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**Lake Seminole Resort Club** 10245 - 110th Avenue North Largo, FL 33773

Editor: Sharon Gee, sharong1@frontiernet.net

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Director	Patricia Horn
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Director	Ronald Golly
Director	Judy Bielicki

### **MAINTENANCE WORK SCHEDULE**

Roger Gee

EFFECTIVE JAN.11TH 2016							
MIKE	WORK HRS.	MICHAEL	WORK HRS.				
MON	8	MON	OFF				
TUES.	4	TUES.	OFF				
WED.	OFF	WED.	OFF				
THURS.	8	THURS.	8				
FRI.	8	FRI.	8				
1 4		LAKE SEMINOLE RESORT NEW	VS BULLETIN OCTOBER, 2016	E			







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Letter To Everyone In Our Park

FROM JACK EVERITT

Roger would you please put this in our next bulletin. For me I was admitted to hospital on Thursday, September 8 with a blocked airway after three weeks of pneumonia / pleurisy. I Have been on a heavy duty cocktail of antibiotics and gradually reaching normal. This has been a wake up call, during the admittance the doctor asked Iris if she had " power of Attorney" for our estate. Incredible implications. Personally I do not think the exit is that close.

With our health care the earliest I can leave Canada is three months after discharge and stabilization. Still hoping for late December will let you know. Look forward to seeing you all.

Many Thanks and Good Luck Jack

## **Message From The Board**

Jack Everitt, president of LSR has submitted his letter of resignation to the board of directors effective on 8-25-2016 because of personal issues. Jack has given many years of his life in numerous positions volunteering his time protecting, maintaining and preserving our park assets. Under his leadership he has championed many accomplishments and is leaving us in a favorable position going forward. His wisdom, support and knowledge will be dearly missed. Jack wishing you peace, health and happiness going forward with your life.

Roger Gee

## Letter to all members who would like participate in the Budget Workshop

Mandy Bruce

Just a reminder of our upcoming 2017 Budget Workshop. Volunteers can call the office or a signup sheet will be put up in the hall. The workshop will be held Tuesday, November 29, 2016 at 10:00 am in the hall. As stated in September's newsletter, we have many new faces in the park. This is a great opportunity to get involved. Look forward to good representation of our residents.

The only way to have a friend is to be one Ralph Waldo Emerson

Alice & Bobby Jarvis

Ur Watkins Pond is full and running over with all the rain. We had a lot of leaves and tree limbs in the streets in which Mike and Michael cleaned up. Thanks to both of them. After the clean up from wind and rain our community really is clean. I hope your roofs were in good shape or you have a neighbor checking them

# **Pot Luck Dinner**

Alice Jarvis

Potluck dinner August 30th in the Pavilion with 33 attending was a lovely evening Weather was fine, so many commented on what a lovely evening. Blessing the food was Larry Sharman, thanks Larry.

The best food we ever had. Thanks to all the wonderful cooks here at L.S.R.

Thanks to Danny and Anna Marie Blackburn for cleaning all the tables and everyone for staying to help clean up after dinner. Our next potluck will be October 25, 2016 at 5:00 p.m. See you there.

# **October Birthdays**

- 1 Illa Sherman
- 2 Patricia Covault
- 3 Gerald Harroun Bob Walker
- 4 Maryanna Teal
- 5 Gladys Collins
- 7 Gloria Monchilov
- 8 Fred Murray Bob Stefanko
- 14 Marcia Smith

- 15 Ginger Webber
- 17 Lavergne Archer
- 20 Pat Salituri Tom Lichtenthal
- 23 Christopher Allen
- 24 Charles Derry
- 26 Rudi Rinas
- 27 Bill Wahlstrom
- 28 Ian Ogilvey
- 30 Toni Internicola



## A Complete Listing of Resident Services can be found on the page before your calendar







# **History of Labor Day**

#### A Nationwide Holiday Labor Day: What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

#### Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

#### The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

# **Goodwill\***

Barbara Fix

\*The names that are listed remain the same except for the deaths 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 B 128th St. Seminole, FL., 33776 Marjorie Romaine – Heron House, 2050 East Bay Dr., Largo, FL. 33770



