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Robert's Mobile Home & RV Park

Administration & Local Information

Editor: Circulation Carole Scott Steve Bachand

RECREATION ASSOCIATION OFFICERS 2016-2017

President Vice President Treasurer Secretary Directors Associate Directe

Terry McCall Joyce Mallare Carmen Prieur C----1- C---44 arriere, Claude Gendreau



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1000	





















	Carole Scott
	Charles Vaught, Lionel Ca
ors	Don Lane

HOMEOWNERS ASSOCIATION

President	Steve Bachand
Vice President	Nick Esz
Secretary	Joyce Mallare
Treasurer	Ken Douglas
Director-at-Large	TBA

MEDICAL/HOSPITALS

St. Pete General	6500 38th Ave. N.	384-1414
Northside	6000 49th St. N.	521-4411
Bayfront	701 6th St. N.	823-1234
Edward White	2323 9th Ave. N.	323-1111
St. Anthony's	12000 7th Ave. N.	825-1100
Can Care Canadian Clir	nic6399 38th Ave. N.	384-6411

IMPORTANT PHONE NUMBERS

Police, Fire, Ambulance - 911 Robert's Office - 577-6820









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: Picture



PO Box 1023 • Venice, FL 34284 info@monthly-media.com • 727-484-7488





Your



President's Corner Terry McCall Lot 22

Here we are at the start of our 2016-2017 season. We already are having our winter residents returning. We have a great line - up of activities for all to get involved and have a great time. Coffee and Donut will be 1 Nov. at 9:30 AM, the first Rec. meeting is 7 Nov. at 1 PM The first Dance of the season is the 19th Nov at 7PM See Karen at #22 for tickets, Pot Luck is 12 Nov Happy Hr 4 PM dinner 5 PM Keep watching your Robert's Review for up-dates on what will be going on in the park. Also check and join the Robert's Rv Community on Facebook for more Info and sign-up pages for Activities and Dinners We at Robert's look forward to seeing all our Robert's residents and friends soon. I will be at home after having open heart surgery on 6 Oct so come by if you have any needs and we will work in getting you help for your activities Thanks

Soup and Salad

Bev Evans Lot 113

SOUP AND SALAD

What: The annual Soup and Salad supper

Where: Robert's Park Clubhouse

When: Saturday, December 3, 2016

Time: 4:00 social, 5:00 eat

Cost: Ticket cost \$6.00. If you bring soup, \$3.00 for each ticket (sign up to bring soups in the back hall of the Clubhouse).

Soups should be brought to the Clubhouse by 4:45. There will be no electric hookup available.

Get tickets from Earline Zinserling. Lot #514 Jerry Lane. Ticket deadline is November 30. Coordinated by Robert's Red Hats.

Pickleball

Issie Fullington, Lot 485

e will begin Pickleball as soon as there are enough people to play.



Roberts' Facebook Page

Tonya Weisenseel

ur Robert's community now has a Facebook group page. This group page has been created for the community at Robert's RV Park for anyone that is a current or seasonal resident and is interested in activities and events at the park. The intention of this group is to help to inform visitors and those living in the park about upcoming events, create easy online sign-up forms for community organized events, send reminders, discuss and plan upcoming events and to share encouragements, announcements, and pictures. We hope to help this will help the community stay connected year round. Please feel free join the group on Facebook under the group name "Robert's RV Community". All are welcome!

The link is <u>https://www.facebook.com/groups/1042295795863480/</u> All are welcome!

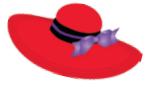
Thanksgiving Dinner

Tonya Weisenseel

The Annual Thanksgiving Potluck Dinner will be Thursday, Nov 24th at the Clubhouse at 4 pm.for the social and 5 pm for dinner. Last year we had about 200 in attendance and we anticipate the same attendance this year. We will need a few volunteers to help with set up and and some for clean-up. There will also be a food signup sheet for attendees posted in the clubhouse after the first Recreation meeting. This year, we will also use online signup sheets that one can use to sign up for food dishes and /or volunteer slots, if you prefer. The link for the online signup will be posted and shared in our Facebook group "Robert's RV Community" soon. So keep an eye out and sign up whichever method suits your fancy. But please mark your calendars to attend the Thanksgiving Potluck! More info and updates to come. If you would like to help with planning, set up, or clean up, we would love your help: please contact Tonya at tonya.weisenseel@gmail.com or personal message on Facebook.

