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PONTE WEST

December 2015 Issue 10 39th Year

Merry Christmas!

The Poolettes of Robert's MHP celebrating the season!



Delivered Door-to-Door by Park Residents FREE Every Month Monthly Mania Winner!
\$100 • John Long
Haseney Electric

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

Pointe West Recreation Assn., Inc. Board Of Directors

1 Year Term	2 Year Term	3 Year Term
Joyce Mistovich593-9574	Mike Meade 475-8187	Ed Dawe474-7837
Melanie Pangburn953-6184	Roy Walsh	Joanne Kiefer586-3398
Glen Ravenscraft518-0891	Warwick Taylor585-0282	Janice Thiebe. 203-535-5146

OFFICERS

Roy Walsh	President	Jo	oyce Mistovich	Secretary
Joanne Kiefer	Vice President	E	d Dawe	Treasurer

Pointe West Resident Owned Community, Inc.

Directors: 1 Year Term
Pat Gilfillan

2 Year Term
Loe Brophy

Pat Gilfillan Joe Brophy
Cliff Olney Myrna Cashman
Art Swagler Jane McHugh
Gil Himes Michael Meade
Mike Turner

Pointe West 24 Hour Emergency 577-2200

Pointe West H.O.A. Inc. Board Members - 2015

Paul Stapleton, President	10K	727-437-7829
Jeffrey Cross, Vice Pres	15-L	716-553-3417
Janice Thiede, Treasurer	12-0	203-623-9643
Wilma Becket, Secretary	17-Н.	207-456-6115
Harry Hamlyn, Director	10-I	727-953-3769











ASC 547-8300 🛚















Pointe West General Information

Park Office (5-L)	727-584-8924
	727-614-9781
In-Park Watch	Cell: 727-667-0324 / Home: 727-230-7011
Park Website	www.pointewestroc.com
Office Hours: Monday through	Thursday: 9 AM - 2 PM / Friday 9 AM - 12 PM
Office Manager:	JoAnn LaManna
Park Manager:	Michael Davis

- 1. All renters/visitors required to register and apply for background check at the office. Show proof of age. Owners check-in and also leave departure date. Update your in formation.
- 2. Permit required for overnight parking in **designated** areas. Obtain permit at office (5-L) during office hours.
- 3. Speed Limit in park: 10 MPH
- 4. Information on possible sales or rentals available at office.
- 5. Children must be accompanied by resident adult to use Pool & Clubhouse.
- 6. Residents should have Emergency Contact information in their office file, in case of medical problem or weather emergency.

Get well:

yrna Cashman has received our get well card after hearing of her recent breast cancer diagnosis. She will consult with her surgeon before deciding on schedule of treatment. All friends and neighbors have her in our thoughts and prayers.

Sympathy:

anny Pizzutillo (5N) was sent card in New Jersey after his mother passed away in late October after a long illness.

Joy Billis (9J) after hearing of her grandson's unexpected passing in Illinois.

Harry Furry (14-C) sent a card after hearing of his younger brother, George unexpectedly passed away after suffering a heart attack in Canada.

Please don't forget to send word of residents who are ill or grieving for a loved one. All it takes is a call or send an email. Thanks.

We have many friends in need of prayers for various serious medical conditions. Continue to pray for them all.

Send all news to Jane McHugh (14-H), 581-2664 or <u>TJMAC39@aol.com</u>. Weekly KK News is sent via email. Send note to the email address with KK NEWS in subject line. Your address will be added. Send email, IF you do not receiving this on Wednesdays let me know.

CAN RECYLING

Doris Myers

Please remember to bring your rinsed and drained aluminum cans to 3-I. Rinse them and remove tabs, if possible. Turn them in separately. Tabs are given to Ronald McDonald House. Do not leave in Blue Bin. That's for recycling. Drop of at 3-I., even through the summer months. Thank you to all who help.



2016 BAZAAR REMINDER:

t's never too early to remind yourself of our Annual Bazaar being held this January, 2016. Time to cleanse your jewelry box.

Albertson's offering Knives and Cutting Boards as their promotion this fall. Please save stickers for Joyce Mistovich (11-0) to use in her Chinese Auction baskets. Give them to her at KK or drop off at coach. Thanks. New or re-gifting are also good ideas for these basket donations. Joyce and her crew does a beautiful job preparing these baskets which are real money maker for Bazaar.

