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LAKE SEMINOLE RESORT

NEWS BULLETIN

August • 2015

Issue 6 39th Year

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Maureen Gallina
and Naida Godsoe
play in the over-70
softball league!



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Residents FREE Every Month

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Lake Seminole Resort Club

10245 - 110th Avenue North
Largo, FL 33773



Co-Editor: Pat Horn, pojwhorn@frontiernet.net
Co-Editor: Alice Jarvis, BGJALA@aol.co



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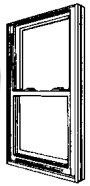
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★ 24 **547-8300** 21

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38 ★ 4
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FREE Evening & Weekend Appointments Available
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Ladies' Luncheon

Barbara Fix

On June 19, twelve women enjoyed a delicious lunch at Trip's Diner on Park Blvd. From a tempting menu we chose soups, salads, sandwiches, burgers - even breakfast! Our next luncheon will be at the Village Inn on Thursday 16, 2015.

July 4th In-Door Picnic

Alice Godzich



Fifty one (51) tickets were sold. Hamburgers and hot dogs were served with lots of great salads and dessert. We used lemonade and ice tea to wash it down. After dinner we played bingo with lottery tickets for prizes. A good time was had by all.

Thanks to my many friends for all their help: Barb Fix, Jackie Homer, Lucille Deabner and Cheri and Guy Watkins for doing the cooking and all who stayed to help clean up.

When a loved one dies

AARP bulletin

When a loved one dies, here's how to block ID theft:

1. Immediately send death certificate copies by certified mail to the three main credit reporting bureaus. Request that a "deceased alert" be placed on the credit report
2. Mail copies as soon as possible to banks, insurers and other financial firms requesting account closure or change of joint ownership.
3. Report the death to the Social Security Administration at 800-772-1213 and the IRS at 800-829-1040. Also notify the DMV.
4. In obituaries, don't include the deceased's birth date, place of birth, last address or job.
5. Starting a month after the death, check the departed's credit report at annualcreditreport.com for suspicious activity.

(Sid Kirchheimer is the author of Scam-Proof Your Life, Published by AARP Books/Sterling.





Gardening

Alice & Bobby Jarvis

Things are going pretty good still getting a few nice rains. The Crepe Myrtles and caladiums are very pretty. You get a lot more color in the summer than fall and winter in Florida. I guess you all are getting weeds growing like here.

We have been looking for a nice trees to get one for the Social Club but think that will really wait until fall. The pond looks nice at a distance. We have not had time to work on that area so we will have a lot to do this fall.

The Angel trumpet bushes at the Horn's and Jackson's are really pretty. I picked from the Horn's bush and made a smile on many faces: Pat Matone, Caroline Johnson, Joyce Corley, Gail Smale, Frankie Henry, Myra Kerner, Lavergne Archer, Justine Lubkeman, just to name a few.

Oh yes, and those wasps were after me again this year. Four bites on Tuesday morning. They are really mean!

Happy Gardening to you all.



August Birthdays

- | | | | |
|----|------------------|----|-------------------|
| 1 | Charlotte North | 18 | Carolyn Astrella |
| 2 | Joyce Bretland | | Jim Webber |
| | Oscar Rinas | 19 | Mari-Jean Faucett |
| | Darlene Handy | | Lynne Sheridan |
| | Charlotte Gildea | | June Theiman |
| 3 | Bob Collins | 20 | Beverly Bruce |
| 4 | Larry Eldridge | | Ed Birmingham |
| | Donna Fitzharris | | Dee Duminuco |
| | Joan Barry | 21 | Don New |
| 9 | John Hoadley | 22 | George Young |
| 10 | Pamela Nadeau | | Ronald Haynes |
| 13 | Loretta Buhrman | 24 | Dave Black |
| | Jane Salituri | | Gerry Kampas |
| | Joyce Shane | 25 | Ray Gallant |
| | Jim McQuiston | | Paul VanMieghem |
| 14 | Susan Bates | 28 | Mike Powers |
| 15 | Alice Frank | 29 | Glenn Clausen |
| | Pat Perry | | Bob Young |
| | Mario Zammit | 30 | Glenn Fertig |
| 16 | Carl Redden | | Betty Luciano |