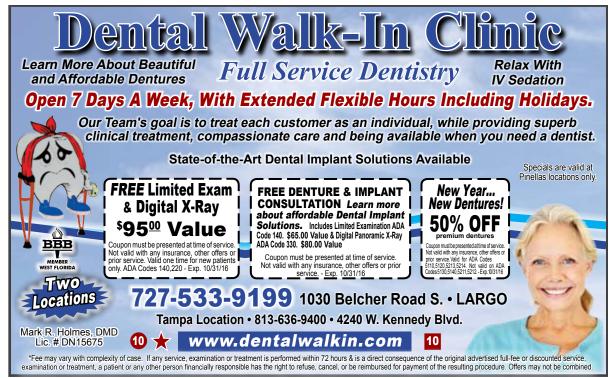


Paul Kammerrer – Veterans Hospital, Bldg.101, Room C9, 10,000 Bay Pines Blvd, Bay Pines, FL. 33744

Address for Myra Kerner She would love to hear from her friends at LSR Myra Kerner. Apt. 229 Bay Winds Senior Living 200 Kidd Castle Way Webster N.Y. 14580 Phone #585-670-7229



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LASERENO BOARD MISSION STATEMENT

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#### **Recipe of the Month\*\*\***

\*\*\* To all members of our community. If you would like to see your favorite recipe printed in our monthly bulletin, please email it to me, give me a copy if it is printed or just call me and I will write it down. I will then put it in the bulletin. I will print your name if you would like me to, if not, let me know that. Hopefully we will have some great recipes.\*\*\*

,					
Chocolate Fudge Sheet C	ake				
Cake					
2 c flour	3 tbsp cocoa				
2 c sugar	<sup>1</sup> / <sub>2</sub> c buttermilk				
$\frac{1}{2}$ tsp salt	1 tsp baking soda				
2 sticks butter or margarine	2 eggs				
1 c water	1 tsp vanilla extract				
Toming					
Topping	1 how moundained assert				
1 stick butter or margarine	1 box powdered sugar				
3 tbsp cocoa	1 c nuts				
6 tbsp milk	1 tsp vanilla extract				
Cake: Preheat oven to 350 degrees. In a bowl mix flour, sugar and salt.					
In a saucepan bring 2 sticks butter, water and 3 tablespoons cocoa to a boil over medium					
heat.	,				
Remove from heat. Add buttermilk, baking soda, eggs and vanilla to mixture. Add flour					
mixture. Bake for 20 to 30 minutes in a large sheet cake pan.					
Topping: Melt 1 stick butter, 3Tbs cocoa, and 6 tbsp milk. Mix powdered sugar, nuts					

and vanilla. Add melted mixture, stir until creamy. Pour over hot cake.

# **HOMES FOR SALE**

ADDRESS BD/BA		PHONE NUMBER (727)	PRICE*
		*includes \$5	0,000 Share
11101 100th St.	2/2	420-6427 Mary "Lee" Rades/Realtor	\$138,900
11176 100th St.	2/2	217-427-5208 Larry Young/Owner	\$65,000
11214 100th St. N.	2/2	727-458-5001 Carolyn Holton/Realtor	\$79,900
11236 100th St.	2/2	227-458-5001 Carolyn Holton/Realtor	\$73,000
11200 101st Way N	2/1	727-423-1470 DREC Realty (Paul Douglas)	\$56,900
11148 102nd Way N	. LOT	727-600-1862 Johnny Basko/Realtor	\$55,000
			LOT only
11157 102nd Way	2/1 1/2	727-600-1862 Johnny Bosko/Realtor	\$59,500
11168 102nd Way	2/1	420-6427 Mary "Lee" Rades/Realtor	\$50,000
11090 102nd St.	1/1	727-423-1470 Paul Douglas/Realtor	\$56,900
			Furnished
11135 102nd St.	1/1	727-458-5001 Carolyn Holton/Realtor	\$52,900
11240 102nd St.	2/1.5	410-299-4019 Owner Jim Webber	\$89,000
			Furnished
11077 102nd Way N	í. 1/1	466-7487 Jerry Wrightsman/Owner	\$50,000
10135 113th Place N	J. 2/1.5	727-458-5001 Carolyn Holton/Realtor	\$50,000
10155 113th Place	1/1	727-584-3588 Carolyn Holton/Realtor	\$53,900
10225 110th Place	2/2	727-512-8857 Arlene Owner's Daughter	\$119,500
10225 110th Place	2/2	727-512-8857 Arlene Owner's Daughter	\$119,500