EXERCISE TO STAY FIT & Barb Wakeham

Jeannie Bovee, Donna Schulz

onday, Wednesday and Friday at 10:30 in our very own pool participants meet for exercise. Classes in pool, weather permitting. Tuesday and Thursday's at 9:00 inside clubhouse. Tuesday/Thursday starting a 9:30 Donna Schulz holds a low-impact exercise class. Following this class Barb Wakeham holds a Yoga class. You'll need a towel or mat for using on the floor. Try to be at clubhouse ready for these classes.

There are Noodles and Water Weights to use for doing a variety of exercises to increase your strength and cardio system. All residents and their guests are welcome to participate in either type of class.

ARTS AND CRAFTS

Dee Hall

ur group is concentrating on Christmas items and annual Bazaar items. Watch for announcement of Christmas sale during Tuesday Bingo and following KK on Wednesday. Bring any new ideas to share with the group. Come and enjoy while you're learning and having fun.



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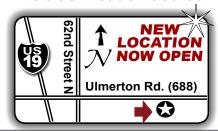
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Coupon must be presented at time of service. Not valid with any insurance, other offers or prior service. - Exp. 12/31/15

New Year... New Dentures!

50% OFF premium dentures Coupon must be presented at time of service Not valid with any insurance, other offers or prior service Valid for ADA Codes



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Mark R. Holmes, DMD Lic. # DN15675



www.dentalwalkin.com



*Fee may vary with complexity of case. If any service, examination or treatment is performed within 72 hours & is a direct consequence of the original advertised full-fee or discounted service. examination or treatment, a patient or any other person financially responsible has the right to refuse, cancel, or be reimbursed for payment of the resulting procedure. Offers may not be combined

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Aaron Doerges Estimator



FEDERATION OF MANUFACTURED HOMES (FMO)

Denis Dunne

ur FMO District 2 monthly general meetings will be held at our very own Pointe West Clubhouse on December 15, 2015 at 9:30. At 9:00 AM there's social hour with donuts and coffee. Remember you do not need to be an FMO member to attend the general meetings. It's open to all residents of Pointe West who are Manufactured Home Owners. Should you require information on the FMO, please visit the website at www.fmo1.org or our own District 2 website at http://fmodistricttwo.wix.com/fmo-d2vA.

REGULAR WEEKLY BINGO GAMES

Dee Hall and Ray Drier

Teekly Bingo games have begun! All are welcome. Our kitchen has pop (soda) and snacks for sale.

Doors open at 5:00 P.M. Playing begins at 6:45 P.M.

Come and join us for new fun-filled season. Good luck to all!!!

December Monthly Dance

Roy Walsh

The favorite band, Sequel, will entertain for dancing Saturday December 12, 2015. Tickets sale at KK on Wednesday mornings and at the door. BYOB and tasty snacks. Bring your friends for evening of fun and socializing.

Christmas Concert

Sue Stapleton

ur annual Christmas concert will be Friday, December 11, 2015 at 7:00 P.M. Immediately afterwards, stay and enjoy some cookies and coffee to help celebrate the Christmas season.



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

New Year's Eve Dinner and Dance

Roy Walsh and committee

Plans for bringing in the new year 2016 are being formulated at this time. We will have a dinner and dance. Exact time and plans are not available at this time. Watch for announcement posted at the clubhouse for details.

Veterans' Projects

Gil Himes, Ed Palka

Largo Elks Lodge #2159 for distribution to our troops stationed in Germany. They are honored six months AFTER their expiration date. Any coupons for baby products or something a new mother might need are sent to Ramstein Hospital, Landstuhl. Drop off the sheets, clipped or unclipped. There's a blue plastic bin in car port at 11-N. American and Canadian flags needing proper disposal may also be left. Ed will see proper procedure is followed. Unneeded hearing aids and eye glasses may also be donated. All will find a useful home.

Gil Himes (15-I) collects articles for our veterans at Bay Pines Hospital in St. Petersburg. Lap robes, hard candy, toiletries, gently used books, magazines, playing cards, dominos and other types of games are welcome. New packs of socks and t-shirts are also needed in sizes L, XL, and 2X. Going on vacation? Collect the hotel small bottles of products for use. Drop off items anytime at his coach. Don't forget our veterans during the summer.

Thank you all for your donations.





