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LAKE HAVEN



• HAPPENINGS •

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February • 2017

Issue 12 40th Year

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LAKE HAVEN PARADISE ISLAND HAPPENINGS!

Written by Pat Walker, Secretary, Park 1 Association

In December we asked for toy and food donations for the Dunedin Cares Food Pantry. What a response – and what a generous community we have here in Lake Haven. Dunedin Cares was once again overwhelmed by your selflessness, kindness, thoughtfulness and concern for those in need. Thank you for all that you did to provide a very Merry Christmas to many less fortunate children in the Dunedin area. You're the best!

Whew! The 2017 Community Sale is once again history. The Paradise Island Association extends appreciation to the Hobby Club for once again organizing the sale, and thanks everyone who participated in any way. We appreciated your donations, muscle power, salesmanship and most of all your willingness to be an active participant in this annual adventure. Now we will give you a short breather before we start reminding you to start accumulating your donations for the 2018 sale.

Remember at the February 4 Paradise Island Association Meeting we will accept nominations for Association Officers who will serve April 2017 through March 2019. The election will occur at the March Association Meeting. If travel plans preclude your attendance at that meeting, please ask for an absentee ballot before your departure.

There was a great turn out for the January Chili Cook-Off. Thanks very much to those who were willing to compete; it was very difficult to choose as they all tasted delicious! The winner this year was.....me. My secret – wine makes everything taste better. The February Pot Luck entrée will be pork loin roast – be sure you have signed up to attend.

Get your body out of bed in time to attend the February 11 breakfast in Park #1 Clubhouse. All parks are invited to attend. Tickets are a modest \$5 each and are available from Janel Balogh in Lot #41 (738-1542). Denny and Carolyn have planned a mouth-watering menu.

March is Spring Dance month; watch for the flyer announcing the date and ticket price. Start practicing those fancy dance steps so you can show off your moves on the dance floor. I especially am looking forward to the Electric Slide, YMCA and Sweet Caroline – it wouldn't be a Park #1 dance without these three favorites.

If you haven't yet paid your annual Association and/or Homeowner's dues, now is the time. Treasurer Janel Balogh will gladly take your money or you can deposit it in the locked mail slot in the clubhouse.

You know what February 14th is, right? I expect to see florist delivery trucks in and out of the park all day; and what about a box of chocolates thrown in for good measure? Couldn't hurt fellows, that's all I'm saying.

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LAKE HAVEN MOBILE HOME OWNER'S INC.

The annual HOA meeting will be conducted Wednesday, February 8, 2017. It will commence at 7:00 PM in the Paradise Island Clubhouse. All homeowners are encouraged to attend. One member in good standing (paid dues) from each household will vote to elect four of the seven members of the Board of Directors; the three Park Presidents are automatically on the Board.

This meeting is limited to home owners, renters are legally restricted from attending.

If you wish to be a candidate, or want to nominate another willing HOA member, please contact Richard Crance (736-8649) no later than February 3 so the name can be included on the ballot.

LAKE HAVEN TREASURE COVE HAPPENINGS!

Written by Bob Baker. Treasurer, Park 2 Association

I realize that this article is in the February 2017 issue of The Happenings but the draft was due the publisher by January 13th and it's January 1st as I begin to write it. That being so, I think it's appropriate to begin by saying again "Welcome to 2017" and wishing all our residents once more a very Happy New Year! I also share with you this Irish blessing: "May the new year bring you the warmth of home and hearth as well as the cheer and goodwill of friends".

I think everyone who attended our annual Christmas dinner this past December 14th enjoyed themselves and hopefully went home with a "Chinese gift" that they liked. Once again, the service by our caterer, Banquet Masters, was excellent. I want to thank those who decorated the club house and our Christmas tree; Bob and Eileen Scott for arranging the seating, Ron Kattner for providing the music, Dave Horner for making sure the chairs were properly aligned; and Karen Bemis and Duke Vallery for decorating around the pool.

At our monthly association business meeting for January we elected our governing officials for the years 2017 and 2018. Becky Love is our new Park 2 Association president, Jim Grant is now vice-president; Bob Schauer is 2nd vice-president, Ron Kattner continues as secretary and Bob Baker as treasurer. Congratulations to all.

In December, Treasurer Bob Baker mailed a bill for the 2017 association dues to all residents in Treasure Cove. Then in January, if you had not paid your Park 2 association dues and/or homeowners association dues, a final bill was mailed to you. While no further effort will be made after February 1st to collect the dues, should you decide to join one or both of the associations, you may do so simply by paying the dues at any time.

Membership in the Park 2 Association entitles each member to enjoy our monthly potluck dinners, monthly association dinners and other activities. It's the best bargain that I know of in addition to the fellowship you'll have with your neighbors.