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#### ACROSS 1. Unit of electrical capacitance 14 16 6. Smooth and gleaming 11. Not arm 18 19 14. Classical music theatre 20 22 15. Breed of dog 16. An Australian flightless bird 23 24 25 26 27 17. Vengeance 28 19. Card with just 1 symbol 29 30 31 20. Anagram of "Leaps" 32 21. S S S S 23. Chinese cinnamon 27. There are 50 of them

43

54 66

61

- 28. Associated with the Christian church
- 32. Regions
- 33. Impersonate
- 34. Electro-encephalogram
- 37. Shipped
- 38. Flamingo or heron
- 39. Protagonist
- 40. East southeast
- 41. Doughnut-shaped roll
- 42. Freight
- 43. The arrangement of windows of a
- building
- 45. Infirm due to age
- 48. Makes angry
- 49. Nymph
- 50. An anesthetic
- 53. Doctrine
- 54. Ardent supporters
- 60. Beak
- 61. Moral weaknesses
- 62. A squeaking noise
- 63. N N N N
- 64. An ancient Hebrew unit of dry measure
- 65. An abrasive board

- 4. Arrangement (abbrev.) 5. Newspapers 6. Porgy fish
- 7. Parcels of land

1. Since or because

2. Gorilla

3 Drench

- 8 A Great Lake
- 9. Self-importance
- 10. Relating to the motion of bodies

40

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46 47

- 11. The smallest amount
- 12. Master of ceremonies
- 13. Suppose or surmise
- 18. Sheep sounds

DOWN 22. Pouch 23. Stop

50 51 52

- 24. Units of area
- 25. Vista
- 26. A thin strip of wood
- 27. Agitate
- 29. Picture
- 30. Assistants
- 31. Capelin
- 34. Strange or spooky
- 35. A plant disease
- 36. Thugs
- 38. Ebb
- 39. Caps
  - 41. Accept as true

42. Impulse 43. Type of tree

66 57

62

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48

- 44. Regrets 45. Gleam
- 46. A red fluorescent dye

59 68

- 47. Makes insensitive
- 50. Engrave
- 51. A Titaness of ancient
- mythology
- 52. A call for quiet
- 55 Small bite
- 56. Forelimb
- 57. Perceive visually
- 58. Asphalt

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# **Services Directory**

#### **AIR CONDITIONING SALES/SERVICE**

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E & E Gliddon, Inc	727	-546-	4343
Modern A/C Service Co.	727-	-541-	5541
APPLIANCE REPAIR			
Appliance Specialty, Inc.	727	-520-	6002
Bob's Appliance Repair	727	-637-	4789
Sunset Appliance Service	727	-559.	1137
AUTO REPAIR		000	
Penneys Automotive Repair	727	240	1126
AUTO SALES / PURCHASING	121	-2-10-	1120
Stingrays Inc	707	700	2024
AWNINGS	121.	-190-	2921
AWNING5	707	-0-	4440
Bay Area Aluminum Services, Inc	121.	-585-	4442
Century Awnings Co.	121	-559-	-8811
BATHRÓOM REMODEL	-		
BathMastersBLINDS & DRAPERIES	727	-333-	7997
BLINDS & DRAPERIES			
Rod Runners	727	-394-	9534
Rod Runners.			
Electro-Glo Inc.	727	-556-	0701
CADDET CLEANING			
Bill the Carpet Guy	727	-521-	4163
Doll Brothers Carpet/Upholstery Clnrs.	727	-596-	2249
CLEANING/INTERIOR			
Betty's Cleaning & Custom Services	727.	280-	4841
Kathy's Cleaning Service	727	_804	1116
COMPUTER SERVICES	.121	-00-	-1110
Largo Tech Services, LLC	707	171	1205
Netebooke Dive Inc	707	-4/4-	4200
Notebooks Plus, Inc	121.	-507-	0533
DENTIST	707		0400
Dental Walk-In Clinic	121	-533-	9199
DRIVEWAY COATING			
Concrete Wizard, Inc.	727.	-789-	5444
DUCT/VENT CLEANING			
DUCT/VENT CLEANING Velocity Air ELECTRICAL CONTRACTOR	727	-754-	7956
ELECTRICAL CONTRACTOR			
Boss Electric Corp.	727	-791-	1308
Haseney Electrical Services, Inc	727	-441-	8434
Palm Harbor & Dunedin Electric	727	-773-	1622
FLOOR COVERINGS/RETAIL			
At Home Floors - Carpets + Tile	727	-584-	3711
Flatworks	727	-288-	4680
Florida Anchor & Barrier Co.	727.	330-	7821
Perfect Repair & Construction, Inc	727.	539	0852
FURNITURE & MATTRESS	121	000	0002
AJ's Beds & Furniture	727	588	0406
GIFT SHOP	121.	-000-	0400
	707	224	7000
Carmen's Gift Shop and Stuff GOLF CARTS SALES & SERVICE	121.	-331-	1232
GULF CARIS SALES & SERVICE	707	770	
Capital Golf Carts, Inc.	121	-112-	8833
Recreational Golf Cars of Florida	127	-548-	8460
INSURANCE/AUTO			
O. E. Wilson	727-	-535-	0524
MANUFACTURED HOME SALES/N			
Citrus Homes/Meadowood Homes	727	-535-	5262
MEDICAL FACILITY			
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# Lake Seminole

Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00A 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 10:00A Line Dancing
11 Gardening	12 9:00A Men's Golf Lawn Mowing BULLETIN DEADLINE	13 8:00A Men's Golf Meeting 6:30 P Cards	14	15 10:00A Line Dancing
18 Gardening	19 9:00A Men's Golf	20 8:00A Men's Golf Meeting 6:30 P Cards	21	22 10:00A Line Dancing
25 Gardening Luck Dinner Pavilion	26 9:00A Men's Golf Lawn Mowing	27 8:00A Men's Golf Meeting 6:30 P Cards	28	29 10:00A Line Dancing
				NOVEMBER 2016        S      M      T      W      T      F      S        1      2      3      4      5        6      7      8      9      10      11      12        13      14      15      16      17      18      19        20      21      22      23      24      25      26        27      28      29      30

# **SUB-FLOOR & FLOORING EXPERTS!**











## **Check medical bills with care**

ealing with health insurance claims can be frustrating and time-consuming. Multiple bills from different departments for what seems like one medical procedure can baffle even the most organized consumer. The key is to keep track of insurance claims and keep detailed records. Follow this advice:

- **Review records**. Verify that the medical provider has the correct billing information. Also, check the identification or group number of your insurance plan on claim forms.
- Follow up to be sure the claim is being processed. Contact the provider or insurer after receiving a bill to confirm receipt. Write down the names of everyone you speak to, noting the date of the call and any available confirmation numbers.
- Verify all the expenses. Check to see if you are being billed twice. Similarly, verify that the contracted rate between the insurer and the provider is actually what you are being billed for.

## **Revamp your finances to save more money**

f you can figure out how to save just \$125 per month, then set up an automatic savings to a mutual fund that yields an average of 7 percent, in five years you will have almost \$9,000. In 20 years, that amount will have grown to \$65,000! Here are four suggestions for coming up with that \$125 per month:

- Look at your cable TV bill. Do you need all those channels? You can roll your bill back by getting rid of premium channels or subscribing to a smaller, cheaper package.
- Stop picking up magazines from the supermarket or newsstand. Save yourself some money by reading online or subscribing to your favorite magazine instead. And if you're subscribing to anything you don't read, cancel it.
- Change your cell service. Shopping around can get you a better deal that will save you bucks. Just make sure you won't be penalized for breaking a contract early.



• Call your credit card company. You may be able to get a lower interest rate just by asking.

## Some challenges spur imagination and success

Intersection of the section of the s

Take for example, American writer Flannery O'Connor. She was stricken with lupus erythematosus in her mid-20s. She spent almost all of her life (she died at age 39) on her family's farm. But as the disease made movement more and more difficult, it also pushed her to sit at her typewriter every day and write. The stories she churned out are full of wild imaginings and a great spirit of hope.



# Just listen

man whose marriage was in trouble sought advice from his minister. The minister heard the man out and then said, "You must learn to listen to your wife."

The man took this advice to heart, but he returned a month later to say the marriage was still unhappy, even though he had learned to listen to every word his wife said.

The minister said with a smile, "Now go home, and listen to every word she isn't saying."

# Learn to let go

little boy was playing one day with a very valuable vase. When he put his hand inside it and couldn't draw it back out, he called for his mother. His mother tried gently to slide his hand free, but it remained stuck.



She was ready to break the vase when she said, "OK, let's try one more time, Open your hand and hold your fingers out out straight, and then pull."