Family Restaurant

1700 S Missouri Ave Clearwater, FL 33756

16 LUNCH SPECIALS

for only \$5.99 w/purchase of Beverage Monday-Saturday 10-3

50 cent COFFEE

w/any Breakfast Entree Monday & Wednesday only

18 EARLY BIRD SPECIALS

for only \$6.99 w/purchase of Beverage Monday-Saturday 3-6

FREE DESSERT

w/every Dinner Chocolate Pudding - Jello - Bread Pudding

MONDA	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Angus Prime Rib \$12.99	EAT Crab Legs	ALL YOU CAN EAT BBQ Ribs & Chicken \$16.99	ALL YOU CAN EAT Shrimp \$16.99	ALL YOU CAN EAT Fish Fry Best In Town! \$11.99	ALL YOU CAN EAT Pasta w/soup & salad \$8.99	1/4 Roast Chicken-\$7.99 w/stuffing Roast Pork-\$8.99 w/stuffing Fresh Fried Flounder-\$13.99 Grilled Salmon-\$11.99

2 Eggs, Home Fries, Bacon & Toast w/purchase of a beverage - \$3.99 Monday-Friday

1/4 Fried Chicken, french fries & cole slaw w/purchase of a beverage - \$5.99 Monday - Saturday

2 Fresh Homemade Soups Daily

NOW OPEN FOR DINNER Monday - Saturday 7 a.m. - 8 p.m. Sunday - 7 a.m. - 3 p.m.

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IF YOU LIKE IT AND YOU LOVE IT, PASS IT ON... IF YOU DON'T, TELL MANNY











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Multiply Your Monthly Mania!

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

Now You Have More Chances to Win!

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

Here is how is works:

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

What businesses would you like to see advertising? We have spots available in the following categories:

- Accountant/Tax Prep
- Assisted Living Facility
- Attorney/Lawyer
- Automotive Painting/ Detailing
- Automotive Repair/Sales
- Awnings
- Banks
- · Bathroom Remodel
- Bicycle Repair & Sales
- Bingo
- Chiropractor
- Computer Services
- Dentist
- Driveway Coating
- Fitness Center/Gym
- Floor Coverings/Retail

- Foot Specialist Podiatrist
- Golf Cart Sales & Service
- Hair Salon/Day Spa
- Hearing Aid/Retail
- Home Care
- Home Furniture & Mattress
- House Cleaning
- Insurance Home/Auto/Health Restaurants
- Investment/Brokerage
- Jewelry Sales/Design/Repair
- Manufactured Home Sales
- Massage Therapy
- Medical Doctor
- Mobile Home Supplies -Retail
- Motorcycle/Moped Sales & Repair

- Moving Services
- Optometrist
- Painting Inside & Outside
- Pet Services
- Pharmacy
- Remodeling/Interior
- Resale Store
- · Screen Repair
- Storage
- Taxi/Shuttle
- Travel Agent
- Veterinarian
- Window Film/Tinting
- · Window Washing
- Window Treatment/Interior



Thanks For

The Referrals

Last Month!

Three

\$5 Winners

Just for

Calling In!

Monthly Media - (727) 484-7488

December Anniversaries -2015

E 10 D D (L (AA)	D (10/2	<i>5</i> 0
Fred & Doreen Parrott (Lot 44)	Dec. 6, 1963	52 years
Bill & Burdell Schwab (12-J)	Dec. 8, 2001	14 years
Jim & Barbara Reese (19-H)	Dec. 21, 1974	41 years
Roger & Agatha Dugas (1-I)	Dec. 26, 1959	56 years
Dave & Audrey Cooper (Lot 30)	Dec. 26, 1960	55 years
Tom & Jane McHugh (14-H)	Dec. 26, 1964	51 years



December Birthdays

- 3 Dolores Giorgio (17-A) Carol Keehnle (7-D)
- 4 Harry Furry (14-C) Pat Maynard (Lot 15)
- 7 Beverly Sanford (23-M)
- 8 Theresa Knapik (2-0)
- 9 Jerry Ferguson (7-N) Bob Cameron (29-A)
- 12 Elizabeth Call (8-N) Phyllis Clinton (5-H) Phyllis Stone (Lot 24)
- 13 Brenda Douglas (1-0) Danny Gosse (13-F)
- 18 Jim Reese (19-H)
- 19 Shirley LaCour (Lot 6) Barbara Bliss (Lot 22) Judy Slagle (18-F)

- 20 Jim Bovee (28-A) Audrey Newcombe (2-J)
- 21 Art Schaefer (Lot 28) Sharon Dunne (2-J)
- 24 LaVerne Fredrick (6-P) Leroy Ryan (4-H)
- 25 Sally Sorbello (13-E)
- 27 Bob Bell (9-M) Leonard Moreau (12-M)
- 28 Michael Meade (18-C)