August Anniversaries

- | | |
|----|---------------------|
| 23 | Oma and Carl Redden |
|----|---------------------|



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18 ★ 2

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- Marilyn Hillig – Oak Tree Manor, 7770 128th St. Seminole, FL., 33776
- Betty Bragg – Oak Tree Manor, 7770 128th St, Seminole, Fl., 33776
- Jean Faucett - Palm Gardens of Largo, 10500 Starkey Road, Room #149D, Largo, FL.
- Marjorie Romine – Heron House, 2050 East Bay Dr., Largo, FL. 33770
- Beverly Bruce - Wright's Health Care, 11300 110th Avenue, Seminole, Fl 33778, Room 13, phone #727-392-8455.

Hospitalized

Marcella Ronk
Loretta Buhrman - now home
Pete Peterson
Sharon Wiese - now home
Theresa Mitchell



HOMES FOR SALE

Address	Bd/Ba	Phone Number (727) (Includes \$50,000 Share)	Price
11207 101st St. N.	1/1	860-444-0580 Cruickshank/Owner	\$50,000
11225 102nd St. N.	2/1-1/2	542-9960 Beth Pickett/Owner	\$59,900
11077 102nd Way N.	2/1	466-7487 Wrightsman/Owner	\$50,000
11138 102nd Way N.	2/1-1/2	508-763-4507 Al Braley son/Owner	\$55,000
11148 102nd Way N.		215-598-3842 Kerker/Owner*	\$50,000
			*Lot only
11157 102nd Way N.	2/1-1/2	705-765-5032 Pat Gibbons/ Owner	\$60,000
11178 102nd Way N.	2/1-1/2	630-347-7907 Sue Taddeucci/Owner	\$62,000
10225 110th Pl.	2/2	398-9753 Owner Coddington/Owner (Included in price is closing fee and furniture)	\$113,500



Multiply Your Monthly Mania!

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

Now You Have More Chances to Win!

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

Here is how it works:

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

What businesses would you like to see advertising?

We have spots available in the following categories:

- | | | |
|-------------------------------------|--------------------------------------|-------------------------------|
| • Accountant/Tax Prep | • Foot Specialist - Podiatrist | • Moving Services |
| • Assisted Living Facility | • Golf Cart Sales & Service | • Optometrist |
| • Attorney/Lawyer | • Hair Salon/Day Spa | • Painting - Inside & Outside |
| • Automotive Painting/
Detailing | • Hearing Aid/Retail | • Pet Services |
| • Automotive Repair/Sales | • Home Care | • Pharmacy |
| • Awnings | • Home Furniture & Mattress | • Remodeling/Interior |
| • Banks | • House Cleaning | • Resale Store |
| • Bathroom Remodel | • Insurance Home/Auto/Health | • Restaurants |
| • Bicycle Repair & Sales | • Investment/Brokerage | • Screen Repair |
| • Bingo | • Jewelry Sales/Design/Repair | • Storage |
| • Chiropractor | • Manufactured Home Sales | • Taxi/Shuttle |
| • Computer Services | • Massage Therapy | • Travel Agent |
| • Dentist | • Medical Doctor | • Veterinarian |
| • Driveway Coating | • Mobile Home Supplies -
Retail | • Window Film/Tinting |
| • Fitness Center/Gym | • Motorcycle/Moped Sales &
Repair | • Window Washing |
| • Floor Coverings/Retail | | • Window Treatment/Interior |

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- Then light power rinse thoroughly



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Any Size Mobile Home

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16
★
16

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- Medical Payments.....\$5,000 Each Person
- ComprehensiveACV - \$500 Deductible
- CollisionACV - \$500 Deductible
- Road Trouble Serv.\$50 Each Occurrence
- Additional Exp.....\$30 Per Day / \$900 Each Occurrence
- Annual Paid In Full Premium..... \$884.99***



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

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

O & Wilson Insurance Inc.

