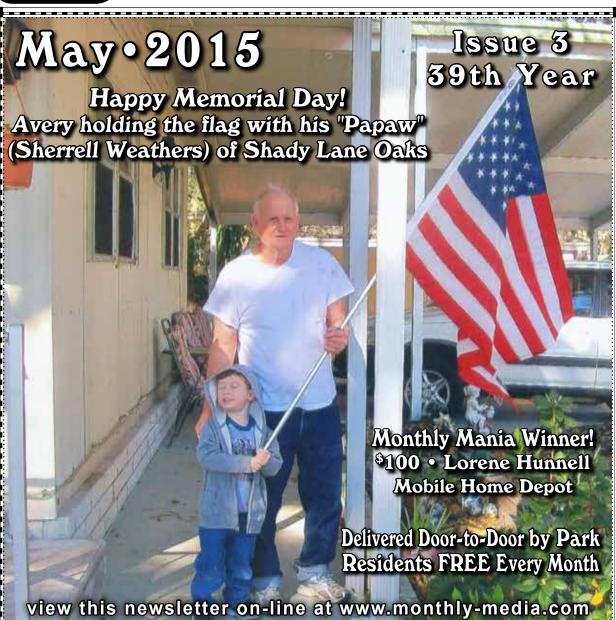


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Co-Editor: Pat Horn, pojwhorn@frontiernet.net Co-Editor: Alice Jarvis, BGJALA@aol.co

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March Ladies Coffee

Co hostesses, Judi West, Judy Bielicki, Marsha Callis, Bernie Deer and Alice Jarvis

The ladies all enjoyed and were entertained by Joanne Campbell of the Pinellas County Extension Service who gave us great tips on "how-to" do some clever things with everyday items. Do you know how to peel a perfect hard boiled egg easily? We do! She also provided a sansavarious plant (translates to "has no serious problems") from her garden for everyone as well as two door prizes. The handmade and decorated cupcakes by Marsha Peterson were delicious and beautiful. What a combination! There were also five hand crafted raffle items provided by the committee. Thank you to all who helped make it an enjoyable morning!

Ice Cream Social

Miriam Jung

"Big Thanks" to everyone on the committee for their participation on our annual Ice Cream Social Event held on March 15th 2015. As usual the committee is so organized and efficient I just can't say enough about each and every person involved. As with all the events in our park, it's the volunteers that make them a huge Success! Come again in March 2016 for the next Ice Cream Social. Enjoy the rest of your stay! Everyone have a Great Summer! Regards and Be Well!

Water Consumption

lack Everitt

Back in December, the concern regarding excess water usage was identified through comparisons with billing periods from 2013 to 2014 which showed alarming increases. Actual gallons had risen by as much as 70% in the September/October period. If this was not addressed, we would face increases in our maintenance fees next year to compensate for these increased water costs.

Consequently, we assembled a team of residents to try and identify what we thought was motor leakage in our system. We tested the water mains, laterals, distribution boxes, we walked the grounds looking for excessive wet spots, we re-checked the water meters and held meetings with companies that specialized in leak detection.

These efforts and the advice of detection companies led us to start house to house checks initially for toilet overflows and flapper replacements although we did not have confidence that these efforts would lead us to the "big leak". It was during the house inspections Hank Skurpski

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Lar er 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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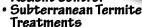
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came up with a "pressure test" that proved to be an effective leak detection method which the team adopted and have used over the last several months. This allowed us to identify many household leaks.

We now have the billing results in for our February/March period and our water consumption is the lowest it has ever been from a typical 20,672 thousand gallons per day to 17,656 thousand gallons per day. That's a savings of 18,300 gallons for this two month period.

The water team has saved us all money but we are not done yet. Our plan is to have the group re-assemble this fall and start re-checking places that had leaks and initially check the ones we missed.

This was a great endeavor by your friends and neighbors. Thanks guys.