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ACROSS

- 1. Rate
- 5. Radiolocation
- 10. Cast a ballot
- 14. Hearing organs
- 15. Delete
- 16. Not under
- 17. Mathematics
- 19. Dregs
- 20. Ear of corn
- 21. Consumed
- 22. Charred
- 23. Capture
- 25. List components
- 27. Antlered animal
- 28. Snuffled
- 31. Liabilities
- 34. Question
- 35. French for "Summer"
- 36. Historical periods
- 37. Cunning
- 38. Extent
- 39. N N N N
- 40. Divinity
- 41. Trifling 42. Prisoner
- 44. Many millennia
- 45. Arm of the sea
- 46. A despicable coward
- 50. Corrupt
- 52. Utilizers
- 54. Armed conflict
- 55. Egg-shaped
- 56. Defile
- 58. Adriatic resort
- 59. Fangs
- 60. Anagram of "Seek"
- 61. Plod along
- 62. An analytic literary composition
- 63. What we sleep on







DOWN

- 1. Tranquility
- 2. Moses' brother
- 3. Baby beds
- 4. Eastern Standard
- Time
- 5. Statement
- 6. Mountain crest
- 7. A romantic meeting
- 8. In an inane manner
- 9. Record (abbrev.)
- 10. Loudness
- 11. Slept through the
- 12. Adolescent

alarm

13. At one time (archaic)

- 18. Makes well
- 22. Flock
- 24. Catches
- 26. Rubber wheel
- 28. Hotel offering
- 29. French for "State"
- 30. Declare untrue
- 31. Accomplishment
- 32. Sea eagle
- 33. Torture of the feet
- 34. Tranquillities
- 37. Heredity unit
- 38. Dispatched

- 40. Pickle flavoring
- 41. Sheriff's group
- 43. Not digital
- 44. Ribald
- 46. Triangular formation
- 47. Conscious
- 48. Deserved
- 49. Put on clothes
- 50. Volumes (abbrev.)
- 51. Wicked
- 53. Litigates
- 56. Consumed food
- 57. Confederate soldier



December Crossword

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Appliance Specialty, Inc	727	-520-6	3002
Bob's Appliance Repair	727	-637-4	1789
Sunset Appliance Service	727	-559-	1137
AUTO REPAIR			
Bills Family Garage	727	-240-	1336
Browns Automotive	727	-531-7	7372
Largo Automotive Repair, Inc	727	-584-0	0166
AUTO DETAILING			
Heath Sullivan	517	-262-6	3844
AWNINGS			
Bay Area Aluminum Services, Inc	727	-585-4	1442
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Marti's Hair Salon	727	-219-	5296
CABINET REFINISHING			
Electro-Glo Inc.	727	-556-0	701
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A1 Dry Carpet Cleaning	727	_729_(1547
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Doll Brothers Carpet/Upholstery Clnrs.			
CHIROPRACTOR	121	-550-2	2273
Coastal Chiropractic Rehab&Wellness	727	-581-1	2774
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Mason, Dr. Peter M	=
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Southeast Mobile Home Supplies	/27-522-2090
MOBILE HOME WASH/WAX	707 007 0440
Heller's Mobile Home Washing	
Royal EnterprisesWyngarden Mobile Home Wash, LLC	121-394-1331
MOBILE HOME WINDOW FILM	121-301-0010
Royal Enterprises	727_30/_7351
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Shawn & Shawn Moving, Inc	727-234-7204
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Payless Painting Services	727-470-5876
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Battleline Termite & Pest Control	727-584-4509
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Nature's Resource Pest Control	727-785-2552
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Largo Plumbing Co	727-596-0525
Ray Duncan Plumbing, Inc	727-733-0968
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American Restoration Systems, Inc.	/27-525-7200
RESTAURANT	707 040 0000
Cozy Corner Family Restaurant	/2/-240-0686

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DECEMBER•2015

Sunday

Sunday	Monday	Γ
		9A Indo 10 A: Yo 5 P: Tue Bingo 5:00 - D 6:45 - P
6	7 10 A: Arts and Crafts 10:30A: Aquacize 1P: In-Park Shuffling 7:00 P: REC - General Meeting Pearl Harbor Remembrance Day	9A Indo 10 A: Yo 5 P: Tue Bingo 5:00 - D 6:45 - P
13	14 10 A: Arts and Crafts 10:30A: Aquacize 1P: In-Park Shuffling 2P ROC Directors' Mtg - Shareholders only (Clubhouse Closed) 6:30 P Indoor Shuffle- board	9A Indo 9:30 A: I @ Points house 10 A: Yo 5P Tues 5:00 - Do 6:45 - Pl
20	21 10 A: Arts and Crafts 10:30A: Aquacize 1P: In-Park Shuffling 7:00 P HOA General Membership Meeting	9A Indo 10 A: Yo 5 P: Tue Bingo 5:00 - D 6:45 - P
27	28 10 A: Arts and Crafts 10:30A: Aquacize 1P: In-Park Shuffling 6:30 P Indoor Shuffleboard	9A Indo 10 A: Yo 5 P: Tue Bingo 5:00 - D 6:45 - P

