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## FOR AD RATES & INFO 727-484-7488 · info@monthly-media.com

## Lake Seminole Resort Club

10245 - 110th Avenue North Largo, FL 33773

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

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LAKE SEMINOLE RESORT NEWS BULLETIN JULY, 2015 E





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## **Memorial Day Dinner**

Alice Jarvis & Pam Nadeau

hat a nice picnic we had with 63 attending. I did not know that many people would show up because the Tuesday evening potluck in April we had 65. Thanks to all that came with picnic dishes to share with our hamburgers and hot dogs that were grilled by Dave Black and Jim Doran. We served ice cream in cones or on cake. We enjoyed much talking, laughter and eating in the pavilion.

Next potluck will be in the hall; I am sure as the weather is getting very HOT. Thanks to all as well as the social club that provided the meat and ice cream. Next will be the 4th of July picnic and maybe another potluck.

## **Gardening** Alice & Bobby Jarvis

ummer time and that calls for vacations from us. Carolyn Johnson, Bobby and I have been visiting in Texas and I am going again for a couple of days. We have been getting rain so guess what! The weeds keep growing. The crepe myrtles are all in bloom; the caladiums down at the entry way are still very pretty. Grounds really don't look to bad.



## **Monday Morning Coffee**

Dan & Annamaria Blackburn

ay Monday Morning Coffee:

Hosts - Pam Nadeau, Carolyn Fertig, Phyllis Allen, MC - Dave Black Hosts - Dan & Annamaria Blackburn, MC - Alice Jarvis Hosts - Ron & Janet Golly, MC - Dave Black Hosts - Pam Nadeau, Carolyn Fertig, Phyllis Allen, MC - Barbara Fix

There are not many people here in the summer months so we want to thank everyone for signing up to help. Please sign up if you have not done Monday Morning Coffee yet. We will show you how it is done. Thanks!

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## **July Birthdays**

- 1 Butch Thomas
- 2 Dianne Majewski
- 3 Nelson Slansky Robbin Hawley Terry Stanicki
- 4 Diane Archie Jack Quigley
- 5 Kai Johansen
- 6 Gerry McManaman
- 7 Marilyn Irwin
- 9 Joyce Corley Carol Pupke Jube Stanicki
- 10 Jean Kovarik

## Goodwill

Barbara Fix

- Debbie Underwood
- 13 Andy Fournie
- 15 Lynn Wallace
- 16 Constance Zammit
- 19 Robert Grigas
- 21 Guy Watkins
- 23 Pat Kerr
- 24 Marie Long
- 25 Connie Keener
- **26 Doreen** Collins
- 27 Sharon Smith
- Bette Stanicki
- 28 Pat Horn
- 29 Marilyn Stepon

#### Nursing Homes, Rehab Centers or Retirement Centers

Marilyn Stepon, The Barrington, 901 Seminole Blvd., Largo, Fl. 33770, Room 100, Phone 727-265-0077

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

#### **Hospitalized** Marcella Ronk

Eleanor Rinas

#### Deceased



## \*\*\*\*\*\*

## **HOMES FOR SALE**

Address	Bd/Ba	Phone Number (727) (Includes \$50,000 Sh	Price are)
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	\$58,000
11178 102nd Way N.	2/1-1/2	630-347-7907 Sue Taddeucci/Owner	\$62,000
10225 110th Pl.	2/2 (Inclue	398-9753 Owner Coddington/Owner ded in price is closing fee and furniture)	\$113,500



## \*

## **Did You Know About These Great Monthly Media Services?**

**Summer Mailings** - If you are heading north for the summer but still want to receive a printed copy of your monthly newsletter, just call our office and sign up for Monthly Media's Summer Mailing Service. We will ship (USPS 1st Class) a printed copy of each month's newsletter to your northern address, for as long as you're away, the cost is \$4 per month. Dozens of residents are already taking advantage. Please see our brightly colored insert for more information.

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are located the bottom of this page.