Roberts' Red Hats

Jan Gidley, Lot 405



The first meeting of Roberts Red Hats will be Monday, November 14th at 11:00am at the Club House.

Lunch will follow. Discussion will include participation in the SOUP & SALAD event on December 3rd, also plans for meetings for the rest of 2016-17. Please come and bring your ideas and a friend. Mark your calendars now.









Heller's Mobile Home Washing 667-8





Trips, Travel, Shows Rita Long Lot 408

ust a reminder for our Dinner Theater on Dec. 11 and Dec. 12.....we have reserved two tables for Saturday, 4pm and 8 tables for Sunday, 4pm to see

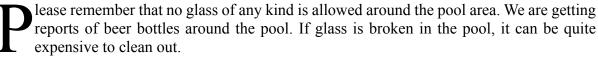
A Nice Family Gathering". These shows are always comedies and include an all you can eat buffet. Great food, Great Entertainment for \$40 pp...mark your calendars and I will be at the December Rec. Meeting to take reservations...We have several shows planned for this season. Among them is "Scrouge" on Dec. 18 at the St. Pete Little Theater and on Jan.15, the play "Proposals". I will post calendar on Travel Board in back hall when I get down...See you soon!

Sunshine

Barb Fleming, Lot 69

Get Well: Norm Carron

Alcohol in Pool Area



Please remember there is no alcohol in the pool area or in the pool or hot tub.

Home Site Alterations

If you are making any changes or additions to your home site or the exterior of your home, please come to the office and submit a completed request (green sheet). Paint colors must be approved and a request form must be approved. Submit your written request and wait until you have received approval before proceeding with any work. Anyone other than the homeowner working on the home must be licensed and insured and we must have a copy of such on file in the office.



Guests

dditional guests staying overnight in the park must be registered and paid for. Cost is \$3 per person per night, \$12 per person per week and \$40 per person per month. Residents must accompany their guests while at the pool or other locations and are responsible for the behavior of their guests. Children under 18 must be accompanied by an adult who shall assume full responsibility for their safety and conduct. No running, jumping or diving into the pool.

Driveways

There have been close calls with residents backing out and not looking.

We strongly urge residents to obey the one way arrows. We have seen many instances where someone has almost gotten hit because of someone going against the arrows.

Mowing

f you have any problems with the mowing, please contact the office and not the mowing crew. The office will contact the manager and get the situation resolved as quickly as possible.



Golf Carts

olf carts are only to be driven by persons 18 years old and older with a valid driver's plicense.



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

I PLEDGE ALLEGIANCE TO MY BODY

Today, pledge to make yourself a priority. Take time out to take care of yourself. With extended hours and a convenient Carillon location, count on us to work around your schedule while keeping you at your best. You'll receive well-coordinated, comprehensive health care, through all life's changes and stages, from our all-women primary care team.

Learn more about our expert care for women, by women: MyWomensPrimary.org

Primary Care Center for Women's Health 900 Carillon Parkway, Suite 308 St. Petersburg | (727) 940-2720 BayCare Medical Group

Primary Care Center for Women's Health

BC1606607-0916



Hot Tubs for Adults Only

Note that the relaxing heat of the hot tub can be a dangerous combination. A person can easily slip under the water unnoticed and tragedy can strike quickly. Never swim alone. Use the buddy system for safety.

Also, for the health and wellbeing of everyone, please do not go in the hot tub or pool if you are not feeling well, have wounds or open sores.

Stop Signs and Speed Signs

Please stop at ALL STOP SIGNS IN THE PARK. Cars, bicycles and golf carts continue to roll through them and someone could easily get hurt one day. Just please pay attention.



Dog Poo

ately we have received many complaints about people not cleaning up after their animals, and not walking them in the pet area. Pet areas are marked on the map. If you need a copy of the map, stop in the office for one. Thank you.

Residents

Te have been asked to advise you not to hang anything on the fire hydrants. It will hinder the fire department if they have to come into the park.



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EVENTS & PROGRAMS

CRAFT FAIR: December 10th, 2016, 9am to 1pm. Located @ Four Seasons Estates, 13225 101st St., Largo. Baked goods, donuts & lunch will be for sale.

