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(PLEASE LEAVE TEXT OR PHONE MESSAGE IF UNAVAILABLE...or EMAIL, AT YOUR CONVENIENCE)

(Remember the DOMEI can be viewed online if you are away from home. It is online between the first and fourth of every month.)

www.monthly-media.com

Also, Park Management has added Wi-Fi to the Library and sections of the pool area. The password to access is JAPANESEGARDEN.

Please Submit Articles And Info Or Before The Tenth, In Writing

(like many of us of a "certain age" if is not written down so I can have a hard copy to research and review with the contributors..it may go right out the door with me, so please bear with me, especially since all our friends are returning. I may know you and your face... but throw in a tidbit for our park newspaper, it may get misconstrued or details lost)

Presidents Corner

Ted Atwood

e're BAAAAAACK!!!!How great it is to be back in the sunshine state, just as the cold weather was setting back in at our northern homes. I should have been here on the twelfth of October. Better have, Colleen was already there and the twelfth was our anniversary (forty eight years) Ooops..Colleen said it was 31, feels like 48, I'll pay for that, but time flies when you are having fun with the one you love as we all know.

So good to see our Florida friends and family, can't wait to see everyone to be back soon and am looking forward to another great winter socializing, bowling, golf, and many other exciting times

Again, thanks to all the social club members for carrying on during the summer after Kerrie Ellis moved. I am really excited about the changes with the park this fall. On behalf of the *Continued on page 6*

JAPANESE GARDEN DOMEI NOVEMBER, 2015 C





Come see why so many 55+ communities travel with <u>Glory Tours</u> and enjoy our fun-filled bus tours. We plan it from start to finish! Just hop on board our comfortable & safe transportation. <u>The tours fill up fast, please</u> <u>sign up early</u> - if you missed the deadline, please call to check availability.

Bus Boards @ Walmart - Largo

(2677 Roosevelt Blvd • E. Bay Drive & U.S. 19)



December 4 – ICE at Gavlord Palms – Kissimmee Our MOST POPULAR Holiday **Event** Tour! Experience the TWO MILLION beauty of pounds of hand-carved ice sculptures. A remarkable talented team of artisans travel to Kissimmee. Come enjoy this <u>awe-inspiring</u> experience and the breath taking ice sculptures, (Please bring/dress in warm clothing for the 15 minute walk-thru), a 30 minute Cirque show, live carving zone, a variety of eateries to purchase dinner and much more. Board: 2:30 pm Return: approx. 9:00 pm.



December 29 – Hamburger Mary's Charity Bingo – Ybor We sell out a full bus every trip, please sign up early. Hosted by Tampa's most fabulous drag queens, this is not your typical "church basement bingo!" The show can get a little risqué, so enjoy the drink specials and have fun. It's all about having fun while supporting local charities. Enjoy 50/50the raffle. drink Eat. and.....be Mary. Additional bingo sheets an additional donation CASH ONLY). Includes: 10 games of bingo and bus transportation. Board: 5:10 p.m. Return: approx. 9:30 p.m. Sign up deadline Dec 6.







What businesses would you like to see advertising? We have spots available in the following categories: Foot Specialist - Podiatrist Moving Services • Golf Cart Sales & Service • Optometrist Hair Salon/Day Spa • Hearing Aid/Retail • Pet Services Home Care • Pharmacy • Remodeling/Interior Home Furniture & Mattress House Cleaning Resale Store • Insurance Home/Auto/Health • Restaurants • Screen Repair Investment/Brokerage • Jewelry Sales/Design/Repair • Storage Manufactured Home Sales • Taxi/Shuttle • Massage Therapy Travel Agent Medical Doctor • Veterinarian • Mobile Home Supplies -• Window Film/Tinting · Window Washing Retail

Multiply Your Monthly Mania!

s you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. We pay out \$400 every month to residents who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

Now You Have More Chances to Win!

We are now offering unlimited entries into our Monthly Mania drawing by just SUGGESTING a business to advertise.

Here is how is works:

- 1. Call our office and suggest a business to advertise in the newsletter
- 2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
- 3. The more businesses you suggest, the more chances you have to win. (To qualify each resident can only suggest a business once)

Thanks For The Referrals Last Month!

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Social Club and residents of Japanese Gardens, I want to thank our owner heating the pool. It will be enjoyed by all, during our cooler winter months and make our park even more special with prospective new residents. Truly we have one of the parks in the area.