"Oh, no, mommy!" the boy cried. "If I do that, I'll drop my penny!"

Storytellers have as profound a purpose as any who are charged to guide and transform human lives.

-Nancy Mellon





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#### Did you know that October is also...

**Italian-American Heritage Month.** The goal of Italian-American Heritage Month is to inform the public about the contributions made by Italians and Italian-Americans, especially in the arts, the humanities, and the sciences, and to celebrate the impact that Italian culture and language have had on the United States.

**National Bullying Prevention Month.** A campaign held during October, uniting communities nationwide to educate about and raise awareness of bullying prevention, National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners.

**National Cybersecurity Awareness Month.** The internet touches almost all aspects of everyone's daily life, whether we realize it or not. National Cybersecurity Awareness Month is intended to engage and educate public and private sector partners through events and initiatives with the goal of raising awareness about cybersecurity and increasing the resiliency

of the nation in the event of a cyber incident.

**National Walk Your Dog Week, Oct. 1-7.** According to the American Veterinary Medical Association, more than 40 percent of dogs—a total of about 17 million—in the United States are overweight. Walking your dog just 30 minutes a day helps both of you maintain a healthy weight and a good heart.

**Éarth Science Week, Oct. 9-16.** This year's Earth Science Week celebrates the theme, "Our Shared Geoheritage"—the collection of natural wonders, landforms, and resources that have formed over eons and come to this generation to manage, use, and conserve effectively.

**Free Speech Week, Oct. 16-22.** A yearly event to raise public awareness of the importance of free speech in our democracy and to celebrate that freedom. Express your right to free speech by posting a message online, composing a poem, writing a letter to the editor, or whatever works best for you.

**National Massage Therapy Awareness Week, Oct. 23-29**. Research suggests that symptoms of stress, anxiety and depression may be ameliorated with massage therapy. Athletes at all stages have also benefited from massage therapy. By combining your exercise routine with a massage therapy treatment, you will be able to train longer and harder and make the most of your workout.

**World Animal Day, Oct. 4.** An international day of action for animal rights and welfare, celebrated annually on the feast day of Francis of Assisi, the patron saint of animals.

**National Chess Day, Oct. 8.** Play a game that sharpens your mind, challenges your intellect, and brings you closer together with other people.

**Columbus Day, Oct. 10.** Observed on the second Monday of October to commemorate Christopher Columbus's arrival on the North American continent on Oct. 12, 1492.

Ada Lovelace Day, Oct. 18. Considered one of the world's first female computer programmers, Ada Lovelace helped develop an early predecessor of the modern computer in the 19th century.

Halloween, Oct. 31. Trick or treat!



# Try these tips for better napping

S leep is important to your health, and regular naps can make a positive difference. One Harvard study found that people who nap at least three times a week for a half hour or more have a much lower risk of heart disease. Other studies suggest that a 40-minute nap can improve performance on the job.

So what's the best way to nap? The Science of Us website summarized the findings of different studies. First, try to sleep for at least an hour to get a deeper sleep, even though shorter naps have positive benefits as well. Second, lie down for your nap; you'll wake up feeling more alert than if you sleep sitting up in a chair.



Finally, nap in the morning if possible. You're more likely to get REM sleep because your brain still craves it from the night before. Although, on the other hand, afternoon naps tend to be more restorative and improve memory.

# Chest pain? Worry—but don't panic

ou're having chest pains. Should you rush to the hospital? Although you shouldn't ignore the pains, don't panic. According to an article on the Medline Plus website, fewer than 6 percent of chest pains are symptoms of a heart attack. That's the good news. The bad news is that doctors usually can't determine the cause of chest pains, and they can be evidence of a serious illness.

Researchers studied a database containing records of emergency room visits, looking at 11,000 cases of chest pain unrelated to other trauma. They found that only 5.5 percent of patients suffered from life-threatening ailments. The most common diagnosis was simply "nonspecific chest pain," accounting for more than five in 10 patients complaining of discomfort.

Chest pains cause more than 8 million trips to emergency rooms each year, second only to abdominal pains.

# Heart health improving for Americans

Mericans are taking better care of their hearts, according to the Centers for Disease Control and Prevention. According to a study published in the American Journal of Preventive Medicine, the rate of heart disease in Americans over 40 dropped to 8 percent in 2011-12, down from 10 percent in 2001-02. Among Americans 60 and older, the rate dropped from 19.5 percent to 15 percent in the same time frames. The researchers found no significant change either way in Americans 40-59 years old, however.