CRAFT FAIR and Auction (for charity) 11/5/16, 10:30am-3:00pm, East Bay Oaks Clubhouse. Auction starts at 1pm. To support domestic violence, violence victims, and children in shelters. Cash only! Call Dawn with any questions (727) 434-3471

Doral Village Community Tag Sale. 11/19/16 from 8am-4pm.Clubhouse. Share the Wealth, TV, Money Prizes raffle tickets will be sold. Free admission. Refreshments. 29250 US 19 North, Clearwater. South of Curlew, North of Main.

Japanese Garden Art and Craft Show. Dec. 9-10, 9am-3pm. Artists wanted \$10 per table. Please call Charlotte 727-531-3651.

FLEA MARKET Saturday, November 26th 9am-Noon. Lake Seminole Resort Clubhouse 10245 110th Ave N. Largo. Clothes, books, household items, decorations.

Art, Craft and Bake Sale: Saturday, November 19th, 8:00am to 2:00pm. Park Royale, 10611 66th Street (Between Circle K and Wells Fargo). Kitchen Open - Great Baked Goods!

HOLIDAY BAZAAR 11/12/16, 9am-3pm. Crafts. Car Show. Lunch Available. First Lutheran Church 1644 Nursery, Clearwater.

Annual Rummage Sale: Saturday, November 19th, 8am - 3pm, 2550 S.R. 580, Regency Heights Clubhouse. Breakfast, Lunch available!

10 WORDS for \$8.55 - Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

6th Annual Arts & Craft Sale: Saturday, November 12th, 9am-1pm. Lake Haven MHP, Paradise Island Clubhouse, 1415 Main St. (Lake Haven Rd. & SR580) Dunedin. Handmade items for gifts & home décor.

Saturday, November 19th, 8am-1pm. Pre-Christmas Sale, Lake Haven MHP 1415 Main St. Dunedin, FL. Decorations, Gift items, Housewares & The Biggest & Best Bake Sale in Town! Lunch 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 727-584-4204

Art/Craft Fair - Friday, November 18th. 9am-1pm. Lake Highlander MHP, 1500 County Road 1, Dunedin. Great Holiday Gifts!

Veterans Day Tribute To Our Soldiers November 11th,7:00 pm Doors open at 6:00 pm EAST LAKE High School, 1300 Silver Eagle Drive, Tarpon Springs ,FI 34689 \$10 general admission \$8 for Veterans SUNCOAST SINGERS of Florida,Cypress Woods Elementary Chorus,and EAST LAKE HS Chorus

Annual Bazaar - Ranchero Village MHP, 7100 Ulmerton Road, Largo Florida. Sunday, November 13th, 12-3pm. New vendors and lunch available. Special raffle, baskets, and 50/50.

ANNUAL CRAFT SALE AND CAR-PORT SALE. 11/12/16 Lincolnshire Estates 1071 Donegan Rd, Largo. Hand made crafts, jewelry and art in the Clubhouse, food available Carport sale, furniture, nick nacks, glassware and more.

CRAFT SALE! CRAFT SALE! Expertly handmade crafts of all kinds. Raffle. Bake Sale. Refreshments for sale. Something for everyone! Sunday, Dec. 4, from 12 P to 4P. Down Yonder Village Mobile Home Park, 7001 – 142nd Ave. N., Largo, FL. 33771.

WHITE ELEPHANT SALE - Saturday, Nov. 5th, 9am-noon. Americana Cove, 7201 1st St NE, St. Petersburg, 33701. Jewelry, antiques, crafts, electronics, housewares, pictures, books, DVD's, CD's, tapes, LPs, linens, plants, furniture, bakery, raffles.

WANTED TO BUY

When selling on consignment always get a WRITTEN QUOTE on the sellers' commission.

FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780

ARTICLES FOR SALE

2 Crypts in Sylvan Abbey, choice Locations side by side extras. 727-243-4100 Suzie

Bird Cage & Stand. All the accessories like new. 727-260-0599

Cadillac CTS 2001 \$7800. Loaded-Creampuff. 79k miles. Sandy 727-507-7908



DECEMBER AD DEADLINE - NOVEMBER 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.



Robert's Park has Two Organizations

Why are there two organizations in the park? They serve different purposes: **Robert's Recreation Association** was formed to provide social and recreational activities for all full and part-time residents of the Park. There are meetings on the first Monday of the month from November to April. Committee Chairs make their reports and the business conducted there lets residents know what is going on in the park. There are no dues and all residents are welcome to attend the meetings.