I also would like Anne Nelson for hiring Kim Wozunk as an activities director for the park. I spoke with Kimberly by phone, while in Michigan and met with her on Oct 12th, when I returned. What an exciting and bubbly person. She is jumping in feet first and has many amazing programs and fun activities for everyone. So nice to have Anne and Kimberly showing such an interest in providing so many activities and events for the residents of Japanese Garden. Certainly looking forward to working with and assisting Kimberly in this exciting endeavor.

Don't forget to get your tickets for the Hawaiian luau on November 12th sponsored by the Park Management. You won't want to miss it. Also check out our social club activities calendar and plan staying active and involved tis winter.

Current/Existing By-Laws

Noreen

s our president has said, please review your copy of our current by-laws and SUGGESTED revisions. Remember, all things in life are open for discussion.

In view of our honoring and celebrating of our right to freedoms, please reflect upon our rights to vote with informed consent.

Japanese Garden Social Club By-Laws Article XVI AMENDMENTS TO BY-LAWS, Sec 1. "... These by-laws may be amended by the Board of Directors, PROVIDING that such amendments and reasons therefore be EXPLAINED AT THE GENERAL MEETING OF THE CLUB from November THRU April ONLY, and that a two third vote of all members PRESENT for such proposed amendments be taken BEFORE such amendment becomes a by- law of this Club.

(Or a flashback of the '60's and 70's, the right to disagree, peacefully, without limitations or constraints, or repercussions.)

"...Members of the Board are temporary agents elected to act in an administrative capacity."

The Board has only the power delegated to it in the by-laws or by vote of the GENERAL MEMBERSHIP.

That said, the by-laws do stipulate that any Social Club member may request their own copy of the by-laws, whether it be a hard copy and/or electronically. Also, not all of our members are computer literate, not all have access to channel 96, and some cannot maneuver to the bulletin board for health reason.

Having only two copies of the proposed revisions/amendments, for a park of over 400 residents may be cumbersome, and could cause chaos, as will no time allotted for discussion and free speech during such a time of history.





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Welcome Back Everyone.!!!

lso, on Second Saturday of November, we will be voting on ACCEPTING the PROPOSED BY-LAWS REVISIONS. A copy is posted on our website, if you .don't have a computer.. TWO copies will be available in the clubhouse. One week prior to vote, (please do not remove copies from clubhouse) for review

THERE WILL BE NO DISCUSSION PRIOR TO VOTE OF THE GENERAL COUNCIL AT THE OPEN MEETING, SO, PLEASE REVIEW from the two clubhouse copies if you cannot access the website.



View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer





Veterans Day... November 11th .. Free Haircuts!!

Great Clips .. Clearwater mall for our Veterans... Thanks for all you do. Many vendors, restaurants, and merchants, are offering special discounts to our service personnel. Check it out.

Also, please continue bringing your used cellphones, with chargers, to the home of Dorothy Ravener, 2674 Rickshaw Drive. These will be recycled and memory cleaned before passing them onto our service personell, especially during the holidays so they can reach out to family and friends back home.

Our own indefatigable ladies, Sue Gang and Dorothy Ravener are always looking for ways to pay back those who defend our freedoms. Contact Sue for contributions of personal items, such as hotel shampoos, razors, socks, etc. Please contact them for more details.

NEVER FORGET!!



2015 Bowling

Gene Francouer

 \mathbf{T} \mathbf{T} es, it's that time of year again for the bowling teams to be formed.

As the current president, I would like to have a great year again this year. That will only happen if we have at least 6 to 8 teams with at least 3 people per team. My preference would be to have 8 to 10 teams with four members per team.

We need new blood and some new ideas to make our bowling more fun and more of a challenge. I would like to hear from some of you that have great ideas to help this activity be more inviting to our residents.

You don't need to be a "super bowler" to have some fun with this group!

As I remember, the first time I put my fingers no a bowling ball, I was at a total loss as to what to do next. It was quite a learning curve, no pun intended. But, with the help of a great bunch of people, I've come a little way. After learning the basics and the etiquette of the sport, look at me now!! Not Super Bowler, but ok. I've been elected as your President. Is this an honor, or what? If I can learn, anybody can. So talk to somebody, come alone, or get as many interested people a you can, and let me or Ziggy know. Email me at gfranco2@maine.rr.com.

As a footnote, please be sure to discuss the resuming Paper Tole class with Gene or with Elke Sjoberg.