Becky Love, our new association president, has some new ideas for activities for us but it will take the support and participation by our members to see them to realization. All residents living in Park 2 (both homeowners and renters) are eligible for membership in the association; annual dues are only \$5.00 per person. If you are not already a current member, please join

Continued on page 6



and come out to support Becky. Also, please let her know if you have a suggestion for other activities we could have if there is enough interest

In past years, our ladies had an annual spring luncheon in the club house. The lady who made the arrangements no longer lives here. Ladies, please let Becky Love know if you would like to take over planning and arranging this event for this year.

Our Park 2 annual White Elephant Sale is now scheduled for Saturday, March 18th. The sale provides funds for the association treasury and enables us to do the things we do all year round. We desperately need (1) things to sell and (2) people to work! Set-up in Club House 2 is Thursday, March 16th and Friday, March 17th. A pizza dinner will be provided @ 5:30 PM on the 17th for those who help to set-up. If you have items you want to donate for the sale take them to the club house and put them in the back of the room in the club house by March 15th. For larger items, call Bob Scott, Lot 277. If he can he'll arrange to have the items picked up and moved to the shuffleboard court.

It's good to see our "winter residents" here again. I do like the reference to "winter residents" over "snow birds". Attendance at our monthly association meeting in January was the most we've had in years. I hope more and more of you will begin to attend. Please note that this month's meeting will be at 7:00 p.m. Monday evening, February 6th in the club house.

Please remember our potluck dinners on the first Sunday and our association dinners on the third Sunday each month. We not only eat well but have an enjoyable time with our neighbors.

Park 2 Association President Becky Love wants to try a new approach for our potluck dinners on a trial basis. We have members who have not attended the dinners in the past because they are vegetarians or on special diets etc. So, if you are coming to the dinner on Sunday, February 5th, please go in the club house by Friday, February 3rd and enter on the sign-up sheet there what you will bring to the dinner.

Here's a couple other reminders that bear repeating as new residents move into the park:

1) If you have prescription medicines that you no longer need, please take them to the Sheriff's Dunedin Sub-station for proper disposal.

2) Furniture, mattresses and other large items too big to go in the dumpsters in Park 1 must be taken to the Pinellas County dump for disposal and not left by the park's dumpsters.

Mark your calendar now! The annual Lake Haven Homeowners Association meeting will be held Wednesday, February 8, 2017 beginning at 7:00 PM in the Paradise Island Clubhouse in Park 1.. All homeowners are encouraged to attend. One member in good standing (paid dues) from each household will vote to elect four of the seven members of the Board of Directors; the three Park Presidents are automatically on the Board.

This meeting is limited to home owners, renters are legally restricted from attending.

If you wish to be a candidate, or want to nominate someone willing HOA member, please contact Richard Crance (736-8649) no later than February 3 so the name can be included on the ballot.

Continued on page 9



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Finally, many, many thanks to Bob and Eileen Scott, Lot 277, for their leadership over our own park's association activities during the past eight years that Bob served as president for the association and Eileen as second vice-president and then as first vice-president. We also thank them for the monthly meals they prepared and served us and for their efforts through the years to care for all of us. Well done, Bob and Eileen! Thank you so very much.

LAKE HAVEN PARK 3 (GREAT GUANA CAY) HAPPENINGS!

Written By Linda Parker, President, Park 3 Association

After a very busy and fun-filled January we are looking forward to more of the same in February. We had a packed house for the Soup and Salad Pot Luck and the ever popular Pizza Party and Dance was another sell out and a great success. Our first, now famous Bar-B-Q, was again a culinary delight and a lot of fun. More “new” residents have moved to Park III and have joined in on the fun and we look forward to getting to know them better. Membership is still a value at only \$10.00 per person. Remember, each single event is worth far more than \$10.00. See Bill Battle at #444 to join the Park III Association.

February kicks off with our monthly Association Meeting at 10:00 AM on Wednesday, February 1. This has become a social event as well as an information session. Again tasty treats and coffee will be served.

The February Pot Luck will be held at 6:00 PM on Monday February 6. The Association will provide the entrée, which is always delicious. Please bring a salad, dessert or bread to share, plus your own drinks and table service. This is always a great time to socialize.

A Valentine's Day Dinner and Dance will be held on Thursday, February 16. Dinner will be served at 6:00 PM with dancing to follow from 7:00 PM-10:00 PM.

Details of this event will be forthcoming. Be sure to check your information tubes. The menu is still being determined, but for sure, beer, wine and soda will be provided.