Robert's Park Homeowners Association, Inc. represents owners of mobile homes in the Park. It is the liaison between those owners and Park management. Membership certificates are issued upon payment of a one-time fee.

To All Residents

R oyal Palm Cemetery is now off limits to all residents with dogs. The cemetery will be putting up "no trespassing" signs for anyone with a dog. There have been many complaints that people are taking their dogs to the cemetery for walks and not cleaning up after them.

Anyone caught on cemetery property will be prosecuted.

Solicitors

f you see a solicitor, please call the office. We will send someone down to tell them to leave the park.

These people are very bold and brazen. Please help us stop them before they take advantage of anyone in our community. The office never gives permission to any solicitor.

Deadlines for Robert's Review Submission

ll articles must be received by the 7th of the month. Please email them to Carole Scott at <u>caroles643@gmail.com</u>. My phone number is 757-218-2909 Nov-April and 757-824-5214 May - October

View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

ROBERTS REVIEW NOVEMBER, 2016 D



Services Directory

AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	
Modern A/C Service Co.	727_541_5541
ANIMAL CONTROL	
Animal Eviction Services	727-430-2832
APPLIANCE REPAIR	
Bob's Appliance Repair	727-637-4789
Sunset Appliance Service	727-559-1137
AUTO REPAIR	
Peterson Auto Care Center	727-343-4242
Suncoast Auto & Tire	
AUTO SALES / PURCHASING	
Stingrays Inc.	727-798-2921
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co.	727-559-8811
BATHROOM REMODEL	
BathMasters	727-333-7997
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
CARPET CLEANING	
Bill the Carpet Guy	727-521-4163
COMPUTER SERVICES	
Largo Tech Services, LLC	727-474-4285
DENTIST	
Dental Walk-In Clinic	727-533-9199
DUCT / VENT CLEANING	
Velocity Air	727-754-7956
DRIVEWAY COATING	
Concrete Wizard, Inc	727-789-5444
ELECTRICAL CONTRACTOR	
Haseney Electrical Services, Inc	727-441-8434
Imperial Electrical Service	727-535-0708
FLOOR REPAIR	
Flatworks	727-288-4680
Florida Anchor & Barrier Co	727-330-7821
Perfect Repair & Construction, Inc	
GOLF CARTS SALES & SERVIC	
Capital Golf Carts, Inc.	/2/-//2-8833
Recreational Golf Cars of Florida	/2/-548-8460
O. E. Wilson	727-535-0524



INSURANCE/MOBILE HOME	
Harr & Associates	.727-851-1117
MANUFACTURED HOME SALES/	NEW
Citrus Homes/Meadowood Homes	727-535-5262
MEDICAL FACILITY	
BayCare Medical Group	. 727-940-2720
MOBILE HOME SUPPLIES - RET	
Mobile Home Depot, Inc	727-535-1100
Southeast Mobile Home Supplies	727-522-2090
MOBILE HOME WASH/WAX	
Michael Simoneau Maintenance	727-735-2380
Heller's Mobile Home Washing	/2/-66/-8110
Royal Enterprises	/2/-394-/351
MOBILE HOME WINDOW FILM	707 004 7054
Royal Enterprises	/2/-394-/351
PAINTING/INSIDE & OUTSIDE	707 470 5070
Payless Painting Services	/2/-4/0-58/6
Buggin Out Termite & Pest Control	777 525 2620
Modern Pest Control, Inc.	727 410 1466
Nature's Resource Pest Control	727 785 2552
PLUMBING SERVICE	121-100-2002
Jones & Sons Plumbing, Inc.	727_700_0287
Ray Duncan Plumbing, Inc.	727-733-0968
Enos Plumbing.	727-804-9105
REMODELING/INTERIOR	121 001 0100
American Restoration Systems, Inc.	727-525-7200
ROOF COATING	
AMS Advanced MH Systems	727-471-0820
Community Roofing of FL, Inc	
ROOF REPLACEMENT	
All Weather Roofing1	-800-297-3758
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	727-547-8300
ROOF WASHING	
Heller's Mobile Home Washing	727-667-8110
ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	727-585-4442
TAXI/SHUTTLE	
Bill Meyer	727-479-8145
TIE DOWNS/MOBILE HOMES	
Florida Anchor & Barrier Co	
Tommy Tie Downs	941-628-6840
VAPOR BARRIER	707 000 7004
Florida Anchor & Barrier Co.	
Florida Underhome Solutions	
Underhome Armor VINYL SIDING	121-282-2045
	707 474 0000
AMS Advanced MH Systems	
ASC Aluminum Specialty Contr	/2/-54/-8300
	777 471 0020
AMS Advanced MH Systems ASC Aluminum Specialty Contr	727 547 9200
	121-041-0300
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NOVEM	BER•201	6
Sunday	Monday	T
		9:30 an Donuts
6	7 1 pm Rec Associa- tion Meeting	
		Ele
13	14 11am Red Hats -C	Movie
20	21	
27	28	