One factor influencing the improvement was having access to health insurance, according to the study. Better management of risk factors like high blood pressure, cholesterol, smoking, weight, and diabetes probably contributed to the decline, the report suggested.

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# Go for the quick laugh

okes don't have to be longwinded. Try these one-liners out on your friends:

- I sold my vacuum cleaner—all it was doing was gathering dust.
- I give all my dead batteries away—free of charge.
- I hate elevators, so I take steps to avoid them. •
- I know a man who drinks brake fluid. But he says he can stop any time. •
- When will all the rhetorical questions end? •
- Women really should not have children after 35. After all, 35 children are enough.
- It's hard to explain puns to kleptomaniacs because they always take things literally.
- A hard-boiled egg in the morning is hard to beat.
- There are only 10 types of people in the world—those who understand binary and those ٠ who don't

# Hot tip

man was watching TV one night when his wife walked up behind him and smacked him on the back of the head with a newspaper.

"What was that for?" he demanded.

"I was doing the laundry and I found a piece of paper folded up in your back pocket with the name 'Carol Anne' written on it," she said.

"Oh, honey," the man said. "I was at the track the other day and a guy gave me a hot tip on a horse named 'Carol Anne.' I won \$50."

Unconvinced, the wife said, "All right, then," and went back to the laundry.

Two nights later the husband was watching TV again when the phone rang. A minute later, his wife walked up behind him and once again hit him with the newspaper. "What are you doing?"

"The phone call? That was your horse."







# Get your imagination going when you paint

• ou don't have to be a Picasso to find satisfaction and enjoyment in creating art. When you're searching for ideas or subjects to paint, consider these approaches:

• Seek inspiration. Spend some looking at art—paintings, sculpture, drawings. Listen to music to stimulate your creative juices.

- Start small. If you're hesitant, or blocked, don't tackle a big art project. Start with something small and easy. Work on one section of a painting you're planning, and don't think of the rest of the project. You'll accomplish something concrete, and your success may give you the momentum you need to continue.
- Switch things around. If you usually paint or draw horizontally, switch to vertical. Instead of painting what you see, paint what you feel. If you draw with your right hand, try switching to your left. A small change can make a big difference.
- Try an exercise. Pick a common saying: "Once in a blue moon," for instance. Draw or paint what the saying means to you. What kind of rare occurrence springs to your mind? How would the world look under blue moonlight? Choose other clichés and catchphrases to illustrate, and you'll keep your perceptions sharper.

# Fear criticism? Do it anyway

The cliché that you can't please everyone is a simple lesson on dealing with criticism. You'll always have detractors, so you may as well follow your heart and do what's right.

That's what Julia Butterfly Hill learned. Hill made headlines a couple of years ago when she climbed into a California redwood and lived there for two years to protest logging in the ancient woods. After she came down, she wrote a book about her experience, The Legacy of Luna (Luna is the name she gave to her tree home).

Then came publicity—and criticism from loggers whose livelihood she was curtailing and environmentalists who accused her of selling out.

"For every action, there's an equal and opposite criticism," Hill said. So do it anyway.





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BIG SALE: Oct. 14th-15th-16th & Fri-21st. 11104-101 St, Largo - off 110 Ave.



#### **EVENTS & PROGRAMS**

CRAFT SHOW, Saturday, October 8th, 9am - 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL. 95 Vendors/95 Prizes. Indoor & Outdoor Show. Food Court & Pumpkin Patch. \$1.00 Admission goes toward the homeless.

Annual Craft Fair Saturday 11/05/16, Paradise Island Clubhouse, 1001 Starkey Rd. Largo. Open 9am-1pm. A variety of handmade crafts, Bake sale, and Canteen open for food.

CRAFT SHOW 12/10/16 Four Seasons Estates, Largo, Vendors wanted, Email medmatchpay@yahoo.com for application. or 727-200-3240 for more info.

Craft Show 10/29/16 from 8am to 1pm. Crafters Wanted. Caribbean Isles, Largo. \$10 per Table. Please call Barb 727-674-0137.