30 ★ **727-535-0524** 9

It Pays To Patronize the Advertisers in This Newsletter!

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

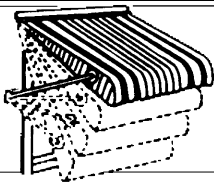
Do you want more chances to win? Let us know any businesses you would like to see advertising in the newsletter. The more advertisers you use, the more chances you have to win!



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¹⁰ ★ **www.dollbros.com** ¹⁰



August Sudoku

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: medium.

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

It's Beach Time!



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

Difficulty level: medium.



All for the best

A king was friends with a wise doctor. They spent many hours hunting together, talking about the world as they walked through the kingdom. The king was intrigued by the doctor's insistence that events always worked out for the best. He was never convinced, but they remained close friends.

Then one day they went out hunting. The doctor's rifle went off by accident, and the bullet hit the king in the hand. The doctor had to amputate two fingers, and the king was so angry that he had his friend thrown into a dungeon.

Several months later, the king went on a safari in the deep jungle. Bored, he went off by himself and was promptly captured by a band of savages who carried them back to their village.

The king realized that these people planned to eat them, and all his promises of riches and rewards if they freed him were ignored. But when they came to prepare him for their feast, they noticed that his hand lacked two fingers.

Their traditions demanded that they not harm anyone with an amputated limb. They freed the king, and he returned to camp unharmed.

When he got back to his castle, the king immediately freed the doctor. He told his friend the story, and added, "If not for you cutting off my fingers, I might have been killed."

The doctor was happy that the king. "You see, that proves my point about things happening for the best."

"But what about you?" the king asked. "You spent all those months in a dungeon. How did that work out for the best?"

The doctor smiled. "If I hadn't been in the dungeon, I might have been out hunting with you."



Go fly a kite

The mayor of a small town was walking through the park one day when she spotted a little boy flying an enormous and beautiful kite high in the sky. Intrigued, she walked up and asked who was responsible for the keeping the kite in the air.

"I am," the boy said. "I made this kite all by myself, and I got it up into the air on my own."



Then they both heard a whisper in the air. "I am the wind," the voice said. "I keep the kite in the air by holding it aloft with my breath."

A third voice, high-pitched and vibrant, joined in. "I am the kite's tail," said this voice. "I keep the kite stable as it flies through the air. Without me it would crash to the Earth!"

Moral: Cooperation and teamwork are essential to every endeavor.



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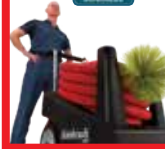
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25 ★ ASK ABOUT OUR OTHER SERVICES 23

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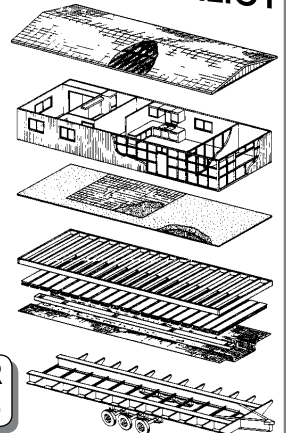
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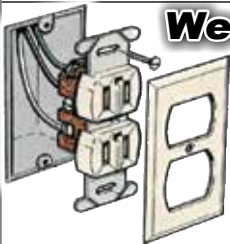
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23	10:00A Monday Coffee	24 7:30A C Potluch
30	10:00A Monday Coffee	31