Roberts

uesday		Wednesday		Thursday	Friday	Saturday
n Coffee & s-C	1		2	3	4	5
	8	5:15 Bingo -C	9	10	11	12 4 PM Social - C 5 pm Pot Luck-C
ction Day					Veteran's Day	
Night –P	15	5:15 Bingo -C	16	17	18	19 7 pm Dance – C
	22	5:15 Bingo -C	23	24 4/5 pm Thanksgiv- ing Dinner 4/5 pm -C Thanksgiving	25	26
	29	5:15 Bingo -C	30			DECEMBER 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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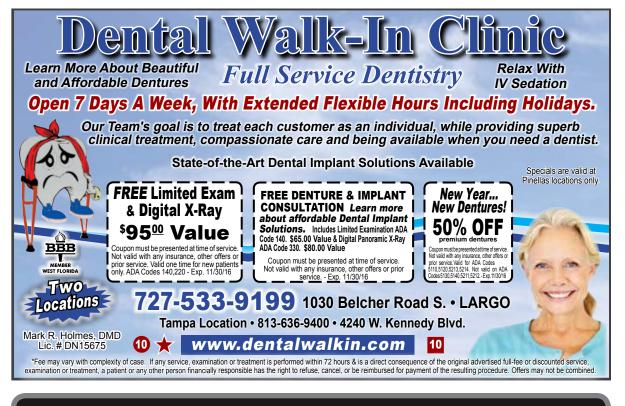
Office Location: 12355 62nd St N Unit B Largo, FL 33773



ESTIMATES & SMILES ALWAYS FREE AFTER

00) 377-7885 or (727) 282-2045











Did you know that November is also...

National Epilepsy Awareness Month. Learn about the different types of seizures and how to prevent them—or help someone suffering from them. A seizure is a short change in normal brain activity that can cause changes in awareness, behavior, or body movement. Because anyone can have a seizure, recognizing symptoms and knowing how to help is vital.

Native American Heritage Month. Established at the turn of the 20th century as an effort to gain a day of recognition for the significant contributions the first Americans. In 1990 President George H. W. Bush approved a joint resolution designating that November "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

Military Family Appreciation Month. Throughout November, military families serving around the world are honored and recognized for their commitment and the many contributions they make every day in support of the military and our nation.

National Animal Shelter and Rescue Appreciation Week, Nov. 3-9. Approximately 3,500 animal shelters across the United States serve the estimated 6 million to 8 million homeless animals who need refuge each year. Get acquainted with your local shelters and rescuers, and learn how you can assist their lifesaving work.

National Nurse Practitioner Week, Nov. 13-19. Held annually to celebrate these exceptional health care providers and to remind lawmakers of the importance of removing outdated barriers to practice so that NPs will be able to practice to the full extent of their experience and education.

American Education Week, Nov. 14-18. The 2016 theme, "Great Public Schools: A Basic Right and Our Responsibility," will present all Americans with an opportunity to celebrate public education and honor individuals who are making a difference in ensuring that every child receives a high-quality education.

U.S. Election Day, Nov. 8. Get out and vote!



World Diabetes Day, Nov. 14. Celebrated worldwide by the more than 230 member associations of the International Diabetes Federation in more than 160 countries and territories.

International Games Day, Nov. 19. Raising awareness of games and gaming in libraries to publishers and the public around the world.

Thanksgiving, Nov. 24. Turkey, football, pumpkin pie, and family. What could be better?