Emporium/Classified Listing - Do you have an event in your community such as a Bake



Sale or Flea Market? An item for sale like an old set of golf clubs that needs to go? Help needed or vendors wanted for an event? Maximize the people that see your listing and use the Emporium! Your listing will be printed & delivered to over 20,000 homes in Pinellas County. See the Emporium page toward the end of the newsletter for more info

Larser Print Newsletters - At the request of some residents we are now offering Larger Print Newsletters to those who request them. The newsletter type will be approximately 20% larger (16 pt article body type vs. 12 pt normally). There is a small service charge of \$2 per newsletter for those who request. The larger type newsletters can either be delivered to you every month like they are now or we can mail them directly to your home for an additional \$2 per issue shipping charge. Please call Monthly Media (phone number listed below) for more information.



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## July Is...

Eye Injury Prevention Month. Eye injuries occur at a rate of more than 2,000 per day, with an estimated 1,000 eye injuries occurring in American workplaces alone. In addition to wearing proper safety evewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision throughout your life.

Independent Retailer Month. Celebrate independent retailers across the country. Support and shop independent merchants all through the year, and use July as a time to unite for the independent retailers in local communities that help build our economy.

\*\*\*\*\*

National Hot Dog Month. What better month to enjoy a delicious hot dog? The National Hot Dog and Sausage Council estimates that Americans eat over 7 billion hot dogs between Memorial Day and Labor Day, with 150 million consumed on the Fourth of July alone. Do your part.

Parks and Recreation Month. This year marks 30 years of Parks and Recreation Month, highlighting the enduring importance of parks and recreation for the world. From the start, parks were created to give us a place to appreciate nature, exercise, socialize, and have fun—a mission that lives on into the future.

## **July Daily News...**

World UFO Day, July 2. Have you had a close encounter? Spread the word on this day that explores the unexplained.

Independence Day, July 4. The United States declared its independence from Great Britain on this day in 1776.

Global Forgiveness Day, July 7. "To forgive is to offer opportunity for a new beginning to the offender, and provides a process of healing for the victim."

Shark Awareness Day, July 14. As much as we enjoy being frightened by this predator of the sea, remember that the shark has a key role to play in keeping marine ecosystems in balance.

World Ranger Day, July 31. Sponsored by the International Ranger Federation to commemorate rangers killed or injured in the line of duty and to celebrate the work rangers do to protect wildlife around the world.





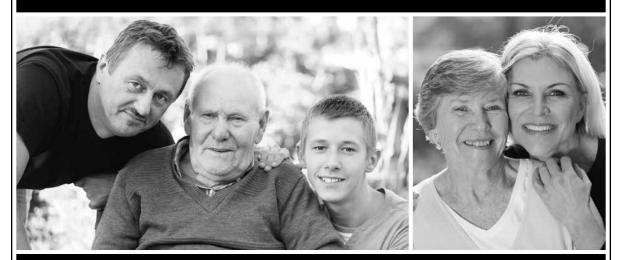






LAKE SEMINOLE RESORT NEWS BULLETIN JULY, 2015 E

# Memory Disorders Center at St. Anthony's Hospital



## **CONNECTING** *families* to resources, education and support

The Memory Disorders Center at St. Anthony's Hospital connects those with memory disorders and their care partners with health care and community resources that can help enhance functioning and treat the symptoms of memory disorders. Led by the clinical director, a neuropsychologist and a licensed clinical social worker, the services of the Memory Disorders Center are free for patients and families.

#### Services include:

- Evaluation of patient's needs, development of a treatment plan, navigation of care and referrals to resources
- Support for caregivers through education, navigation and support groups
- Resource library

**Professional Office Building** 1201 Fifth Ave. N., Suite 206 St. Petersburg, FL 33705

#### For an appointment: (727) 953-9140



StAnthonys.org

## \*\*\*\*\*

## The strongest bonds

farm boy took his cows to the meadows out to pasture every morning and brought them back to the barn at the end of the day. One evening, as he was tying the cows up for the night, he found that he'd lost the piece of rope he needed for the last one.

He couldn't go to all the way town to buy more rope, but he didn't want the cow to wander away. So he went to his grandfa-ther for advice.

"Here's what you do," the grandfather said. "Go up to the cow the same way you do every night and pretend to tie a rope around him, then pretend to tie the rope up to his stall. Make sure he sees you doing it, and he'll be fooled." The boy followed his grandfather's advice, and the next morning when he went to the barn he found the cow still there.