Point West

uesday	Wednesday	Thursday	Friday	Saturday
oor Exercise oga esday Night Ooors Open lay Starts	8:30A KK 9:00A Meeting 10:30A Aquacize 6:30 P Euchre	9:00A: In-Door Exercise 10:00: Yoga 1 P Nickel Bingo Pointe West BYE	9A: Line Dancing \$3 10:30 A: Aquacize 1P In-Park Shuffling	5
8 oor Exercise oga esday Night Ooors Open lay Starts	8:30A KK 9:00A Meeting 9:30 A Blood Pressure Screening following KK 10:30A Aquacize 6:30 P Euchre	9:00A: In-Door Exercise 10:00: Yoga 10A MLDS@ POINTE WEST 1 P Nickel Bingo	9A: Line Dancing \$3 10:30 A: Aquacize 1P In-Park Shuffling 7:00:P Christmas Concert	8:00A: Pancake Breakfast 7:00 P: December Dance - Sequal
or Exercise FMO meeting West Club- ga Night Bingo oors Open ay Starts	8:30A KK 9:00A Meeting 10:30A Aquacize 6:30 P Euchre Birthdays and An- niversaries: DECEM- BER	9:00A: In-Door Exercise 10:00: Yoga 10:00A: Embassy@ Pointe West 1 P Nickel Bingo	18 9A: Line Dancing \$3 10:30 A: Aquacize 1P In-Park Shuffling	19
22 oor Exercise oga esday Night Poors Open lay Starts	8:30A KK 9:00A Meeting 10:30A Aquacize 6:30 P Euchre	24 Early Evening Christmas Golf Cart Parade 9:00A: In-Door Exercise 10:00: Yoga 1 P Nickel Bingo Christmas Eve	Merry Christmas! 25 Christmas	26
29 oor Exercise oga esday Night Ooors Open lay Starts	30 8:30A KK 9:00A Meeting 10:30A Aquacize 6:30 P Euchre	New Year's Eve Dinner Dance		JANUARY 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 31

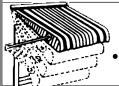
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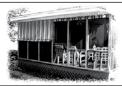
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NEA: Fewer Americans enjoy the arts in person

Then was the last time you went to the symphony, the ballet, or a museum? A National Endowment for the Arts study points to a disturbing trend: The number of Americans attending core arts events like the opera, the theater, and other activities is on the decline.

According to "A Decade of Arts Engagement: Findings From the Survey of Public Participation in the Arts, 2002–2012," only 33.4 percent of U.S. adults attended any arts events between July 2011 and July 2012—down from 34.6 percent in 2008, and down yet again from a decade earlier when the figure was 39.4 percent.

One bright spot in the report: Although only a third of U.S. adults attended a cultural event in person, 71 percent said they had watched, listened to, or downloaded some kind of artistic event via the Internet. That includes streaming pop music, however, lumping Beethoven in with Nicki Minaj.

Americans upbeat about science





espite controversies and disagreements about climate change, genetically modified foods, animal testing, and other scientific issues, most U.S. citizens have a positive view of science and scientists, according to a study from the Pew Research Center.





The study found that 79 percent of U.S. adults believe science has made their lives better, and a majority of them have a positive view of science's impact on such matters as food quality, health care, and the environment. Additionally, 61 percent believe that government investment is essential to scientific progress, although 34 percent say that

private investment would be sufficient.

The effort to understand the universe is one of the very few things that lifts human life a little above the level of farce, and gives it some of the grace of tragedy.

—Steven Weinberg

Get on pace for a healthy new year

he end of the year is the perfect time to commit to a healthier lifestyle going forward. How can you maintain your resolve on a daily basis? Try these tips:

- Pick a partner. People who exercise with friend have a higher success rate.
- Set concrete goals. Don't vaguely aim to walk "more" each day. Set challenging but realistic goals. And be sure to chart your progress.
- Shorten the duration. Rather than a single hourlong session, aim for three 20-minute workouts or four 15-minute workouts a day. People who opt for shorter sessions actually tend to work out more over the course of a week.
- Redefine "exercise." You don't have to spend hours at the health club to stay in shape. Keep track of your daily activity and try to incorporate healthy behaviors like walking for at least 20 minutes, taking the stairs instead of the elevator, or getting off the bus or train a block early. Exercise will become part of your day, not an added chore.
- Clear your mind. Make a regular date with yourself for exercise and train yourself not to think about all the other tasks you could be doing. Focus on the here and now and don't get distracted by the future or the past.
- Find exercise you enjoy. Most gyms offer a variety of exercise equipment, so choose an activity that makes you feel good while you're doing it, not something you detest no matter how beneficial it may be. Riding a bike through your neighborhood is just as helpful as sitting on a stationary bicycle in the gym.
- **Set your own goals.** Even if you work with a buddy or trainer, decide for yourself what you want to achieve. Set realistic targets that challenge you, not impossible goals that make you reluctant to try.



