 500. Separate the days—don't go two days in a row. Instead, plan at least one non-fasting day between your efforts. Studies suggest that this can help reduce weight and also improve insulin levels.

• Every other day. Again, limit yourself to 500–600 calories per day on your fast, but eat as much as you want on non-fast days.

One study found that this is effective for weight loss and heart health. It's a little extreme, though, and may not be suitable or sustainable for long periods of time.

- Twenty-four hours. Once a week, abstain from eating for a full 24 hours—maybe from one breakfast to the next. You can drink coffee, tea, or other calorie-free beverages during your fast. Return to your normal routine afterward. Be aware, though, that this fast can cause fatigue, headaches, and/or irritability.
- Skip a meal. This type of fast is good for beginners. Instead of fasting for long periods of time, simply skip breakfast, lunch, or dinner. Just remember to eat nutritious and healthful foods during your other meals.

It's important to stay hydrated during your fast, with lots of calorie-free drinks. Try not to obsess about food—plan distractions, like going to the movies or catching up on chores. Finally, avoid strenuous activity when you fast. Rest and relaxation will help you maintain your motivation.

Nanotubes in your clothes may power your phone

omeday you may not have to remember to plug your smartphone in to recharge it. Scientists are working on clothes that will charge your phone for you, according to the Science Daily website. The fabric contains carbon nanotubes, replacing polyester and other artificial fibers. At present the nanotubes are too expensive to mass produce, but researchers are looking at military applications that may allow soldiers' equipment to recharge—lights, communication gear, and night-vision capabilities.



Game changer

It was the bottom of the fourth inning, and the home team was getting slaughtered. The pitcher might as well have been playing for the other team. The bases were loaded, and the visiting team's best hitter was up at bat. Just then a horse walked into the dugout wearing the home team's jersey.

"Put me in," he said to the manager. "Your bullpen is done. I can pitch. I can hit. Just give me a chance!"

"Why not," the manager replied. "It couldn't get any worse."

The horse trotted to the mound and relieved the pitcher. He threw a series of fastballs and quickly struck out the player at bat—and the next one and the one after that. He repeated this performance for the next two innings.

When he finally took his turn at bat, the horse hit a fly ball to centerfield that almost made it out of the park, but it hit the wall and fell to the ground.

The centerfielder grabbed the ball, tripped, and dropped it before picking it up again and throwing it toward the infield. The ball flew over the head of the second baseman and almost knocked out the catcher, who caught it and threw it past first base. The first baseman ran into the field, retrieved the ball, and sauntered back to the base.

The horse was out by five feet. He trotted back to the dugout and took a seat on the bench.

"You're the best pitcher I've had all season," said the manager. "You're a pretty good hitter, too. Not much of runner though, are you?"

The horse looked at the manager and said, "Do you think I'd be here if I was?"

Road rules

Then Jane's car stalled in the middle of a busy intersection, no amount of wishing and praying could get the engine to turn over.

Just as she turned on her hazard lights, the guy in the car behind her began to lay on his horn, and he continued to honk even as other cars began to pull around.

Jane walked back to the other driver and said: "My car won't start and I'm waiting for a tow, but if you think you can get it started, have at it. I'll sit in your car and honk at you."

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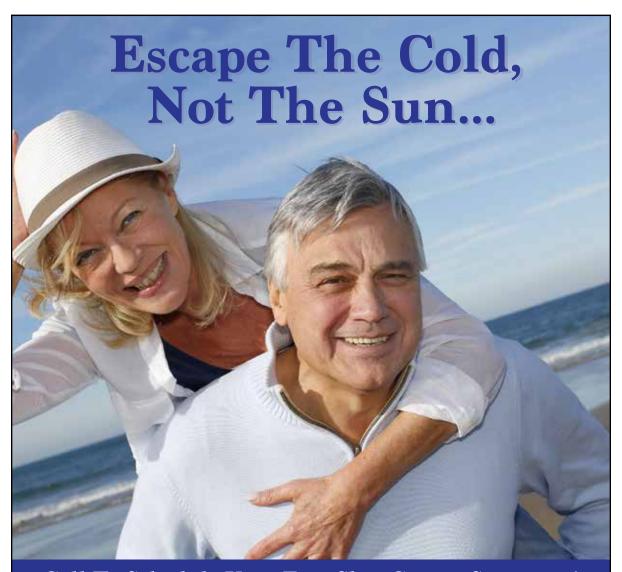
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Take up a hobby

ant to be more creative? Find a hobby. According to the Nature website, hobbies boost inspiration in scientific researchers, and they can spur your imagination, too. Here's how to do it:

- Set aside some time. No matter how busy you are, commit to spending a certain amount of time every day or week on your hobby. It doesn't have to be excessive, but schedule enough time so you can concentrate fully on what you're doing without interruption.
- Consider exercise. Getting your blood pumping can be good for your mind as well as your body. Committing to an exercise routine, even a modest one, forces you to take time out of your day. Focus on things other than work as you work out. You may find the solution to a sticky problem after you're done.



• Look outside your field. Pick a hobby that's not related to your work. Painting, for example, can help you see the world in different ways. Select something that will challenge your thinking, and you may find connections to the issues you're working on.

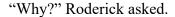
Making a difference

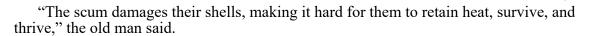
very Sunday while jogging through the park, Roderick noticed an elderly gentleman sitting at the pond with a small metal cage next to him.

One Sunday, Roderick decided to satisfy his curiosity and approach the man to find out what he was up to. As Roderick moved closer he realized what he thought was a cage was actually a trap. Inside were three small turtles, unharmed. A fourth turtle sat on the old man's lap and he gently scrubbed its shell with a brush.

"What are you doing?" Roderick asked.

"I'm cleaning the algae off the shells of these turtles," the old man replied.





"Is that what I see you out here doing every Sunday?" asked Roderick.

"Yep," the old man replied. "Rain or shine, I come here every week to take care of these turtles."

"Interesting," Roderick said. "Why do you do it?"

"It's my way of making a difference," the old man replied.

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He broke bones in his neck plus other injuries. He has NO insurance and he is the sole provider for his family. ANY donation you may be able to help with will be GREATLY APPRECIATED!!!

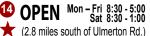
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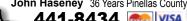






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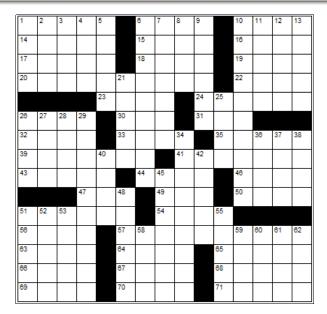






ACROSS

- 1. Clearing
- 6. Behold, in old Rome
- 10. Claim
- 14. Bodies of water
- 15. Groan
- 16. False god
- 17. Wall climbers
- 18. Stopper
- 19. Arid
- 20. A decorated dart
- 22. Walking stick
- 23. Indian dress
- 24. Esophagus
- 26. Young cow
- 30. Offer
- 31. Historic period
- 32. Found in some lotions
- 33. Anagram of "Dice"
- 35. Factions
- 39. A porch
- 41. Unyielding
- 43. Busybody
- 44. Tardy
- 46. Cocoyam
- 47. Not her
- 49. Make lace
- 50. Coarse file
- 51. Adorable
- 54. Black, in poetry
- 56. Anagram of "Rave"
- 57. Repose
- 63. Curtail
- 64. Identical or fraternal
- 65. Flatboat
- 66. If not 67. Scallion
- 68. A drama set to music
- 69. Sow
- 70. Makes a mistake
- 71. Assail



DOWN

- 1. Smooth-tongued
- 2. Magma
- 3. Related
- 4. Accomplishment
- 5. S S S S
- 6. Experimental
- 7. Clash
- 8. Inner membrane of embryos
- 9. Captivate
- 10. Disavowal
- 11. Something to shoot
- for
- 12. Carried

