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PARADISE ISLAND UPDATE

Pat Walker, Association Secretary

A nother month has evaporated into thin air and I continue to wonder "where does the time go". Seems we were just planning the Derby Day party and now it's history. Great job, Lei and Richard – a fun time was had by all. Thanks to Bob & Eileen Scott for their expertise and organization assistance. There was good camaraderie, good food, and an opportunity to increase or decrease your wealth....for me, it was the latter. The hat contest was a hit – 'specially for me since I won the prize – yahoo! It was a very close competition as the ladies went all out this year and let their imaginations run wild....loved it!

You will probably receive your June Happenings before the Memorial Day Celebration. Come on out and join us in Park #1 for a dip in the pool followed by a delicious BBQ prepared by Denny Wolff and Chuck Oller – trust me, there will be food, food, and more food. It will be a great afternoon.

You will receive a separate flyer in your mail tube on June activities. As of press time, I'm not sure about the monthly pot luck dinner since it will be so soon after the BBQ, but who knows, we may not want to break with tradition. We'll do a casual get together for hot dogs or tacos or something equally easy one Saturday or Sunday night. Ladies Poker and Hobby Club will continue weekly throughout the summer, Bingo will be once per month, Wii Bowling is on hiatus until at least September.

Margaret (Chickie) Thomas has scheduled a Memorial Service for Wendy Bombardier on Saturday, June 18, at 11:30 in Park #1 Clubhouse. All who knew Wendy are invited to this memorial celebration of her life. We hope you will share your fun/unique/interesting memories of Wendy with us as we remember this very special person who left her footprint on our hearts. In order to ensure adequate refreshments, please sign up on the planned attendance sheet in the clubhouse no later than June 15.

We extend our condolences to Nancy & Ron Chauncey on the passing of Nancy's mother on May 7th. And it is with great sadness that we report the passing of Helen Parkinson on May 2nd. Helen and husband, Ralph, moved into Lake Haven in the mid 70's and for many years were very active in the Association and HOA. Ralph passed 12 years ago, but Helen continued to be active in Hobby and Bingo for several additional years. However, she never completely recovered from a broken hip and had been under private nursing care for the past several years. Had she lived, she would have celebrated her 105th birthday on July 1st.

On a happier note – best wishes to all Lake Haven fathers as you celebrate your special day Sunday June 19. Have a great day!









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LAKE HAVEN TREASURE COVE HAPPENINGS!

Written By Bob Baker, Treasurer, Park 2 Association

June 1st is the first day of our six-month hurricane season here in Florida so keep your eyes and ears on the weather reports. We've been very fortunate the last ten years or so but don't let your guard down. Mobile home parks are in a Category A Evacuation Zone meaning, when ordered by the Pinellas County Emergency Management Office, we are among the



first to evacuate the premises along with people with homes on the beaches. ELS also reminds us that our club houses are not built to be hurricane shelters. Let's pray this is another inactive hurricane season for Florida but be alert and prepared to evacuate the park if necessary. If you don't have someone to stay with in a non-evacuation area, plan on going to a hotel or motel or one of the approved emergency shelters that will be opened by the county or, if there's time, leave the area.

Last month we congratulated all our residents who are mothers. This month it's the men's turn. The big Day is Sunday, June 19th so "Happy Fathers' Day" to all our dads in the park!

Summer officially begins on June 20th so our pool should be even more inviting. Enjoy the sun but be careful not to get sunburned, use your sun screen and please remember when you leave the pool to fold up the table umbrellas if you've used them.

Remember Hand and Foot card games are played every Wednesday in our club house from noon to 4:00 p.m. followed by Pinochle games at 6:45 p.m. Players from all Lake Haven parks are always welcome!

We'd now like to see all our year-round residents at our potluck dinners on the first Sunday each month. Bring your own drink and place settings and a dish to share with others.

> Our association dinners are normally on the third Sunday of each month. There's good food provided by the association and certainly good fellowship with your neighbors. You only need to bring yourselves and whatever you'd like to drink. Watch the tube under your mail box for the monthly announcements and be sure to let Bob and Eileen Scott in Lot 277 know if you will attend – but, not by email, please.

