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## • HIGHLIGHTS •

# June • 2015

# Issue 4 39th Year

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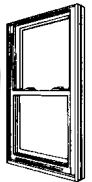
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**Get Your Picture on the Cover** - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. 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.



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**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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## Managers Corner:



MANAGER

We hope that everyone had a wonderful Memorial Day!

With the recent rash of attempted break-ins I hope that everyone has taken extra measures to protect your home and yourselves. If you see or hear anything, call the Clearwater Police immediately. They cannot help unless you do. The non emergency number is 727-562-4242.

Be familiar with your neighbors and be supportive of each other. You may need their help !

Remember, trash day is Monday & Friday. Please do not put it out before then. The maintenance guys start picking up about 8:30 AM. If you have branches to dispose of, cut them into 36" length and tie up. Brush goes in the roll off on the South side, not behind the small dumpsters.

We all know we have an issue with stray cats here. As hard as it is to not feed them please do not do this. We cannot have them hanging around and damaging property. If you can catch one call animal services. They will come pick it up. If you are a cat owner, you more than likely have been warned about not letting them run free. If your cat or dog is caught, you will be fined by animal services. That can be as much as \$150.00 fine. You wouldn't allow your child to roam around, do not allow your pets! You will be asked to get rid of them if this continues. As for cleaning up after them, I have seen several residents allowing dogs to potty in the front area by the sign. You are required to clean this up!

We want to welcome all our new residents to the community. You are always welcome to join the activities here. And make use of the amenities.

Thank You Debbie

## HILLCREST LADIES FRIENDSHIP CLUB MINUTES, APRIL 14, 2015

The April meeting of the Hillcrest Ladies Friendship Club came to order at PM. There were 22 people in attendance. We welcomed Gail of #1504 as a first time attendee.

Judy Bobb led us in prayer.

Jane read the Secretary's March minutes which was accepted as read.

Sally gave the Treasurer's report which was accepted as read.

Ginny gave the Sunshine Ladies report. She sent Get Well cards to John Hlawati, Dick & Maureen Mackie and Jean Carden. Jean came to the meeting and we were all glad to see her up and about.

A Thinking of You card was sent to Aggie & Ralph. Aggie is home recuperating from her fall. Sympathy Cards were sent to the family of Jean Warren and to Hugette and Gilles on 7th

*...continued on page 9*



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St. for the death of her Mom.

Diane Hlawati reported that our Christmas Party will be on Tuesday, December 8th at 1PM. It will be a catered dinner. The cost will be \$13, including tax.

Our November meeting, on the second Tuesday, November 10th, will be handled by Barb Connors, Ginny Hopseker and Elaine Greg.

Decorated cupcakes and ice cream was enjoyed by all.

Following our repast, 2 fun Trivia games were played. Prizes were won by Judy Bobb and Elaine Gregg.

Poor prizes were won by Jean Carden, Ginny Hopseker, Vera Murphy and Hazel Frisby.

Our meeting ended at 2:30PM.

Respectfully submitted,  
Jane Perley, Secretary

**NOTE:** We donated 20 lbs. of food items to the RCS Food Bank this month. There is still a barrel in the office for people to leave donations for RCS.

**W**ith summer approaching, the Florida Department of Health in Pinellas County (DOH-Pinellas) is working to prevent recreational water illnesses. We would like to request your assistance in educating swimmers about diarrheal illness and swimming in recreational water.

In the summer of 2014, Pinellas County along with the entire Tampa Bay area, experienced a significant increase in reported cases of cryptosporidiosis. Cryptosporidium is the most common infectious agent associated with recreational water facilities in the United States. Due to its tough outer shell, it is resistant to regular levels of chlorine found in these facilities and requires an intensive hyper chlorination process to kill.



To assist with the control and prevention of cryptosporidiosis, we have included attachments for your reference and distribution. Be advised:

- Because Crypto can be spread so easily through water, people infected with Crypto should avoid swimming while ill and two weeks after diarrhea stops, as the parasite continues to be shed in feces. Swimming should be avoided even if the pool is properly chlorinated because Crypto is highly resistant to chlorine and can survive for days in the water.