JAPANESE GARDEN DOMEI NOVEMBER, 2015 C





Phone Directory

Noreen



Well, activities and responsibilities are in the wind again. As mentioned before, the 2016 Japanese Garden Dial Directories, is not an easy one. Yet, Gene and Anita, seem to be gluttons for punishment, just kidding. Their efforts and accomplishments are daunting. They go over their contribution with a fine tooth comb. But, they cannot do it alone. They need your input, updates, corrections, address changes, new residents, separating phone numbers.

Please offer your assistance by contacting them with this information. <u>gfranco2@maine.rr.com</u> or telephone 727-475-8544.

Speaking Of Directories

Noreen

orothy Ravener and entourage are hard at work on the Japanese Garden Portrait Directory. Please contact Dorothy for details as this historical directory deadline will be fast upon us and she wants to get everyone into the photo array, even with your pets.

You know them as Beau, Riley, TROUBLES, Gracie, KATY... and the list goes on and on. Tentative available dates will be Monday, Tuesday, and Wednesday.

She Is At It Again

Not one to sit and watch the world go by, Dorothy is involved an leading the organization of BRIGHT HOUSE SENIOR CITIZEN TALENT SHOW, Thursday, Jan 28th ...refreshments will be served, and IT'S FREE ENTERTAINMENT.

Dorothy Ravener is our contact person for this annual event, please contact her for specific details.

Manager's Corner

Steve Lyle

hanges, Changes, but some things never change. Our northern friends are returning, and with them comes increased traffic flow in the park. IT DOES NOT CHANGE THE SPEED LIMIT. The speed .limit is still TEN MILES PER HOUR. Respect your neighbors, they have earned it. Besides, we don't want to lose them due to speeding.

What if it were your mother or father?

By now everyone has received the informative flier regarding the new addition to the park management Activities Director Kimberly Woznuk. She has many new activities proposed. Tai Chi anyone? Meet and Greet Kim, Thursday, October 22, 9:00a in the Card Room. She



will have a "preview week" so that you can try out of the programs that will be offered in the upcoming months. There will be no charge for activities during the preview week. Please contact Kim for any prices to take part in the activities after this preview week.

One more thing, Kim has arranged a WELCOME HOME HAWAIIAN LUAU, \$12.50... November 12th at 6:00pm, to welcome everyone back, ribbon cutting for newly heated pool, replete with professional hula dancers, Fire dancer, and musician, and extensive dinner menu. Please pay your \$12.50 per person to the park management office.

Are you an early morning riser? How about those early morning swimmers? check it out. Tall silver fox "Senator", or slender svelte blonde swimming coach, hmmmm. Both tall tan and slender. Logically, I rise early, swim early, sunbathe, EARLY, I will stretch out and become a bronze goddess....not this lily white short person? My friend gave me a house warming gift, it said.." I am not overweight, I am undertall." ...I love my friends, they "get" me.

Lets support each other. Do you know someone in the park who is a patient advocate, caregiver, nurse, or handyman? Send in their info so we can have a column for them.

There is a difference between Social Club By-laws, and the RULES FOR PARK LIVING. Where is your copy?

Park Management office will be glad to provide a copy for you. No one likes to break a rule, (ok maybe me) especially if they did not know it was a rule. Stay informed.

With the return of the Social Club president, Ted Atwood, he has resumed his winter and appointed hard working and enthusiastic Kathy Troll as Vice president. Additionally, Connie Hobbs has been appointed to the Board of Directors, to fill the position vacated when Kathy moved to Vice president.

All this at Saturday Koffee Klatch, which had a wonderful attendance, but always look for volunteers as more people return.

Clean out those closets. Winter cleaning, in other words get ready for the upcoming January rummage sale. Contact Marcel Rouse. She will need all the help she can get, don't be shy. Great friends, great buys, meet someone new.

SOCIAL CLUB MEMBERSHIP

Contact Ed Lee...531-3776

SOCIAL CLUB TICKET SALES Becky Collins --459-5185

WE CARE Contact Annette 236-0228 **ROMEO CLUB** Contact Joe Walker ...538-2604

SUPER BINGO Contact Bet LeBrun....400-6062 Everyone has a gift... what is yours? It is still viable, we need you.







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Noreen

id you see that cloud of dust... just the other day, in this beautiful paradise, a dust bowl, imagine that

Actually, it was the roar of the engines of returning neighbors. We missed you.