It was a good day at Churchill Downs in Kentucky on May 7th. Residents, from all 3 parks, who attended Park1's first Kentucky Derby Party in their club house, reported that both winners and losers enjoyed the festivities reminiscing with old friends or making new ones, filling the club house with laughter and



cheer, and enjoying a vast assortment of delicious food and desserts. Those lucky enough to have "Nyquist", the winner of the 142nd Kentucky Derby, went home with smiles as did those with the 2nd and 3rd place winning horses.

For many years Marie Reiser, a longtime Park 2 resident who died last year, organized this annual party for the "Running of the Roses". Many thanks go to our friends in Parks 1 for continuing the tradition. Mark your 2017 calendars now for the first Saturday in May to enjoy the next Derby Day!

Get more from your to-do list

to-do list can help you organize your time and energy effectively, but successful people know that it's just a start, not an end in itself. Get the greatest impact from your list by following this advice:

- Start the night before. Instead of making your list in the morning, finish your day by planning tomorrow's work. You'll arrive fresh and ready to tackle your most important tasks right away.
- Keep it short. A list of 100 items is intimidating. Limit your to-do lists to tasks that add maximum value to your organization, not routine busywork.
- **Prioritize your tasks.** Don't list items at random. Decide which job to tackle first, second, and third so you don't waste time on less important tasks.
- Categorize your tasks. After you've identified your two or three most important jobs for the day, go through your list and group similar tasks together—answering phone calls and emails, meeting with co-workers, organizing various projects. You'll get more done by not switching between different kinds of tasks all day.



- Get specific. Include the results you want, not just the name of the task. "Work on Johnson report" doesn't give you a goal; "Finish Johnson report by 3:30" will help you focus on what you want to achieve.
- **Expect the unexpected**. No matter how organized you are, interruptions will occur. Build in enough time to deal with them so you're not thrown off by the day-to-day demands of the workplace.











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Coffee may keep you healthy

s drinking coffee good for you? A recent article on The New York Times website linked to a number of different studies touting the positive effects of caffeine on several different health problems. They include:

- Liver damage. A review of data collected by studies of more than 430,000 people found that coffee may lower the risk of cirrhosis of the liver, a disease associated with overindulgence in alcohol (among other causes).
- Tinnitus. Researchers kept track of more than 65,000 women and found that those who drank more than one 8-ounce cup of coffee a day were less likely to suffer from tinnitus, that persistent ringing or buzzing in your ears.
- Auto crashes. A study of truck drivers who routinely work on long hauls found that coffee drinkers (or consumers of other caffeinated drinks) seem 63 percent less likely to be involved in crashes while driving.
- Melanoma. An analysis of health and dietary data involving more than 400,000 people ages 50-71 found that those who drank four or more cups of coffee a day were 20 percent less likely to develop skin cancer. (The researchers cautioned that avoiding exposure to the sun's ultraviolet rays is still the most important way to avoid melanoma.)

State of health: What's the best place for you to live?

Well-Being Index. Their most recent report (using data from 2014) ranked all 50 states in order of health. The top 10 healthiest states?

- Alaska
- Hawaii
- South Dakota
- Wyoming
- Montana
- Colorado
- Nebraska
- Utah
- New Mexico
- Texas

The least healthy state, according to the Index, was West Virginia. The Index looks at a variety of factors, including purpose, social relationships, financial stability, community, and physical health.













How fast do you want that package?

A mericans tend to be an impatient bunch. A study by fulfillment software vendor Temando found that 80 percent of U.S. consumers want same-day shipping from retailers, and 61 percent want their purchases shipped out even faster, within three hours.



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Retailers haven't responded, at least not yet. The study noted that only 53 percent offer same-day shipping even though 55 percent of buyers indicated they'd be willing to pay for it, and only 20 percent send products within three hours, although 31 percent said they'd be ready to pay for that.

Watch your words when talking to doctors

- ommunicating with your doctor is important, but you can overdo it. From the Prevention.com website comes this lists of things doctors don't want to hear from their patients:
- "I'm sure I have _____." Researching your symptoms online is fine, but most doctors want to diagnose illnesses themselves. Don't walk into the doctor's office insisting you know what's wrong.
- "It's probably just stress." Writing off your problems to stress might keep you from fully describing what's going on. Be ready to tell your doctor all your symptoms so he or she can get a clear idea of your illness.
- "I'm sorry for wasting your time." You may feel that your illness isn't important, but doctors would prefer that you come in before a minor ailment turns into a serious one. You don't have to apologize for taking care of your health.
- "Haven't you heard of this new drug?" Doctors are busy people who don't have time to keep up with every new medication, no matter how hard they try. Don't insist that your doctor prescribe something you saw on TV, but do print out articles that might be helpful in treating your illness.
- "You're supposed to be the expert." Again, doctors are human, and they sometimes miss things. Have realistic expectations, and talk openly about your needs so the doctor can make an informed decision.