The February Bar-B-Q will be held at 4:00 PM on Saturday, February 25. Don and Dan will again be grilling delicious hot dogs, hamburgers and bratwurst. As always, beer, wine and soda will be provided. You may bring a dish or snack to share if you wish, but it is not necessary. The Bar-B-Q is FREE to members and guests are welcome at \$5.00 each. Remember Bar-B-Q's are held rain or shine. If necessary we will move inside.

We at Park III take great pride in the success of all of our social events. We have a terrific group of people who just seem to like to get together, eat, drink, dance and socialize. It makes living here a lot very enjoyable and fun. Thank you everyone for your help and support.





What chapter was that?

A minister told his congregation, “For next week’s sermon, I would like everyone to read the 17th chapter of Mark from your Bible. This will help you fully understand my topic on an important sin.”

The following Sunday, the minister opened his sermon with, “Now, how many of you have read Mark 17 this week as I asked?” Nearly all the hands went up.



The minister smiled. “Mark has only 16 chapters. I will now proceed with my sermon on the subject of lying.”

How many cats?

Teacher: “If I gave you two cats, and another two cats, and then another two, how many would you have?”

Johnny: “Seven.”

Teacher: “No, listen carefully. If I gave you two cats, and another two cats and another two, how many would you have?”

Johnny: “Seven.”

Teacher: “Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?”

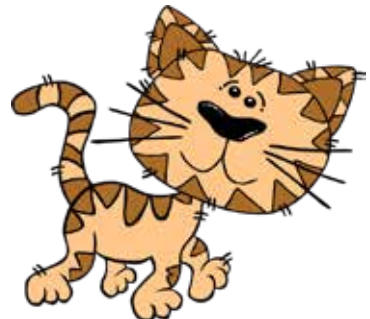
Johnny: “Six.”

Teacher: “Good. Now if I gave you two cats, and another two cats, and another two, how many would you have?”

Johnny: “Seven!”

Teacher: “Johnny, where do you get seven from?”

Johnny: “Because I’ve already got a cat!”



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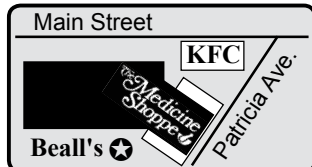
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Get up and work out

The alarm rings. Do you leap out of bed to head for the gym? Or hit snooze and tell yourself you’ll work out tomorrow? Motivating yourself to get up and start exercising can be tough. If you give in to temptation to skip the health club more than you’d like, try these tips to get moving:

- **Watch what you eat before bedtime.** A heavy snack right before you hit the mattress will make you feel lethargic in the morning. Stick to fruit, vegetables, and lean, protein-rich foods, and don’t eat anything for at least 90 minutes before you go to bed.
- **Go to bed early.** You’ll wake up feeling refreshed and ready to work out if you get enough sleep—seven to eight hours. Limit your TV, computer, and cellphone use before bedtime so you can get to sleep easier.
- **Look forward to something.** Don’t think of exercise as drudgery. Find something you enjoy about it so you wake up excited about hitting the gym, or give yourself a reward for working out once you’re finished.
- **Find a workout buddy.** Exercising alone can be boring. Ask around your neighborhood, workplace, or health club and find someone who works out on the same schedule you do. When you know you’ve got someone waiting for you, you’ll be more motivated to show up.





Daydreaming can be good for you

Daydreams aren't necessarily a waste of time. We daydream for different reasons, but it can have a positive affect on your life and career. Consider these facts about daydreaming from the LiveScience website:

- Daydreaming can be controlled—up to a point. Most people daydream intentionally because they're bored or working on something simple. When tasks require more concentration, drifting off is less frequent, but still happens.
- Blinking is a clue. Wonder if someone is daydreaming while you're talking? Look closely at their eyes. Studies show that people blink more often and more rapidly when they daydream.
- Daydreaming can help with problem solving. Let your mind wander when you're working on a tough problem. Scientists have observed that the areas of the brain involved in problem solving turn more active when we daydream.

Sharpen your mind with these puzzles

Brainteasers are good for honing your creative thinking. Try these to stretch your mind:



1. You are driving a bus with nine passengers. At the first stop, three people get off and five get on. At the second stop, seven people get off and four get on. At the first stop, six people get off and two get on. How old is the bus driver?
2. You have to choose to enter one of three rooms. Inside the first room is a team of ninjas hired to kill you. Inside the second is a tiger that hasn't eaten for three months. Inside the third is a raging inferno. Which room do you enter?
3. Harry is a butcher. He started his career at age 19. He worked for nine years in Boise, Idaho, and then moved to Duluth, Minnesota, where he's been in the same line of work for 14 years. What does Harry weigh?
4. Imagine you're in a leaky rowboat that's sinking. Great white sharks are circling your boat. How do you get out of this predicament?

