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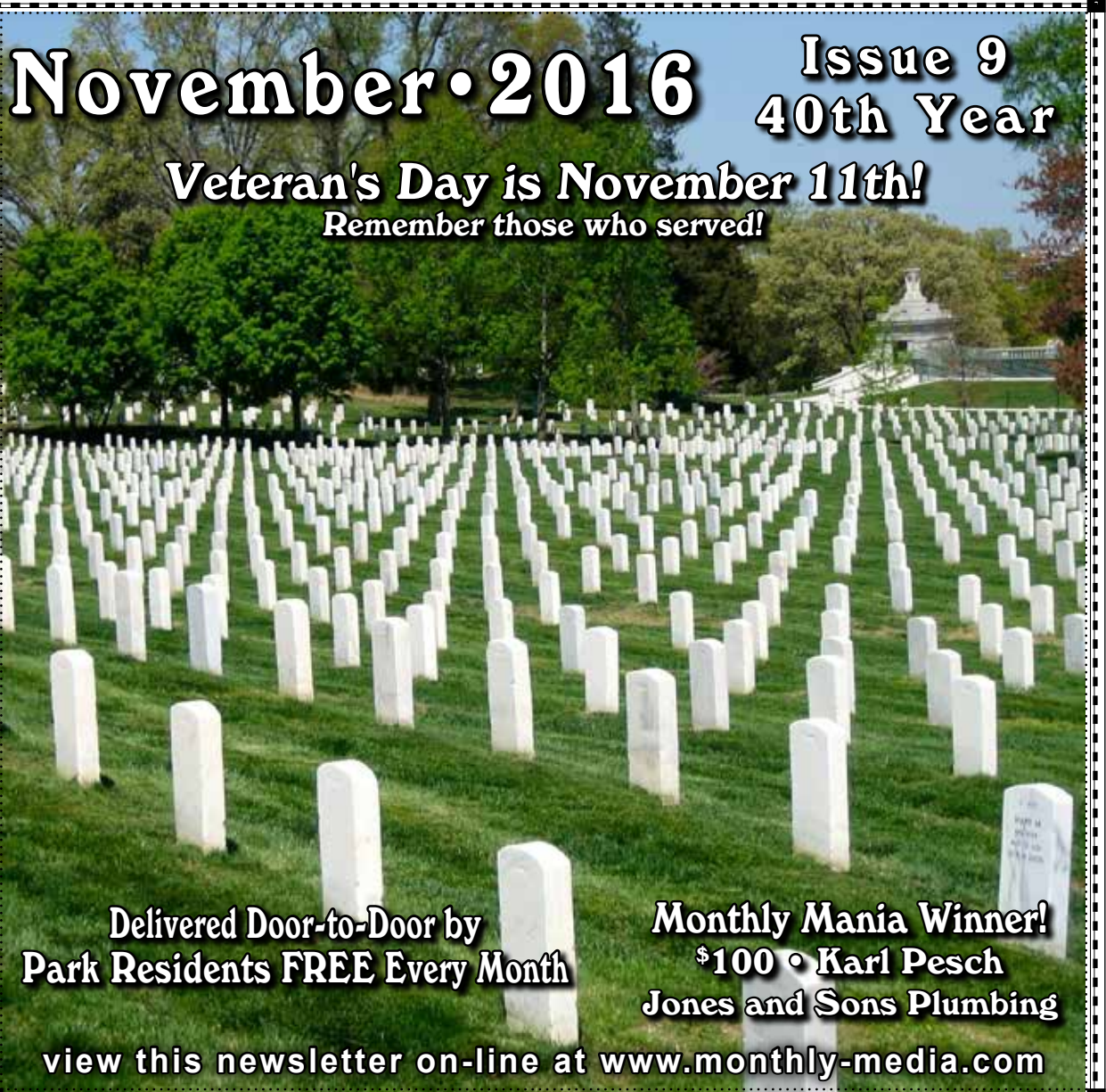
HAPPENINGS

Manager:
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November • 2016

Issue 9 40th Year

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PARADISE ISLAND (PARK 1)

Pat Walker, Park 1 Association Secretary

Oh my – first Hermine and then Matthew. It appears the weather gods are making up for lost time this year. Hopefully any relatives or friends residing on the east coast survived with little or no damage. Thunderstorms are enough to frighten me, I can only imagine how I would react in a full-blown hurricane.

On to the good stuff.....our northern neighbors are starting to once again fill up the empty spaces in the park – welcome back! We saved some things to celebrate upon your return. First of all, don't forget about Association meetings the first Saturday of the month. At our meeting on the 5th we will be voting on a proposed change to our bylaws, so be sure to attend and voice your opinion and vote your conscience. Speaking of voting, the Presidential election is also this month. This, too, is an important election as it sets the national tone for at least the next four years, so everyone please vote. Having said that, I will be so glad to have it over and done with.....all the campaign blathering has worn me out.

Fantastic Italian Dinner again hosted by Park #1. A call went out for volunteers to cook and we were blown away by the response. Accolades to: Carolyn Bailey, Janel Balogh, Lei Crance, Lori Witkin, Denny Wolff and even me for a delightful evening of delicious Italian fare and friendship. Grazie!

Last year's Pot Luck Turkey Dinner was such a success that Carolyn committed to host it again this year. She enlisted Chuck Goff #2 to help with cooking the turkeys. Sign up if you plan to attend, and as always, PLEASE indicate what side dish you will bring, and if it is pumpkin related I will be one happy camper.