*...continued on page 11*

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## Eat Better to Spur Creativity

---

**S**ome 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 savvier 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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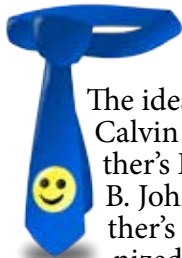
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## Here's to you, dad: The start of Father's Day

**F**ather'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

**N**eed 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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 Browns Automotive. .... 727-531-7372  
 Garza Motors. .... 727-240-0790

## AUTO SALES / PURCHASING

Tampa Bay Car Cash ..... 727-580-9580

## AWNINGS

Bay Area Aluminum Services, Inc. .... 727-585-4442  
 Century Awnings Co. .... 727-559-8811

## BATHROOM REMODEL

BathMasters ..... 727-333-7997

## CARPET CLEANING

A1 Dry Carpet Cleaning ..... 727-729-0547  
 Bill the Carpet Guy ..... 727-521-4163  
 Doll Brothers Carpet/Upholstery Clnrs. .... 727-596-2249

## CLEANING/INTERIOR

Dy & Liz's Cleaning & Services ..... 727-242-4597  
 Kathy's Cleaning Service ..... 727-804-1116

## COMPUTER SERVICES

Largo Tech Services, LLC ..... 727-474-4285  
 Notebooks Plus, Inc. .... 727-507-0533

## DRIVEWAY COATING

Concrete Wizard, Inc. .... 727-789-5444

## DUCT / VENT CLEANING

Velocity Air ..... 727-754-7956

## ELECTRICAL CONTRACTOR

Boss Electric Corp. .... 727-791-1308  
 Haseney Electrical Services, Inc. .... 727-441-8434  
 Palm Harbor & Dunedin Electric ..... 727-773-1622

## FLOOR COVERINGS/RETAIL

Affordable Floor Covering ..... 727-641-1301

## FLOOR REPAIR

Affordable Floor Covering ..... 727-641-1301  
 Flatworks ..... 727-288-4680  
 Perfect Repair & Construction, Inc. .... 727-539-0852

## FOOT SPECIALIST - PODIATRIST

Mason, Dr. Peter M. .... 727-535-1919

## FURNITURE & MATTRESS

AJ's Beds & Furniture ..... 727-588-0406

## GOLF CART REPAIR

Pinellas Golf Carts, LLC ..... 727-754-2923

## GOLF CARTS SALES & SERVICE

Capital Golf Carts, Inc. .... 727-772-8833  
 Recreational Golf Cars of Florida ..... 727-548-8460

## HEARING AID/RETAIL

Knoblach HEaring Care, Inc ..... 727-530-3533

## INSURANCE/AUTO

O. E. Wilson ..... 727-535-0524

## MANUFACTURED HOME SALES/NEW

Citrus Homes/Meadowood Homes ..... 727-535-5262

## MASSAGE THERAPY

Shonna Bender, LMT ..... 727-424-0115

## MEDICAL AIDS

Speedy Mobility ..... 727-223-9898

## MOBILE HOME SUPPLIES - RETAIL

Mobile Home Depot, Inc. .... 727-535-1100  
 Southeast Mobile Home Supplies ..... 727-522-2090

## MOBILE HOME WASH/WAX

Heller's Mobile Home Washing ..... 727-667-8110  
 Royal Enterprises ..... 727-394-7351  
 Wyngarden Mobile Home Wash ..... 727-587-0876

## MOBILE HOME WINDOW FILM

Royal Enterprises ..... 727-394-7351

## MOVING SERVICES

Shawn & Shawn Moving, Inc. .... 727-234-7204

## PAINTING/INSIDE & OUTSIDE

Payless Painting Services ..... 727-470-5876  
 Socia's Painting & Waterproofing ..... 727-345-6856

## PEST CONTROL

Buggin Out Termite & Pest Control ..... 727-535-2629  
 Modern Pest Control, Inc. .... 727-410-1466  
 Nature's Resource Pest Control ..... 727-785-2552

## PLUMBING SERVICE

Denny's Plumbing, Inc ..... 727-530-1391  
 Jones & Sons Plumbing, Inc. .... 727-799-0287  
 Largo Plumbing Co ..... 727-596-0525

## RESALE STORE

Frugalities ..... 727-391-8888

## RESTAURANT

Mama's Famous Pizza & Pasta ..... 727-398-8010

## REMODELING/INTERIOR

American Restoration Systems, Inc. .... 727-525-7200  
 House Doctor ..... 727-258-9101  
 Titan Brothers Inc. .... 727-282-2475