Answers:

1. Whatever your own age is, since you are the bus driver.
2. Room No. 2. A tiger that hasn't eaten in three months is dead.
3. Meat.
4. Stop imagining.

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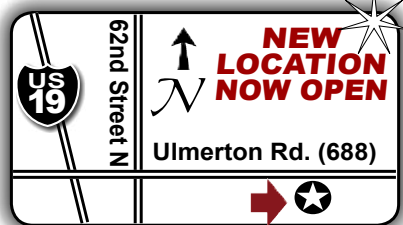
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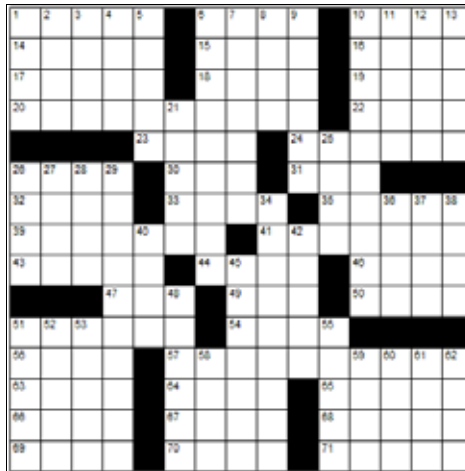




FEBRUARY CROSSWORD

ACROSS

1. Soft creamy candy
6. Gown
10. Wan
14. A part of the small intestine
15. Sweeping story
16. Dash
17. Anoint (archaic)
18. Roll up
19. Learning method
20. A lively whirling dance
22. Leveling wedge
23. Have the nerve
24. Large lizard
26. Alley
30. Tall hill
31. Ribonucleic acid
32. Cards with 1 symbol
33. Savvy about
35. Savory jelly
39. Knickknack
41. Debase
43. Old photo color
44. Outbuilding
46. Contends
47. Russian fighter
49. Fury
50. Shade trees
51. African antelope
54. Beseech
56. Encircle
57. Deranged
63. 62 in Roman numerals
64. Codger
65. Two-door car
66. Greek liqueur
67. Sharpen
68. Seraglio
69. Not closed
70. Anagram of "Seek"
71. Half of six



DOWN

- | | | |
|----------------------------------|-----------------------|------------------------------|
| 1. Decree | 13. Colonic | 42. Something to shoot for |
| 2. Forearm bone | 21. Forbidden | 45. Pelvic arch |
| 3. Bambi was one | 25. Annoying insect | 48. Graceless |
| 4. Babylonian goddess of healing | 26. Statutes | 51. Snow house |
| 5. Make improvements | 27. Throb | 52. Confusion |
| 6. Terms that refer | 28. Half-moon tide | 53. Award |
| 7. Luxurious | 29. Appraisal | 55. Luxury boat |
| 8. Engage in logrolling | 34. Overestimates | 58. Cozy corner |
| 9. Cream-filled pastry | 36. Bucket | 59. Ark builder |
| 10. Compelling | 37. Bit of gossip | 60. A purring sound |
| 11. Hello or goodbye | 38. To tax or access | 61. Type of sword |
| 12. Language of ancient Rome | 40. Found on a finger | 62. A Greek territorial unit |





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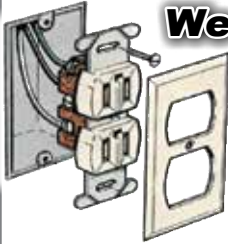
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Sunday	Monday	Tuesday
5:30 pm Potluck Dinner Park 2	5 Water Aerobics 9:30 AM - 3 Pot Luck 6:00 PM - 3 6:45PM -- Ladies Poker - 1* 7:00 pm Association Business Meeting Park 2	6 9:30AM Club - 1 6:15PM Bowling Euchre 7
	12 6:45PM -- Ladies Poker - 1*	13 9:30AM Club - 1 6:15PM Bowling Euchre 7
	Lincoln's Birthday	Vale
5:30 pm Association Dinner Park 2	19 Water Aerobics 9:30 AM - 3 6:45PM -- Ladies Poker - 1*	20 9:30AM Club - 1 6:15PM Bowling Euchre 7
	President's Day	
	26 6:45PM -- Ladies Poker - 1*	27 9:30AM Club - 1 6:15PM Bowling Euchre 7