He untied all the rest of the cattle and herded them out to pasture for the day. But when he passed by the barn on his way to do his other chores, he noticed the cow was still there. He went to his grandfather again.

The grandfather smiled and said: "You forgot to untie the cow. Go back and pretend to let him loose, and you'll be able to herd him outside."

Moral: Often what holds us back are the bonds we only think are real.

## **Correct: A Zen parable**

wo monks could not agree on a problem. Finally they went to the master of their monastery to settle the dispute. They agreed to argue their positions one at a time while the master listened.

After hearing the argument presented by the first monk, the master nodded. "You are correct." The first monk was pleased, but the master then told the second monk to speak his piece.

The other monk made his case. Once he finished, the master gave another nod. "You are correct."

"But master!" the two monks cried together. "We can't both be correct!"

Again the master nodded and smiled. "You are correct."



## Services Directory

#### AIR CONDITIONING SALES/SERVICE

	727	586 1	6060
Air Masters of Pinellas, Inc.	707	500-	4242
E & E Gliddon, Inc	. 121-	540-4	4343
Modern A/C Service Co.	. 121-	541-	5541
APPLIANCE REPAIR			
Appliance Specialty, Inc.	. 727-	520-0	6002
Bob's Appliance Repair	727-	637-4	4789
Sunset Appliance Service	727-	559-	1137
Sunset Appliance Service			
Auto Painters Plus, Inc	727-	504-	6891
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AllTech Auto Repair	727	550	0500
	707	009-	9500
Browns Automotive.	. 121-	531-	1312
Garza Motors	. 727-	240-0	0790
AUTO SALES / PURCHASING			
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AWNINGS			
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Century Awnings Co	727-	559-	8811
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	707		7007
BathMasters	. / 2/ -	333-	/99/
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A1 Dry Carpet Cleaning	.727-	729-	0547
Bill the Carpet Guy	.727-	521-4	4163
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Kathy's Cleaning Service	727	801	1116
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	707	474	4005
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Speedy Mobility	727-223-9898
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Mobile Home Depot, Inc.	727-535-1100
Southeast Mobile Home Supplies	727-522-2090
MOBILE HOME WASH/WAX	
Heller's Mobile Home Washing	727-667-8110
Roval Enterprises	727-394-7351
Royal Enterprises Wyngarden Mobile Home Wash	727-587-0876
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Socia's Painting & Waterproofing	727-345-6856
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ASC Aluminum Specialty Contr	727-547-8300
Bay Area Aluminum Serices, Inc	727-585-4442
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Heller's Mobile Home Washing	727-667-8110
ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	727-585-4442
TIE DOWNS/MOBILE HOMES	1 21 -000 -+++2
Florida Anchor & Barrier Co	727-330-7821
VAPOR BARRIER	121-330-1021
Florida Anchor & Barrier Co.	707 220 7021
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Underhome Armor	1 21-202-2045
	707 474 0000
AMS Advanced MH Systems	/2/-4/1-0820
ASC Aluminum Specialty Contr	/2/-547-8300
Mitchell Siding, Inc.	727-586-6315
WINDOW REPLACEMENT	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	727-547-8300
Community Roofing of Florida, Inc	1-800-511-2517
WINDOW TREATMENTS/INTERIO	R
Rod Runners	727-394-9534



JULY•2015							
Sunday	Monday	Г					
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5	6 10:00A Monday Coffee	7:30A (					
12	13 10:00A Monday Coffee	7:30A (					
19	20 10:00A Monday Coffee	7:30A (					

26 10:00A Monday Coffee Potluci

# Lake Seminole

luesday	Wednesday	Thursday	Friday	Saturday
	1 Lawn Mowing 9:00A Men's Golf	2 8:00A Men's Golf Meeting 6:30 P Cards	3	4 10:00A Line Danc- ing Independence Day
7 Gardening	8 Lawn Mowing 9:00A Men's Golf	9 8:00A Men's Golf Meeting Ladies Luncheon 6:30 P Cards	10	11 10:00A Line Danc- ing
14 Gardening	15 BULLETIN DEADLINE Lawn Mowing 9:00A Men's Golf	16 8:00A Men's Golf Meeting 6:30 P Cards	17	18 10:00A Line Danc- ing
21 Gardening	22 Lawn Mowing 9:00A Men's Golf	23 8:00A Men's Golf Meeting 6:30 P Cards	24	25 10:00A Line Danc- ing
28 Gardening ¢ Dinner	29 Lawn Mowing 9:00A Men's Golf	30 8:00A Men's Golf Meeting 6:30 P Cards	31	AUGUST 2015         S         AUGUST 2015         S         S         I           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