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Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10A Line Dancing
4 Gardening	5 9:00A Men's Golf Lawn Mowing	6 8:00A Men's Golf Meeting 6:30 P Cards	7	8 10A Line Dancing
11 Gardening	12 9:00A Men's Golf Lawn Mowing	13 8A Men's Golf Mtg 6:30 P Cards Ladies Luncheon - Village Inn BULLETIN DEAD- LINE	14	15 10A Line Dancing
18 Gardening	19 9:00A Men's Golf Lawn Mowing	20 8:00A Men's Golf Meeting 6:30 P Cards	21	22 10A Line Dancing
25 Gardening & Dinner	26 9:00A Men's Golf Lawn Mowing	27 8:00A Men's Golf Meeting 6:30 P Cards	28	29 10A Line Dancing
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The body parts your body doesn't need

The human body is a marvelous machine, but like many devices, it contains some parts with no apparent function. According to the Mother Nature Network website, these physical attributes appear to have lost their original uses:

- Appendix. This tiny pouch in the abdomen near the larger and small intestines may have been necessary when early humans survived on a plant-based diet. Today it seems largely superfluous, aside from being a useful storage place for bacteria.
- Wisdom teeth. A leftover from when humans' jaws were larger, the extra molar no longer comfortably fits in most people's mouths and frequently has to be extracted in adulthood.
- Jacobsen's organ. In animals, including reptiles and amphibians, this organ in the nose detects pheromones emitted by potential mates. Although present in the human nose, it appears not to function in modern-day humans.
- Extra eyelid. Birds and reptiles have a nictitating membrane in their eyes that functions as a third eyelid. It's called the plica semilunaris, and apparently humans have them too, left over from earlier incarnations. It isn't entirely useless, though; it still helps to drain tears and remove foreign objects from the eye.



Get to sleep faster with these techniques

A good night's sleep is essential to good health. Sometimes dropping off to dreamland doesn't come easily, though. When sleep is elusive, try these tips to get the rest you need:



- Relax during the day. Don't wait until bedtime to calm yourself down. Get into the habit of relaxation throughout the day with meditation, progressive muscle relaxation, deep breathing, and other techniques. Your body will learn how to relax more quickly and easily when you get into bed.
- Develop a bedtime routine. Most of us can't automatically switch off at night. Make a deliberate effort to wind down at the end of the day by turning off the computer and TV, relaxing with a good book, taking a warm bath or shower, dimming the lights, and doing anything else that helps you detach from the day.
- Breathe yourself to sleep. In bed, try this breathing exercise: Inhale through your nose, filling your chest for about four seconds, then exhale through your mouth. Or try counting—not sheep, but your breaths: Inhale for four seconds, hold it for seven seconds, then breathe out for a count of eight. Both of these will ease your heart rate and blood pressure.

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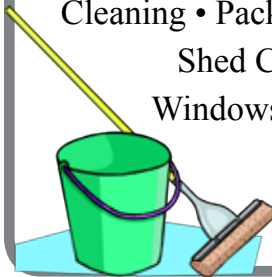
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Little-known facts about books and language

The world of books, reading, and words is full of surprises. Take a look at some of these stories about writers and other creative people (from the BuzzFeed website):

- Green Eggs & Ham. This Dr. Seuss classic was written on a bet. Publisher Bennett Cerf wagered \$50 that Ted Geisel couldn't write a children's book using fewer than 50 different words. Geisel won.
- Thomas Jefferson. The third U.S. president (and writer of the Declaration of Independence) invented more than 100 "American" words to distinguish U.S. writing from British usage—including the word "anglophobia."
- Gone with the Wind. Margaret Mitchell began work on her first (and only) novel after recovering from an auto accident. During her convalescence, she read so many books from the local library that her husband got tired of going back and forth—so she suggested she try writing a book of her own.
- Amazon. The first book sold on the now dominant website was Fluid Concepts and Creative Analogies, by Douglas Hofstadter. Its subject: whether machines could be taught to think like people.