The Hobby Club's 6th Annual Arts & Crafts Sale is Saturday, November 12, 9AM-1PM. We hope all Lake Haven residents will support our members who have created unique items for gifts or for your home. The Club has committed to donating 10% of sales revenue to the Dunedin Food Pantry; so when you purchase something you will be aiding our local community as well.

On Saturday, November 19 at 9AM Lei Crance will host another French Toast Breakfast. Prior ones have been overwhelmingly successful, so hope to see you there. Janel Balogh #41 will have tickets available to all three parks at the nominal cost of \$5 each. Such a deal!

Our Association voted to again have a Thanksgiving Food Drive which we invite all three parks to participate in. There will be clearly marked collection boxes in the Paradise Island Clubhouse from October 24 through November 17. We are asking for non-perishable food items – either packaged or canned; family sized items are especially appreciated. If it is difficult for you to shop, I would be happy to pick up food items for you or you can submit a

Continued on page 5

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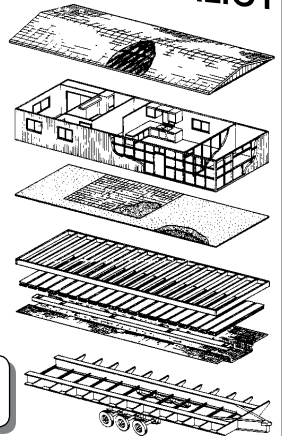
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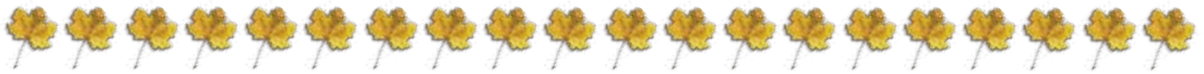
Christmas and Hanukkah are nipping at our heels. In keeping with a long standing tradition, the Association is planning a dinner to celebrate these annual holidays. Our dinner will be Saturday, December 17. This event is subsidized by the Association – actual expenses incurred traditionally run well over \$40/pp. By subsidizing the event, ticket prices remain relatively low at \$17/each for Association members, \$25/each for non-member residents and guests. What do I get for my money? you ask, well, let me tell you. First will be butler passed Hors D’oeuvres, followed by a buffet table filled with Chateaubriand and Chicken, Potatoes, Steamed Vegetables, Tossed Salad, Assortment of Breads and Dessert. That’s not all folks, there will be complimentary wine as well. Still not enough for you? OK we’ll throw in professional entertainment and dancing. Want more?? Sorry, you’re out of luck ‘cause that’s all there is. In order to meet the caterer’s deadline, you must purchase your ticket from Janel Balogh #41 no later than November 30. This has always been a truly outstanding event – don’t miss it.

Welcome back Lei & Richard Crance! They celebrated their Silver Wedding Anniversary with a trip to Hawaii. Even though it’s a sin, I’m green with envy.

With the end of the year growing ever nearer, a reminder that we are collecting salable items for the annual Community Sale scheduled for Saturday, January 28, 2017. The Hobby Club is once again coordinating the event. Contact either Lei Crance or me if you need assistance getting items transported and we will schedule a time to meet with you. A number of residents who formerly helped with setting up and/or sales have moved away so we will definitely need current residents to pitch in to fill the vacancies. During January we will send out requests for assistance and hope that many of you will respond favorably.

Have a great Thanksgiving Day!





TREASURE COVE (PARK 2)

Bob Baker, Park 2 Association Treasurer

W*onders never cease!* For too many years, The Board of Directors of our Home Owners Association (especially Park 2 president, Bob Scott, our own representative on the board) and HOA president, Richard Crance) have complained, wrangled and negotiated with the local and state ELS management about the unacceptable condition of the water lines in our park. As I was writing this last month, ELS notified our residents that work would begin mid-October to replace our water lines and also install valves and shutoffs. They expect the work to be completed by mid-December if there are no delays out of their control. Many thanks go to Bob and Richard and the other HOA directors for urging ELS to finally replace the water lines in Park 2 and upgrade our water system.

Our annual association Christmas dinner is coming up at 6:00 p. m. on Wednesday evening, December 14th. Entrees will again be Prime Rib or Chicken Marsala. *Reservations must be made by November 30th. See or telephone Bob Baker, Lot 280 (Phone: 738-8967).* The dinner this year is free for association members but for guests and other non-members the cost is \$31.00 for the chicken dinner or \$36.00 for the beef. After the dinner we'll exchange "Chinese Gifts. Park 2 Association members: Look soon in the white tube under your mailbox for more details on this event.

President Bob Scott will call the November association meeting to order at 7:00 p. m. on Monday evening, November 7th in the club house. All dues paid association members are encouraged to attend. One item on the agenda will be to appoint the nominating committee for association officers and directors for the 2017-2018 years. Please let Bob Scott know if you'd like to serve on the Board of Directors in one of these positions.

I want to remind everyone again that it will soon be time for our annual White Elephant Sale, to enhance the association treasury, and we need items for the sale. It's the monies raised from this once a year sale that pay for most of our activities and keeps our membership dues low. Please contact Bob Scott If you have larger items that need to be picked up and stored until the sale.