My first point of interest is my sincere and public apology to Lil Abbott-Campbell and Cathy Karlau when thanking our volunteers for being block captains and assisting with the daunting task of distributing the monthly Domei.

It is such a coordinated effort to have them stop by my home to pick up their DOMEI allocations for the month. 99 Again, thank you, my friends and neighbors.

When the Domei appears at your home please thank, Lil Abbott-Campbell, Cathy Karlau, Elke Sjoberg, Annette Wilson, Beverly Jacques, Roy Ward, Becky Collins, Gail Medeiros, Margo Hill, Judy Bossie, Sophia Gargano. They are vital members of our community.

(p.s. .. Myrna.. I am still waiting for YOUR articles)



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

November Sudoku



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

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Modern A/C Service Co.	727-541-5541
	. 121 041 0041
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Sunset Appliance Service	727-559-1137
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AWNINGS	
Bay Area Aluminum Services, Inc	.727-585-4442
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Bill the Carpet Guy	. 727-521-4163
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MOBILE HOME SUPPLIES - RETAIL

MOBILE HOME SUPPLIES - RETA	
Mobile Home Depot, Inc.	727-535-1100
Southeast Mobile Home Supplies	727-522-2090
MOBILE HOME WASH/WAX	
Heller's Mobile Home Washing	727-545-2665
Royal Enterprises	727-30/-7351
Wyngarden Mobile Home Wash	707 507 0076
	121-301-0010
MOBILE HOME WINDOW FILM	
Royal Enterprises	727-394-7351
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.	
Nature's Resource Pest Control	727-785-2552
PLUMBING SERVICE	121-100-2002
Denny's Plumbing, Inc.	707 520 1201
Deniny S Plumbing, Inc.	121-530-1391
Jones & Sons Plumbing, Inc	/ 2/ - / 99-028/
Largo Plumbing Co.	727-596-0525
ROOF COATING	
Community Roofing of FL, Inc	1-800-511-2517
Socia's Painting & Waterproofing	727-345-6856
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	121 000 4442
Heller's Mobile Home Washing	707 646 0666
	121-343-2003
ROOM ADDITIONS	707 505 4440
Bay Area Aluminum Services, Inc	/2/-585-4442
TIE DOWNS/MOBILE HOMES	
Florida Anchor & Barrier Co	727-330-7821
TRAVEL/VACATION	
TRAVEL/VACATION Glory Tours	813-850-5444
VAPOR BARRIER	
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Florida Underhome Solutions	727-492-1884
Underhome Armor	
VINYL SIDING	121 202 2040
	707 474 0000
AMS Advanced MH Systems	121-411-0820
ASC Aluminum Specialty Contr	121-541-8300
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 FL, Inc	1-800-511-2517
WINDOW TREATMENTS/INTERIO)R
Rod Runners	727_304_0534





NOVEMBER•2015

Sunday	Monday	Г
1 3pm Water Vol- leyball Daylight Savings Time Ends	2 7pm Cribbage	12:30 I Pay Me 7pm Bi Whyte
8 3pm Water Vol- leyball	9 7pm Cribbage	12:30 I Pay Me 7pm Bi Whyte
15 3pm Water Vol- leyball	16 7pm Cribbage	12:30 I Pay Me 7pm B Whyte
22 3pm Water Vol- leyball	23 7pm Cribbage	12:30 I Pay Me 7pm Br Whyte
29 3pm Water Vol- leyball	30 7pm Cribbage	

Japanese Gardens

Tuesday	Wednesday		Thursday	Friday	Saturday
3 adies Cards/ ridge (Cathy	7pm Euchre	4	5 7pm Bowling 475-8544 Gene Francouer /Ziggy Wyeth 559-1304	6 8:30am Golf Tee Off/call Ziggy 559- 1304 12:30 Ladies Cards/ Pay Me	7 9am Koffee Klatch/ Doors open 8:30am
10 adies Cards/ ridge (Cathy	7pm Euchre Veteran's Day	11	12 7pm Bowling 475-8544 Gene Francouer /Ziggy Wyeth 559-1304	13 8:30am Golf Tee Off/call Ziggy 559- 1304 12:30 Ladies Cards/ Pay Me	14 9am Koffee Klatch/ Doors open 8:30am
17 adies Cards/ e ridge (Cathy	7pm Euchre	18	19 7pm Bowling 475-8544 Gene Francouer /Ziggy Wyeth 559-1304	20 8:30am Golf Tee Off/call Ziggy 559- 1304 12:30 Ladies Cards/ Pay Me	21 9am Koffee Klatch/ Doors open 8:30am
24 adies Cards/ ridge (Cathy	7pm Euchre	25	26 7pm Bowling 475-8544 Gene Francouer /Ziggy Wyeth 559-1304 Thanksgiving Day	27 8:30am Golf Tee Off/call Ziggy 559- 1304 12:30 Ladies Cards/ Pay Me	28 9am Koffee Klatch/ Doors open 8:30am

