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# September 2017 Issue 7 41st Year

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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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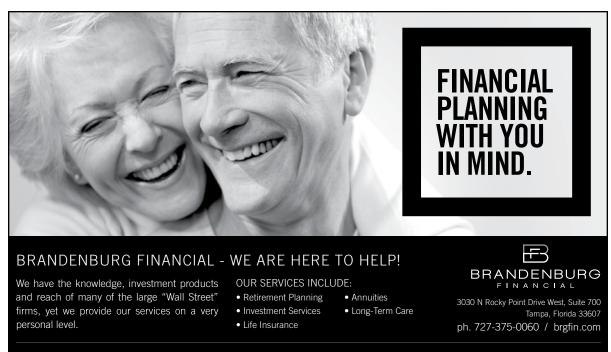


#### A NOTE TO OUR MEMBERS FROM JIM HENRY

#### THANK YOU

n behalf of myself and my family, I want to thank you for your expressions of sympathy and for all the great food you brought to my home to comfort us at the loss of my beloved wife, FRANKIE. We moved here 27 years ago and have made so many good friends in the Park. Frankie worked when she first came down from Indiana at the Plumbers Union 111 in Pinellas Park as their Office Manager for many years. After that she became the Secretary to the board Board of Laserreno for eight years. She was very passionate about our Park and worked hard for the betterment of the Park. FRANKIE for many years suffered with COPD. The Lord called her to rest on July 24. She will be remembered by her family and many of you as being compassionate and that she always put her family first. Because of this we decided Frankie would like to have her Memorial Service in Indiana at the yearly Family Reunion. We will not have any Service at the park in Florida. We trust you understand our decision and once again we all thank you for the support and prayers at the loss of Frankie

To express your sympathy and view her obituary online, visit www.National Cremation. com and click on Frances Elizabeth.



Securities offered through LPL financial member FINRA and SIPC. Investment advisory services offered through Independent Financial Partners(IFP), a Registered Investment Advisor. IFP and Brandenburg Financial are separate entities from LPL Financial.

# Thank you note from Judith Friend

note to thank each and every one of you thoughtful neighbors for your contributions of food and clothing before you leave to go north.

# Pot Luck Dinner on Sept. 4th

There will not be a pot luck dinner on the last Tues. in August, there will be a pot luck dinner on Monday Sept 4th celebrating Labor Day. This will be at 4:30.

Please bring a dish to pass, your eating utensils and your beverages. As in other Pot Lucks there will be delicious food and desserts and a chance for everyone to visit with their friends.

Sharon Gee

#### **Farewell to Summer**

Y e will soon be saying farewell to summer and welcoming

returning friends, meeting new people and making new friends. Hopefully everyone has enjoyed the summer and had time to rest. As you return, some of the activities to look forward to are golf, shuffleboard, Monday morning exercise, bingo, water aerobics, Swedish Weaving and quilting.

Sharon Gee

# FACTS TO REMEMBER FOR THIS SEASON

t is hurricane time. Please remember if you go away for any length of time. Bring any items that are not tied down in your area inside. These things can blow in the strong wind and break windows and do much damage (for example, flower pots, lawn furniture, bikes). Sharon Gee









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# NEIGHBORHOOD WATCH EMERGENCY CALL 911 PINELLAS COUNTY SHERIFF 727 582-6200

By: Butch Thomas



It is the mission of Lake Seminole Resort Neighborhood Watch through the assistance and cooperation of the Pinellas County Sheriff's Department to actively communicate, educate and involve our residents. By working together we can develop crime awareness, continuous observation and an effective reporting system to keep our community safe. We must be aware, informed and actively take steps to protect ourselves, our property, our neighbors and our community.

Once again in our area there are numerous reports of thefts at gas stations. The unique setting of the gas station catches victims totally by surprise. These thefts can occur while the victim is pumping gas or paying inside the station leaving their vehicles unlocked. This type of crime can happen in a matter of seconds.

Do not become one of these unfortunate victims.