While park management provides for mowing the grass and edging periodically, maintaining flower beds and bushes etc. around our homes is the responsibility of the homeowner. Now that the weather's a little nicer, some residents have been seen outside trimming bushes, weeding and replanting flowers around their homes. Their efforts are much appreciated as they do improve the appearance of our park.

Finally, for those homeowners who are new to mobile or manufactured home living in Florida, you should have received last month your annual Mobile Home Registration Form from the Office of the Pinellas County Tax Collector. Mobile and manufactured home registrations must be renewed each year and the fee for doing so paid by December 31st. If you

Continued on page 9

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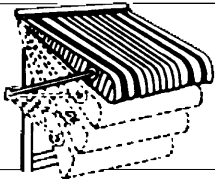
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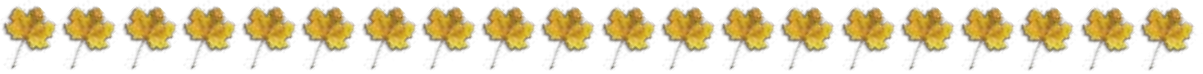
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...and in closing,



GREAT GUANA CAY (PARK 3)

Linda Parker, Park 3 Association President

It is an exciting time at Lake Haven Park 3. A few of our friends from the North have already returned, and in the coming days many more will arrive. So, the action and fun is about to begin and we have a full calendar of activities planned for the coming months.

During the summer, a number of new residents moved to Park III, and we want to extend a special welcome to them and hope that they can join us at our first association meeting to be held on November 1, at 10:00 AM to find out what's in store.

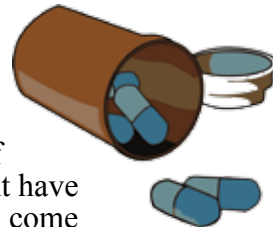
Just a reminder that in November we will have the first of our two sales of the year. Our Pre-Christmas sale will be held the 19th from 8am-1pm. Our bake sale has become a very important part of this sale. All volunteers are appreciated for this sale, so please mark your calendars, drop off your gently used gift items, kitchen items, linens, and Christmas decorations at the club house and warm up those ovens to bake some goodies for the sale! No clothing please!

The first pot luck will be held on November the 7th, hosted by myself and Mike Parker. We will be serving St. Louis style ribs. Please bring a dish to share, your own table service and what you would like to drink. We will continue our membership sign up for the year that evening. Our memberships are \$10.00 per year per person, that includes all pot lucks and BBQ's for the year and reduced pricing for the events that the meals are completely furnished by the association and events that have entertainment. If you choose to come as a guest, or bring a guest the cost is \$5.00 per event.



A troubling trend: Americans overdoing antibiotics

Antibiotics are a boon to doctors and their patients, but they pose dangers if they're overused. That makes this news especially concerning: A Texas study reported on the UPI website found that about one in 20 adults have stockpiled supplies of antibiotics in their homes and use them without a physician's advice.



The study of 400 adults in the Houston area found that 14 percent of adults have a stash of antibiotic medications in their home, and 5 percent have used them without a doctor's guidance in the past year. The medications come from a variety of sources: 40 percent came from a store or pharmacy, 24 percent were purchased outside the United States, 20 percent came from family or friends, and 12 percent were left over from past prescriptions.

In 4 percent of cases, the drugs obtained without a prescription were intended for use on animals, not humans.

Millennials worry about debt

Millennials aren't the carefree kids you might think they are. A FICO survey found that they're concerned about debt—with good reason. According to FICO's online survey of approximately 1,000 Americans over 17, 32 percent of millennials owe \$20,000 or more in student loans, and 45 percent owe at least \$7,000 on car loans.

In all, 37 percent of millennials ages 25-34 say they're concerned about their level of debt, and 33 percent would like assistance in managing their debt. For example, 65 percent would like to receive an email alert when their student loan payments are overdue by less than 90 days, and 35 percent want to be notified by app when their mortgage payments are less than 90 days late (but they'd prefer a phone call if their payments are more than 90 days overdue).

These tiny robots may save your life

The newest medical robots look and move like bacteria, and they can deliver medications to specific locations within the human body and perform intricate surgeries like clearing clogged arteries.

According to the Science Daily website, a team of scientists is working to develop a selection of biological robots that are soft, flexible, and move through bodies under the control of an electromagnetic field. Once they reach their destination, they're heated to change shape, mimicking—for example—the bacterium that causes African trypanosomiasis, or sleeping sickness. Although still in development, these microrobots could revolutionize the way patients are treated in the not-so-distant future.

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Creativity and innovation aren't always accidental. A consistent focus will produce better results, so you don't have to wait for lightning to strike. Try these techniques to spur your imagination as you work:

- **Start your day with a purpose.** Instead of rushing out the door without a plan, spend a few minutes in the morning thinking about what you want to accomplish that day. Do this before checking your cell phone or email. You'll be less likely to get distracted by other demands.
- **Shake up your routine.** Get out of your comfort zone so you aren't always surrounded by what's familiar. Get up earlier than normal, take a new route to work, do your tasks in a different order, try something new and exciting—anything to shake your mind free of its preconceptions and look at your work in a different light.
- **Be mindful.** Don't go on autopilot. Pay attention to everything around you—the people you work with, the tasks you work on, the environment you work in, and so forth. The more aware you are of what's going on, the more likely you'll see a new connection or find an idea where you least expect it.