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Moo! Cows may be smarter than you think

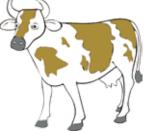
hat's the smartest animal you can think of? Dolphins and chimpanzees may spring to mind quickly, but don't neglect one often-overlooked farm animal: the cow.

College students at the University of Sydney (as reported by the Huffington Post) conducted experiments with dairy cows and found that our bovine friends are capable of quickly mastering a maze to find food, and thus may possess better problem-solving skills than previously known.

The cows were tested in a T-shaped maze similar to those used with mice and rats. They learned to follow a sound through the maze to get to their food, with

one of them reaching its goals within the first 20 seconds of the test.

The results suggest that cattle farmers could train cows to obey specific sound signals to come in for milking, producing greater efficiency on dairy farms.



Global warming, not Ice Age, may have killed mammoths

iant wooly mammoths roamed the Earth until about 11,000 years ago, when they abruptly went extinct. For years, scientists theorized that they were killed by the cold temperatures of the last Ice Age. Now some believe the explanation is just the opposite: The extinction event was caused by a sudden warming event known as an interstadial.

> According to research published in the journal Science, DNA studies of ancient animals point to the sudden extinction of many large species in past ages. As more DNA from fossils became available, and carbon dating methods improved, scientists discovered that the wipeouts didn't correspond to the rise of glaciers and cold weather, but rather to periods of rapid global warming.

> > Early humans also contributed to the demise of the mammoths and other large beasts, but the evidence suggests that climate change was a major factor in their extinction—raising concerns about the future of our present environment.

Have a nice flight (if you can)

Plying may be the fastest and safest way to travel, but we all have our own preferences and quirks when traveling by air. A survey of more than 1,100 family travelers by ExpertFlyer looked at passenger habits. Their findings included:

- Airline choice. United? American? Southwest? Forty-five percent of participants said that airline mile redemption was a factor in choosing which airline to fly on.
- Storage space. Space is at a premium on most airplanes. Seventy-five percent admitted to "stealing" overhead bin space beyond their authorized allotment.
- Food. In-flight meals aren't the only option if you're hungry. More than one-third of passengers said they bring their own food to eat during flight.
- Complaints. Flying can be stressful. The top complaint: A bad seat or a seat not near companions (35 percent), followed by delays (25 percent), and general discomfort (24 percent).
- Worries. Lost luggage is one thing, but 21 percent of survey participants said that terrorism is their biggest concern when traveling with their families. That was followed by getting lost or separated (19 percent) and crime (19 percent).

Who's drinking all the coffee?

ots of people depend on coffee to get them through the day. According to figures from Gallup, 64 percent of U.S. adults drink at least one cup a day. Some drink more:

- One cup 26 percent
- Two cups 19 percent
- Three cups 8 percent
- Four or more 11 percent
- None 36 percent

Coffee is somewhat more popular with the older generation, with 74 percent of people 55 or older drinking it daily, a habit shared by just 50 percent of the 18-34 crowd. Women drink a little more than men: Sixty-six percent of women report having one or more cups per day, while 62 percent of men say the same. And Caucasians drink more than African-Americans—67 percent to 59 percent.









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November Is...

ilitary Family Appreciation Month. Throughout November, military families serving around the world are honored through a variety of observances and recognized for their commitment and the many contributions they make every day in support of the military and our nation.

National Epilepsy Awareness Month. The Epilepsy Foundation estimates that 65 million people around the world, and 2 million in the U.S., have epilepsy—a neurological condition in which disturbances in the electrical activity of the brain cause seizures. National Epilepsy Awareness Month seeks to break down barriers stopping people with epilepsy from reaching their fullest potential.

National Peanut Butter Lover's Month. Celebrate your love of peanut butter this month by sharing these facts with your friends: One 12-ounce jar of peanut butter contains about 540 peanuts; one acre of peanuts can produce enough peanut butter for 30,000 sandwiches; and peanuts contribute more than \$4billion to the U.S. economy every year.