- Pick gas stations that are well lit and have video surveillance at the pumps.
- Always remove the keys and lock all doors when pumping gas or going inside the station.
- Keep all valuables out of plain view in your vehicle.
- Pay attention to your surroundings.
- Don't let your cell phone distract you.
- Be Safe, Lock It Or Lose It.

### Labor Day

¬or America's workers, Labor Day marks more than the end of summer. It's a reminder of↓ the struggles we have won—and those that lie ahead.





## **A NOTE TO ALL RESIDENTS FROM SHARON**

have listed August and September Birthdays. Last month I mixed them up. (Sorry) therefore both months are included in this bulletin.

I have been told by our members that some of the birthdays are not correct. I did not list these dates, however I will do all the birthday updating as needed. Please email me with required changes. Working together, hopefully we get them correct. Thank you

Sharon Gee sharong1@frontiernet.net

#### Goodwill

Barbara Fix

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

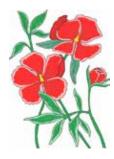
- Marilyn Stepon, The Barrington, 901 Seminole Blvd., Largo, Fl. 33770, Room 100, Phone 727-265-0077
- Betty Bragg Oak Tree Manor, 7770 B 128th St. Seminole, FL., 33776
- Hank Nunes is in a rehab in CT.
- Carl Redding (and Oma) moved to Pinecrest Assisted Living .

#### Hospitalized

#### Death

- Frankie Henry
- Lorraine Leach

#### **HOMES FOR SALE**



ADDRESS	BD/BA	PHONE NUMBER (727)	PRICE*
11281 100th St. 11153 100th Way 11077 102nd Way 11148 102nd Way 11157 102nd way 10225 110th Pl	2/2 2/2 1/1 LOT 2/1.5 2/2	309-373-9070 (Gina Owner's Daughter) 727-458-5001 (Realtor Carolyn Holton) 466-7487 (Owner Jerry Wrightsman) 727-600-1862 (Realtor Johnny Bosko) 727-600-1862 (Realtor Johnny Bosko) 727-512-8857( Arlene Owner) Furnished	\$118,000 \$79,900 \$50,000 \$55,000 \$55,000 \$119,500

\*includes \$50,000 Share



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#### August Birthdays

- 1 Charlotte North
- 2 Joyce Bretland Darlene Handy Charlotte Gildea Darlene Wilder
- 3 Bob Collins
- 4 Larry Eldridge Donna Fitzharris Joan Barry
- 5 Rose Skurpski
- 6 Marilyn Bell
- 9 John Hoadley
- 10 Pam Nadeau
- 12 William Buckley
- 13 Jane Salituri Joyce Shane Jim McQuiston
- 15 Glenn Frank Pat Perry Mario Zammit
- 16 Carl Redden
- 18 Carolyn Astrella Brian Dunn Jim Webber
- 19 Mari-Jean Faucett Lynne Sheridan June Thieman
- 20 Ed Birmingham Dee Duminuco
- 21 Don New
- 22 George Young Ronald Haynes
- 24 Dave Black Gerry Kampas
- 25 Paul VanMieghem
- 28 Mike Powers
- 29 Glenn Clausen Robert Young
- 30 Betty Luciano

#### **September Birthdays**

- 1 Jackie McMann
- 3 Gregg Grierson Paul Kammerer
- 4 Harry O'Dell
- 6 Kathleen Broders Janet Golly Bobby Jarvis
- 8 Kathy Balsamo
- 9 Nancy Turnbull
- 10 Bill Anderson Jerry Leedy Judith West
- 11 Michael Flynn Susan Smith
- 12 Phyllis Allen
- 13 Robert Covault Nancy VanMieghem
- 16 Christina Powers
- 19 Judy Bielicki
- 21 Andrew Chorkey
- 23 Kelly Fitzharris Jim Smale
- 24 Joanne Davis
- 25 Russell Case
- 28 Madeline Bright
- 29 Mary Novotny
- 30 William Weeks



#### Chocolate may be good for your heart

n case you're looking for an excuse to eat some chocolate, consider this: It may reduce your risk of irregular heartbeat.