Dragonfly breaks record for longest flight

B irds may fly great distances, but the world's leading long-distance flyer is a dragonfly an inch and a half long, according to biologists at Rutgers University-Newark. A species of dragonfly known as Pantala flavescens can be found in areas as far apart as eastern Canada, Texas, Japan, and India. Their work found that dragonflies in all these locations share a common gene pool, showing that they were able to travel vast distances to intermingle with local species.

The dragonflies have an increased surface area on their wings that lets wind carry them across oceans. (Some have already been observed migrating between Asia and Africa across the Indian Ocean.) Some of them may actually make the long journey without stopping, stroking the air and then gliding for extended periods to conserve their energy.

Monarch butterflies were previously thought to migrate the farthest distance of any creature—2,500 miles—but if the Rutgers biologists are correct, the dragonflies have set a new record.

Microwaves make rubies sparkle

W ant to make your jewelry sparkle? Try putting it in the microwave. Actually, that may not be your best or safest bet, but scientists have discovered that a microwave treatment can improve the clarity and color of rubies, which aside from jewelry are used in high-power switches and sensors.



As reported on the Science Daily website, a research team at India's Institute of Minerals and Materials Technology (IMMT) put a series of natural, hexagonal rubies in a standard 3MW microwave furnace and heated them at 1,500 degrees Celsius. The microwaves changed the gemstones' color and structure, turning them from reddish black to bright pink and smoothing out defects and impurities by altering their atomic layout and crystal structure.

The process is promising because it's quicker than regular heating and ensures uniformity, and is also more energy efficient.

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JUNE•2016								
Sunday	Monday	Г						
5 5:30 pm Potluck Dinner Park 2	6 9:30 am Water Aerobics 6:45PM – Ladies Poker – 1*	9:30AM Hobby –						
12	13 9:30 am Water Aerobics 6:45PM – Ladies Poker – 1*	9:30AM Hobby –						
19 5:30 pm Association Dinner Park 2	20 9:30 am Water Aerobics 6:45PM – Ladies Poker – 1*	9:30AM Hobby –						
Father's Day								

9:30 am Water

6:45PM – Ladies

Aerobics

Poker -1^*

26

27

9:30AM

Hobby -

Lake Haven

uesday		Wednesday	Thursday	Friday	Saturday
		1 12-4p Hand & Foot - All Parks 6:45p Pinochle - All Parks	2 9:30 am Water Aerobics	3	4
– Ladies 1*	7	8 12-4p Hand & Foot - All Parks 6:45p Pinochle - All Parks	9 9:30 am Water Aerobics	10	11
– Ladies 1*	14	15 12-4p Hand & Foot - All Parks 6:45p Pinochle - All Parks	16 9:30 am Water Aerobics 7:00PM – Bingo – 1*	17	18 11:30AM – Wendy's Memorial – 1*
– Ladies 1*	21	22 12-4p Hand & Foot - All Parks 6:45p Pinochle - All Parks	23 9:30 am Water Aerobics	24	25
– Ladies 1*	28	29 12-4p Hand & Foot - All Parks 6:45p Pinochle - All Parks	30 9:30 am Water Aerobics		JULY 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31





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The Internet spreads across the globe

A ccess to the Internet has expanded around the world, according to the Pew Research Center. A global survey found that 54 percent of people in the developing world consider themselves "Internet users" in 2015, up from 45 percent just two years earlier. Those users include 37 percent of survey respondents who said they own a smartphone, an increase from 21 percent in 2013.



Still, growth is slow in some parts of the world. In Africa, the countries Burkina Faso, Uganda, and Ethiopia have Internet use rates below 20 percent. The rate is 42 percent in South Africa and 39 percent of Nigeria, two of Africa's largest economies.

Meanwhile, advanced economies have much higher rates—94 percent in South Korea, 93 percent in Australia, 90 percent in Canada, 89 percent in the United States, and 89 percent in the United Kingdom.