Native American Heritage Month. Beginning as a single day of recognition for the contributions the first Americans have made to the establishment and growth of the U.S., Native American Heritage Month was designated in 1990 by President George H. W. Bush.

Week to Week in November

Nov. 2-8. Approximately 3,500 animal shelters across the United States serve the estimated 6-8 million homeless animals in need of refuge each year. Show them some love and support.

National Hunger & Homelessness Awareness Week, Nov. 14-22. Held each year the week before Thanksgiving to give Americans a time to show compassion for people experiencing hunger and homelessness.

Geography Awareness Week, Nov. 15-21. Spatial thinking through maps is one of the most important skills that students can develop as they learn geography, Earth and environmental sciences, and so much more. Celebrate and explore the power of maps!

American Education Week, Nov. 16-20. Take this opportunity to celebrate public education and honor individuals who are making a difference in ensuring that every child receives a quality education.

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Stay healthy when you travel

an your hotel room make you sick? Whether you're on vacation or traveling for work, you don't want your accommodations to create health issues. Try these tips to stay healthy wherever you crash:

- Get a smoke-free room. Avoid exposure to leftover smoke and nicotine by requesting a smoke-free floor when you make your reservations, or at least a nonsmoking room.
- Resist the minibar. Decline a minibar key when you check in. You'll be free of temptation to indulge in unhealthy (and expensive) drinks and snacks.
- Ditch the bed cover. Bed covers can be hiding places for bugs and other pests. Store it in a dresser or a corner of your room before going to bed.
- Bring your own disinfectant. Wipe down the phone, TV remote, and other devices with an antibacterial spray or wipe before using them to get rid of any harmful bacteria and germs from previous guests.
- Use fresh cups. Don't drink from reusable glasses and cups. Stick with your own water bottle, or plastic disposable cups wrapped in plastic.

Don't sabotage your diet during the long afternoon

- You can eat a healthful breakfast and a nutritious lunch, yet still undercut your efforts to stay fit if you slack off in the afternoon. Watch out for these post-lunchtime habits that can add on extra pounds (from the Health Magazine website):
- Heavy snacks. A mid-afternoon snack can turn into a second lunch if you're not careful. Don't overdo it. Limit your snacking to 150 calories or fewer.



- Avoiding the gym. Schedule time for exercise; don't skip it just because you're busy or tired. Burning calories is important to staying in shape.
- The coffee shop. If you need a dose of caffeine, don't overload on extra sugar and cream, and resist the scones and muffins. Have a cup of coffee or tea at work, or ask a friend to pick up something salubrious for you so you don't face the temptation.
- Workplace celebrations. Birthdays, showers, good-bye parties and the like usually feature treats that can pack on the pounds. Share your good wishes, but don't go overboard on the goodies.



ACROSS

- 1. Distinctive flair
- 5. Operatic solos
- 10. Money owed
- 14. Location
- 15. Dining room furniture
- 16. Margarine
- 17. Skidoo
- 19. Ice cream holder
- 20. Poetic dusk
- 21. Licoricelike flavor
- 22. Canvas shelters
- 23. Smiled contemptuously
- 25. Coming and
- 27. Donkey
- 28. Relax
- 31. Burn maliciously
- 34. High, low and neap
- 35. Orange pekoe
- 36. Salt Lake state
- 37. Fine thread
- 38. Female chickens
- 39. Bite
- 40. Shabby
- 41. Woman's undergarment
- 42. University
- 44. What we breathe
- 45. Angler's basket
- 46. Implore
- 50. Extraterrestrial
- 52. Tropical vine
- 54. 56 in Roman numerals
- 55 Backwards "Door"
- 56. Elephantine
- 58. Strike heavily
- 59. Coral island
- 60. Norse god
- 61. If not
- 62. Segments of DNA

17 19 23 24 25 26 32 38 39 42 43 48 60 62





DOWN

- 18 Fen
- 22. Fastens
- 24. Every single one
- 26. Curved molding
- 28. Panorama
- 29. Care for 30. Not difficult
- 31. Bluefin
 - 32. Ear-related
 - 33. Voracious
- 34. Excite pleasurably
 - 37. Disabled
 - 38. German for "Mister" 56. Muzzle

40. Adolescent 41. Moon of Saturn

- 43. Scoop shovel
- 44. Chronicles
- 46. American symbol
- 47. Avoid
- 48. Utilize
- 49. Of very poor quality
- 50. Backside
- 51. Take it easy
- 53. Weightlifters pump
- this



November Crossword

1. S S S S

3 Redress

4. Not used

6. Fanatical

7. Nile bird

9. Behold

8. Supposedly

10. Instructor

11. Stetched

12. Not straight

13. Foot digits

5. Makes amends

2. Flax fabric





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EVENTS & PROGRAMS

BAZAAR - November 15th. Ranchero Village on Ulmerton Rd, 12 noon -4pm. Tables available \$15.00 each.