## ROOF COATING

Socia's Painting & Waterproofing ..... 727-345-6856  
 Community Roofing of Florida, Inc. .... 1-800-511-2517

## ROOF REPLACEMENT

AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300  
 Bay Area Aluminum Services, Inc. .... 727-585-4442

## 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. .... 727-330-7821

## VAPOR BARRIER

Florida Anchor & Barrier Co. .... 727-330-7821  
 Florida Underhome Solutions ..... 727-492-1884  
 Underhome Armor ..... 727-282-2045

## VINYL SIDING

AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300  
 Mitchell Siding, Inc. .... 727-586-6315

## WINDOW REPLACEMENT

AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300  
 Community Roofing of Florida, Inc. .... 1-800-511-2517

## WINDOW TREATMENTS/INTERIOR

Rod Runners ..... 727-394-9534



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**ALUMINUM**  
**SERVICES, INC.**

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# ROOF-OVERS

- Room Additions
- Carports • Awnings
- Acrylic, Glass & Screen Enclosures

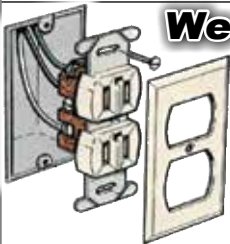
**FREE ESTIMATES**

**727-585-4442**

12350 Belcher Road • Bldg. #5-K • Largo

32 ★ • Bonded • Insured • Licensed • Free Estimates 32

# BOSS ELECTRIC



**We Specialize in**  
**MOBILE**  
**HOMES**

**EMERGENCY**  
**SERVICE AVAILABLE**

- Family Owned & Operated
- Digital TV Upgrade
- Surge Protection
- Ceiling Fan Wiring
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**15% OFF**  
**LABOR**  
 with this ad

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**FREE ESTIMATES**

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**Senior & Military DISCOUNTS**

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12 ★     Lic. EC13005634 Bonded & Insured 5

# JUNE • 2015

Sunday	Monday	Tuesday
	1	
7	8	
14	15	
Flag Day		
21	22	
First Day of Summer Father's Day		
28	29	

# Hillcrest

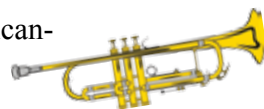
Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Bingo - doors open at 6pm	4	5	6
9	10	11 Pot Luck - 6pm	12	13
16	17	18	19 Juneteenth	20
23	24	25 Pot Luck - 6pm	26	27
30				JULY 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Monthly For June

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**African-American Music Appreciation Month.** A celebration of African-American music in all forms. In June of 2011, President Barack Obama proclaimed, “African-American musicians, composers, singers, and songwriters have made enormous contributions to our culture by capturing the hardships and aspirations of a community and reminding us of our shared values.”



**Child Vision Awareness Month.** Children’s vision challenges can be difficult to detect because they may not know they see the world differently than other children. Infants and children should have regular eye exams to ensure that they can see both near and far away, confirm that their eyes work together to focus on a single object, and treat eye diseases early.



**National Zoo and Aquarium Month.** A good time to explore your local zoo and aquarium. Many have excellent educational resources—photographs, videos, lesson plans, and other activities. Go to the website of the Association of Zoos and Aquariums for links to its accredited zoos and aquariums.

**National Scoliosis Awareness Month.** A yearly campaign with the goal of highlighting the growing need for education, early detection, and awareness about scoliosis and its prevalence within the community. The campaign unites scoliosis patients, families, physicians, clinicians, institutions, and related businesses in local activities, events, and grassroots networking throughout the month of June.

## Daily For June

---



**National Running Day, June 4.** Longtime runners reaffirm their love of running and beginners can kick off a lifetime and life-changing commitment.



**World Oceans Day, June 8.** A day to celebrate the world’s oceans and support action to protect them.



**Flag Day, June 14.** A patriotic celebration of the flag of the United States of America, a symbol of freedom and hope around the world.

**Magna Carta Day, June 15.** Date of the signing of the Magna Carta by King John of England, an important document in the history of political freedom.

**Father’s Day, June 21.** Tell dad how much you appreciate everything he’s done for you.

**Take Your Dog to Work Day, June 26.** Take your loyal canine companion to the office with you for a day (but check with your boss first).