Stay optimistic to get ahead

Successful people are optimistic. They're realistic, and they see the challenges, but they don't lose their confidence. Here are some of the characteristics of "intelligent optimists" that anyone can master:

- Don't deny problems. Don't try to pretend difficulties don't exist. Learn to live with obstacles while looking for ways to overcome them.
- Accept reality. Recognize that you can't solve every problem. Don't get too wrapped up in trying to fix things you can't influence that you ignore what's possible.
- Don't bury negative thoughts. Everyone has them—"This will never work," or "Why am I wasting my time?" Instead of trying to repress them, ask what they're telling you, and work on getting past the problems that create negative thinking.
- Look for different solutions. Many solutions start as attempts to solve a different problem. Searching the background can provide clues to resolving the current difficulty.



Disabled Parking Permit Holders: Are You Tired of Feeding Parking Meters?

By Ron Anderson

My wife and I enjoy visiting St. Petersburg, or occasionally Tampa, to go to a restaurant or whatever. We were told that as disabled parking permit holders we do not have to put money in parking meters. That's nice, but a prudent person will check out such a statement. Here is the straight story directly from the Florida statutes:

FS 316.1964 Exemption of vehicles transporting certain persons who have disabilities from payment of parking fees and penalties.—

(1) A state agency, county, municipality, or any agency thereof, may not exact any fee for parking on the public streets or highways or in any metered parking space from the driver of a vehicle that displays a disabled parking permit or a license plate ... if the vehicle is transporting the person who has a disability and to whom the disabled parking permit or license plate was issued.

(2) The driver of a vehicle that is parked as provided in subsection (1) may not be penalized for parking, except in clearly defined bus loading zones, fire zones, or access aisles adjacent to the parking spaces for persons who have disabilities, or in areas posted as "No Parking" zones or as emergency vehicle zones, or for parking in excess of the posted time limits.

(5) Notwithstanding subsection (1), when an on-street parking meter restricts the duration of time that a vehicle may be parked, a vehicle properly displaying a disabled parking permit is allowed a maximum of 4 hours at no charge; however, local governments may extend such time by local ordinance.

Tampa holds to the four hour limit but St Petersburg allows disabled parking all-day, but not overnight parking. Affected persons might wish to take a look at the cited Florida statute to see other limitations concerning parking when there is a street fair, or a convention, or whatever taking place.



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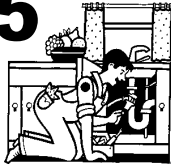
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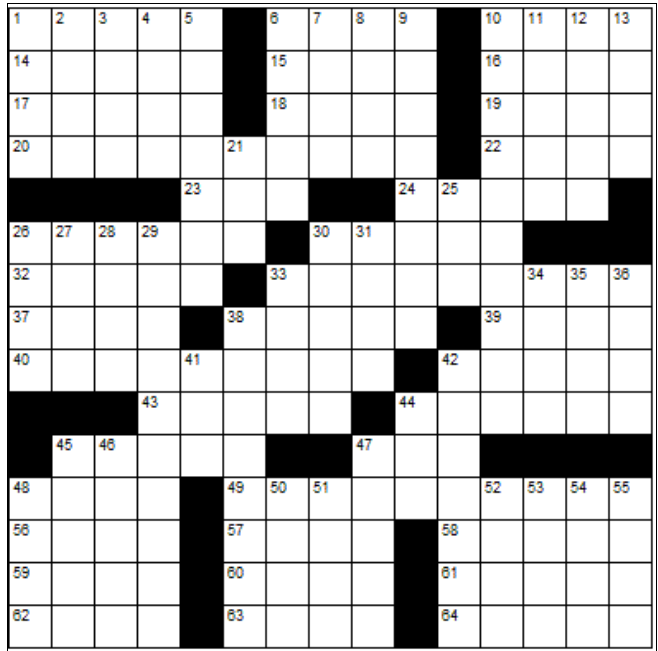
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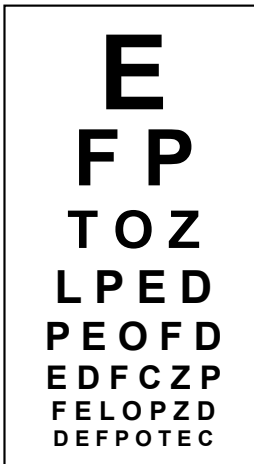
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1. Cursed
6. Petty quarrel
10. Hairdo
14. Burdened
15. List of options
16. LummoX
17. Supplemented
18. Weightlifters pump this
19. Cypher
20. Bad luck
22. Applications
23. Tiny
24. Lariat
26. A change for the better
30. Watchful
32. Flip over
33. Convulsive
37. Tidy
38. City in France
39. Rodents
40. It produces electricity
42. A tart fruit
43. Donated
44. Rat or mouse
45. Welsh dog
47. A small piece of cloth
48. Magma
49. Authorized
56. Adjoin
57. False god
58. Hyrax
59. Man
60. Monster
61. Redress
62. Implored
63. Require
64. Conducts