An analysis of some 55,000 adults from Denmark found that eating 2-6 ounces of chocolate a week was associated with a 20 percent decreased risk of atrial fibrillation, or A-fib, otherwise known as an irregular heartbeat. A-fib can compromise blood flow in the upper chambers of the heart—the atria. People with A-fib are five times more likely to suffer a stroke, according to the American Heart Association, and have twice the risk of a heart-related death.

Moderate consumption of chocolate, especially dark chocolate, appears to reduce that risk, although binging on larger amounts can obviously lead to weight gain and associated problems.

### Carbon monoxide safety tips for your home

arbon monoxide (CO) is a colorless and nearly odorless gas that's created by the incomplete burning of solid, liquid, and gaseous fuels. Appliances that burn LP gas (liquefied petroleum), oil, coal, kerosene, coal or wood may produce carbon monoxide. Carbon monoxide is also poisonous to animals and people. Symptoms of its effects include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

To prevent CO poisoning, take these precautions:

• Buy and install a CO alarm. Make sure it is listed with Underwriters Laboratories or that there is information on the package that indicates that it meets the requirements of IAS 6-96 standards. Follow the directions for placement and installation.

• Install appliances properly. Most of them should be installed by a professional.

• Practice good maintenance. Have your heating system (furnaces, flues, and chimneys) inspected and serviced by a professional every year.

• Burn charcoal outdoors only. Never burn it in a tent, home, garage, vehicle, etc. Don't use portable fuel-burning camping equipment indoors or inside tents, etc.

• Make sure you turn off fuel-burning engine equipment when you are inside a garage or basement. Just having the doors open does not ensure your safety.







# We Need Cover Pictures: Send in Your Interesting Photos

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 here:





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(2.8 miles south of Ulmerton Rd.)



# Services Directory

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

Air Masters of Pinellas, Inc.	.727-586-6969
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	727-550-1137
	. 121-000-1101
AUTO BODY & PAINTING Auto Painters Plus	777 504 6901
AWNINGS	. 121-304-0091
Bay Area Aluminum Services, Inc	777 595 4442
Bay Area Aluminum Services, Inc	. 121-383-4442
Century Awnings Co BATHROOM REMODEL	. 727-559-8811
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BathMasters	. 727-333-7997
BEAUTY SALON	
Salon Quintess - Lisa Cooper	.727-432-4023
BLINDS & DRAPERIES	
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Doll Brothers Carpet/Upholstery Clnrs	. 727-596-2249
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Betty's Cleaning & Custom Services	727-280-4841
COMPUTER SERVICES	
Discount Computer Repair	727 320 2065
Largo Tech Services, LLC	777 474 4295
Natabaaka Diya Jaa	. 121-414-4200
Notebooks Plus, Inc.	. /2/-50/-0533
DRIVEWAY COATING	
Concrete Wizard, Inc.	. 727-789-5444
DUCT/VENT CLEANING	
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#### **MOBILE HOME WASH/WAX**

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Royal Enterprises	727-394-7351
Royal Enterprises Wyngarden Mobile Home Wash	727-587-0876
MOBILE HOME WINDOW FILM	
Royal Enterprises	727-394-7351
MOVING SERVICE	
Shawn & Shawn Moving Company	727-234-7204
NAILS SPA	
Queen Nails & Spa	727-397-3416
PAINTING/INSIDE & OUTSIDE	
Payless Painting Services	727-470-5876
Socia's Painting & Waterproofing	727-345-6856
PEST CONTROL	121 040 0000
Buggin Out Termite & Pest Control	727 535 2620
Modern Pest Control, Inc	727 410 1466
Nature's Resource Pest Control	707 705 2552
PLUMBING SERVICE	/ 2/-/00-2002
	707 500 4004
Denny's Plumbing, Inc	727-530-1391
Jones & Sons Plumbing, Inc	/2/-/99-028/
Largo Plumbing Co	727-596-0525
REMODELING/INTERIOR	
American Restoration Systems, Inc	727-525-7200
RESTAURANT	
Savory Restaurant	727-593-2030
ROOF COATING	
AMS Advanced MH Systems	727-471-0820
Community Roofing of Florida, Inc	727-536-9999
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# Lake Seminole