**ROYAL** "We Keep Your Castle Clean"

**MOBILE HOME WASH N' WAX**

- Apply Soap to exterior
- Hand brush mobile home
- Then light power rinse thoroughly



**\$75<sup>00</sup>**

Any Size Mobile Home

**394-7351**

16  
★  
16

- No High Pressure
- No Bleach • No Chlorine

Owner Operated - Over 25 Years Exp. • Licensed & Insured

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- No Roof Damage
- No Move-Out
- No Odor
- Other Services
- Rodent Control
- Subterranean Termite Treatments
- Once-A-Year Pest Control

**10 Year Warranty**



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- Serving Pinellas County Since 1993
- 2690 Woodhall Terrace, Palm Harbor

12  
★

8

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by **Shonna Bender, LMT**

FL Lic# MA70590

Specializing in Relaxation, Geriatric Massage, Deep Tissue, Trigger Points, Oncology Massage, Foot Reflexology, Heated Bamboo & Heated Seashell Massage

Your Home Or My Office In Largo

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22  
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22

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**ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?**

**Coverages:**

- Bodily Injury .....\$100,000 Each Pers./ \$300,000 Ea. Occur.
- Property Damage ....\$100,000 Each Occur.
- Uninsured Motorist ....\$100,000 Each Pers./ \$300,000 Ea. Occur.
- Pers. Injury Prot.....\$10,000 Ea. Person, Wage Loss Excluded
- Medical Payments.....\$5,000 Each Person
- Comprehensive .....ACV - \$500 Deductible
- Collision .....ACV - \$500 Deductible
- Road Trouble Serv. ....\$50 Each Occurrence
- Additional Exp.....\$30 Per Day / \$900 Each Occurrence
- Annual Paid In Full Premium..... \$884.99\***



Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2008 Chevy Impala LI, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

\*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.

**O & Wilson Insurance Inc.**

30 ★ **727-535-0524** 9

# It Pays To Patronize the Advertisers in This Newsletter!

With our monthly cash give-a-way, **Monthly Mania**, residents can win up to \$100 for simply using the businesses in the newsletter. See the winners listing page toward the end of this newsletter for more info. We give out \$400 monthly to residents just like you!

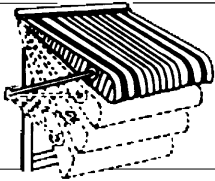
Do you want more chances to win? Let us know any businesses you would like to see advertising in the newsletter. The more advertisers you use, the more chances you have to win!



**Monthly Media**

PO Box 1023 • Venice, FL 34284  
 info@monthly-media.com • 727-484-7488

# CENTURY AWNINGS



- Fabric & Aluminum AWNINGS
- MINI BLINDS
- Free Estimates • Licensed & Insured

**10% OFF**  
to Park Residents

- ALL WEATHER CURTAINS
- VERTICAL BLINDS



**559-8811** <sup>52</sup> ★ **QUALITY PRODUCTS LOCALLY MADE - SINCE 1959** <sup>34</sup>  
 13170-A 90th Street N., Largo • Previously Located on Starkey Road

AUTHORIZED DEALER

**3 Convenient Locations**

- Palm Harbor**  
1015 Illinois Avenue
- Largo**  
11788 66th Street North
- Oldsmar**  
4070 Tampa Road

**Best Pricing  
in Pinellas County!**

**FREE pick up and delivery  
with any battery and service repairs**

**Sales Parts Service Rentals Accessories  
WWW.CAPITALGOLFCART.COM**

**727-772-8833**

**Come Visit Our Showrooms!**

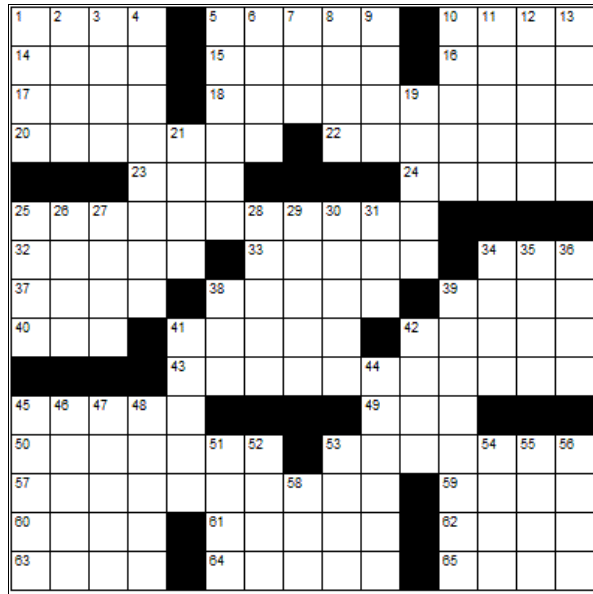
Monday thru Friday      Saturday  
9:00am-5:00pm      9:00am-3:00pm

