



SHANGRIA STAR O

December 2015 Issue 10 39th Year

Merry Christmas!

The Poolettes of Robert's MHP celebrating the season!



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Clubhouse Phone - 584-9351 Marilyn Sisti, Community Manager - Park Office - 585-2850 After Hours (Emergency Only) - (727) 641-9556

PRESIDENT'S MESSAGE

Submitted by Wally Schultz

ello everyone; by now it seems that everyone from up north is back and we will be in full swing shortly. We had our first Shuffleboard Meeting, our first HOA Meeting and our first shuffleboard game against Mainlands 5, which we won (Way to go Team!). Most of us have agreed that this is the best the park has looked in many, many years. Thanks to Marilyn and Jon and all the residents who take so much pride in their homes. Great job to all!

ACTS OF KINDNESS

i, I am Cheryl "CC" Doty residing at Lot 59 since March of 2015. I will be the new Editor of this newsletter. Why am I writing this under Acts of Kindness? If I didn't have the help from Janette Martin, Serena Libby, and Carol Byrd, I wouldn't have had a clue on how to even start this endeavor. Ladies you are awesome and I sincerely thank you! Not to say I won't be asking for your help in the future!

HOSPITALITY ANNUAL REPORT

Submitted by Polly Pifer

uring the past year, 18 new residents were calle upon by Gloria Allman, lot 32, Polly Pifer, lot 50 and, during the summer months, Mary Smith, lot 51 and Joni Bruce, lot 37. At this time I would like to thank you all for being great helpers. If you see a new











ASC 547-8300 🛚













resident move in next door, please call me with the name and number of the lot. If you are a new resident and no one has visited, please call me at 584-2288. We don't give you money or flowers, but we do offer you a Telephone directory of the park residents with many companies you can trus to ask for assistance, a welcome leter, a sticker for your car to prove your residence and, if you are an owner, the by-laws of our home Owners Association who meet the first Tuesday of the month at the clubhouse.

RECIPE OF THE MONTH

Submitted by Polly Pifer

Spicy Hot Rice

- 3/4 Cup Rice (brown or white)
- 1 quart of water
- 1/4 Cup olive oil
- 2 Tablespoons of minced garlic
- 1 8 oz can of Tomato Sauce
- 2 Tablespoons of Ground Red Pepper
- 1 Tablespoon of parsley

Cook rice until done (about ten/fifteen minutes)

then, in large skillet:

Heat olive oil and garlic

Add Tomato Sauce and pepper, Cook for five minutes. Add drained, cooked rice, stir and cook for another five minutes.

SHUFFLEBOARD 2015 - 2016

Submitted by Wally Schultz

Tov 5th was a great day for the 2015 Shangri-La Shuffleboard Team, WE WON! The 1st game of the season against a seasoned Mainlands 5 team. Even though it was harder than heck we still pulled it out, it was a nail biter right until the end. Congratulations to everyone on the tem for a great job!

Schedule:

12/03/2015 MLDS 4 @ Shangri-La 12/10/2015 Shangri-La @ Bay Ranch 12/17/2015 East Bay Oaks @ Shangri-La 01/07/2016 Shangri-La @ BYE





RESIDENTS NEWS

New Residents

Please add these names and numbers to your Shangri La Phone book.

- John Barduca lot 64 Tel: 248-425-5677
- Jane Valentine lot 113 Tel: 727-238-3630



Welcome to our new residents and we look forward to you becoming involved and joining in our activities

ACTIVITIES

Submitted by Serena Libby

Food Drive:

We are having our annual food drive. We will be donating all proceeds to UFO food bank. We will take any non-perishable items or if you would prefer to make a cash donation, I will shop for their needs. Please bring all donations to Serena at Lot 14 before Dec 12th. These donations make a big difference to strugling families during the holidays. Please help by donating what ever you can, Tis the Season!

Sing for Dinner:

December 4th will be our first annual Karoake. We will have dinner at 6:00 with singing from 7:00 p.m. to 9:00 p.m. If you have a good or bad voice... you could be the next American idol. Join us and make some music. We will be serving a Salad, Chicken Stir-fry, Beef and Broccoli, Asian Rice, with bread. hosted by Serena

Ladies Luncheon:

On December 8th there will be a Ladies Luncheon at the Golden Corral. The cost is \$8.50 which includes a drink, tax and tip. We also ask that you bring and unwrapped toy or "Toys for Tots". Please sign up at the Club house and pay Helen who resides at #39. Also if you need a ride also contact Helen. Hosted by Helen

Cookie Exchange:

On December 14th at 7:00 p.m. we will have a cookie exchange! Please make two of your favorite cookies and bring them to the club house and join us with coffee and tea. You will leave



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with 2 dozen awesome cookies made by your friends and neighbors in return. If you make extra cookies we will save them for the Santa Parade, Christmas Eve and EggNog gatherings. See you there! Hosted by Jewel

Santa parade and Dog walk:

Come One, Come all!! Decorate your walkers, scooters, bikes, dogs, cats, husbands, wives.... Be in the Parade with Santa! We will meet in the front of the Club house at 5:15 p.m. The parade will start at 5:30 p.m..... don't be late... you know Santa won't like it! If you are not able to join us please step outside your home and wave as we parade by. We will have coffee, tea, hot chocolate with cookies at the Club house following the parade. Tis the Season! Hosted by Wally and Kathy

Christmas Caroling Party:

Come join us for Caroling and egg nog at the club house on Christmas Eve, Dec 24th. Sing your favorite Christas carols and have great fellowship with our community. Enjoy some of the spiked egg nog or some that is not with cookies. It will be great fun before Santa comes. Starts at 6:30.