Crafters Wanted: Paradise Island Annual Craft Fair. Sat. 11/5/16. Tables \$10 & \$15. Call Sammye 727-474-2660

Annual Bazaar - Ranchero Village MHP, 7100 Ulmerton Road, Largo Florida. Sunday, November 13th, 12-4pm. Many vendors and food 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 727-584-2404

'our

HOLIDAY BAZAAR 11/12/16 All indoor craft show. First Lutheran Church, 1644 Nursery, Clearwater. Vendors: 727-744-3806 or eobrien2429@gmail. com

Junk In The Truck Rummage Sale: Saturday, Oct. 22nd 8am - 12:30pm. St Catherine of Siena Catholic Church 1955 S. Belcher Rd, Clearwater, FL 33764

**ATTENTION RESIDENTS!** Did you know this Emporium/ Classified listing reaches over 21,500 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.

-Monthly Media Staff

# **NOVEMBER AD DEADLINE - OCTOBER 10, 2016**

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

# Skin cancer risk—your feet

You probably know to check the areas of your skin that get the most exposure to sunlight for symptoms of melanoma, but don't neglect the rest of your body. The WebMD website reports that skin cancer can develop on the soles of people's feet, particularly the spots that get the most stress from walking or running. Those areas include the ball of the foot, the side of the arch, and particularly the heel.



Melanoma on the sole of the foot is rare, accounting for just 2.4

cases per million for Caucasian Americans and 2.2 per million among African-Americans. However, because most of us don't think to check our feet for signs of cancer, it's often very advanced when discovered. So don't forget your feet when examining your skin.

# Sea sponge could hold key to fighting deadly infections

RSA (methicillin-resistant Staphylococcus aureus) is a bacterial infection that kills an average of 11,000 patients every year in the United States. But scientists now believe they've discovered an Antarctic sea sponge that produces a chemical compound capable of stopping it.

According to the UPI website, researchers studying the defense mechanisms of sea sponges—as well as algae and underwater invertebrate organisms—found the compound, named darwinolide, in Dendrilla membranosa. It works by penetrating MRSA's protective biofilm, a coating of proteins, carbohydrates, and DNA that current antibiotics can't get through.

Harvesting the sponges from the sea floor is neither practical nor environmentally sound, so the scientists are looking for a way to produce the compound synthetically. Fortunately, UPI states, most chemical compounds found in nature can be reproduced in the lab by chemists.

# **Poison found on ancient arrowheads**

Primitive humans may have hunted prey with poison-tipped arrows at least 13,000 years ago, according to an article on the Sci-News website. Archeologists in eastern Africa uncovered several artifacts made from bone in the Kuumbi Cave—implements that included five slender projectile points. The cave also held traces of ancient charcoal from the Mkunazi plant, which has poisonous fruit.

Ancient humans probably used poison-tipped arrows of bone because stone-tipped arrows and spears didn't have the stopping power to take down large prey like zebras or buffalo.

## Gas giant found orbiting two stars could host life

Jupiter-size planet in the habitable zone of two suns may have moons capable of supporting life, scientists say. Kepler-1647b is 3,700 light-years from Earth, and its two parent stars are about the size and age of our sun. It's a gas giant without a solid surface, the largest planet discovered in a two-star system, and it orbits the stars in 1,107 days.

As the MSN website reports, almost half of all sun-like stars discovered exist in binary systems. Most of their planets are closer to the size of Saturn and circle relatively closer to their parent stars, not in the zone where liquid water could exist. The discovery of

Kepler-1647b by the Kepler space telescope suggests that other such Tatooine-like worlds (after Luke Skywalker's home in the Star Wars movies) could be waiting elsewhere in the universe.

## **Volcanoes on Mars? Maybe**

The Curiosity rover has made an unexpected discovery on Mars that's making scientists re-examine what they know about the history of the red planet.

As reported on the ScienceDaily website, Curiosity drilled into a rock at a location on the Martian landscape known as "Buckskin," collecting powder that was analyzed by X-ray diffraction. Scientists identified the powder as tridymite, a silicate mineral.



What's surprising? Tridymite is associated with volcanism which wasn't thought to be a feature of Mars. The discovery has scientists wondering whether active volcanoes were at one time present on Mars despite its lower temperature. Mars, it seems, is still full of surprises.

Science is not about control. It is about cultivating a perpetual condition of wonder in the face of something that forever grows one step richer and subtler than our latest theory about it. It is about reverence, not mastery. —Richard Powers



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