DOWN

- | | | |
|---------------------------|---------------------------|-------------------|
| 1. Close violently | 21. Ump | 41. 18-wheeler |
| 2. Dry riverbed | 25. Supply with weapons | 42. Rational |
| 3. Probabilities | 26. A step on a ladder | 44. Rodent |
| 4. Coral barrier | 27. Type of sword | 45. A clique |
| 5. Gifted | 28. Low-fat | 46. Small egg |
| 6. Strike | 29. Not segregated | 47. Angered |
| 7. South American country | 30. A cook might wear one | 48. Lantern |
| 8. Nameless | 31. Den | 50. Border |
| 9. Unmelodious | 33. Satisfy | 51. Pierce |
| 10. Habituated | 34. 10 cent coin | 52. Bit of dust |
| 11. Clean between teeth | 35. Computer symbol | 53. Dwarf buffalo |
| 12. Cowboy sport | 36. 1/100th of a dollar | 54. Care for |
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August Crossword





Plan your vacation with these trends in mind

You may already have taken your summer vacation and are eagerly planning next year's. If so, you might want to consider these 2015 vacation data, according to the Summer Travel Guide from the travel insurance comparison website InsureMyTrip.com.

The five most popular vacation destinations were the U.K., France, Italy, the Caribbean, and the Netherlands. Planning ahead makes sense: The survey found that 82 percent of travelers booked their trips more than 30 days ahead of time, with 15 percent waiting until just a week or so before leaving to make their plans, and only 3 percent heading off at the spur of the moment.

Where will you stay? In the 2015 survey, 42 percent of vacationers chose hotels, 25 percent took a cruise, and 18 percent opted for vacation rentals. Only one in 10 survey participants said they bunked in with family or friends while traveling.



'Appointment TV' a thing of the past?

Not too long ago, the only way to watch your favorite show was to make sure you were home when the networks decided to broadcast it. Not so much anymore. Modern technology is taking hold of our viewing habits, according to the Digital Democracy Survey from Deloitte.



The study of more than 2,000 U.S. consumers age 14 and up found that 56 percent of viewers are streaming movies on their laptops, tablets, or other devices, and 53 percent stream television shows once a month. More than 42 percent of U.S. households use a video streaming service like Netflix to watch their shows and movies. Meanwhile, only 45 percent prefer to watch TV live.

Video streaming also makes binge-watching a thing, according to the survey: Sixty-eight percent of consumers report sometimes watching at least three episodes of a TV program in one sitting, and 31 percent of them do it once a week or more.