Teakwood Village East Annual Bazaar, Largo (Missouri Ave. behind the new Walmart at Aloha Clubhouse). Sat. Nov. 14th from 8am-1pm. Furniture, clothes, crafts, baked goods and much more. Lunch available.

Huge Pre-Christmas Sale. Lake Haven MHP 1415 Main St. Dunedin FL. Decorations, gift items, small appliances & glassware. The biggest bale sale in town! Lunch served all day. Sat., Nov. 21st, 2015 - 8am-2pm.

5th Annual Arts & Craft Fair. Sat., Nov., 14th, 2015 9am-1pm. Lake Haven MHP - Paradise Island Clubhouse. SR580 & Lake Haven Road, Dunedin. Handmade items for gifts & home décor.

ART/CRAFT Fair. Lake Highlader MHP. 1500 County Road 1. Friday, November 20th. 9am- 1pm

Car Port and Craft Sale at Oak Crest MHP, Largo. Saturday, November 21st 2015, 8am to 2pm. Crafts and food for sale in the clubhouse.

FLEA MARKET Saturday, November 28th 9am-Noon. Lake Seminole Resort Clubhouse 10245 110th Ave N. Largo. Clothes, books, household items, decorations.

Caribbean Isles Craft/Granny Attic November 25, 8am-1 pm, Breakfast/ Lunch available. 12100 Seminole Blvd., Largo

10 WORDS for \$8.55 - Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

Annual Craft Fair Saturday Nov 7, 2015 @ Paradise Island Clubhouse, 1001 Starkey Rd. Largo. Open 9am-1pm. A big variety of crafts. Bake sale and canteen open for food.

CRAFT SHOW, East Bay Oaks, 601 Starkey Road, Largo. Saturday, Dec 5th from 8-2. Also Bake Sale, Basket Raffle, & Hot Lunch Available.

CRAFT FAIR! Saturday November, 7th, 8 AM - 2 PM, Sugar Creek Mobile Home Park Clubhouse - 10265 Ulmerton Rd., Largo (Behind Pier One Store) Lunch and Bake Sale. Table \$10.00 727-584-4204

WHITE ELEPHANT SALE. Saturday November 7 - 9AM-1PM, Americana Cove, 72011st St NE, St. Petersburg, FL 33702. Jewelry, antiques, electrics, housewares, pictures, books, DVD's, CD's, tapes, LP's, collectibles, linens, plants, furniture, bakery and raffles.

Sat. & Sun, Nov. 7 & 8, 8A - 2P. AN-NUAL CARPORT SALE. Lincolnshire MHP, 1071 Donegan Rd., Largo. Clothing, Furniture, antiques, crafts, household items.

HELP WANTED

CRAFTERS NEEDED! Oak Crest MHP, Largo, Car Port and Craft Sale. Sat., Nov. 21st 2015.Tables \$7 residents, \$10 non-residents. Call Rebecca at 440-533-5559

ARTICLES FOR SALE

Lady's Set Golf Clubs, with bag and pull cart. R/H. \$125.00 727-288-4838

6ft. Artificial Spruce Christmas Tree with decorations. \$25. 727-614-9107

DORAL VILLAGE, 29250 Hwy 19 N, Lot 86, Nov. 20 & 21, 8-4. Tools (hand, power, garden, auto), coolers, magazines, knifes, BBQ's, radios, electrical (fixtures, cords, bars, appliances) & much, much more!

For Sale: 9x12 indoor / outdoor carpet, reversible \$50. 727-584-3581

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Stay healthy when you travel

an your hotel room make you sick? Whether you're on vacation or traveling for work, you don't want your accommodations to create health issues. Try these tips to stay healthy wherever you crash:

• Get a smoke-free room. Avoid exposure to leftover smoke and nicotine by requesting a smoke-free floor when you make your reservations, or at least a nonsmoking room.