Pancake Breakfast

Jerry Gillis

The Pancake Breakfast that was held on the 21th of March 2015 was a successful event in which we served 322 souls; the most since I began doing it and raised \$877.00 for the Social Club. We always are complimented on the quality of the food and its preparation which is mainly due to the dedication and determination of the people who work these

breakfasts. The lady waitresses looked lovely in their red sweaters. I would like to thank all the willing workers that volunteered to work the breakfast, also a few individuals; Jim Doran for purchasing the food, Don New for the financial end and ticket sales and Bill and Susan Smith for the kitchen supplies. My lovely wife, JoAnn, provided the table floral arrangements, which added to the breakfast setting. The Red Cross was there with their Blood Mobile and they had 13 donors. The 50/50 draw raised \$210.00 with half going to these three winners – Joe Cicco, Linda Stanicki and Irene Friend. The next breakfast is planned for January 2016; hope to see you all there. Jim, Don and I have retired with Dan Jackson taking charge of purchasing the supplies, Bill Wackerman scheduling the workers and Bob Osgood taking care of the finances. The retirees have had a long run doing these jobs and had some great times and enjoyed working with all of you. We wish the new guys all the success and hope they enjoy the jobs as much as we did

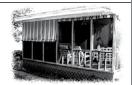
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Bible Study

hank you to Marilyn Bell for teaching the Bible study class each Tuesday evening for the last eight years. She did a lot of planning and was a real blessing to the ladies at L.S. R. She is retiring from this Bible study as people that were in the class have moved or left for other reasons.



Gardening

Alice & Bobby Jarvis

The 2015 season has been a real joy working with a fun group. March 31, 2015 was the Brunch to talk about our accomplishments and our upcoming plans for the fall. Thanks to Cheryl Russell who did the planning for all that attended. Cheryl Russell, David Wiese, Judy Bielicki,

Betty Luciano, Eddie Dacey, JoAnn Davis, Kim Anderson, Bud Koeth, Bobby and I have done the gardening for the fall and winter. Thanks to all. Everyone worked hard and made a real difference around our lovely L.S.R. Looking forward to your return to garden in the fall.

May Birthdays

1	Charles Wisner	16	Frankie Henry
3	Marvin Bielicki		Vernon Smith
5		17	Oma Redden
	Sheila Wright	0 0 0 0 0 17	
4	Jim Henry	18	
5	Janice Barisano	19	Wendy Burke
6	Doris Landay	30033	Mel Klatt
8	Eleanor Rinas		Hank Nunes
	Betty Bragg	19	Sue Reed
	Bill Cruickshank	20	Ed Clifford
	Linda Holbrook		Justine Lubkeman
	Debra Fuller	21	Clara Cicco
9	Diane Leedy		Brian Kerr
11	Lynne Martin	24	Pat Gibbons
	Dennis Steward	26	Anna-Marie Blackburn
12	Donna Polin		Ela Schneider
14	Kim Anderson		Javonne Wrightsman
	Evelyn Benjamin	27	Jim Doran
	Lois Jackson	28	Ethel Hoadley
	Jim North	30	Bob Baxter
	JIII INOLUI	30	DOU DUALCI

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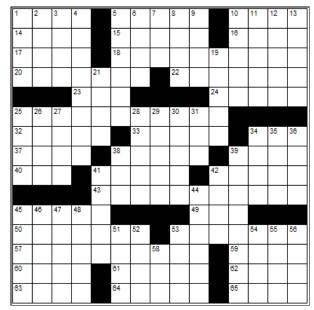