## **July Sudoku**

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



LAKE SEMINOLE RESORT NEWS BULLETIN JULY, 2015 E



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2	٢	8	<b>1</b>	G	L	3	9	6
2	G	6	9	8	3	4	ŀ	2
9	4	3	┙	2	6	Z	G	8



**Protect Your Health!** Eliminates Mold & Mildew



## \*\*\*\*\*

## Trust in others rises as people grow older

In a cynical world, trust can seem hard to come by. But new research suggests it may grow as we get older. The World Values Survey, collecting data from more than 200,000 people in 83 nations, found that more than a third of people 80 years old or older agreed with that most people can be trusted, although just a quarter of 20-year-olds said the same.

The results were consistent regardless of nationality, gender, education, and income.

A similar study, analyzing data from the General Social Survey of 1,230 U.S. citizens over time, also found that our willingness to trust increases as we grow older.

One possible explanation: As time goes on, most people tend to simplify their lives and spend more time with their families, resulting in a more positive and generous attitude about the world.



## That morning cup of coffee may be really good for you

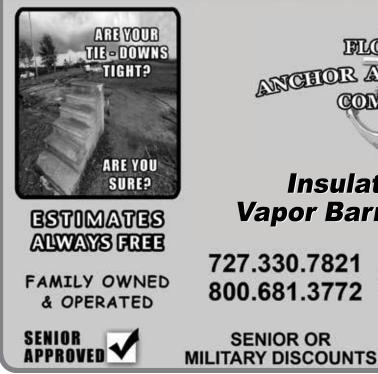
A lot of us depend on a cup of coffee or two to get going in the morning. But coffee may have even more significant health benefits. Here's a quick look at what it may do to improve your life:

- Melanoma. A study by the National Institutes of Health and the AARP found that the more coffee people drink during the day, the lower their chances of developing melanoma over a 10-year period. Four cups of coffee a day was associated to a 20 percent drop in melanoma risk.
- Multiple sclerosis. An analysis of two studies of people diagnosed with MS (one in the U.S. and one in Sweden) found that consuming at least four cups of coffee a day appears to delay the onset of symptoms. The caffeine, researchers say, seems to have neuroprotective properties that inhibit MS development.
- Liver cancer. Drinkers of three or more alcoholic beverages a day may be able to cut their risk of liver cancer by drinking coffee, according to a recent World Cancer Research Fund report. Coffee and coffee extracts appear to have a preventative effect on the expression of genes involved with inflammation—an effect that's most prevalent in the liver.

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## \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

#### ACROSS

- 1. Daisylike bloom
- 6. Bygone era
- 10. Doing nothing
- 14. Rental agreement
- 15. Matured
- 16. Mangle
- 17. Collection of maps
- 18. Formally surrender
- 19. Rumple
- 20. Shield
- 22. Initial wager
- 23. Bran source
- 24. Shabby
- 26. In a forward direction
- 30 Sudden burst
- 32. Crystal-lined rock
- 33. A guest cabin
- 37. Space
- 38. Without company
- 39. Hawkeye State
- 40. Gift
- 42. Stares
- 43. Poverty-stricken
- 44. Assault sexually
- 45. Extraterrestrial
- 47. Average
- 48. Blockhead
- 49. Astounded
- 56. Hindu princess
- 57. Razzes
- 58. France's longest river
- 59. Chocolate cookie
- 60. Stringed instrument
- 61. Move forward suddenly
- 62. Small slender gull
- 63. Hearing organs
- 64. Eagerness

- 14 15 16 17 18 19 22 21 23 24 25 28 29 30 31 26 27 32 34 35 36 39 40 42 43 45 46 47 48 49 50 51 52 53 54 56 57 59 60 61 63
- 1. Wings
- 2. Collections
- 3. After-bath powder
- 4. Brother of Jacob
- 5. Repair
- 6. Luxury boat
- 7. Curved molding
- 8. Start over
- 9 Without teeth
- 10 Extraneous
- 11. Intimidate
- 12. Vigorously
- passionate
- 13. If not