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Heath's Vehicle Detailing - We come to you! Call 517-262-6844	<p>CARS OR TRUCKS, Top dollar paid by Andrew 726-0094 or 785-1288</p>	<p>ATTENTION RESIDENTS!</p> <p>Did you know this Emporium/ Classified listing reaches over 21,000 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.</p> <p>Thanks!</p> <p>-Monthly Media Staff</p>
CRAFTERS WANTED! EBO in Largo needs Crafters for their Show Dec. 5th, from 8-2. Tables are \$20.00 Call Debbie 727-531-3633	<p>FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780</p>	
	<p>!! TOP CASH PAID!! JEWELRY: GOLD, STERLING, COSTUME (EVEN BROKEN JEWELRY), COINS, ANTIQUES, PAINTINGS, GLASSWARE, POTTERY, CHINA, ENTIRE ESTATES. FREE HOUSE CALLS, LAURA. ALL SALES SUBJECT TO APPROVAL. (727) 422-0095</p>	

SEPTEMBER AD DEADLINE - AUGUST 10, 2015

- 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.

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Take precautions against the danger of a rough fall

Falls are a leading cause of injury in the workplace and at home. Stay safe—and protect your co-workers—by remembering these basic safety tips:

- Practice good housekeeping. Keep your eyes open for anything that might cause a fall: loose carpeting, spills, cords, boxes, and the like. Keep hallways clear and remove any hazards immediately.
- Be careful on stairs. Watch where you're going when walking up or down the stairs. Keep stair areas well lit, and don't stack objects on steps to move later. Use handrails and make sure they're secured properly.
- Use ladders safely. Pick the right ladder for the job. Don't climb on chairs or desks to reach something up high. Face the ladder when climbing up and down, and maintain three points of contact at all times. Don't climb on the top two steps, or stretch too far to reach an object. If necessary, move the ladder or get a better one.

Get more productivity out of every day

If you're like most of us, you have too much work to do in too little time. If you want to maximize every minute of your day, try these tips to increase your efficiency:

- Pick three goals for the day. Start your day (or plan it the night before) by identifying three high-priority goals to accomplish. Work on this first, without getting distracted by other tasks. If you finish them off, select three more important goals. You'll feel more productive and less overwhelmed.
- Make quick decisions. Agonizing over every decision wastes time and energy. Try to make every decision in 60 seconds or less. A one-minute deadline will result in speedy decisions that are just as likely to be good as those you spend hours on.
- Schedule thinking time. Spend a certain amount of time thinking about what you want to do every week. Make plans, do research, analyze successes and failures, and give yourself permission to go off on tangents. Often you'll get your best ideas when you let your mind roam.
- Make a “to-don't” list. Identify tasks that don't contribute anything of value or don't represent the best use of your time, and get them off your to-do list. Eliminate them or delegate them so you have more time to focus on your priorities.





The right diet may guard against dementia

Could the right diet lower your risk of developing Alzheimer’s disease? Maybe, according to an article on the MedicineNet website—although the results aren’t conclusive yet. A study of adults who closely followed a combination of two well-known diet plans, the Mediterranean diet and the DASH diet, found that subjects had a 53 percent lower risk of being diagnosed with Alzheimer’s. Other subjects who stuck to the diet only moderately well saw their risk drop approximately 35 percent.

The combination diet plan, known as the MIND diet, emphasizes healthy grains, vegetables, beans, poultry, and fish, along with a limited amount of red meat, butter, and sweets. Researchers have noted that other factors, like smoking history, regular exercise, and challenging activities like Sudoku or crossword puzzles, have also contributed to diet followers’ results.



On the other hand, both the Mediterranean and DASH diets are believed to be effective at preventing heart disease, making them a healthy choice for other reasons.