535-1919



ACROSS

- 1. Probabilities
- 5. Poplar tree
- 10. Playlet
- 14. Flippant
- 15. Craze
- 16. Walk in water
- 17. Winglike
- 18. Hades
- 20. Readable
- 22. Without a weapon
- 23. D
- 24. Prepared
- 25. A gaudy outward display
- 32. Gleam
- 33. Subtract
- 34. An old rustic dance
- 37. Lease
- 38. Small fatty European fish
- 39. Carpenter's groove
- 40. Female sheep
- 41. Minty drink
- 42. Also called Peter
- 43. Immeasurable
- 45. Cantaloupe for example
- 49. Gist
- 50. Filling material
- 53. Try
- 57. Excusable
- 59. Story
- 60. Not pre-recorded
- 61. Extraterrestrial
- 62. Biblical garden
- 63 Distinctive flair
- 64. Delineated
- 65. Chair



DOWN

1. Iridescent gem

papapapapapapapapa

- 2. Expunge
- 3 Haul
- 4 Shrill
- 5. Talisman
- 6. Curse
- 7. Terminate
- 8. Place
- 9. Acquire deservedly
- 10. Cursed
- 11. Fate
- 12. Stagnated
- 13. Woman's
- undergarment
- 19. Alerts

- 21. Not straight
- 25. Monster
- 26. Killed
- 27. Prong
- 28. Enough
- 29. Rubber wheels
- 30 Awkward
- 31. Not in
- 34. Doorpost
- 35. False god
- 36. Departed
- 38. Our star
- 39. Insulin deficiency
- 41. Bellicose nationalist

- 42 Porn
- 44. Have in mind
- 45 Official tree of
- Canada
- 46. Electronic letters
- 47. Stage between egg and pupa
- 48. Bygone
- 51. A Freudian stage
- 52. French Sudan
- 53. Away from the wind
- 54. Fabricated
- 55. Urgent request
- 56. Canvas dwelling
- 58. Container















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Sunday	Monday	7
3	4	
	10:00A Monday Coffee	7:30A
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10	11	
	10:00A Monday Coffee	7:30A
Mother's Day		
17	18	
	10:00A Monday Coffee	7:30A
24	25	
	10:00A Monday Coffee	7:30A
	Memorial Day	Potlucl
31	,	

Lake Seminole

Tuesday	Wednesday	Thursday	Friday	Saturday
·	·	·	1	2
				10:00A Line Dancing
5	6 9:00A Men's Golf	7 8:00A Men's Golf	8	9
Gardening	Lawn Mowing	Meeting 6:30 P Cards		10:00A Line Dancing
co De Mayo		National Day of Prayer		
12 Gardening	9:00A Men's Golf	14 8:00A Men's Golf Meeting	BULLETIN 15	16 10:00A Line
Garacining	Lawn Mowing	Ladies Luncheon 6:30 P Cards	DEADLINE	Dancing
19	9:00A Men's Golf	21 8:00A Men's Golf	22	23
Gardening	Lawn Mowing	Meeting 6:30 P Cards		10:00A Line Dancing
26	27	28	29	30
Gardening	9:00A Men's Golf	8:00A Men's Golf Meeting 6:30 P Cards		10:00A Line
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				S M T W T F S 1 2 3 4 5 6
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11157 102nd Way N 11178 102nd Way N		705-765-5032 Pat Gibbons/ Owner 630-347-7907 Sue Taddeucci/Owner	\$58,000 \$62,000
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Sometimes it is, in fact, lupus

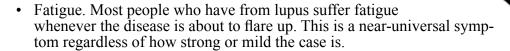
ontrary to what one cranky television doctor (House, M.D.) would like you to believe, lupus is a very real disease that hundreds of thousands of people deal with every day.

4242424242424

Lupus is an autoimmune disease in which the patient's immune system attacks healthy parts of his or her own body, resulting in inflammation, swelling, and pain, among other symptoms.

What can make lupus dangerous is when it attacks vital organs such as the heart, lungs, or liver. It is more likely to affect women than men, as well as people of non-European descent. However, if caught early, those affected by lupus have a good chance of living normal and healthy lives.