ACROSS

1. Slogan 6. Blemish 10. Chooses

- 14. Evade
- 15. Smell
- 16. Tribe
- 17. Crystal-lined stone
- 18. Credit card brand
- 19. Receptacle
- 20. Bowels
- 22. Initial wager
- 23. Take to court
- 24. A celebration of the Resurrection
- 26. Come into sight
- 30. Language of Persia
- 32. Coral ridge
- 33. Nonflowering plant
- 35. Models
- 39. Skill
- 41. Meadow
- 42. Trap
- 43. Scatter
- 44. Peddle
- 46. Dogfish
- 47. Units of distance
- 49. Except when
- 51. Pillaging
- 54. Metric unit of area
- 55. Flair
- 56. A capsule or shuttle 63. Inspiration
- 64. Class
- 65. Indian hand drums
- 66. Tidy
- 67. Hodgepodge
- 68. Once more
- 69. Sea eagle
- 70. Close
- 71. Relaxes

24 34 41 43 54 60 64 67

DOWN

45. Entice

48. Instruction

50. Ambrosia

51. French for "Queen"

57. A native of Poland

62. Bronzes your skin

60. Fabrics made from goat

54. He plays roles

58. Operatic solo

59. Anger

61. Dart

52. Relative of the birch tree

- 21. Territory
 - 25. Vipers
- 26. Circle fragments 27. Sassy
- 4. Neap, high or low 5. A city in the Ukraine
- 6. Film

2. Roasting appliance

7. Chief Norse god

1. Wise men

3. Honk

- 8. Fail to win
- 9. Found at the end of a pencil
- 10. Once in a while
- 11. Flora
- 12. Flavor
- 13. Contemptuous look



- Adriatic, for example
- 40. One of two

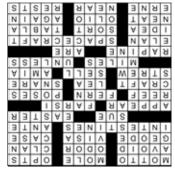












- 28. A type of fruit 29. Having unsuitable feminine 53. Song of joy
- qualities 30. Liberates
- 31. A Freudian stage
- 34. Consequence
- 36. Identical
- 37. Goddess of discord (Greek hair



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Kepler telescope keeps finding new worlds

The planets just keep coming: The Kepler space telescope has discovered 104 new exoplanets around distant stars, adding to the 2,300 it has already spotted from 2009-2013. Most of these new worlds are less than three times the diameter of Earth, although close to a dozen are about the same size or smaller. A handful of them receive as much sunlight and solar energy as Earth, making them possibly suitable for life to develop.

The discoveries come in the wake of a series of malfunctions to Kepler and a new mission that has the telescope watching a section of the galaxy aligned with Earth's orbit, observing one location for about 80 days before moving on to new frontiers.

Exercise! It's good for your memory

good memory is useful for creativity; remembering something you've just learned helps you make connections and see possibilities. A new study reported on the Science Daily website suggests that one way to boost memory and retention is exercise.

In the study, conducted by the Donders Institute at the Radboud University Medical Center in the Netherlands, 72 subjects learned a series of picture/location associations. They were then randomly separated into three groups—one worked out on exercise bikes immediately after the session, another exercised four hours later, and the third group didn't exercise at all. Two days later, all the participants were tested on what they'd learned while undergoing an MRI.

The subjects who had exercised four hours after the session retained their knowledge better than those in the two other groups, the researchers found. The brain images indicated that delayed exercise appeared to be associated with activity in the hippocampus—where learning and memory take place—whenever a participant answers a question correctly.

The experiment suggests that exercise isn't just good for your health—it strengthens your memory as well.

Science can only ascertain what is, but not what should be, and outside

of its domain value judgments of all kinds remain necessary.

—Albert Einstein



A lesson in determination

B ritish runner Derek Redmond was one of the favorites for a gold medal in the 400-meter spring at the 1992 Olympics in Barcelona. But halfway through the race, Redmond—in the lead—collapsed on the track with a hamstring injury.

Medical staff rushed to help him, but Redmond waved them away. He somehow got to his feet and started staggering down the track. With thousands watching, and officials unsure of what to do, Redmond's father ran out to him.

"You don't have to do this, son," he said.

"Yes, I do," Redmond replied.



His father helped Redmond down the track, tears streaming down both their faces, waving away anyone who tried to stop them.

The crowd roared when Redmond finally crossed the finish line. The feat is considered by many to be the defining moment of the Barcelona Olympics.