uesday	Wednesday	Thursday	Friday	Saturday
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5 Gardening	6 9:00A Men's Golf	7 8:00A Men's Golf Meeting 6:30 P Cards	8 Men's Golf	9
12 Gardening informa- r the Oct. n	13 9:00A Men's Golf	14 8:00A Men's Golf Meeting 6:30 P Cards	15 Men's Golf	16
19 Gardening	20 9:00A Men's Golf	21 8:00A Men's Golf Meeting 6:30 P Cards	22 Men's Golf	23
26 Gardening	27 9:00A Men's Golf	28 8:00A Men's Golf Meeting 6:30 P Cards	29 Men's Golf	30

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

**Blood Cancer Awareness Month**. Lymphoma is a type of blood cancer that occurs when lymphocytes—white blood cells that help protect the body from infection and disease—begin behaving abnormally. Lymphoma may develop in many parts of the body, including the lymph nodes, spleen, bone marrow, blood or other organs. This year's theme for Blood Cancer Awareness Month is "Light it Red for Lymphoma."

**National Child Awareness Month.** During National Child Awareness Month, a wide array of organizations set aside their individual agendas to focus on the bigger picture of children in America today and what can be done to address their growing challenges and needs tomorrow.

**National Cholesterol Education Month.** National Cholesterol Education Month is a good time to get your blood cholesterol checked and take steps to lower it if it's high. It's also a good time to learn about lipid profiles and food and lifestyle choices that will help you reach your personal cholesterol goals.

National Piano Month. A good month to sign up for piano lessons. Although invented around the year 1700, the piano took several decades to become a favorite of composers and performers alike. In the 19th century the instrument grew larger and more powerful. At the same time, the instrument became the primary source of home entertainment, and learning to play the piano became an important part of childhood education.

**Substitute Teacher Appreciation Week, Sept. 3-9**. Five days dedicated to the hundreds of thousands of education professionals who fill in at the schools every day across the United States. This nationwide event is recognized by the U.S. House of Representatives, schools, and school districts around the country.



**National Suicide Prevention Week, Sept. 10-16**. High schools, colleges, and universities can create their own activities for National Suicide Prevention Week. These locations are ideal to promote public awareness of the goals of suicide prevention, educate the public about the prevalence of suicide, and involve young adults in prevention activities.

Child Passenger Safety Week, Sept. 17-23. Car crashes are a leading cause of death for children up to 13 years old. Many deaths and injuries can be prevented by proper use of car seats, boosters, and seat belts. Getting safety information and car seat instructions to parents and caregivers is crucial to saving young lives.





#### What to eat? The choices can be confusing

A mericans trying to eat healthy have lots of choices, but all those options can be confusing. The CNN website reports that 78 percent of respondents to a survey by the International Food Information Council Foundation said they're not sure what foods they should eat and which they should avoid.



The survey of slightly more than 1,000 American adults found that almost 60 percent named food that's "high in healthy components or nutrients" as one of their top three factors for choosing a "healthy" food, followed by food that's free from artificial ingredients, preservatives or additives (just more than 50 percent). Choices that are "part of an important food group that I need to build a healthy eating style" rounded out the list of foods health-conscious folks are looking for (nearly 50 percent).

The U.S. Food and Drug Administration considers food that can be marketed as "healthy" as having low levels of total and saturated fat, sodium, and cholesterol, and at least 10 percent of the daily requirements for vitamins, fiber, and other nutrients.

# Millennial women take less vacation than men

Among them, millennial women seem to take the least: Only 44 percent used all their vacation time in 2016, according to a survey reported on the Mic website, compared with 51 percent of their male co-workers.

What's behind the gap? Thirty-seven percent of millennial women said they want to demonstrate full commitment to their jobs, but only 32 percent of men surveyed expressed the same feeling. Moreover, 35 percent of the women said they feel guilty about taking time off, compared with 25 percent of the men.

Overall, 53 percent of the 7,331 millennials surveyed left unused vacation days, with 55 percent of Gen Xers and 52 percent of Baby Boomers forfeiting vacation days.