#### DOWN

- 21 Knave
- 25. Consumed food
- 26. Monster
- 27. A noble gas
- 28. Comes from trees
- 29 Rebuke
- 30. Obdurate
- 31. Breathe hard
- 33. Sleigh
- 34 Exude
- 35. Is endebted to
- 36. Spar
- 38. Willing to comply

- 41. Tiny 42. Big ape
- 44. Adult male
- 45. Cognizant
- 46. A protective
- covering
- 47. Models
- 48. Gait faster than a
- walk
- 50. Kind of bean
- 51. Unit of pressure
- 52. Not sweet
- 53. Posterior
- 54. Therefore
- 55. Bambi was one



Happy July 4<sup>th</sup>!

July rossword







## \*\*\*\*\*

## Eliminate the obstacles to a good night's rest

good night's sleep is essential to everyone's health, and yet many people have trouble getting the shut-eye they need. If you're not waking up feeling refreshed and ready to start your day with energy, check out these problems that may be preventing you from sleeping soundly:

- Procrastination. You know you should go to bed, but you let yourself get distracted by household tasks or the TV. Set a firm time limit on your evening and stick to it.
- Caffeine. Avoid coffee and other caffeinated drinks after 3 p.m. The effects can linger for up to seven hours, making sleep difficult by the time you need to go to bed.



- Heat. You may not be sweating, but feeling just a little too warm can keep you from dropping off. Try sticking one foot out from under the covers to balance the temperature.
- Stress. The news, your job, or personal worries can make relaxation and sleep difficult. Practice meditation and other techniques to un-tense your body and your mind.
- Work. If your job starts too early in the morning, you'll have trouble waking up and performing well. Try to negotiate a later arrival time. Emphasize how your productivity will increase if you get the right amount of rest.

## Prevent back pain before it strikes

ack pain can make your work difficult no matter what job you do. Lifting heavy items is only one potential source of damage; poor posture and repetitive movements can also cause strain and pain. Keep your back in good shape with these general tips from the Mayo Clinic website:

- Get some exercise. Losing weight and staying in shape will decrease wear and tear on your back muscles. Combine aerobic activity with strength training that stretches and strengthens your stomach and back.
- Practice good posture. Your parents were right when they told you to stand up straight. Make a point of keeping your weight balanced on both feet without slouching. Use a chair with good back support, and make sure it's the right height, allowing you to keep both feet flat on the floor and your knees on the same level as your hips.





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Thanks!

-Monthly Media Staff

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 Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit.
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(Allow 4-6 weeks for mailing of check).	This month's cash winners are:
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(Allow 4-6 weeks for maining of c	neck). This month s cash	williers are.	
Roy Martin\$100.00	Perfect Repair & Construction	Eric Lynn\$5.00	Knoblach Hearing Care
Mary Deperto\$10.00	Čommunity Roofing	Shirley Reish\$5.00	Ron Wyngarden
Bill Janes\$10.00	Jones & Sons Plumbing	Everett Wardell\$5.00	Perfect Repair & Construction
Dale Anderson\$10.00		Louise Gross\$5.00	Bob's Appliance
Janice Cook\$10.00		Gary Jira\$5.00	Heller's Mobile Home Washing
Chris Campbell\$10.00	Modern Air		Chambers Specialties
Angie Simon\$10.00	Largo Automotive		Battleline Termite
Peggy Gronek\$10.00	Boss Electric		Marti's Hair Salon
Linda Anacreonte\$10.00	Ron Wyngarden	Doris Jager\$5.00	Sunset Appliance Service
Patricia Osdras\$10.00	Jean Satterfield	Linda Baker\$5.00	Doll Brothers
James Patton\$10.00		Sandy Anderson\$5.00	Battleline Termite
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Pat Rudness\$5.00		Al & Donna Hartin\$5.00	Dunedin Electric
John Lee\$5.00	Air Masters		Air Masters
Harriette Reimer\$5.00			Sunset Appliance Service
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Arthur & Jane Perley .\$5.00	Kathy's Cleaning		

• 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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