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Tuesday	Wednesday	Thursday	Friday	Saturday																																										
	<div>1</div> <div>Association Meeting 10:00 AM - 3 1:00 pm Hand and Foot All Three Parks 6:45 pm Pinochle All Three Parks</div>	<div>2</div> <div>7:00PM -- Bingo – 1*</div> <div>Groundhog Day</div>	<div>3</div> <div>Cross Border Crafters 1:30 PM - 3</div>	<div>4</div> <div>8:30AM – Koffee Klatch – 1 9:00AM – Assn Mtg – 1 5:30PM – Pot Luck Dinner – 1</div>																																										
<div>7</div> <div>-- Hobby * -- Wii – 1 7:00 PM - 3</div>	<div>8</div> <div>1:00 pm Hand and Foot All Three Parks 6:45 pm Pinochle All Three Parks 7:00PM -- HOA Mtg – 1*</div>	<div>9</div> <div>Water Aerobics 9:30 AM - 3 7:00PM -- Bingo – 1* Poker 7:00 PM - 3</div>	<div>10</div> <div>Cross Border Crafters 1:30 PM - 3</div>	<div>11</div> <div>9:00AM – Breakfast – 1*</div>																																										
<div>14</div> <div>-- Hobby * -- Wii – 1 7:00 PM - 3</div> <div>Valentine's Day</div>	<div>15</div> <div>1:00 pm Hand and Foot All Three Parks 6:45 pm Pinochle All Three Parks</div>	<div>16</div> <div>Water Aerobics 9:30 AM - 3 Valentines Dinner & Dance 6:00 PM - 3 7:00PM -- Bingo – 1*</div>	<div>17</div> <div>Cross Border Crafters 1:30 PM - 3</div>	<div>18</div>																																										
<div>21</div> <div>-- Hobby * -- Wii – 1 7:00 PM - 3</div>	<div>22</div> <div>1:00 pm Hand and Foot All Three Parks 6:45 pm Pinochle All Three Parks</div>	<div>23</div> <div>Water Aerobics 9:30 AM - 3 7:00PM -- Bingo – 1*</div>	<div>24</div> <div>Cross Border Crafters 1:30 PM - 3</div>	<div>25</div> <div>Bar-B-Q 4:00 PM - 3</div>																																										
<div>28</div> <div>-- Hobby * -- Wii – 1 7:00 PM - 3</div>				<div>MARCH 2017</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr></table>	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	
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Meeting of minds

The famous movie actor/director Charlie Chaplin once met the world-renowned physicist Albert Einstein at a public event. According to the Storypick website, Einstein told the comedian: “What I most admire about your art is your universality. You don’t say a word, yet the world understands you.”

To which Chaplin replied, “True. But your glory is even greater. The whole world admires you, even though they don’t understand a word of what you say.”

Mistaken identity

Even Queen Elizabeth II sometimes goes unrecognized. A story from the Hello magazine website tells of a time when the queen’s car drove up to the Royal Windsor Horse Show in 1991. A guard walked up and told her, “Sorry, love, you can’t come in without a sticker.”



Unfazed, her majesty answered, “I think if you check, I will be allowed to come in.”

He did, and she was. The guard admitted later that he’d thought the queen was just “some old dear” who was lost.

A little praise

As a speechwriter for presidents Ronald Reagan and George H.W. Bush, Peggy Noonan introduced such phrases as “a thousand points of light” into the vernacular. But she derived her greatest personal satisfaction from a simple note of praise.

As recounted in her book, *What I Saw at the Revolution* (Ivy Books), four months into her job as Reagan’s speechwriter, Noonan had yet to meet the boss. Then he returned the draft of one of her speeches bearing the hand-scrawled words “Very Good.”



Noonan was overjoyed—so overjoyed that she cut out the note, taped it to her blouse, and walked the halls beaming with the pride of a schoolgirl who’d suddenly discovered she was teacher’s pet.

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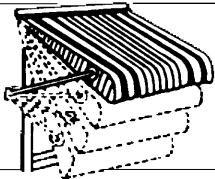
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Monthly

African American History Month. An annual observance to recognize and commemorate African American culture, African American History Month (or Black History Month) is celebrated annually in the United States and Canada in February, and in the United Kingdom in October.

Dog Training Education Month. Every day of the month, perform one training activity with your dog: jumping, herding, racing, etc. By the end of the month, you'll notice an improvement in your dog's temperament, and you'll share a closer bond.



National Haiku Writing Month. Write one haiku a day throughout February—the shortest month for the world's shortest genre of poetry. Don't think writing a good haiku is easy, though. As French philosopher and literary theorist Roland Barthes once observed, "Haiku has this rather fantasmagorical property: That we always suppose we ourselves can write such things easily."

Teen Dating Violence Awareness Month. A national effort to raise awareness about abuse in teen and 20-something relationships and promote programs that prevent it. One in three teens in the United States will experience physical, sexual, or emotional abuse by a partner in a relationship before they become adults. Spread awareness, and stop dating abuse before it starts.