- 13. Mixture of rain and
- snow
- 21. Fanatical
- 25. Constellation bear 26. South American
- rodent
- 27. Away from the wind 53. Line of a poem
- 28. Forsaken
- 29. Mollycoddle
- 34. Databases
- 36. Slang for Father
- 37. Concludes
- 38. "Cut that out!"
- 40. Found on a finger

- 42. Treat for drug
- dependence
- 45. Artist's workroom
- 48. An evergreen shrub
- 51. Shoestrings
- 52. Small egg
- 55. Wealthy man
- 58. Pitcher
- 59. Adhesive strip

RELAXA

- 60. Angers
- 61. Monster
- 62. Tidy



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October 2018

October Sudoku

Difficulty level: easy.

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Bazaar/Community Wide Sale. Clubhouse & Carports. Crafts, Homegoods, Bake Sale, Raffles, 50/50, Music. Regency Heights MHP 2550 SR 580 Clearwater (next to Kohl's). Vendors wanted; 727-265-8515

Paradise Island Annual Craft Fair, Sat. Nov. 3, 2018. Tables, \$10 and \$15. Call Delores at 727-754-5569 CRAFT SHOW, Saturday, October 13th, 9am – 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL. 98 Vendors/98 Prizes. Indoor & Outdoor Show. Food Court & Pumpkin Patch. \$1.00 Admission goes toward the homeless.

Art/Craft Sale: Park Royale Mobile Home Park 10611 66th street. 11/17/18 9am-2pm Vendors 727-545-5430

Welcome one and all to our Japanese Garden Art sale and Craft Bazaar. 12/1/18. We still have room for painters as well as crafters. Call: Charlotte, 727-531-3651, for details. A raffle, coffee, and lunch will be available.

Holiday Craft Fair: 11/10/18 Clearwater Cascade MHP 9790 66th St N. - clubhouse Pinellas Park 9am-2pm.

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

(Allow 4-6 weeks to	or mailing	of check). This month's cash
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Norman Shuff	\$10	Royal Enterprises
Terri Campbell	\$10	Imperial Electric Service of Pinellas
Voilet McMahon	\$10	Rick's Appliance Repair
Ed Perella	\$10	Air Masters of Pinellas, Inc
Judith Bennett	\$10	Boss Electric Corp.
Lou Ann Gatton	\$10	Bob's Mobile Hoome Washing
Rene Dean	\$10	Nature's Resource Pest Control
James Ververis	\$10	Battleline Termite & Pest Control
Cheryl Clark	\$10	Jones & Sons Plumbing, Inc
Gail Marquis	\$10	Appliance Specialty
Debby BurKey	\$10	Rod Runners
Gary Cornely	\$10	Doll Brothers Carpet Cleaners
Kammie Tipton	\$10	Bill The Carpet Guy
Ruth Young	\$5	Discount Computer Repair
		Buggin Out Termite & Pest Control
Carol Vensrim	\$5	Imperial Electric Service of Pinellas
Ann Difeo	\$5	Heller's Moble Home Washing
Tommy Bradley	\$5	Jones & Sons Plumbing, Inc
Heather Deitch	\$5	1st Class Handy Man Service, Inc.
Susan Craig	\$5	Rod Runners
Donna Fluno	\$5	.Palm Harbor & Dunedin Electric, Inc
Jerry Dixon	\$5	Appliance Specialty
William Pisano	\$5	

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\$5	Air Masters of Pinellas, Inc
\$5	
\$5	Bill The Carpet Guy
\$5	Appliance Specialty
\$5	Jones & Sons Plumbing, Inc
	Buggin Out Pest Control
	Boss Electric Corp.
\$5	Ron Wyngarden MH Washing
\$5	
\$5	1st Class Handy Man Service, Inc.
	Air Masters of Pinellas, Inc
	1st Class Handy Man Service, Inc.
	Jones & Sons Plumbing, Inc
\$5	Hellers Mobile Home Washing
	Imperial Electric Service of Pinellas
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\$5	Doll Brothers Carpet Cleaners
\$5	Hellers Mobile Home Washing
	Battleline Termite & Pest Control
\$5	Discount Computer Repair
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