★

# Happy Father's Day!

**ACROSS**

- 1. Astringent
- 5. Hiding place
- 10. Contributes
- 14. Memo
- 15. Heart artery
- 16. Journey
- 17. Tailless stout-bodied amphibian
- 18. Written material
- 20. Honorable
- 22. Mixture
- 23. Shade tree
- 24. Annoyed
- 25. Inescapable
- 32. Pass-the-baton race
- 33. Another time
- 34. French for "Word"
- 37. Objective
- 38. Penniless
- 39. Broad valley
- 40. N N N N
- 41. France's longest river
- 42. Motherless calf
- 43. Embodiment
- 45. Thorax
- 49. Historic period
- 50. Stewardess
- 53. Shreds
- 57. Intruder
- 59. False god
- 60. Lascivious look
- 61. Something to shoot for
- 62. Leer at
- 63. Stringed instrument
- 64. A Eurasian aromatic herb
- 65. Require



**DOWN**

- 1. Initial wager
- 2. Plunder
- 3. Salt Lake state
- 4. Belonging to the Middle Ages
- 5. Highly seasoned fatty sausage
- 6. Hard work
- 7. Paintings
- 8. Flower stalk
- 9. Rabbit
- 10. Fragrant oil
- 11. Inebriated
- 12. Sad song
- 13. Velocity
- 19. Extraterrestrial
- 21. Cause surfeit through excess
- 25. Desire
- 26. A noble gas
- 27. "Oh my!"
- 28. A gold coin of ancient Persia
- 29. Ancient Greek marketplace
- 30. Bread maker
- 31. Get prone
- 34. Wise men
- 35. Hodgepodge
- 36. Adolescent
- 38. French for "Bon"
- 39. An endowment
- 41. About a US quart
- 42. Blowgun missile
- 44. Almost
- 45. Make cool
- 46. Product of bees
- 47. A chemical compound
- 48. Cubic meter
- 51. Narrow opening
- 52. Fizzy drink
- 53. Orange pekoe
- 54. Border
- 55. Part in a play
- 56. Sleigh
- 58. A writing implement



**Happy Father's Day**

**June  
Crossword**



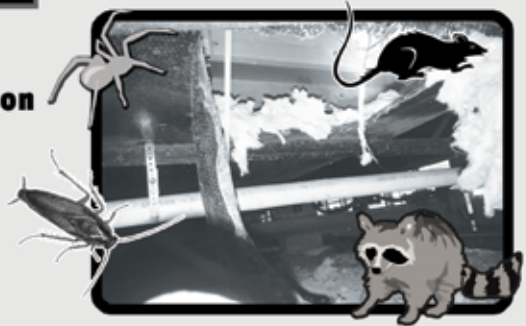


# UNDERHOME ARMOR.

## Quality Workmanship. Honest Pricing.

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

**We Keep rodents, snakes, spiders,  
bugs, mold, mildew and damaging  
moisture out of your home!**



**ESTIMATES &  
SMILES ALWAYS FREE**



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LICENSED AND  
INSURED

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**800.377.7885**



### Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

**14,492 manufactured home residents have won over \$124,374** 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 [mail your paid receipt](#) 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:**

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	Genette 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.