Weekly

Burn Awareness Week, Feb. 5-11. Observed the first full week in February, Burn Awareness Week is intended to provide an opportunity for burn, fire, and life safety educators to share the message of burn awareness and prevention in communities around the nation.

National School Counseling Week, Feb. 6-10. This year's theme, "School Counseling: Helping Students Realize Their Potential," will focus public attention on the unique contribution of school counselors and highlight the tremendous impact they can have in helping students achieve school success and plan for a career.

Children of Alcoholics Week, Feb. 12-18. A campaign led by the National Association for Children of Alcoholics (NACOA) to raise awareness of children affected by parental alcohol problems. Children of Alcoholics Week is celebrated internationally each year during the week in which Valentine's Day falls.

National Invasive Species Awareness Week, Feb. 19-26. Raise awareness and identify solutions to invasive species issues at local, state, tribal, regional, international, and national levels. Participating organizations include the Association of Fish and Wildlife Agencies, the Environmental Law Institute, and the Nature Conservancy.



An ancient mystery: How old are Saturn's rings?

The rings of Saturn have dazzled humans ever since they were found in the sky, but they contain many unexplained mysteries. One is how old they are. One theory states that they date back approximately 4.6 billion years; another suggests that they're just 100 million years old.

Scientists backing the younger theory contend that the rings should show more evidence of space debris from the Kuiper Belt, which would make them darker than they appear today. Proponents of the older view note that the rings were probably created by a moon or some other icy object falling apart as it passed close by Saturn, an event which doesn't seem to have happened in recent times ("recent" in astronomical terms, at any rate).

Some of the trouble comes from not knowing precisely how massive the rings are—a lighter series of rings could have formed more recently than a heavy-scale one.



The case may be solved by the Cassini space probe, which is scheduled to fly between Saturn and its rings in September 2017 on the last leg of its mission. Inside the rings, researchers can measure the gravitational pull on Cassini from both directions and compare those figures with earlier data from orbits farther out, when Saturn and the rings tugged the probe together from the same direction. Scientists are eager to know—according to the Science News website, researchers have a betting pool on the findings.

One more reason to fear spiders? Their hearing

Spiders can't "hear" exactly, but they can sense and respond to vibrations in the air over relatively long distances. Until recently, scientists believed they were only sensitive to sounds from a few inches away. However, the Sci-News website reports that researchers at Cornell University have found that jumping spiders (*Phidippus audax*) can pick up low-frequency sounds from up to 10 feet away.

The spiders apparently sense vibrations through the hairs on their forelegs, which produce a response in acoustically sensitive neurons. Physically probing a single hair produced the same type of response. The jumping spiders are most sensitive to frequencies produced by the wingbeats of wasps, one of their natural enemies. Scientists plan to examine the brains of fishing spiders and wolf spiders for similar abilities.



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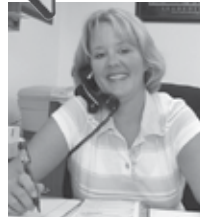
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Smartphone use across the generation gap

Quick—where’s your smartphone right now? A survey from YouGov Omnibus asked that question of millennials and people in other age groups to determine how connected we are to our devices. The survey found that pants pockets are the most common location across all age ranges—58 percent of millennials, 39 percent of those age 35-54, and 44 percent of people 55 and older.

But some people literally can’t let go. The survey found that more than 50 percent of millennials say they carry their phone in their hand all day long. Only 30 percent of those in the 35-54 group said the same, and 16 percent of the 55-and-older crowd joined them.

That makes durability an important issue for millennials. The survey found that 48 percent want their phones to come with shatterproof screens, water resistance, and other protective features, while only 40 percent of the middle were looking for those elements and slightly more than 25 percent of the oldest group had the same worry. For the two older groups, battery life seems to be a more important concern.

Eating healthy: The choices we make

More Americans are trying to make healthier choices about the food they buy and eat these days. A study of 2,000 consumers by health food manufacturer Earth Balance looked at the foods we’re buying and why we choose them. Here’s a look at the top “better for you” selections:

- **Dairy products:** 29 percent
- **Alternative oils and fats (such as avocado, sunflower, or coconut oil):** 28 percent
- **Alternative snacks (gluten-free crackers, Greek yogurt, etc.):** 28 percent
- **“Superfoods” (such as chia, quinoa, and acai):** 28 percent
- **Plant-based proteins (lentils, spirulina, and so forth):** 18 percent
- **Wheat flour alternatives:** 12 percent





February Sudoku

Difficulty level: medium.

