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December 2016 Issue 10 40th Year

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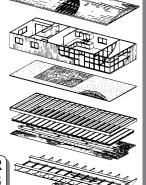


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You can't miss these December holidays

he celebrations and holidays of December come from many different countries and cultures. Here's a guide to what your friends and neighbors are up to this month:

- Hanukkah, Dec. 24-Jan.1. Hanukkah marks the rededication of the Temple of Jerusalem following the Jews' victory in the Maccabean Revolt in 165 B.C. According to the Talmud, the Jews had only enough olive oil to keep the eternal flame in the Temple burning for a single day—but miraculously, the oil continued to burn for eight days, during which time the Jews were able to produce and consecrate fresh oil for the flame. The eight-day Jewish holiday begins at sundown. Hanukkah is observed by the lighting of a nine-branched candelabrum, called a menorah. One candle is lit each of the eight nights, with a central candle lit each night to light the others.
- Christmas, Dec. 25. This Christian holiday celebrates the birth of Jesus, sometime between the years 7 and 2 B.C. The word "Christmas" comes from "Christ's Mass," a phrase first recorded in old English in 1038. Christmas began to be observed with feasts and celebrations in the Middle Ages—the online encyclopedia Wikipedia notes that King Richard II of England hosted a Christmas feast in 1377, with 28 oxen and 300 sheep eaten. The colonial Puritans of New England disapproved of Christmas celebrations, banning them during the 17th century. But other colonists observed the day with Christmas trees and nativity scenes. President Ulysses S. Grant signed the law making Christmas a federal holiday in 1870.
- Kwanzaa, Dec. 26 to Jan. 1. A seven-day celebration of African heritage and culture, Kwanzaa was created in 1966 by activist Maulana Karenga to provide African-Americans with a holiday that emphasized their shared history and experience. The name Kwanzaa derives from "matunda yakwanza," a Swahili phrase meaning "first fruits." Houses are decorated with African art and colorful cloth, and seven candles are placed in the kinara, a candleholder. The central candle in the kinara is black, with three red candles on the left and four green candles on the right. The candles represent the Seven Principles of Kwanzaa, which are contemplated each day as one is lit: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.



Did you know that December is also...

Buckwheat Month. Designated the "December Grain of the Month" by the Whole Grains Council, buckwheat contains higher levels of zinc, copper, and manganese than other cereal grains, along with a very high level of protein. It's used in soba noodles, crepes, blintzes, pancakes, and other delicious foods.

National Impaired Driving Prevention Month. This holiday season, make sure to plan for a safe way home, especially if your plans involve alcohol. If someone you know is drinking, don't let that person get behind the wheel. Remember, too, that just because you're driving sober, others on the road may not be. Always buckle up, drive with caution, and call 911 to report a suspected drunken driver.

Safe Toys and Gifts Month. Prevent Blindness America has declared December Safe Toys and Gifts Awareness Month, encouraging gift-givers to consider whether the toys they plan on giving suit the age and individual skills and abilities of the child who will receive them—especially for children under age 3.

Universal Human Rights Month. This month commemorates the Universal Declaration of Human Rights, adopted by the General Assembly of the United Nations on Dec. 10, 1948. Driven by the human tragedy of World War II, this document represents the first global expression of human rights.



National Handwashing Awareness Week, Dec. 4-10. Remember these four principles of hand awareness to stay healthy: Wash your hands when they're dirty and before eating; don't cough into your hands; don't sneeze into your hands; and avoid putting your fingers into your eyes, nose, or mouth.

Older Driver Safety Awareness Week, Dec. 5-9. Promoting greater understanding of the importance of mobility and transportation so older adults can remain active in the community by shopping, working, or volunteering—with the confidence that lack of transportation options will not strand them at home.

Computer Science Education Week, Dec. 5-11. Computer Science Education Week (CSEdWeek) is an annual program dedicated to inspiring K-12 students to take an interest in computer science. CSEdWeek is held in recognition of the birthday of computing pioneer Adm. Grace Murray Hopper (December 9, 1906).