• Resist the minibar. Decline a minibar key when you check in. You'll be free of temptation to indulge in unhealthy (and expensive) drinks and snacks.

• Ditch the bed cover. Bed covers can be hiding places for bugs and other pests. Store it in a dresser or a corner of your room before going to bed.

• Bring your own disinfectant. Wipe down the phone, TV remote, and other devices with an antibacterial spray or wipe before using them to get rid of any harmful bacteria and germs from previous guests.

• Use fresh cups. Don't drink from reusable glasses and cups. Stick with your own water bottle, or plastic disposable cups wrapped in plastic.

• Pack your own snacks. You won't want to raid the minibar or visit the vending machines if you bring your own snacks with you. Dried fruit, trail mix, and other nutritious options will help you avoid overindulgence in your room and when you eat out.

• Exercise. Take some time out to stretch, run in place, or do some simple aerobics or yoga.

• Check the exits. Make sure you and your family (or fellow business travelers) know how to get out of the hotel quickly in the event of a fire or other emergency.





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 <u>mail your paid reciept</u> to us at **Monthly Media • PO Box 1023 • Venice, FL 34284.** That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 4-6 weeks for mailing of check). This month's cash winners are:					
Betty Panek	Vicky Sheppard				
Lynn Hurd	Debra Thompson \$5 Dr. Peter Mason				
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Nancy Smith	John Smith				
John Trygstad	Til Post				
Anne Wallace	Esther Pinclaro				
Jan Nicoline	Dick McNamara\$5Heller's Mobile Home Washing				
Paul Kelly	Avis Audibert				
Alec Knight\$10Royal Enterprises	Rosemary Nifong \$5 Bill the Carpet Guy				
Carolyn Slawiak\$10American Dream Carpet Cleaning	Shirley Hagan\$5Sunset Appliance Service				
Delores Bock	Annette Meeker				
Donna Tope \$10 AJ's Beds & Furniture, Inc.	Patti Morgan				
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James Pace	Paul Fadden				
Frank Holbrook	Yvonne Stahl \$5 Jones and Son's Plumbing				
Elizabeth Pirozzoli \$5 Boss Electric Corp.	Bev Helbing				
Patricia Gudin	Nicole Abetz				
Bette Davidge	Helen Diskevich				
Rita LaRose \$5 Jones and Son's Plumbing	James Phillips				
Lillian Migliorini \$5Knoblach Hearing Care	Karin Yeniver				

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.



Watch for these risks of high blood pressure

If you haven't checked your blood pressure lately, you may not be aware of some of the risks associated with hypertension. Here's what high blood pressure can do to you:

• Heart attack. Your coronary arteries can be damaged and blocked, as high blood pressure causes atherosclerosis.

• Stroke. Hypertension can cause the arteries in your brain to weaken, potentially leading to a stroke if they clog or burst.

• Heart failure. Narrowed arteries caused by hypertension can increase your heart's workload, which may lead to an enlarged heart unable to supply enough blood to the rest of your body.

• Kidney failure. High blood pressure can also caused narrowing of arteries in the kidney, inhibiting their ability to filter blood and regulate hormones and fluids in your body. Ultimately, kidneys can shut down if the arteries grow blocked.

• Vision loss. In the eyes, hypertension can cause bleeding, as well as swelling of the optic nerve—both of which can damage your eyesight.

Don't sabotage your diet during the long afternoon

You can eat a healthful breakfast and a nutritious lunch, yet still undercut your efforts to stay fit if you slack off in the afternoon. Watch out for these post-lunchtime habits that can add on extra pounds (from the Health Magazine website):

• Heavy snacks. A mid-afternoon snack can turn into a second lunch if you're not careful. Don't overdo it. Limit your snacking to 150 calories or fewer.

• Avoiding the gym. Schedule time for exercise; don't skip it just because you're busy or tired. Burning calories is important to staying in shape.

• The coffee shop. If you need a dose of caffeine, don't overload on extra sugar and cream, and resist the scones and muffins. Have a cup of coffee or tea at work, or ask a friend to pick up something salubrious for you so you don't face the temptation.

• Workplace celebrations. Birthdays, showers, good-bye parties and the like usually feature treats that can pack on the pounds. Share your good wishes, but don't go overboard on the goodies.



JAPANESE GARDEN DOMEI NOVEMBER, 2015 C