Symptoms of lupus include the following, and if it seems like many apply to yourself, you may want to visit your doctor:



- Joint and muscle pain. Arthritis is another common side effect of lupus. Almost three-fourths of all patients report joint and muscle pain to be the first sign that they have lupus. Look for arthritis in the wrists, small joints of the hands, elbows, knees, and ankles.
- Skin irritation. Many lupus patients wind up with skin rashes, especially on the face. Sores, flaky red spots, and scaly rashes are also possible, and can be located on the face, neck, back, hands, and arms.
- Chest pain. The disease can cause inflammation of the heart and the lungs, which can result in very strong chest pains that can put people at an increased risk of a heart attack or a stroke.

Celebrities who have had lupus include singers Michael Jackson, Lady Gaga, and Toni Braxton, as well as My Favorite Martian actor Ray Walston.

If we are strong, our character will speak for itself. If we are weak, words will be of no help.

-John F. Kennedy





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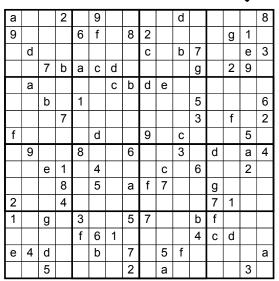




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Did You Know May is Also?...

ALS Awareness Month. Amyotrophic lateral sclerosis (ALS), commonly known as Lou Gehrig's Disease, is a neurodegenerative disease that affects nerve cells in the brain and the spinal cord. The ALS Association uses this month to focus the public spotlight on the disease as well as on global ALS research and public policy efforts.

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Get Caught Reading Month. A nationwide campaign to remind people of all ages how much fun reading can be. The Get Caught Reading organization encourages readers young and old to enjoy books and magazines and to share that pleasure with everyone—especially children.

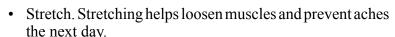
National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling—and encourage more folks to give it a try.

Skin Cancer Awareness Month. Skin cancer is the most common form of cancer in the United States, with 3.5 million cases diagnosed annually in more than 2 million people. Fortunately, it's also one of the most preventable. Some simple precautions—stay in the shade, use sunscreen, check your skin regularly—can help keep you healthy and safe.

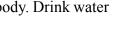
Health Watch

Get smart with your exercise routine

In spring, many of us start putting our exercise routines into high gear. So here are some tips on exercising more safely and effectively:



- Go easy on the weights. Start gradually and work your way up. To tone, stick with 3- to 5-pound weights and more repetition. To build muscle faster, choose slightly heavier weights and fewer reps.
- Warm up. Especially before aerobics. Warm muscles mean less chance of injury during your workout. Five minutes of brisk walking is enough.
- Cool down. Let your heart ease back to a normal rate after a workout so you don't overtax it. Gradually slow down your heart rate to 120 beats per minute or less.
- Drink enough water. If you feel thirsty, you've already dehydrated your body. Drink water before exercising and after.



continued on page 29



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Pay attention to your mental health

Physical health is important, but good mental health is crucial to your overall well-being. You don't necessarily need medication or psychotherapy to find peace and satisfaction in your life. Just follow this simple, commonsense advice:

- Exercise. Aerobic exercise keeps your heart and muscles in good shape, and a vigorous program of walking outside can go a long way toward strengthening both your body and self-esteem. Nature walks and gardening can improve your spirits, and may be as effective as medication in fighting anxiety and depression.
- Eat right. Your brain, like your body, needs the right combination of nutrients to remain healthy and active. Follow a healthy diet rich with fruits, vegetables, beans, and cereals, and eat meats and high-sugar foods in moderation.
- Sleep. You need sleep to rest your mind as well as your body. Keep a regular schedule, and get at least seven or eight hours every night. Avoid alcohol, caffeine, and sugar at night, and stay away from TV and the computer right before going to bed.
- Take up a hobby. Get involved in something that takes your mind off work and chores. Choose something active—volunteer work, costuming, a book club, or some other activity that will get you moving and encourage contact with others who share your interests.