Keep learning at any age

s you and your family members age, you may find you have more difficulty remembering things. Try to help you stay on top of the knowledge game and keep you learning as you age:

- Visualize. Mentally rehearse an event, conversation or activity before it actually happens. This visualization helps eliminate the stress you may feel over the unknown. Plus, when you're more relaxed, you're better able to learn.
- Take a break and exercise. If you're trying to remember information you're reading, take frequent breaks. Don't just sit around, though. Engage in some kind of activity to keep your mind alert and your blood flowing.
- Focus on concentrating. Distractions are the bane of any learning attempt. If you're attending a class or lecture, sit near the instructor and maintain eye contact with him or her. Try not to fidget; simply relax into the session and let your focused attention do the job.
- Say it out loud. Read aloud the material you're trying to learn and repeat out loud the facts you want to retain. This way, both your mind and your ears are taking in information.
- Tame frustration. If you grow frustrated over material you're trying to learn, remind yourself that getting emotional will only hamper your ability to retain information. If you have to, step back and take a long break.







SUB-FLOOR & FLOORING EXPERTS!



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

THOUSANDS manufactured home residents have won over \$135,000 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 <u>mail your paid receipt</u> 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.

(Allow 4-6 weeks for mailing of check). This month's cash winners are:

Karl Pesch \$100 .	Jones & Sons Plumbing, Inc.	Cynthia M. Thomas \$5	Natures Resource Pest Control
	Bill The Carpet Guy	Kathleen Wieder \$5	Modern AC & Appliance Service
Lois P. Pierce \$10	Royal Enterprises	Joe Palmer\$5	Battleline Termite & Pest Control
Ann Postich \$10	Ron Wyngarden MH Washing	Sheila Carrier \$5	Boss Electric Corp.
Jean Harrington \$10	Jones & Sons Plumbing, Inc.	Evelyn R. Huegel \$5	Appliance Specialty, Inc.
Linda Wagler \$10	Debbie's Salon	Patricia Kiick \$5	O.E. Wilson Insurance
W. Orlander Brown \$10	Sunset Appliance Service	Ruth Charron \$5	Kathy's Cleaning Service
Joanne Hehl \$10	Doll Brothers Carpet Cleaners	Brenda Gordon \$5	Jones & Son's Plumbing Inc.
	Heller's Mobile Home Washing	Alesia Lee \$5	Palm Harbor & Dunedin Electric, Inc.
Bob Gornicki \$10	Battleline Termite & Pest Control	John Scott \$5	Imperial Electric
Maureen Koebel \$10	Appliance Specialty, Inc.	Nancy R. Idoux \$5	Appliance Specialty, Inc.
David Suderman \$10	Barron's AC & Appliance Service	Carolyn Cornwall \$5	Heller's Mobile Home Washing
	Florida Anchor & Barrier Company	Ruth Jeanne Marmarose \$5	Air Masters of Pinellas, Inc.
Steve Pieckiel \$10	Boss Electric Corp.		Natures Resource Pest Control
Dixie Brownstein \$5	Bill The Carpet Guy		Jones & Sons Plumbing, Inc.
Ray Melvin \$5	E & E Gliddon Air Conditioning	Chris Shuman \$5	Sunset Appliance Service
Ronald Cirincione \$5	Bay Area Aluminum Services, Inc.	Dot Bunting \$5	
	Debbie's Salon	George W. Hayes \$5	Debbie's Salon
Emile Laflamme \$5	Heller's Mobile Home Washing		Air Masters of Pinellas, Inc.
Jean Postel \$5	Debbie's Salon	Rita Drolet\$5	Betty's Customized Cleaning Services
	Battleline Termite & Pest Control	Barbara Seavey \$5	Air Masters of Pinellas, Inc.
Jim Riggs \$5	Denny's Plumbing, Inc.	Sally Stratton \$5	Doll Brothers Carpet Cleaners
Wayne Mowry \$5	Royal Enterprises	William Kjecgaard \$5	Denny's Plumbing, Inc.
Cobie Swets \$5	Jones & Sons Plumbing, Inc.	Jim Forrester \$5	E & E Gliddon Air Conditioning

• 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.