Kwanzaa, Dec. 26-Jan. 1. A weeklong celebration held in the United States and in other nations honoring African heritage in African-American culture, culminating in feasts and gift giving. Kwanzaa was created by Maulana Karenga and was first celebrated in 1966–67.



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The smell of hate

teacher decided to play a game with her class. She told each child to bring in a plastic bag containing a few potatoes and to give each potato the name of a person that the child didn't like. The number of potatoes that the children put in their plastic bag would depend on the number of people they don't like.

The next day some children had two potatoes, some had three, and some had five potatoes or more. The teacher then told the children to carry the potatoes with them wherever they went for a week.

Days passed, and the children started to complain about the unpleasant smell let out by the rotten potatoes. Also the children with five or more potatoes complained because they had to carry heavier bags. The children were relieved when the game finally ended.



Then the teacher told them the meaning of the game: "This is what happens when you carry hatred for somebody inside your heart. The stench of it spreads everywhere, and you carry it with you wherever you go. If you can't tolerate the smell of rotten potatoes for just one week, can you imagine what is it like to have the stench of hatred in your heart for a lifetime?"

The elephant's teeth

ne day a hungry mouse in the jungle found a small nut. He tried to bite into it, but its shell was too hard and thick. Irritated, the mouse said, "Why did the gods give me such tiny teeth?"

Suddenly he heard the voice of a god from far above. "Mouse, go out and look at all the animals in the jungle. If you find one whose teeth you like, I'll give them to you."

Overjoyed, the mouse ran through the jungle, looking for the biggest teeth he could find. He looked at many animals but didn't find any teeth he liked until he spotted an elephant. Envious of the beast's thick tusks, he wandered over and asked, "Sir, are you happy with those big, long teeth?"

The elephant answered: "Friend, these are just for show. I can't use them to chew food as you do. At least you don't have to bear the weight of these huge teeth."

Hearing this, the mouse realized he was better off having tiny teeth and went off to find his nut again.



Seeing Santa Claus

grandmother took her grandson to the shopping mall in December to see Santa Claus. The young boy was very excited to sit on Santa's lap. "Now, little boy," Santa said, "tell Santa what you want for Christmas."

In a very loud voice, the boy said, "I want a NINTENDO, and a NEW BIKE, and some BOOKS, and—"

"You don't have to shout," Santa chuckled. "Santa isn't hard of hearing."

The boy leaned forward and whispered, "No, but my grandma is."

Wrong answer

man was being sentenced in a California court for shooting and eating a condor—an endangered species. Looking for mercy, the defendant made a passionate speech.

"I'm truly sorry, your honor," he said. "I just moved here and I don't have a job, and I was hungry and cold. I'd never seen a bird like that, and I had no idea it was endangered. I've never done anything like this before, and I'll certainly never do it again."



The judge have him probation, telling him not to let it happen again. Then he said: "I'm curious. What does a condor taste like?"

"Oh, kind of like a cross between a whooping crane and a spotted owl."

Reduced sentence

criminal with a long record of transgressions was on trial for his latest crime. The jury found him guilty on 33 counts, and the judge sentenced him to 189 years in prison. Realizing that even with time off for good behavior he would be more than 100 years old when he was finally released, the prisoner burst into tears.

Touched by this display of remorse, the judge paused to reconsider. "I didn't mean to be so severe," she said. "Thinking it over, I can see that I've imposed an extremely harsh sentence. So you don't have to serve the whole time."

The prisoner beamed with new hope until the judge leaned toward him. "Just do as much as you can."



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'Smart windows' coming soon?

new flexible material for windows and sunroofs may be able to control the heat and light they receive from the sun, according to the Phys.org website. Scientists at the Cockrell School of Engineering at The University of Texas at Austin used a low-temperature process to create a material with a unique structure that doubles the efficiency of the coloration process, allowing it to switch between clear and tinted more quickly than other coatings.

The scientists, part of an international team, believe their research could lead to the creation of materials for other applications such as supercapacitors to store and release electrical energy rapidly and efficiently.