Looking for a diet? Check these winners

Lots of us want to lose weight. So what's the best diet to follow if you need to shed some unwanted pounds? U.S. News & World Report has ranked the best overall diets for 2015. If you're serious about getting healthy, check out the top five:

- DASH Diet. Aimed at alleviating high blood pressure (DASH stands for Dietary Approaches to Stop Hypertension), this plan also helps prevent and control diabetes.
- TLC Diet. Created by the National Institutes of Health, the Therapeutic Lifestyle Changes diet takes a do-it-yourself approach to promoting cardiovascular health.
- Mayo Clinic Diet. This diet focuses on healthy eating as a lifelong habit more than losing weight, but it's considered an effective approach to good nutrition.
- Mediterranean Diet. Fruits, vegetables, whole grains, and fish are emphasized in this diet, which is patterned after the eating habits of the nations bordering the Mediterranean Sea.
- Weight Watchers. Targeting both short-term and long-term weight loss, the Weight Watchers PointsPlus plan assigns every food a points value,





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(Allow 4-6 we	eks for mailing o	of check). This month's cash	winners are:
Lorene Hunne	ell\$100.00	Mobile Home Depot	Joan Brown
Scott Ellswort	th \$10.00	Donna Bucher - Wagner Realty	Sharon Schlemme
		Sage Biscuit Café	Lois Howd
Jim Maher	\$10.00	Air Masters of Pinellas	John Hemeon
Terry Agona	\$10.00	Ray Duncan Plumbing	Benjamin Dorsey
Mary Buote	\$10.00	Chambers Specialty Inc.	Blake Starratt
Jim Schroder	\$10.00	Battleline Termite & Pest Control	Sue Vossler
Lee Armstron	g \$10.00	Heller's Mobile Home Washing	Marilyn Webb
Julie Poloncar	z \$10.00	Shonna Bender Massage Therapy	Fred Catterall
Diane Connol	ly \$10.00	Sunset Appliance Service	Bob Drucis
F. C. Smith	\$10.00	Recreational Golf Cars of FL	Robert Wert
Tom O'Brien	\$10.00	The House Doctor	Elizabeth Bryan
Fred Brugman	ı \$10.00	AJ's Beds & Furniture, Inc	Thelma Marsch
Hertha Gailey	\$10.00	West Coast Auto centers	Richard Carpenter
Steven Hissa	\$5.00	Royal Enterprise	Tammy Prochaska
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		Palm Harbor Electric, Inc.	Ted Deisenroth
Jack Herrewy	ner \$5.00	Appliance Specialty Inc.	Fred Humphrey
Al Slager	\$5.00		Sandy Malone
		Boss Electric Corp.	Joanne Zeffiro
		Modern A/C & Appliance Service	Kathryn Thason
		Heller's Mobile Home Washing	Socrates Sampson
Darlene Leach	ı \$5.00	Battleline Termite & Pest Control	Jeannie Cobb
Fred McMaste	er \$5.00	Dr. Peter M. Mason	

Joan Brown	\$5.00	Bay Area Aluminum Service
Sharon Schlemmel	\$5.00	
Lois Howd	\$5.00	Bill the Carpet Guy
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Blake Starratt	\$5.00	Barron's A/C & Appliance Service
Sue Vossler	\$5.00	Largo Plumbing Co.
Marilyn Webb	\$5.00	Buggin Out Termite & Pest Control
Fred Catterall	\$5.00	Doll Bros. Carpet Cleaners
Bob Drucis	\$5.00	Air Masters of Pinellas
Robert Wert	\$5.00	Imperial Electric Service of Pinellas
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Fred Humphrey	\$5.00	Boss Electric Corp.
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Joanne Zeffiro	\$5.00	Ron Wyngarden MH Washing
Kathryn Thason	\$5.00	Enos Plumbing & Services, Inc.

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Thanks!

-Monthly Media Staff

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