Figuring the tip: How much to leave?

F Tow much to tip a server depends to some extent on where you are. The national average is 18.9 percent, according to the Zagat website, but the amount fluctuates around the country:

• Boston	20 percent
• Philadelphia	19.9 percent
Chicago	19.6 percent
Minneapolis	18.2 percent
• Nashville	18.2 percent
• Orlando	18.1 percent
San Antonio	17.1 percent





Did you know that June is also...

Adopt a Cat Month. Thousands of cute cuddly kittens and mellow older cats are waiting in shelters across the country for someone to take them home. Members of the shelter staff are ready to help you adopt your very first cat or bring home a friend for another beloved cat.

Alzheimer's and Brain Awareness Month. Around the world 47 million people are living with some form of dementia, and that number is expected to climb to 76 million by 2030. Learn how to maintain your brain's health, and help raise awareness and support of research aimed at treating brain illnesses.

National Zoo and Aquarium Month. Explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, and activities for the whole family.

PTSD Awareness Month. Post Traumatic Stress Disorder can affect anyone, and its effects are felt throughout every community. The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of effective treatments and to help all those affected by PTSD.

Sun Safety Week, June 5-11. Sponsored by The Sun Safety Alliance, which believes that a focus on skin cancer prevention, education, and awareness will improve public knowledge of the importance of sun safety.



Men's Health Week, June 13-19. Celebrated each year during the week leading up to Father's Day to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Superman Week, June 9-12. An event held in Metropolis, Ill., to celebrate the adventures of the Man of Steel in comics, film, and TV.

Animals Rights Awareness Week, June 19-25. An annual event to raise awareness for the care and concern for animals of all varieties and to educate the general public about the humane treatment that all animals deserve whether they're someone's pet, wildlife residents, residents of a zoo, or raised as food sources.



National Running Day, June 3. Put on your running shoes and some sunscreen and go out for a run!

Father's Day, June 19. Remember your dad—and fathers everywhere—on this special day.







54. Male deer 55. Figurine 59. Grind 62. Cab

ACROSS

5. Seaweed 9. Strait-laced 13. Coastal raptor 14. Intimidate 16. Assistant 17. Not more 18. Spanish friend 19. Part portrayed 20. Philippine tribal chief

22. Stretched 24. Wander

26. Attempts 27. Honors

35. Ice rain 37. Make lace 38. A synthetic fabric 41. Missing In Action 42. Overact

45. Icing

48. Soothsayer 51. Demesnes

63. Beginnings of plants

65. Ancient Peruvian 66. Very imposing or

67. Twilled fabric

52. Intersect

30. Theatrical performers 33. Affect with an ulcer

1. Found on most heads

- 68. Left by a wound 69. Untidyness 70. Encounter
 - 71. Rope fiber

impressive



LAKE HAVEN HAPPENINGS JUNE, 2016 N

1	2	3	4		5	6	7	8			9	10	11	12
13					14				15		16		\square	
17					18						19			
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		24	\top		25		26		\top					
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62					63				64		65		\square	t
66			1		67						68		\square	t
69		+				70	\vdash		+		71	+		+

DOWN

- 21. Not under
- 23. Obtains
- 25. Distinctive flair
- 27. Fretted instrument
- 28. San Antonio fort
- 29. A pig's home
- 31. Payment
- 32. Parisian river
- 34. Imp
- 36. Labels
- 10. Violent disturbance 39. Refinable rock
 - 40 Snack
 - 43. Plan of action

- 44. Beige
- 46. Doe's mate
- 47. Make dirty or
- spotty
- 49. Loamy deposit
- 50. High regard
- 53. Cubic meter
- 55. Flower stalk
- 56. Adhesive strip
- 57. Line of rotation
- 58 Border
- 60 Defraud
- 61. Angelic instrument
- 64. Collection





1. Possessed

2. Region

3. Teacher

Association

6. Hobbling

7. Remorse

9. Sunshade

11. Indolent

(archaic)

12. A fitting reward

8. Wool source

5. American Dental

4. Fix up





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experience!"