Rare shark may have lived almost 400 years

Trees can live thousands of years. Animals don't live nearly so long, but scientists have discovered what they believe may be the longest-living vertebrate animal—a Greenland shark. Analyzing carbon in the eye lenses of one Greenland shark after its death, marine biologists at the University of Copenhagen determined that the shark was 392 years old, give or take about 120 years. That beats the previous record holder for vertebrate longevity, a bowhead whale that lived about 211 years.

Little is known about the Greenland shark. It's one of the largest carnivores in the



world, and dominates the food chain in northern waters. The scientists studied Greenland sharks accidentally caught by fishing boats, analyzing their eye lenses because sharks don't have the kind of bones that build up calcified rings as they age. Although some scientists disagree that the shark's age is typical, they concede that we know little about the average lifespan of this mysterious predator.

Particles may halt bleeding, save lives

aving a life after an accident or injury is often a matter of stopping blood loss as quickly as possible. The Science Daily website reports that scientists have devised nanoparticles that can locate the site of a bleed and help form blood clots to stanch the flow.

The nanoparticles are coated with molecules that adhere to a glycoprotein in activated blood platelets and bind to those platelets to form clots. The particles have been tested in rats and pigs, and they soon will be tested for their effectiveness in human blood—potentially saving thousands of lives.







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20	21	22	23	24 Christmas Eve
27	28	29	30	New Year's Eve



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Watch the sunrise for better health

Tant to lose some weight? Try getting out of bed earlier. In a study conducted at Northwestern University, researchers gave 54 people wrist monitors that tracked their sleeping patterns and exposure to light for a week and asked them to keep detailed records of what they ate. The researchers also measured participants' activity level and age, as well as the season they were being monitored.



The researchers found that exposure to early morning light, whether natural or artificial, was associated with a leaner body weight. The reason, they speculate, is that light may play a role in regulating the metabolism, similar to its effects on wakefulness and alertness. The connection isn't conclusive, but getting up a little earlier couldn't hurt.

Coffee may benefit heart attack survivors



If you've suffered from a heart attack or know someone who has, this news should perk you up: A study by York University in the United Kingdom found that drinking one or two cups of coffee a day can apparently cut the risk of premature death by 20 percent among heart attack patients.

Researchers kept track of 3,721 U.K. heart attack survivors and their coffee habits in the UK. They're not sure how coffee helps them, but other studies suggest that drinking three to five cups of coffee daily has a beneficial effect on people with Parkinson's Disease, and it may also help people with liver cancer.



Don't let wet dishes breed disease

ake sure your clean dishes are completely dry before you start putting them in the cupboard. Researchers have found that still-wet, stacked dishes can be prime breeding grounds for bacteria. In one study at a Veterans Affairs hospital, dishes were washed in a commercial dishwasher. Half were air-dried for 24 hours and the other half stacked while wet. Although researchers found no significant difference in the amount of bacteria found on either sets of plates after 24 hours, the dishes stacked wet teemed with bacteria after 48 hours. The best solution? Air dry.

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To tip or not to tip? That soon may not be the question

pipping serves in restaurants may not be going away completely, but more and more owners are experimenting with a no-tipping model for their eateries. A survey by American Express found that approximately 18 percent of restaurant owners have already adopted ano-tipping policy, and another 29 percent are planning to do so.

Still, 27 percent of respondents said have no plans to eliminate tipping, though 17 percent said they might if competitors did so as well. Ten percent were undecided.

There's an app for that, but many won't use it

Will developing a mobile app help your organization increase sales or boost your brand? Don't be too quick to jump on the bandwagon. According to data from Localytics, an analytic firm, 23 percent of users delete a new app from their device after just one use. The good news is that it's a slight improvement from 2015, when 25 percent of users did away with their apps after trying them once. Overall user retention increased from 34 percent to 38 percent in the last year as well. Even so, 62 percent of customers will use an app less than 11 times.

Digital content taking over schools

The digital revolution has come to U.S. classrooms, according to the Digital Publishing News website. More than 80 percent of schools use some form of digital content such as e-books, audiobooks, and digital textbooks in teaching.



What devices are they and their students using? Laptops (75 percent), tablets (62 percent), personal computers (49 percent), and smartphones (17 percent).