Don't be afraid to ask questions

Alyssa Mastro Monaco was deputy chief of staff in the Obama White House until 2014. She told a radio station an important lesson she learned early on about the importance of asking questions:

During an Oval Office meeting on the economic crisis, she was close to panic, worried that the president would ask her a question about issues she knew nothing about, such as quantitative easing. She began quickly writing down key words and phrases to look up later.

Economic adviser Larry Summers noticed and tapped her on the shoulder. "Come to my office later," he said.

Worried that Summers was mad at her, Mastro Monaco went to his office after the meeting. Summers asked about her list.

When she told him what she'd written down and why, Summers said, "I'll tell you anything you need to know." He proceeded to give her a quick lesson on economics. She left the office feeling relieved—and better informed than before. Nowadays she knows that admitting you don't know something is better informed than pretending you do—and she never thinks asking for information is stupid.





A lesson in determination

British runner Derek Redmond was one of the favorites for a gold medal in the 400-meter sprint at the 1992 Olympics in Barcelona. But halfway through the race, Redmond—in the lead—collapsed on the track with a hamstring injury.

Medical staff rushed to help him, but Redmond waved them away. He somehow got to his feet and started staggering down the track. With thousands watching, and officials unsure of what to do, Redmond's father ran out to him.

“You don't have to do this, son,” he said.

“Yes, I do,” Redmond replied.



His father helped Redmond down the track, tears streaming down both their faces, waving away anyone who tried to stop them.

The crowd roared when Redmond finally crossed the finish line. The feat is considered by many to be the defining moment of the Barcelona Olympics.

Keep learning at any age

As you and your family members age, you may find you have more difficulty remembering things. Try to help you stay on top of the knowledge game and keep you learning as you age:

- Visualize. Mentally rehearse an event, conversation or activity before it actually happens. This visualization helps eliminate the stress you may feel over the unknown. Plus, when you're more relaxed, you're better able to learn.
- Take a break and exercise. If you're trying to remember information you're reading, take frequent breaks. Don't just sit around, though. Engage in some kind of activity to keep your mind alert and your blood flowing.
- Focus on concentrating. Distractions are the bane of any learning attempt. If you're attending a class or lecture, sit near the instructor and maintain eye contact with him or her. Try not to fidget; simply relax into the session and let your focused attention do the job.
- Say it out loud. Read aloud the material you're trying to learn and repeat out loud the facts you want to retain. This way, both your mind and your ears are taking in information.
- Tame frustration. If you grow frustrated over material you're trying to learn, remind yourself that getting emotional will only hamper your ability to retain information. If you have to, step back and take a long break.

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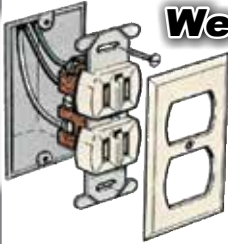
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NOVEMBER • 2016

Sunday	Monday	Tuesday
		Associat 10am - 3 9:30AM - 1* 6:15PM ing - 1
5:30 PM - Pot Luck Dinner - 2	6:45PM - Ladies Poker - 1* Pot Luck 6pm - 3 7:00 PM - Association Meeting - 2	9:30AM - 1* 6:15PM ing - 1
	6:45PM - Ladies Poker - 1*	9:30AM - 1* 6:15PM ing - 1 Euchre 7
5:30 PM - Association Dinner - 2	6:45PM - Ladies Poker - 1*	9:30AM - 1* 6:15PM ing - 1 Euchre 7
Decorate for Xmas 6pm - 3	6:45PM - Ladies Poker - 1*	9:30AM - 1* 6:15PM ing - 1 Euchre

Lake Haven

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
<p>1 3 - Hobby Club - Wii Bowl-</p>	<p>2 1:00 PM to 5:00 PM – Hand and Foot Card Games (All 3 Parks) 6:45 PM – Pinochle Games (All 3 Parks)</p>	<p>3 7:00PM – Bingo – 1*</p>	<p>4</p>	<p>5 8:30AM – Koffee Klatch – 1 9AM – Assn Mtg – 1 5:30PM – Social Hour – 1 6P – Pot Luck Din- ner – 1</p>																																										
<p>8 - Hobby Club - Wii Bowl-</p>	<p>9 1:00 PM to 5:00 PM – Hand and Foot Card Games (All 3 Parks) 6:45 PM – Pinochle Games (All 3 Parks)</p>	<p>10 Pot Luck 6pm - 3 7:00PM – Bingo – 1*</p>	<p>11</p>	<p>12 9:00AM—1PM – Craft Sale – 1*</p>																																										
<p>15 - Hobby Club - Wii Bowl- 7pm - 3</p>	<p>16 1:00 PM to 5:00 PM – Hand and Foot Card Games (All 3 Parks) 6:45 PM – Pinochle Games (All 3 Parks)</p>	<p>17 7:00PM – Bingo – 1*</p>	<p>18</p>	<p>19 9:00AM – French Toast B'fast – 1* Pre-Xmas Sale 8am- 1pm- 3</p>																																										
<p>22 - Hobby Club - Wii Bowl- 7pm - 3</p>	<p>23 1:00 PM to 5:00 PM – Hand and Foot Card Games (All 3 Parks) 6:45 PM – Pinochle Games (All 3 Parks)</p>	<p>24 Thanksgiving Dinner 2pm - 3</p>	<p>25</p>	<p>26</p>																																										
<p>29 - Hobby Club - Wii Bowl- 7pm - 3</p>	<p>30 1:00 PM to 5:00 PM – Hand and Foot Card Games (All 3 Parks) 6:45 PM – Pinochle Games (All 3 Parks)</p>	<p>Thanksgiving</p>	<p>DECEMBER 2016</p> <table border="1"> <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></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</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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Did you know that November is also...