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Buckwheat Month. Buckwheat has been providing essential nutrients, vitamins, energy, and fiber to humanity for approximately 8,000 years. It contains higher levels of zinc, copper, and manganese than other cereal grains, as well as high levels of zinc, copper, and potassium. From pancakes to soba noodles to blintzes, try adding some more buckwheat to your diet.

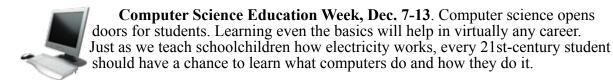
National Impaired Driving Prevention Month. The month of December is one of the busiest on the nation's roadways, and also one of the most dangerous. Sponsored by Mothers Against Drunk Driving, this month-long event seeks to raise awareness about the consequences of driving under the influence of alcohol and drugs.

National Safe Toys and Gifts Month. Keep your family safe during the holidays by buying only toys you can trust. Remember to immediately discard plastic wrapping or other packaging before they become dangerous playthings, and keep toys appropriate for older children away from younger siblings.

Universal Human Rights Month. A commemoration of the Universal Declaration of Human Rights, adopted by the General Assembly of the United Nations on Dec. 10, 1948. The need for this document grew out of the human tragedy of World War II and represents the first global expression of human rights.

National Handwashing Awareness Week, Dec. 6-12. Fight disease during the winter and all year long by remembering these principles of hand awareness: Wash your hands when they are dirty and before eating; don't cough or sneeze into your hands; and don't put your fingers into your eyes, nose, or mouth.

Hanukkah, Dec. 6-14. Beginning at sundown, this eight-day festival in the Jewish faith celebrates the triumph of light over darkness and the rededication of the Holy Temple (the Second Temple) in Jerusalem.



Kwanzaa, Dec. 26-Jan. 1. A celebration honoring African heritage and African-American culture, culminating in a feast and gift-giving. Created by Maulana Karenga, Kwanzaa was first celebrated in 1966–67.



'Sandwich' material may protect future space travelers

ne danger posed by long space voyages is damage to a spacecraft's hull by micro-meteors and other space debris. Even a very small object racing at high speeds can strike like a bullet, poking a nasty hole in the side of a spaceship millions of miles from Earth. Shields offer some protection, like the one used by the International Space Station to vaporize objects before they hit. But according to the Science Daily website, scientists may be close to perfecting a self-sealing substance that can repair a small breach in a short time.

The material is made by placing a reactive liquid between two layers of a solid polymer. In experiments shooting bullets into the "sandwich," the liquid was able to quickly establish a solid plug once it was exposed to air, preventing an oxygen leak from inside a spacecraft. The substance could also be used in cars and other terrestrial structures, the researchers say.

Undersea monolith poses a mystery

It may not be the imposing black monolith from the film "2001: A Space Odyssey," but it's mysterious nonetheless: Explorers have discovered a manmade stone structure deep in the waters off Sicily, and its purpose is a puzzle.

The object, originally on an island in the Sicilian Channel that became submerged during a flood 9,300 years ago, is 12 meters long (39 feet) and weighs 15 tons. Scientists estimate that it's about 9,350 years old. Broken in two pieces at a depth of 40 meters (139 feet), the object has three roughly similar holes: one on the top, and two more on its sides. The structure would have required cutting, extraction, transport, and installation, suggesting its makers had fairly advanced engineering skills. Its purpose remains unclear.

How do you weigh a dead dinosaur?

Paleontologists routinely tell us that a particular dinosaur or mammal from millions of years ago weighed X pounds, but how do they measure the weight of an animal that's extinct? Here's one new technique scientists have developed:

The first step is constructing a digital model of the bones recovered. Then a computer program covers the model in a digital "shrink wrap" to estimate the animal's volume. In the final step, they come up with an estimate using a volume-to-mass conversion based on 14 living mammals starting with the red deer (90 kilograms) to the African elephant (2.7 metric tons).

This process allows researchers to calculate that the wooly mammoth weighed in at 3.6 metric tons, and the giant ground sloth was 3.7 metric tons.