2015 – 2016 Committee Chairpersons

Where are events held? C-Clubhouse; CP-Clubhouse Porch; P-Pavilion; G-Glass Enclosure by Tennis Courts BULLETIN BOARD NOTICES - Kathy Laur, 290-9338 RECREATION ASSOCIATION - President Terry McCall, 931-220-5642 Circulation - Steve Bachand 727-504-8113 ROBERT'S REVIEW EDITOR - Carole Scott, caroles643@gmail.com SCHEDULING - Clubhouse - Office Staff, 577-6820; Pavilion - Don Lane, 314-578-9159 Where are Events Held? C - Clubhouse; CP - Clubhouse Porch; P - Pavilion; G - Glass enclosure by Tennis Court AFGHANS FOR FOSTER CHILDREN – Maggie Bischoff, 563-9016 **BADMINTON - TBD** BIBLE FELLOWSHIP - C - Leurene Hildenbrand, 545-3484 BINGO – C – Joyce Mallare, 623-9525 BLOOD DRIVES - P - Lee Jones, 262-227-3584 BOOK AND VIDEO EXCHANGE - CP - Nancy Jones, 262-227-5327; Karen McCall, 931-472-4606; Jan Gidley, 385-0843 BOWLING - Herm Kaserman, 579-9138 BULLETIN BOARD NOTICES - Kathy Laur, 290-9338 CAN COLLECTION - Bob Chaput, 290-9649; Don Lane, 314-578-9159 CARDS: BRIDGE – CP – Roy Schultz, 576-4228 CANASTA - C - Barbara Fleming, 570-9694; Earline Zinserling, 570-9423 EUCHRE – C – Ron DeCosta, 576-3206 BID EUCHRE - C - Frank Gallina, Lot 61, 727-576-1909 HAND AND FOOT -C-Doris Long, 865-356-4470; Sue Sharpe PINOCHLE – CP – Bill Halstead, 578-4827 PITCH - CP - Frank Gallina, 727-576-1909 COFFEE AND CONVERSATION - P - Don Lane, 314-578-9159 COFFEE AND DONUTS – C – Bob & Joyce Chaput, 290-9649 CRAFTS - C - Donna Lane, 314-578-2128 DANCES - C - Terry & Karen McCall, 931-220-5642 DANCES - Tickets - Karen McCall 931-472-4606 DINNERS – TBD DINNER TICKET SALES - Mary Lou Morgan 812-239-0395; Margot Couture 727-914-3774 DINNER/DANCES – P – Don Lane, 314-578-9159



DIRECTORY - Joyce Mallare, 615-339-7016; Bill Halstead, 578-4827 EXERCISE -C – (Aerobics) – Leurene Hildenbrand, 545-3484 P-(Walking) - Donna Lane, 314-578-2128 Pool – Diane Tremblay FOOD DRIVE - Bernie & Bervl McGrath 603-275-7429 GOLF SCRAMBLE - Hal Stofer 269-506-0665; Gary Keisling 765-438-5378; Rita Sundberg 744-4319 HAPPY HOUR – P – Lee & Nancy Jones, 262-227-5327; Ray & Naida Godsoe, 568-9418 HORSESHOES – Men – Ron DeCosta, 576-3206 HORSESHOES - Women - TBD ICE CREAM PARLOR - C - Rita Long, 812-201-7771 KARAOKE - C - Jerry Mallare, Lot 178 or call 727-623-9525 KITCHEN SUPPLIES - C - Karen McCall, 931-472-4606 LADIES LUNCHEON - C - Rita Sundberg, 744-4319 LINE DANCING – C – Rita Long, 812-201-7771 PARADE MARSHALLS, HOLIDAYS - Ed & Mary Lou Morgan, 812-239-0395 PETANQUE - Freddie Boudreau, 577-5969 PICKLEBALL – Issie Fullington 740-398-6712 POOL ROOM - C - Joyce Mallare, 727-623-9525 POTLUCK SUPPERS – C – Bob & Joyce Chaput, 290-9649 PRAYER & PRAISE – G – Wendy Davis, 207-446-1491 QUILTING – C – Lise Schultz, 576-4228 RED HATS - C - TBD SHUFFLEBOARD – TBD SUNSHINE PERSON - Barbara Fleming, 570-9694 TABLE COVERINGS - C - TBD TABLE DECORATIONS - C - TBD TABLE TENNIS - C - Leurene Hildenbrand, 545-3584 TENNIS – Bruce Bequette, 231-947-5078 TRAVEL AND TRIPS - Rita Long, 812-201-7771; Daniel & Louise Disalvo, 289-6962 TRIPOLY - TBD VESPERS – C – Buce Bequette, 231-947-5078 VOLLEYBALL - Real Mackenzie, 518-810-3646; Carmen Levesque YARD SALE - Bob Chaput, 290-9649