National Epilepsy Awareness Month. Learn about the different types of seizures and how to prevent them—or help someone suffering from them. A seizure is a short change in normal brain activity that can cause changes in awareness, behavior, or body movement. Because anyone can have a seizure, recognizing symptoms and knowing how to help is vital.



Native American Heritage Month. Established at the turn of the 20th century as an effort to gain a day of recognition for the significant contributions the first Americans. In 1990 President George H. W. Bush approved a joint resolution designating that November “National American Indian Heritage Month.” Similar proclamations have been issued each year since 1994.

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

National Animal Shelter and Rescue Appreciation Week, Nov. 3-9. Approximately 3,500 animal shelters across the United States serve the estimated 6 million to 8 million homeless animals who need refuge each year. Get acquainted with your local shelters and rescuers, and learn how you can assist their lifesaving work.

National Nurse Practitioner Week, Nov. 13-19. Held annually to celebrate these exceptional health care providers and to remind lawmakers of the importance of removing outdated barriers to practice so that NPs will be able to practice to the full extent of their experience and education.

American Education Week, Nov. 14-18. The 2016 theme, “Great Public Schools: A Basic Right and Our Responsibility,” will present all Americans with an opportunity to celebrate public education and honor individuals who are making a difference in ensuring that every child receives a high-quality education.

U.S. Election Day, Nov. 8. Get out and vote!



World Diabetes Day, Nov. 14. Celebrated worldwide by the more than 230 member associations of the International Diabetes Federation in more than 160 countries and territories.

International Games Day, Nov. 19. Raising awareness of games and gaming in libraries to publishers and the public around the world.

Thanksgiving, Nov. 24. Turkey, football, pumpkin pie, and family. What could be better?





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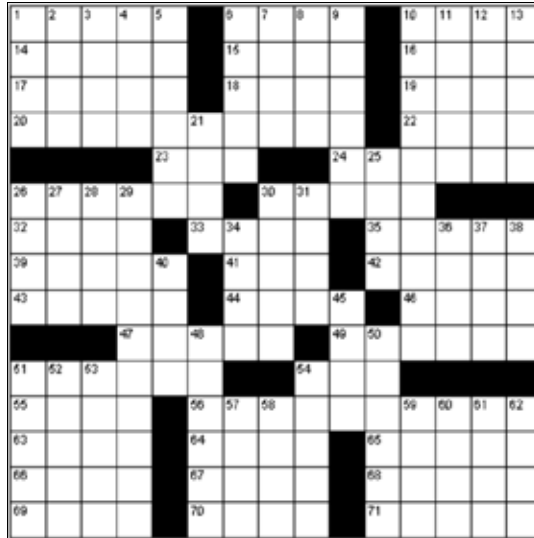
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November

ACROSS

1. Slogan
6. Blemish
10. Chooses
14. Evade
15. Smell
16. Tribe
17. Crystal-lined stone
18. Credit card brand
19. Receptacle
20. Bowls
22. Initial wager
23. Take to court
24. A celebration of the Resurrection
26. Come into sight
30. Language of Persia
32. Coral ridge
33. Nonflowering plant
35. Models
39. Skill
41. Meadow
42. Trap
43. Scatter
44. Peddle
46. Dogfish
47. Units of distance
49. Except when
51. Pillaging
54. Metric unit of area
55. Flair
56. A capsule or shuttle
63. Inspiration
64. Class
65. Indian hand drums
66. Tidy
67. Hodgepodge
68. Once more
69. Sea eagle
70. Close
71. Relaxes



DOWN

- | | | |
|---------------------------------|---|---------------------------------|
| 1. Wise men | 21. Territory | 45. Entice |
| 2. Roasting appliance | 25. Vipers | 48. Instruction |
| 3. Honk | 26. Circle fragments | 50. Ambrosia |
| 4. Neap, high or low | 27. Sassy | 51. French for "Queen" |
| 5. A city in the Ukraine | 28. A type of fruit | 52. Relative of the birch tree |
| 6. Film | 29. Having unsuitable feminine qualities | 53. Song of joy |
| 7. Chief Norse god | 30. Liberates | 54. He plays roles |
| 8. Fail to win | 31. A Freudian stage | 57. A native of Poland |
| 9. Found at the end of a pencil | 34. Consequence | 58. Operatic solo |
| 10. Once in a while | 36. Identical | 59. Anger |
| 11. Flora | 37. Goddess of discord (Greek mythology) | 60. Fabrics made from goat hair |
| 12. Flavor | 38. The Caribbean and Adriatic, for example | 61. Dart |
| 13. Contemptuous look | 40. One of two | 62. Bronzes your skin |

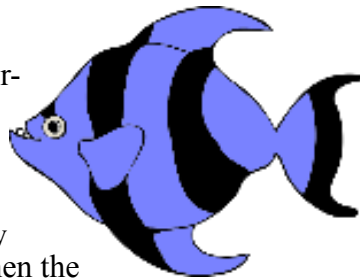




Your fish may know what you look like

Dogs and primates can recognize human faces, but can fish? Apparently so. Scientists at the University of Oxford and Australia's University of Queensland have discovered that the archerfish can be trained to differentiate between faces with a high degree of accuracy, even though they don't have the type of brain other animals use for visual recognition.