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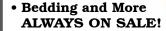
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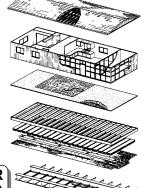
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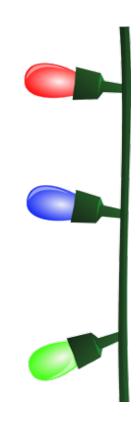
Rick Chambers

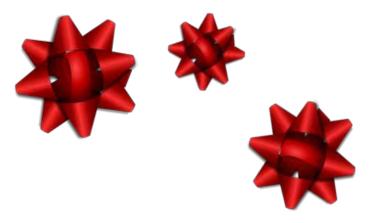


December Sudoku

Difficulty level: medium.

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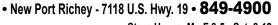


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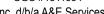
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Know Your Organs: The Gallbladder

The gallbladder is a small, pear-shaped organ located beneath the liver and next to the pancreas. You may not give it a lot of thought—until it starts malfunctioning. Then it can cause pain and serious health problems.

The gallbladder stores a substance called bile, or gall, that comes from the liver and helps to digest fat. The main problem that can arise is the formation of gallstones, which can be as small as a grain of sand or as large as a golf ball. They affect both men and women, and may occur as a single large stone or a group of small ones. What causes them is unclear, though they're more common in people with excessive body fat around the waist, and in those who

have lost weight very quickly. The risk of gallstones increases as you age, particularly

 $_{\scriptscriptstyle \parallel}$ among women as they approach menopause and everyone after age 40.

You may have gallstones for years without noticing them, regardless of their size or number. But during a gallstone attack, patients can experience sharp pain in the upper right side of the abdomen, along with nausea and vomiting. Attacks tend to occur at night, often after a large meal with lots of fat, as well as after drinking alcohol.

Gallstones are treated in a number of ways: Some people take an acid orally which dissolves the stones gradually, although they may reappear once the treatment is stopped. Otherwise, they can be broken up with ultrasonic shock waves or removed by surgery in serious cases.

Be on the lookout for these symptoms:

- Sudden severe pain in your upper right abdomen, lasting from 30 minutes to several hours.
- Pain in your right shoulder blade or under your right shoulder.
- Indigestion after eating desserts, fried foods, or foods high in fat or protein.

See a doctor immediately if abdominal pain lasts five hours or more, if you experience nausea, vomiting, fever, or chills, if you have a yellowish color in your skin or in the whites of your eyes, or if you have light-colored stools or dark urine.

Keep Your Heart Healthy With The Right Food Choices

The food you eat can make a big difference to your health, especially in matters of the heart. You can keep your heart ticking to a ripe old age by adding these foods to your diet:

- Tomatoes. A good source of vitamin C, vitamin A, potassium, and fiber, tomatoes also contain lycopene, an antioxidant that may help to lower bad cholesterol, keep blood vessels open, and lower the risk of heart disease. For best results, serve cooked tomatoes in stews, soups, and sauces.
- Blueberries. Blueberries contain antioxidants called anthocyanins, which may reduce blood pressure by relaxing blood vessels. One cup has only 80 calories, and they add fiber and vitamin C to your daily diet.

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

Back 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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Ranch Mobile Park Wide Yard Sale, Saturday, January 9th, 8:00am -2:00pm at 6800 - 150th Ave. N., Clearwater (Largo).

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Phillies Jacket (small) \$50.00, Phillies Jersey (XLG) \$25.00, Phillies Quilt Handmade \$200.00, 727-536-7613

ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,000 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

Discount

JANUARY AD DEADLINE - DECEMBER 10, 2015

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

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 Washer & Dryer Hook-Ups
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For Advertising Info Call or email: 727-484-7488 sales@monthly-media.com