IN THE ARITHMETIC OF LOVE, ONE PLUS ONE EQUALS EVERYTHING, AND TWO MINUS ONE EQUALS NOTHING. —MIGNON MCLAUGHLIN



Youngsters have some good and creative ideas

hildren are naturally creative and inventive because they don't know what's impossible. Try checking out these inventions created by kids across the years:

- **Trampoline.** Sixteen-year-old George Nissen was captivated by the sight of trapeze artists dropping into nets at the finish of their shows in the 1930s. In his parents' garage he developed the "bouncing rig," a metal frame with canvas stretched over it. Years later he switched out the canvas for nylon and came up with a new name—"trampoline," adding the letter e to the Spanish word for "diving board."
- Popsicle. One cold night in San Francisco in 1905, 11-year-old Frank Epperson mixed up a concoction of soda water powder and water and left it outside all night. In the morning he looked at the frozen mixture with the stirring stick still inside and realized it might be fun to eat. He began giving out them out as treats, and as an adult patented the product with the name "Eppsicle"—later changing it to "Popsicle" after his own children started calling it by that name.



• **Earmuffs.** At age 15, Chester Greenwood's ears grew painfully cold while ice skating. A scarf around his head didn't help, so he went home, built a wire frame, and asked his grandmother to sew some beaverskin pads to it. Greenwood patented his earmuffs in 1877 and eventually sold them to soldiers fighting in World War I.

Use these three boxes for creative thinking

Experts often encourage people to think outside the box when trying to be creative. According to K.H. Kim, writing at The Creativity Post website, you should consider three distinct boxes to unleash your imagination:

- **Inside box.** This box holds your expertise and knowledge, and it's useful for narrowing things down, focusing on specifics, and identifying options.
- Outside box. This box is flexible and holds all the possibilities. Let it relax your focus and explore everything, whether it's related to what you're working on or not.
- **New box.** This box lets you synthesize and refine ideas so you can implement them effectively. Use it to connect ideas and find new ways of approaching problems.





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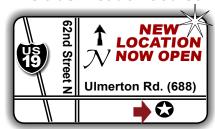
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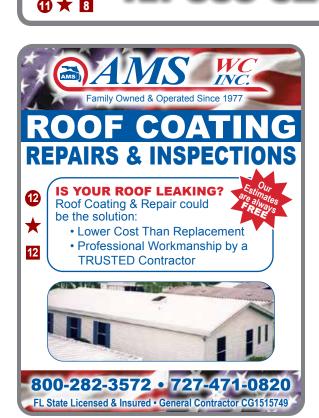
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ACROSS

- 1. On-line journal
- 5. Rhinoceros
- 10. Gangs
- 14. Former Italian currency
- 15. A red fluorescent dye
- 16. Send forth
- 17. A Freudian stage
- 18. Totally
- 20. Vixen
- 22. Hypodermic
- 23. L
- 24. Donkeys
- 25. Class chums
- 32. Held on tightly
- 33. Japanese cartoon art
- 34. Beer
- 37. Not yours
- 38. Inscribed pillar
- 39. Make unclear
- 40. Damp
- 41. Villain
- 42. Communion table
- 43. Self-restraining
- 45. A long-legged S. American bird
- 49. Dawn goddess
- 50. Windfall
- 53. Detective (slang)
- 57. Noble
- 59. Greek cheese
- 60. Actors in a show
- 61. Give a speech
- 62. Relating to urine
- 63. Beers
- 64. Waste conduit
- 65. Lake (Scottish)

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DOWN

- 2. Connects two points
- 3. By mouth

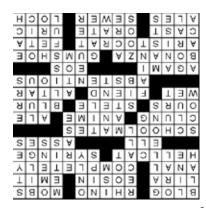
1. Ho-hum

- 4. Square-rigged sailing ships
- 5. Summon to return
- 6 Owl sound
- 7. Belief
- 8. Bites
- 9. Unique
- 10. Anagram of "Smite"
- 11. Portents
- 12. Cause to leak
- 13. Infections of the eye