As reported on the Reuters website, scientists chose the archerfish for their experiment because of its ability to shoot a jet of water from its mouth, usually to hunt down insects above the water's surface. They introduced the images of two human faces and trained the fish to shoot water at a specific one. In later tests, the fish were able to recognize a learned human face from 44 new ones and hit their original target 81 percent of the time—even when the color and shape of the head were changed.

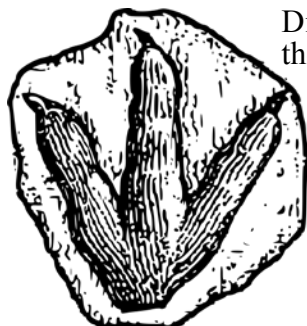


Because fish have no neocortex in their brains, and presumably no evolutionary need to recognize and distinguish between humans, the discovery is unexpected—and interesting to scientists studying brains of all kinds.

How did dinosaurs travel across the oceans?

The remains of similar species of stegosaurus and other dinosaurs have been found on both sides of the Atlantic Ocean, prompting scientists to speculate about how some dinosaurs, along with mammals and other land animals, made their way across oceans after the breakup of the supercontinent Pangaea hundreds of millions of years ago.

The latest theory suggests that North America and Europe were joined together by two strips of land that existed during the late Jurassic period—some 151 million to 154 million years ago—and the early Cretaceous, approximately 129 million to 131 million years ago. One land bridge connected Canada to the Iberian peninsula, and the other provided a route between North America and Scandinavia.



Dinosaurs like the stegosaurus and allosaurus could have moved along the land bridge along with turtles and early mammals. According to the Science News website, tectonic activity could have caused ocean shelves in relatively shallow water to rise above sea level. The bridges would have been narrow strips some 80-160 kilometers across—before they sank back into the sea.



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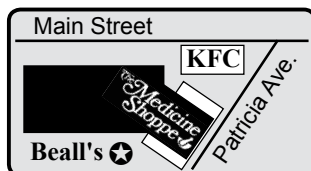
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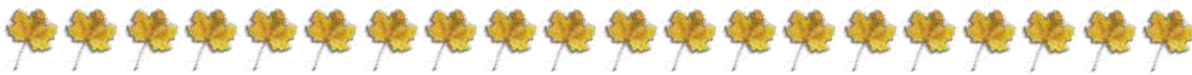
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pon to receive gift certificate.
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Limit one coupon per customer
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Ease the pain of nighttime leg cramps

Sudden, uncontrollable cramping of the calf muscle at night is a painful condition that afflicts about 70 percent of adults over the age of 50. These nocturnal leg cramps are often sharp enough to interrupt a deep sleep and can last anywhere from a few seconds to 10 minutes.

What causes the condition? Researchers don't have a definitive answer, but dehydration, prolonged sitting, and overexertion of the muscles all appear to contribute to the problem. Doctors can prescribe medication to relieve acute cramping that regularly interferes with sleep, but if you suffer from just occasional symptoms, try the following:



- **Drink water.** Try a few ounces of prevention: Drink six to eight glasses of water during the day. Water is the best choice for keeping the body well hydrated.
- **Stay loose.** Don't wrap blankets tightly around your body, especially your feet. Don't point your toes downward while you sleep—this can also affect circulation.
- **Stretch.** Throughout the day, periodically stretch your calf muscles.
- **React the right way.** If you wake up with a cramp in the middle of the night, flex your foot so that your toes point upward. You can also stand up, placing all your weight on the affected leg, and bend at the knee to stretch out the muscle. Applying a heating pad or ice pack can also relieve the pain.

Acupuncture, supplements, and other treatments add up to big money

Americans spend a lot of money on traditional health care, but we also spend a large amount on so-called “complementary” approaches to curing what ails us. According to an analysis by the National Center for Complementary and Integrative Health (NCCIH) and the Centers for Disease Control and Prevention, non-traditional treatments like herbal supplements, meditation, chiropractic, and yoga add up to \$30.2 billion a year in the United States. Here's how it breaks down:

- Chiropractic, acupuncture, and massage therapy account for \$14.7 billion, an average out-of-pocket expense of \$433.
- Natural dietary supplements add up to \$12.8 billion, an average of \$368 per user.
- Other self-care products like books, CDs, and other resources total \$2.7 billion, an average of \$257.





Pay attention to these factors to prevent stroke

Stroke is a leading cause of disability and death around the world. The good news is that it's highly preventable. Scientists and physicians believe that 90 percent of all strokes are caused by 10 risk factors, according to the Philadelphia Inquirer website. These factors can be controlled, cutting one's chances of stroke by these percentages:

- | | |
|-----------------------|------------|
| • High blood pressure | 48 percent |
| • Physical inactivity | 36 percent |
| • Lipids (blood fats) | 27 percent |
| • Poor diet | 23 percent |
| • Obesity | 19 percent |
| • Smoking | 12 percent |
| • Diabetes | 4 percent |
| • Alcohol use | 6 percent |
| • Stress | 6 percent |



Keep your fireplace safe this winter

The winter months are perfect for snuggling up in front of a nice cozy fire. Just make sure your fireplace doesn't pose a hazard to your home with these tips from the Hearth, Patio & Barbecue Association:

- Clear the area around the fireplace and chimney. Debris too close to your fireplace can ignite.
- Always use a fireplace screen.
- Don't overload your fireplace with logs.
- Don't try to burn your Christmas tree or other refuse in your fireplace.
- Always keep a fire extinguisher nearby.
- Equip your home with smoke detectors and check your batteries on a regular basis.
- Place your logs on a grate at the rear of your fireplace.
- Never leave the fire unattended. Make sure the fire is fully extinguished before you go to bed.
- Keep fireplace wood stacked, covered and out of doors—away from the house and off the ground.
- Have your fireplace and flue inspected and cleaned annually by a certified chimney sweep.