- Water Softeners - Natural Gas Work
  - Water Heaters • Faucets • Sinks • Toilets
  - Disposals • Sewer & Drain Cleaning
- MOBILE HOME SPECIALISTS**

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4 **FlatWorks INCORPORATED** 4  
 VISA MasterCard DISCOVER  
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Paid advertisement by FLUHS, Inc. d/b/a A&E Services

**VINYL SIDING**  
 Complete Mobile Home Service

by Mitchell Siding INCORPORATED  
*"Workmanship Makes the Difference"*

Top Quality Work At Low Prices

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★ 25 **586-6315** 19



**PODIATRIST FOOT SPECIALIST**

East Bay Drive near Starkey/Keene Road

**Dr. Peter M. Mason**

- Trusted • Caring
- Foot Care and Surgery
- Over 34 Years Experience
- X-Rays on Site
- Foot Supports • Orthotics
- All Treatment Performed by the Doctor
- Insurance Accepted • Board Certified
- No Insurance? - No Problem



**2700 East Bay Drive • Largo**  
40 ★ **535-1919** 4

**BUGGIN-OUT PEST CONTROL**



Household Pest Control - \$35 every 2 mos.

- Inside, Outside & Underneath Termite Treatments
- Drywood & Subterranean Termite Treatments

11 ★ Licensed • Insured **535-2629** 11



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**FREE Service Call**  
with Repair

- Refrigerators
- Microwaves
- Ranges
- Freezers
- Cooktops
- Disposals
- Wine Coolers • Dishwashers • Wall Ovens
- Washer/Dryers • Icemakers



- GE • Sears
- Whirlpool
- Frigidaire
- & Many others

**10% DISCOUNT**  
with repair - with this ad



**Appliance Specialty, Inc.**

727-520-6002 • 727-441-2716

6 ★ • Licensed & Insured • 37+ Years Exp. 1

**VELOCITY**  
AIR CONDITIONING



# AIR DUCT CLEANING

We Clean in Accordance to the National Air Duct Cleaners Guidelines

## DUCT SANITATION SPECIAL

with Tune-Up

**\$39<sup>00</sup>**



www.VelocityAirConditioning.com

Same Day Service

**727-754-7956**

# MOBILE HOME WASHING

**Hand Washing** Since 1988

Single or Double Wide

**\$79<sup>00</sup>**

**667-8110**

Triple Wide or Special Additions May be Extra  
Screen Removal Not Necessary

LICENSED & INSURED

**Heller's Mobile Home Washing**

25 ★ ASK ABOUT OUR OTHER SERVICES 23

# ROOF WASHING & MINOR REPAIRS

**FREE Roof Inspection** with washing 25 ★ 23

Heller's Mobile Home Washing **667-8110**

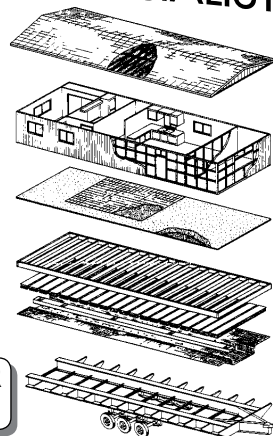
# FLOOR REPAIR

## MOBILE HOME SPECIALIST

- Any kind of damage to any kind of floor system.
- Small areas or whole homes.
- Replacement or deckover.

Ask About Our Other Services

OWNER OPERATOR  
NO SUB-CONTRACTORS



Perfect Repair & Construction, Inc.

22 ★ State Certified Building Contractor 18

**FREE ESTIMATES • 539-0852**

Licensed and Insured • State License # CBC050061



## Danger at home: Keep your children and grandchildren safe

---

The home can be a dangerous place, especially for young children. Most household accidents are avoidable, though, with some commonsense precautions. Safe Kids Worldwide, a global organization providing safety information aimed at preventing accidents and injuries to children, shares these tips for keeping your family healthy and safe:

- Bathroom. Don't leave children alone in the bath, or anywhere near water.
- Hallways. Install smoke and carbon monoxide detectors, and check their batteries at least every six months to ensure they're working properly.
- Bedrooms. At bedtime and nap time, remove any blankets, pillows, stuffed animals, and toys from your baby's crib to prevent accidental suffocation. Make sure your baby sleeps alone and on his or her back.
- Staircases. Put up safety gates to keep children from tumbling down staircases. Install similar gates for every window a child might reach.
- Medicine chest. Store all medicine in cabinets above the reach of children, and lock cabinets they might get into. Keep track of any medication you might carry in your purse or briefcase.
- Living room. Install brackets and braces to secure bookshelves and other furniture against accidental tipping. Secure television sets to the wall or place them on low platforms.
- Kitchen. Use the back burner of your stove when cooking with children present. Turn pots and pans so that their handles face away from the edge, out of reach from tiny hands. Store household cleaners in high cabinets and shelves, or lock lower cabinets to keep children out.