# Teens: Not glued to social media

ost of us imagine that today's teens do nothing but sit around with their smartphones texting each other, checking social media, posting images to Instagram, and the like. That stereotype, like most, isn't true. An Associated Press-NORC Center for Public Affairs Research survey of teens recently found that 58 percent voluntarily take breaks from social media for various reasons:

- Getting in the way of work or school: 8 percent
- Tired of conflict and drama: 24 percent
- Tired of keeping up: 20 percent



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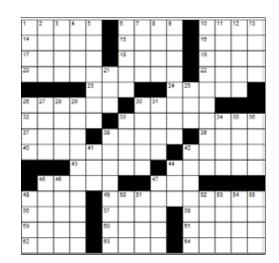


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ACROSS 1. Stubble 6. Q-Tip 10. Russian emperor 14. Kingly 15. Diminish 16. Sharpen 17. Betel palm 18. Smell 19. Female sheep (plural) 20. Walker 22. Pepper 23. Ancient unit of measure 24. Map within a map 26. Overlooks 30. Master of ceremonies 32. Come to pass 33. Without mirth 37. Lion sound 38. Dining room furniture 39. Sheltered spot 40. Begged 42. Goat antelope 43. Church officer 44. Decrease 45. Little rascal 47.54 in Roman numerals

- 48. Iridescent gem
   49. Not oriental
- 56. Sandwich shop
- 57. Frolic
- 58. Drizzly
- 59. L L L L
- 60. Type of sword
- 61. Mountain crest
- 62. Shut
- 63. Sow
- 64. Harps



#### 1. Poop

- 2. Not there
- 3. Matured
- 4. Visage
- 5. Blinker
- 6. Avowed
- 7. Dry riverbed
- 8. Dwarf buffalo
- 9. Type of goose
- 10. Reflexive form of
- "them"
- 11. "Holy cow!"
- 12. Concerning (archaic)
- 13. A musical pause

#### DOWN

- 21. "\_\_\_\_ the season to be jolly"
  25. Born as
  26. Not less
  27. Computer symbol
  28. Leave in a hurry
  29. A 20th century art movement
  30. Glowing remnant
  31. Gentle
- 33. Satisfy
- 34. Hearing organs
- 35. Blackthorn
- 36. Stitched
- 38. Polliwogs
- 41. Shade tree
  42. Some
  44. Cover
  45. Hex
  46. Kind of lily
  47. Was fond of
  48. Poems
  50. Superhero accessory
  51. Algonquian Indian
  52. Not
  53. Layer
  54. Kitty (poker)
  55. Caustics







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#### Stoke your optimism to stay on top

Successful people are optimistic. They're not idiots—they see the challenges, but they don't lose their confidence. Take a look at some of the characteristics of "intelligent optimists" that you can learn:

• Don't deny problems. You can't pretend difficulties don't exist, but you can live with them while looking for ways to change things.

• Accept reality. Though solving problems is vital, recognize what you can't change. Don't get too wrapped up in trying to fix things you can't influence.

• Don't bury negative thoughts. Everyone has them—"This will never work," or "Am I wasting my time?" Instead of trying to ignore them, accept them as internal messages but remind yourself that you can overcome them.

• Look for solutions. Remember that many problems spring from attempts at solving a different problem. Searching the background can provide clues to resolving the current difficulty.

#### **Heaven and hell**

big, burly samurai came to a Zen master and demanded, "Tell me the nature of heaven and hell."

The Zen master looked him in the face. "Why should I tell a scruffy, disgusting, miserable slob like you? A worm like you, do you think I should tell you anything?"

Consumed by rage, the samurai drew his sword and raised it to cut off the master's head.

The Zen master said, "That's hell."

Instantly the samurai understood that he had just created his own hell, black and hot, filled with hatred, self-protection, anger, and resentment. He saw that he was so deep in hell that he was ready to kill someone. Tears filled his eyes as he put his palms together to bow in gratitude for this insight.

The Zen master said, "That's heaven."

There is only one thing that makes a dream impossible to achieve: the fear of

failure.

#### -Paulo Coelho

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