host DRY Carpet & Upholstery Cleaning

100% Green. 100% Clean. 100% Dry. 0%Downtime. Free deodorizing mist

(727) 729-0547 a1drycarpetcleaning.com

A1 Dry Carpet Cleaning



Same Day Service

727-754-7956

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

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

		will pick up the tickets and noid a drawing
(Allow 4-6 weeks for	mailir	ng of check). This month's cash
		Haseney Electrical Service
Annette Friel	\$10.	Kathy's Cleaning Service
Rosemary Day	\$10.	Rod Runners, Inc.
Angie Sweet	\$10.	Air Masters of Pinellas, Inc.
		E & E Gliddon Air Conditioning, Inc.
William Beehler	\$10.	. Battleliine Termite & Pest Control Inc.
Arthur Paul	\$10.	Recreational Golf Cars
Leslie Cole	\$10.	Heller's Mobile Home Washing
Robert Eckland	\$10.	Community Roofing of Florida, Inc.
Barbara Christian	\$10.	Modern AC & Appliance Service, Inc.
Charles VanHorn Jr	\$10.	
		Sunset Appliance Service
Estelle Houle	\$10.	Royal Enterprise
		Ron Wyngarden MH Washing
		Largo Plumbing Co., Inc.
Sandra Woznikaitis	\$5	Sunset Appliance Service
Carolyn Martin	\$5	Marti's Hair Salon
		Bob's Mobile Home Washing
Ear Foster	\$5	Largo Plumbing Co., Inc.
		Doll Brothers Carpet Cleaning
		Air Masters of Pinellas, Inc.
		Buggin Out Termite & Pest Control
		Heller's Mobile Home Washing
Zoe Ryan-Mersmann.	\$5	E & E Gliddon Air Conditioning, Inc.

viilliers are.		
Jean Pavone	\$5	Enos Plumbing & Service, Inc.
Hubert Cruse	\$5	Knoblach Hearing Care, Inc.
		Debbies Salon
Ronald Cirincione	\$5	Bob's Appliance Repair
Gary Groom	\$5	. Battleliine Termite & Pest Control Inc.
Ellen Zuppardo	\$5	Bay Area Aluminum
		Boss Electric Corp.
Darel Young	\$5	Appliance Specialty, Inc.
Debbie Ross	\$5	Doll Brothers Carpet Cleaning
Willliam Ingram	\$5	
Bev Ramseyer	\$5	Marti's Hair Salon
Gail Wood	\$5	A Happy Cleaning and Services
Carol Griess	\$5	Rod Runners, Inc.
Earl Foster	\$5	Largo Plumbing Co., Inc.
		Mobile Home Depot
Doris Fairobent	\$5	E & E Gliddon Air Conditioning, Inc.
Ambrose Marsh	\$5	Heller's Mobile Home Washing
Marcia Light-White	\$5	AMS North West
		Ron Wyngarden MH Washing
Bob Frost	\$5	Doll Brothers Carpet Cleaning
Donald Vollmer	\$5	Battleline Termite & Pest Control, Inc.
Beulah Stewart	\$5	Jones & Sons Plumbing
Joseph Bunevith	\$5	Bob's Mobile Home Washing
Betty Chatigny	\$5	Advertiser Referral

[·] 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.



Pointe West Recreation Assn. Inc. Chairpersons 2015-2016

Arts & Crafts	.Mike Turner, Jim Piccott
Bingo (Tuesday)	Dee Hall, Ray Drier
Birthday & Anniversary	Sandia Ciane & Judy Doei
Bulletin Boards	
Dances	.KOY Waish
Decorations	Joan Sande & Donna Schultz
Directory (Yellow Book)	.Glen Kavenscraft
Friday Kitchen Band	.KICK DIGNAM
Games (Cards, movies, darts)	
Host/Hostess Dinners	.Meianie Pangourno
Kaffee Klatch (Winter)	.Myrna and Dave Cashman
Kaffee Klatch (Summer)	Janice Intere
Kitchen Coordinator	Art Swagter Dorb Doors & Emma Dougah
Ladies' Luncheons	
Library	Myrma Cashman
Music Director	Nyma Cashinan Potty Jordan
Nickel Bingo	Dorig Jacque
Nickel Bingo Luncheon	Done McHugh
Pancake Breakfast	
Park Picnic	
ShufflingPark Security Watch	Bill Hall Call: 727 667 0324
Park Dinners (Paid)	Ed Hussey
Sound System	Denis Dunne
Summer Activities	Ianice Thiehe
Sunshine	
Table & Hall Set-up	
Tickets & Signs	Sue Stapleton
Travel and Tours	
Welcome Committee	
	6

- 1. All renters/visitors required to register and apply for background check at the office. Show proof of age. Owners check-in and also leave departure date. Update your information.
- 2. <u>Permit required for overnight parking in designated areas</u>. Obtain permit at office (5-L) during office hours.
- 3. Speed Limit in park: 10 MPH
- 4. Information on possible sales or rentals available at office.
- 5. Children must be accompanied by resident adult to use Pool & Clubhouse.
- 6. Residents should have Emergency Contact information in their office file, in case of medical problem or weather emergency.



Fix Small Problems Today Before They Cause Serious Damage!

> pictures of the underside of your home. Damaged & worn vapor barriers can create high energy costs and allow mold & mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture & Animals out of your Home.

Repairs will be made quickly and include a 20 Year Transferable Warranty!

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