Take proper precautions against electric shock

A mild electrical shock can hurt; a major jolt can cause serious injury. Whenever you’re working with live power, be careful to avoid problems by following the proper procedures:

- Turn off live circuits. Always unplug equipment or turn off circuit breakers when dealing with electrical power. Don’t skip this step even when dealing with low-voltage appliances.
- Keep power off. When you turn off a circuit breaker, post a note warning co-workers not to turn it back on. Better yet, lock the circuit box so no one can accidentally send power back to a “dead” line.
- Use protective equipment. Gloves, facemasks, helmets, and other gear are important for your safety. Check the documentation to find out what you need, and ask your supervisor what he or she requires. Report and replace any defective equipment before getting to work.
- Check electrical cords. Examine cords for sign of wear and damage. If you see any exposed wire, or evidence that someone has tried to repair the cord with duct tape or electrical tape, replace it immediately. The cost is minimal, especially compared against the need for safety.



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

14,492 manufactured home residents have won over \$124,374 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or mail your paid receipt to us at **Monthly Media • PO Box 1023 • Venice, FL 34284**. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

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

Sharon Anderson.....\$100.00.....	AJ's Bed & Furniture	Gary Cornely.....\$5.00.....	Chambers Specialties, Inc.
Nello Cassai.....\$10.00.....	Barron's AC & Appliance Service	Timothy Buswell.....\$5.00.....	Boss Electric Corp.
Richard Daw.....\$10.00.....	Chambers Specialties, Inc.	Ronald Carnegie.....\$5.00.....	Jones & Sons Plumbing
Bill Schwab.....\$10.00.....	Haseney Electric	William Riley.....\$5.00.....	Modern Air Conditioning
Joe Fayocavitz.....\$10.00.....	Bill the Carpet Guy	Jim Whelpley.....\$5.00.....	Action Appliance
Jack Sonneborn.....\$10.00.....	Century Awnings	Robert Post.....\$5.00.....	Kathy's Cleaning Service
Walter Martin.....\$10.00.....	E & E Gliddon	Georgia Goetting.....\$5.00.....	E & E Gliddon
Dolores Calonita.....\$10.00.....	Knoblach Hearing Care	Mark Percoco.....\$5.00.....	Air Masters of Pinellas
Janet Hart.....\$10.00.....	All Around Tours	James O'Sullivan.....\$5.00.....	Barron's AC & Appliance Service
Sandra Peterson.....\$10.00.....	Notebooks Plus	Lola Jenkins.....\$5.00.....	Battleline Termite & Pest Control
Patricia Morreale.....\$10.00.....	Palm Harbor & Dunedin Electric	Phoebe Taylor.....\$5.00.....	Bob's Mobile Home Wash
Shirley McClure.....\$10.00.....	Comfort Cover Systems	Mary Fochtman.....\$5.00.....	Knoblach Hearing Care
Leslie Cyrene.....\$10.00.....	ASC, Inc.	Diane Strube.....\$5.00.....	Debbie's Salon
Norma Eldridge.....\$10.00.....	The Plumbing Patrol	Aida Amico.....\$5.00.....	Bill the Carpet Guy
William Shiels.....\$5.00.....	Capital Golf Carts, Inc.	Hazel Whitton.....\$5.00.....	Shonna Bender LMT
Betty Martin.....\$5.00.....	Ron Wyngarden MH Washing	Michael Wisheart.....\$5.00.....	Buggin Out Pest Control
Elizabeth Murphy.....\$5.00.....	Bob's Mobile Home Wash	Mildred Vilchis.....\$5.00.....	Boss Electric Corp.
Karen Haggerty.....\$5.00.....	Century Awnings	Norm Sarette.....\$5.00.....	Heller's Mobile Home Washing
Mary Marks.....\$5.00.....	Kathy's Cleaning Service	Archie Bunting.....\$5.00.....	Community Roofing
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Roger Flood.....\$5.00.....	Doll Brothers	Gladys Malone.....\$5.00.....	Heller's Mobile Home Washing
Ron Wallace.....\$5.00.....	Air Masters of Pinellas	Marilyn Besancenez.....\$5.00.....	Doll Brothers
Ann Santos.....\$5.00.....	Ron Wyngarden MH Washing		

• 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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