If you're not prepared to be wrong, you'll never come up with anything original.

—Ken Robinson

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- Additional Exp.....\$30 Per Day / \$900 Each Occurrence
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Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

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

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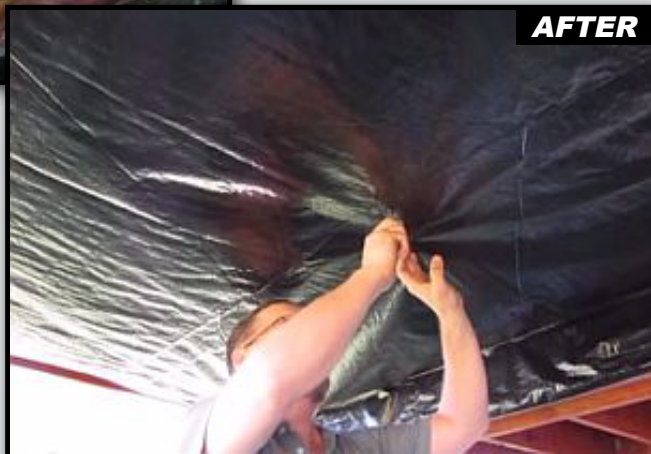
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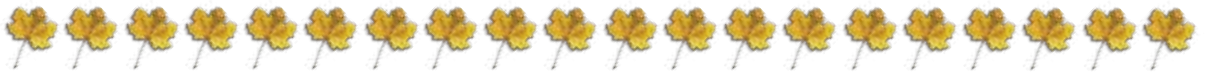
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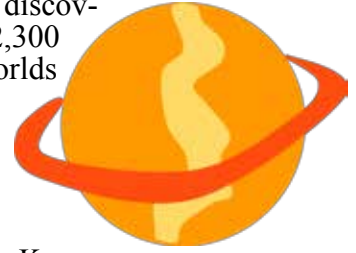
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Kepler telescope keeps finding new worlds

The planets just keep coming: The Kepler space telescope has discovered 104 new exoplanets around distant stars, adding to the 2,300 it has already spotted from 2009-2013. Most of these new worlds are less than three times the diameter of Earth, although close to a dozen are about the same size or smaller. A handful of them receive as much sunlight and solar energy as Earth, making them possibly suitable for life to develop.



The discoveries come in the wake of a series of malfunctions to Kepler and a new mission that has the telescope watching a section of the galaxy aligned with Earth's orbit, observing one location for about 80 days before moving on to new frontiers.

Exercise! It's good for your memory

A good memory is useful for creativity; remembering something you've just learned helps you make connections and see possibilities. A new study reported on the Science Daily website suggests that one way to boost memory and retention is exercise.

In the study, conducted by the Donders Institute at the Radboud University Medical Center in the Netherlands, 72 subjects learned a series of picture/location associations. They were then randomly separated into three groups—one worked out on exercise bikes immediately after the session, another exercised four hours later, and the third group didn't exercise at all. Two days later, all the participants were tested on what they'd learned while undergoing an MRI.

The subjects who had exercised four hours after the session retained their knowledge better than those in the two other groups, the researchers found. The brain images indicated that delayed exercise appeared to be associated with activity in the hippocampus—where learning and memory take place—whenever a participant answers a question correctly.

The experiment suggests that exercise isn't just good for your health—it strengthens your memory as well.

Science can only ascertain what is, but not what should be, and outside of its domain value judgments of all kinds remain necessary.

—Albert Einstein



November

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

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EVENTS & PROGRAMS

CRAFT FAIR: December 10th, 2016, 9am to 1pm. Located @ Four Seasons Estates, 13225 101st St., Largo. Baked goods, donuts & lunch will be for sale.

CRAFT FAIR and Auction (for charity) 11/5/16, 10:30am-3:00pm, East Bay Oaks Clubhouse. Auction starts at 1pm. To support domestic violence, violence victims, and children in shelters. Cash only! Call Dawn with any questions (727) 434-3471

Doral Village Community Tag Sale. 11/19/16 from 8am-4pm. Clubhouse. Share the Wealth, TV, Money Prizes raffle tickets will be sold. Free admission. Refreshments. 29250 US 19 North, Clearwater. South of Curlew, North of Main.

Japanese Garden Art and Craft Show. Dec. 9-10, 9am-3pm. Artists wanted \$10 per table. Please call Charlotte 727-531-3651.

FLEA MARKET Saturday, November 26th 9am-Noon. Lake Seminole Resort Clubhouse 10245 110th Ave N. Largo. Clothes, books, household items, decorations.

Art, Craft and Bake Sale: Saturday, November 19th, 8:00am to 2:00pm. Park Royale, 10611 66th Street (Between Circle K and Wells Fargo). Kitchen Open - Great Baked Goods!