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



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



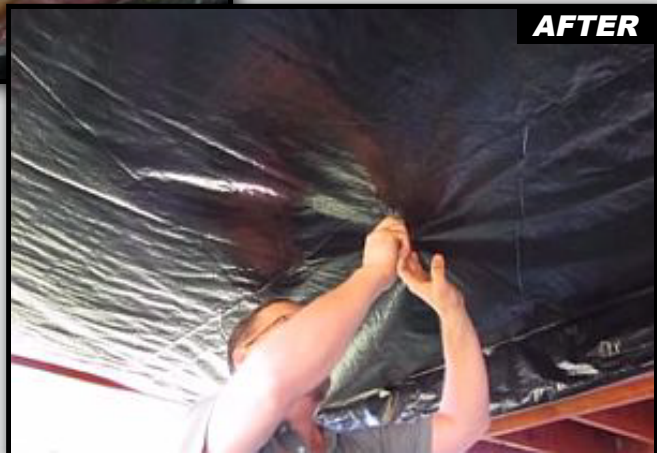
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The history of Black History Month

We owe much of our greater understanding of black history to Carter G. Woodson. Born to former slaves, Woodson worked hard and against the tide of prejudice to obtain his own education. In earning his doctorate from Harvard, Woodson was disturbed to find that during his studies, history books virtually ignored the black American population. So he decided to take on the challenge of writing black Americans into the history books.

He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. Then in 1926, he launched Negro History Week, the precursor to Black History Month, as an initiative to bring national attention to the contributions of black people throughout American history.

February was chosen as Black History Month for the significant events and people who figured prominently in black American history. For example:

- Feb. 23, 1868: Civil rights leader and co-founder of the NAACP, W.E.B. DuBois, was born.
- Feb. 3, 1870: The 15th Amendment was passed, granting blacks the right to vote.
- Feb. 25, 1870: The first black U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.
- Feb. 12, 1909: The National Association for the Advancement of Colored People was founded by a group of concerned black and white citizens in New York City.
- Feb. 1, 1960: A group of black Greensboro, North Carolina, college students began a sit-in at a segregated Woolworth's lunch counter. The event marks a watershed moment in the civil-rights movement.

Valentine's Day doesn't have to break the bank

Looking for something to do with your sweetheart on Valentine's Day that's not too expensive? Try these ideas:

- Read a story together. Buy two copies of your favorite book or story (or borrow them from your library) and spend the evening discussing it. You may both learn things you didn't know about the story (and each other).
- Team up on a new recipe. Instead of going out to a restaurant, delve into your cookbooks and find a meal to collaborate on. Choose something different and challenging, and enjoy the results.
- Visit a museum. Your town probably has a museum (or two) that you've never been to. Or a landmark you haven't seen yet. Select someplace new and check it out together.





Cold weather dangers to watch for.



Winter is far from over, and that means staying safe in cold weather is still important. Remember these tips for getting by until spring:

- Frostbite. Frostbite can occur in a short amount of time, especially with children. They can lose body heat quickly, sometimes in as little as 20 minutes. Dress kids warmly, but don't over bundle them, which can cause sweating and speed the loss of body heat. Also, discourage kids from eating snow, since it lowers body temperature, which can decrease resistance to frostbite.
- Carbon monoxide. Check your furnace and other heating appliances to make sure they aren't creating a danger to your co-workers or family. Carbon monoxide poisoning is often mistaken for the flu. The symptoms include achiness, headache, and nausea. Carbon monoxide is odorless and colorless, and it can affect children before it affects adults.
- Vehicles. We all know to walk carefully on icy roads and sidewalks during winter. But injuries can also stem from sliding and skidding vehicles that may not be able to stop before hitting someone. Be sure to walk in bright or reflective clothing, and be careful when walking near snow piles and drifts that may obscure your view or the view of a driver.

Expect to win

In 1974, Notre Dame's basketball team faced the national championship team from UCLA in a game that everyone expected Notre Dame to lose. According to motivational guru Zig Ziglar in his book, *Success for Dummies* (IDG Books Worldwide), Notre Dame coach Digger Phelps decided that his team was going to win.

The game was scheduled for Saturday afternoon. At the end of Monday's practice, he told his players to cut the nets from each basket. In basketball, cutting down the nets is a celebration of victory. After Tuesday's practice, he again told the players to cut down the nets, and every day after that. By Friday, they were cutting the nets down with confidence and enthusiasm.

And on Saturday, Phelps' team was able to cut down the nets for real, after beating UCLA in the game that Notre Dame was certain to lose. Although cutting down the nets alone didn't ensure the victory, it did get the players into a positive mindset. By the end of the week they expected to win, and so they did.

Be happy with who you are and what you do, and you can do anything you want.