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



June Sudoku

3	2	L	4	8	6	١	ç	9
8	l	6	G	9	2	L	ε	4
9	G	4	ε	L	l	8	6	2
4	9	١	8	6	L	ç	2	S
6	8	2	9	g	3	4	l	L
L	3	ç	2	•	4	6	9	8
l	4	9	L	ε	ç	2	8	6
2	6	3	١	4	8	9	L	G
9	L	8	6	2	9	ε	4	r







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

EVENTS & PROGRAMS	For Sale: 2013 Nissan Altima, Excel- lent Condition, Mileage 6531. 727- 475-8600	Wanted: Older used car, running order, inexpensive. Lee Cameron 727-726- 2323
CRAFT SHOW 12/10/16 Four Seasons Estates, Largo. Vendors wanted. 727- 200-3240 for more info.	FOR SALE: Floral Sofa & Settee - \$525. Lt. Green Settee & 2 chairs -	WANTED TO BUY
ARTICLES FOR SALE	\$250. Walnut triple dresser, chest & night stand - \$375. Glass table & 5 chairs - \$150. 26" TV with stand -	When selling on consignment always get a WRITTEN QUOTE
2 Crypts in Sylvan Abbey, choice Lo- cations side by side extras. 727-243- 4100 Suzie	\$150. Sm. Round table - \$100. Sm. Sq. table - \$100. Dunedin area. Please Call: 727-735-9885	on the sellers' commission. FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780
2005 Sebring Convertible Touring, 64,300 miles, Garage Kept, \$6,500. 1-317-372-0660	Electric Wheelchair. Color - Cherry Apple Red. Located in Largo. Call - Gene - 727-488-2054	

JULY AD DEADLINE - JUNE 10, 2016

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



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

14,492 manufactured home residents have won over **\$130,374** 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 receipt</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:

	goroneoky. This month's cash	winners are.	
Robert Palermo \$100	Community Roofing	Ralph Virkler \$5.	A1 Appliance Repair
Betty Harrison \$10	Heller's Mobile Home Washing	Robert Jean \$5.	Appliance Specialty
Margaret Fake \$10		Donna Beach \$5.	Heller's Mobile Home Washing
James Banyas \$10	ASC Aluminum Specialty Contractors	Audrey Nower \$5.	Bob's Mobile Home Washing
Pam Rhoads \$10	Natures Resource Pest Control	Kenneth Seaner \$5.	Air Masters of Pinellas
James Stewart \$10	Dunedin Plumbing, Inc.	Jim Deitschel \$5.	Mobile Home Depot
Scott Berman \$10	Modern AC & Appliance Service	Helen Trimboli \$5 .	Battleline Termite & Pest Control
Lynette Engerbretson \$10		Tammy Lee \$5 .	Boss Electric Corp.
Margaret Haynes \$10	Enos Plumbing & Services	John Tirone \$5.	Jones & Sons Plumbing
	Barron's AC & Appliance Service	Sharon Brill \$5 .	Kathy's Cleaning Service
Linda Smith \$10	Jones & Sons Plumbing	Larry Henry \$5.	Bob's Mobile Home Washing
Jean Ayer \$10	Buggin Out Termite & Pest Control		E & E Gliddon Air Conditioning
Cindy Wright \$10	Royal Enterprises	Mike Chambers \$5.	Bill the Carpet Guy
Lynn Lijewski \$10	Ray Duncan Plumbing	Manny Pimentle \$5.	Recreational Golf Cars
Jessie Owens \$5	Debbie's Salon	Connie Brown \$5.	Doll Brothers Carpet Cleaners
Linda Picard \$5	Mobile Home Depot		Notebooks Plus
James Hosack \$5	Appliance Specialty	Sandra Mercer \$5 .	Heller's Mobile Home Washing
Mildred Smith \$5	Bill the Carpet Guy	Joan Seagrave \$5.	Suncoast Auto & Tire
	Modern AC & Appliance Service	Melvyn Blaiss \$5.	Largo Plumbing
	Jean Satterfield - Avon Products	Joyce Zimmardo \$5 .	Sunset Appliance Service
Jan Baltzell \$5	At Home Carpets Plus Color Tile	Helen Razzano \$5 .	Royal Enterprises
Hubert Cruse \$5	Knoblach Hearing Care	Tom Hylock \$5.	Jones & Sons Plumbing
Rose Condon \$5	Ron Wyngarden MH Washing	Melody Moen \$5.	Bob's Appliance Repair
			Doll Brothers Carpet Cleaners

• 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. LAKE HAVEN HAPPENINGS JUNE, 2016 N 3