## Keep kids safe from bugs during summer months

---

As summer comes, so do the bugs. And some of those bugs can bite. Follow these guidelines from the American Academy of Pediatrics to protect your children from getting stung or bitten:

- Avoid using scented soaps, hair sprays, and perfumes on your child. The scents can draw insects and bugs and increase your child's risk of being bitten.
- Stay away from nests or places bugs might congregate. This includes stagnant pools of water, areas where uncovered foods are abundant, and gardens where flowers are blooming.



## Scientists delve deep into the heart of the world

Jules Verne's *Journey to the Center of the Earth* described an inner world of jungles, seas, and dinosaurs. The reality is quite different, but no less interesting to scientists, and it's changing all the time.

The latest discovery about the nature of the Earth's core comes from a professor at the University of Illinois at Urbana-Champaign. The inner core, about 3,000 miles beneath the world's crust, actually contains a second core about half the radius of the outer one. This inner core contains iron crystals, which are oriented in an east-west alignment. The outer inner core's crystals align north-south, although they appear to have flipped several times in the distant past.

Scientists liken the twin cores to the rings on a tree, which allow researchers to peer directly into the past. The discovery could provide important clues to the formation and development of our world.



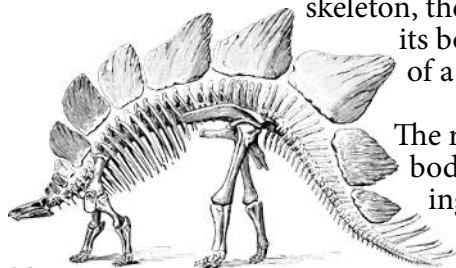
## 'New' solar system is the oldest ever found

The oldest solar system in our galaxy is 11.2 billion years old, according to data from NASA's Kepler space telescope. By comparison, our home solar system is about 4.5 billion years old. The new find is about 117 light-years from Earth, with five Earth-sized planets in an orbit too close to their star to allow for life. But the discovery of a solar system's formation only a few billion years after the Big Bang some 13.8 billion years ago suggests that life could have proliferated throughout the cosmos much earlier than scientists previously believed.

## Sophie the Stegosaurus steps on the scale (sort of)

How much did the dinosaurs weigh? That question has been answered—at least for one specimen at London's Natural History Museum.

Sophie the Stegosaurus is about 150 million years old, and was discovered in 2003 by paleontologists in Wyoming. It now resides at the British museum, its skeleton 85 percent intact. According to the Yahoo News website, British researchers created a 3-D digital version of the skeleton, then calculated the amount of flesh it would have had around its bones, and compared that with data from modern animals of a similar size.



The result? Sophie tipped the scales at about 1.6 tons, with a body mass roughly equivalent to a small rhinoceros. Knowing its weight will allow paleontologists to learn more about stegosaurus metabolism, food needs, and growth rate.

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## Know Your Organs: The Gallbladder

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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.





## 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.



## Fly Old Glory with pride on Flag Day

---

Flag Day became an official national celebration in 1916, when President Woodrow Wilson proclaimed June 14 Flag Day to commemorate the adoption of the Stars and Stripes by the Second Continental Congress on that day in 1777.

The idea of setting aside a special day to celebrate the U.S. flag wasn't new, though. One of the earliest observances of Flag Day occurred in Hartford, Conn., in 1861, at the suggestion of George Morris, to pray for the preservation of the Union at the beginning of the Civil War.

In 1885, a Wisconsin schoolteacher named Bernard J. Cigrand held a formal observance of what he called "Flag Birthday" at his school. Cigrand went on to become a passionate promoter of Flag Day, delivering more than 2,000 speeches on the subject, and he is generally considered to be the "Father of Flag Day."

In 1914, Secretary of the Interior Franklin K. Lane delivered a Flag Day speech in which he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." In 1949, President Harry Truman signed an Act of Congress formally establishing June 14 as National Flag Day.



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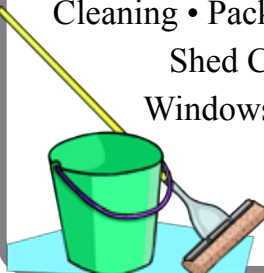
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