—Steve Maraboli

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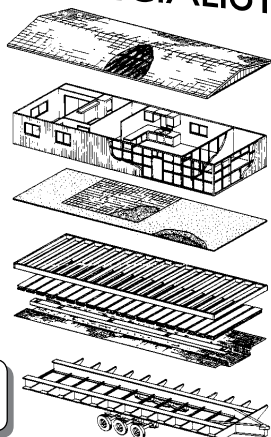
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EVENTS & PROGRAMS

Sat. Feb. 25, 8-12 noon, Flea Market, Colonial Village, 2000 East Bay Dr., Largo

TRASH TO TREASURE SALE: Serendipity Mobile Home Park, Saturday February 18th, 8am-1pm at 29081 Hwy 19N. Bedding, Dishes, Furniture, Appliances, Tools, Sporting Goods, Home Baked Goods, Basket Raffles, Coffee & Donuts on the Deck, Lunch Available. Something for everyone. COME JOIN US!

LARGO, Teakwood Village East, Sat, Feb 18. Annual carport sale. Missouri Ave, between Largo High School & WalMart. 9am till 1pm. Over 50 homes. Look for balloons! TONS of STUFF!

ANNUAL Flea Market: Four Seasons Estates, Largo- Saturday, February 25, 2017. Early bird entrance \$1.00 from 7:30 - 8:00a.m. Huge variety - furniture, tools, clothing, jewelry, linens, books etc.. Homemade baked goods, snack bar and terrific raffles & prizes. Free golf cart shuttle service. Join us at 13225 101st St., behind Largo Mall, just off Ulmerton Rd., beside Golden Corral.

Fun Night with Silent Auction, Feb. 18 eve, Sugar Creek MHP, Largo, North at 101st.

ANNUAL BAZAAR: Feb. 25, 2017, 9:00 am to 1:00 pm. Shady Lane Oaks, 15777 Bolesta Rd., Clearwater. Breakfast & Lunch available. Collectibles. Household items, furniture and more. 50/50 drawing, raffles.

ANNUAL BAZAAR: Lincolnshire Estates, February 4th, 8 - 12. Breakfast / Lunch Served.

DORAL VILLAGE BAZAAR, Sat., Feb. 25th, 8am-1pm. 29250 US Hwy 19N. Furniture, Clothing, Linens, Books, Appliances, Kitchen Items, Glassware, Jewelry, Baked Goods, Raffles, Baskets, Donuts, Coffee, and Lunch!

La Plaza MHP Carport Sale. 6700 150th Ave. N., Clearwater, FL 33764, Saturday, February 18, 2017, 8am-1pm.

FRIDAY, MARCH 3rd, 9am-1pm, Flea Market/Bake Sale Lake Seminole Resort MHP Clubhouse, 10245 110th Ave. North, East off Seminole Blvd. Refreshments, Lunch.

Sugar Creek Mobile Home Park Carport Sale: Sat. Feb. 4th 8 AM - 1 PM. 10265 Ulmerton Rd., Largo (behind Pier One store). Lots of stuff - Old stuff - New stuff. But - All Good stuff.

Carport Sale - February 18th, Ranchero Village, Ulmerton Rd., 8am-3pm.

BAZAAR: Down Yonder, 7001 142nd Ave, Largo 33771. Sat. Feb. 25th 8a.m.-noon.

CRAFT FAIR 3/25/2017, 1:00-5:00 Briar Creek Phase I. Clubhouse 3175 McMullen Booth Rd Safety Harbor.

HUGE SALE Sat. Feb. 4th Eldorado Village Clubhouse 2505 East Bay Dr. Largo, 8:00-1:00.

SALE: Saturday February 25, 8A-1P. Household, clothing, furniture, misc., holiday, bakery, lunch. Westwind I and II Clubhouses. 3301 Alternate 19 Dunedin. Enter off Alternate 19N or County Rd 1.

CARPORT SALE February 24th Clearwater Cascades 9790 66th Street N 8am-12pm.

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-Monthly Media Staff

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

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Cathy Lugg.....	\$10	Florida Anchor & Barrier Company	Frances Doyle	\$5	Air Masters of Pinellas, Inc.
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Denny Halloran	\$10	Buggin Out Pest Control, Inc.	Cliff Sykes.....	\$5	Bob's Mobile Home Washing
Ronald Russell	\$10	Mobile Home Depot	Sue Taylor	\$5	Battleline Termite & Pest Control, Inc
Marge O'Kane.....	\$10	Bill the Carpet Guy	Sandi Sylver	\$5	Natures Resource Pest Control, Inc.
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Ron Enzinna.....	\$10	AMS West Coast	Lynn Miller	\$5	Bob's Mobile Home Washing
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