HOLIDAY BAZAAR 11/12/16, 9am-3pm. Crafts. Car Show. Lunch Available. First Lutheran Church 1644 Nursery, Clearwater.

Annual Rummage Sale: Saturday, November 19th, 8am - 3pm, 2550 S.R. 580, Regency Heights Clubhouse. Breakfast, Lunch available!

6th Annual Arts & Craft Sale: Saturday, November 12th, 9am-1pm. Lake Haven MHP, Paradise Island Clubhouse, 1415 Main St. (Lake Haven Rd. & SR580) Dunedin. Handmade items for gifts & home décor.

Saturday, November 19th, 8am-1pm. Pre-Christmas Sale, Lake Haven MHP 1415 Main St. Dunedin, FL. Decorations, Gift items, Housewares & The Biggest & Best Bake Sale in Town! Lunch Available!

CRAFT SALE: Saturday, December 3rd, 2016, 8:30 am - 1:30 pm. Sugar Creek MHP @ Clubhouse, 10265 Ulmerton Road, Largo (Behind Pier One Store). Bake Sale and Lunch. Tables \$10.00. Call Sally 727-584-4204

Art/Craft Fair - Friday, November 18th. 9am-1pm. Lake Highlander MHP, 1500 County Road 1, Dunedin. Great Holiday Gifts!

Veterans Day Tribute To Our Soldiers November 11th, 7:00 pm Doors open at 6:00 pm EAST LAKE High School, 1300 Silver Eagle Drive, Tarpon Springs, FL 34689 \$10 general admission \$8 for Veterans SUNCOAST SINGERS of Florida, Cypress Woods Elementary Chorus, and EAST LAKE HS Chorus

Annual Bazaar - Rancho Village MHP, 7100 Ulmerton Road, Largo Florida. Sunday, November 13th, 12-3pm. New vendors and lunch available. Special raffle, baskets, and 50/50.

ANNUAL CRAFT SALE AND CARPORT SALE. 11/12/16 Lincolnshire Estates 1071 Donegan Rd, Largo. Hand made crafts, jewelry and art in the Clubhouse, food available Carport sale, furniture, nick nacks, glassware and more.

CRAFT SALE! CRAFT SALE! Expertly handmade crafts of all kinds. Raffle. Bake Sale. Refreshments for sale. Something for everyone! Sunday, Dec. 4, from 12 P to 4P. Down Yonder Village Mobile Home Park, 7001 – 142nd Ave. N., Largo, FL. 33771.

WHITE ELEPHANT SALE - Saturday, Nov. 5th, 9am-noon. Americana Cove, 7201 1st St NE, St. Petersburg, 33701. Jewelry, antiques, crafts, electronics, housewares, pictures, books, DVD's, CD's, tapes, LPs, linens, plants, furniture, bakery, raffles.

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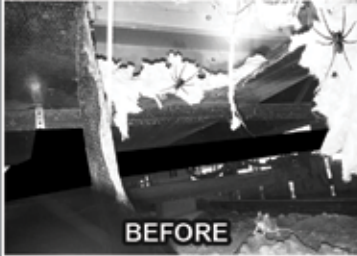
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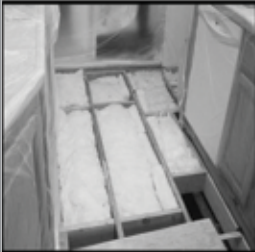
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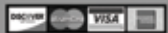


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(Allow 4-6 weeks for mailing of check). **This month's cash winners are:**

Karl Pesch..... \$100	Jones & Sons Plumbing, Inc.	Cynthia M. Thomas..... \$5	Natures Resource Pest Control
Richard Ulring..... \$10	Bill The Carpet Guy	Kathleen Wieder..... \$5	Modern AC & Appliance Service
Lois P. Pierce..... \$10	Royal Enterprises	Joe Palmer..... \$5	Battleline Termite & Pest Control
Ann Postich..... \$10	Ron Wyngarden MH Washing	Sheila Carrier..... \$5	Boss Electric Corp.
Jean Harrington..... \$10	Jones & Sons Plumbing, Inc.	Evelyn R. Huegel..... \$5	Appliance Specialty, Inc.
Linda Wagler..... \$10	Debbie's Salon	Patricia Kiick..... \$5	O.E. Wilson Insurance
W. Orlander Brown..... \$10	Sunset Appliance Service	Ruth Charron..... \$5	Kathy's Cleaning Service
Joanne Hehl..... \$10	Doll Brothers Carpet Cleaners	Brenda Gordon..... \$5	Jones & Son's Plumbing Inc.
Galen Biddle..... \$10	Heller's Mobile Home Washing	Alesia Lee..... \$5	Palm Harbor & Dunedin Electric, Inc.
Bob Gornicki..... \$10	Battleline Termite & Pest Control	John Scott..... \$5	Imperial Electric
Maureen Koebel..... \$10	Appliance Specialty, Inc.	Nancy R. Idoux..... \$5	Appliance Specialty, Inc.
David Suderman..... \$10	Barron's AC & Appliance Service	Carolyn Cornwall..... \$5	Heller's Mobile Home Washing
Shari Olsen..... \$10	Florida Anchor & Barrier Company	Ruth Jeanne Marmarose..... \$5	Air Masters of Pinellas, Inc.
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Beverly Hayes..... \$5	Debbie's Salon	George W. Hayes..... \$5	Debbie's Salon
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• 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.

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