- 19. Delete
- 21. Blockage
- 25 Flat-bottomed boat
- 26 Hint
- 27. Offended
- 28. Married partners
- 29. Concerning (archaic)
- 30. Diacritical mark
- 31. An uncle
- 34. Countertenor
- 35. Hawaiian feast
- 36. Makes a mistake
- 38. Bro or sis
- 39. Happy

- 41. Lose consciousness
- 42. "Smallest" particle
- 44. Spay
- 45. Hemp
- 46. Small goat antelope
- 47. Licoricelike flavor
- 48. Sail supports
- 51. Animal menageries
- 52. Unit of land
- 53. Way in
- 54. Protagonist
- 55. Ear-related
- 56. Every single one
- 58. Uncooked

December Crossword



December Sudoku

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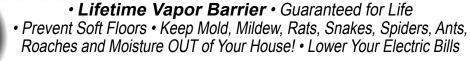
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CRAFT FAIR: December 10th, 2016, 9am to 1pm. Located @ Four Seasons Estates, 13225 101st St., Largo. Baked goods, donuts & lunch will be for sale.

CLOTHING SALE: Gently worn ADULT clothing: December 10, 2016 9am-1pm Located @ Four Seasons Estates, 13225 101st St. Largo.

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

CARPORT SALE: Sat. Dec. 3rd, 8am-1pm. Park Royale MHP, 10611 66th St. N. Look for balloons.

CRAFT FAIR: Dec. 3rd 9-1. Southwind MHP 795 County Road 1, Palm Harbor.

Craft Fair Sunday Dec 4th Noon to 4PM. Down Yonder 7001 142nd Ave N, Largo.

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

Palm Hill Ccountry Club Bazaar, Craft & Bake Sale. Saturday, Dec. 3rd, 8:30-1:00. North Clubhouse - 401 8th Ave. SW, Largo

Amber Glades Estates Community Wide CARPORT SALE - corner of McMullen Booth and RTE 580. December 10th, 9a-2pm.



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Pat Silva	\$10	Royal Enterprises
Jean Solana	\$10	Velocity Air Conditioning, Inc.
Thomas Habel	\$10	Dunedin Plumbing, Inc.
		Boss Electric Corp.
Ron Paul	\$10	Bill The Carpet Guy
Carol Christensen	\$10	Air & Energy
		Imperial Electric
		Air Masters of Pinellas
Gloria Finch	\$10	O.E. Wilson
Carol Bysina	\$10	All Weather Enterprises, Inc.
Jean Cahill	\$10	Century Awnings
Theresa Hazlett	\$10	Wyngarden Mobile Home Washing
		AMS, Inc.
		Heller's Mobile Home Washing
Russell Brice	\$5	
Beth Tourtellotte	\$5	Bill The Carpet Guy
Mildred Wyns	\$5	Jones & Sons Plumbing, Inc.
Peggy Mount	\$5	Air Masters of Pinellas
Joan C. Athey	\$5	Battleline Termite & Pest Control
		Boss Electric Corp.
		Sunset Appliance Service
		Haseney Electrical Services, Inc.
Sandra Moran	\$5	.Citrus Meadowood Homes of Florida

vinners are:		
Pauline Fowlston	\$5	Debbie's Salon
Dorothy Haller	\$5	Heller's Mobile Home Washing
Laura Schwanger	\$5	Jones & Sons Plumbing, Inc.
Ken Cox	\$5	Imperial Electric
Judy Perszyk	\$5	
Margaret Taylor	\$5	Boss Electric Corp.
		Imperial Electric
Gail Lewis	\$5	Buggin Out Pest Control
Chris Eckhart	\$5	Battleline Termite & Pest Control
		Jones & Sons Plumbing, Inc.
Bob Post	\$5	
Maurice Dufault	\$5	Heller's Mobile Home Washing
Earlene Hildebrand	\$5	Buggin Out Pest Control
Susan Vermeersch	\$5	Bob's Appliance Repair
		Jones & Sons Plumbing, Inc.
Roy Martin	\$5	Perfect Repair & Construction, Inc.
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Connie Beaver	\$5	Kathy's Cleaning
Marge Murray	\$5	Mobile Home Depot
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