Christmas Dinner:

We will be having a traditional Christmas dinner with all the fixings. Cocktail hour starts at 4:00 p.m. Dinner at 5:00. Please bring your own place setting. Hosted by Vince and Barb

New Years Eve:

The Beach Billies will be playing as we welcome in the New Year. Party starts at 8:00 p.m. to 12:30 p.m. We will be having appetizers, party favors and a Champagne toast. Join us to bring in the New Year, last year was a great success, let's make this one even better! The cost is \$10. per person and \$15 per guest. Please pay Helen at Lot 39 before December 23rd. Let's bring in this new year with great friends, neighbors and family. Hosted by Serena

Up coming Events:

Jan 9th, 2016 - Horse racing Jan 15th - Birthday Party Feb 6th - Garage Sale Feb 7th - Super Bowl

To make all of these events a success we need all of you to help. I cannot and will not continue to do this alone. The next Activities Committee meeting will be on December 9th at 6:30 in the Club house. Please come and help plan and commit to making our community the best in the area! If you have any questions contact Serena at Lot 14 or call (630) 327-9064.



ASSOCIATION MEETING

Submitted by Wally Schultz

It was reported at the HOA meeting that some of us have been noticing rodents around their homes. It seems to me that, quite simply, the reason we have rats is either from leaving food out, garbage or feeding the birds (which is against the rules), because guess what? The seeds attract rats! So if you enjoy looking at the birds, you can also enjoy looking at the rats.

JOKES

submitted by various residents

A young blonde girl in her late teens, wanting to earn some extra money for the summer, decided to hire herself out as a "handy woman" and started canvassing a nearby well-to-do neighborhood. She went to the front door of the first house and asked the owner if he had any odd jobs for her to do. "Well, I guess I could use someone to paint my porch," he said. "How much will you charge me?" Delighted the girl quickly responded, "How about \$50 bucks?" The man agreeed, and told her that the paint, brushes and everything she would need were in the garage. The man's wife, hearing the conversation, said to her husband, doesn't she realize that the porch goes all the way round the house? "That's a bit cynical, isn't it?" he responded. The wife replied, "you're right. i guess I'm starting to believe all those dumb blonde jokes." A few hours later, the blonde came to the door to collect her money. "You're finished?" the startled husband asked. "Yes" the blonde replied, and I even ad paint left over so I gave it two coats." Impressed, the man reached into his pocket for the \$50 and handed it to her along with a 410 tip. "Thank you," the blonde replied, "and by the way, it's not a Porsche, it's and Audi"

Student Says He's Too Smart For First Grade. Then This Happens.

A first grade teacher was having trouble with one of her students. One day she asked Johnny what his problem was he replied, "I'm too smart for the first grade, my sister is in the third grade and I'm smarter than her too." The teacher took him to the principal's office and explained the situation to the principal. The principal told her that he would give Johnny a test, and if he failed to answer one question he would have to go back to the first grade and be quiet. The teacher and Johnny both agreed.

Principal: "What is 3 x 3?"

Johnny: "9."

Principal: "6 x 6?" Johnny: "36."

And so it went on like this, the principal asked him every question a third grader should

know. Finally after about an hour he told the teacher "I see no reason Johnny can't go to the third grade, he answered all of my questions right."

The teacher asked if she could ask him some questions. The principal and Johnny agree.

Teacher: "What does a cow have 4 of that I only have 2 of?"

Johnny: "Legs"

Teacher: "What do you have in your pants that I don't have?"

The principal gasps but before he can stop him from answering Johnny says, "Pockets."

Teacher: "What does a dog do that a man steps into?"

December Sudoku

Difficulty level: medium.

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





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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
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- Travel Agent
- Veterinarian
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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

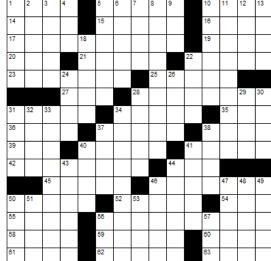
private investment would be sufficient.

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

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
- Statement
- Mountain crest
- 7. A romantic meeting
- 8. In an inane manner
- 9. Record (abbrev.)
- 10. Loudness
- 11. Slept through the alarm
- 12. Adolescent
- 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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Browns Automotive			
Largo Automotive Repair, Inc	727	-584-016	36
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Heath Sullivan	517	-262-684	44
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Chambers Specialties, Inc.	727	-443-722	22
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BathMasters	727	-333-790	97
BEAUTY SALON	. , _ ,	000 700	,
Debbie's Salon	727	-586-284	12
Marti's Hair Salon	727	-219-520	36
CABINET REFINISHING Electro-Glo Inc	727	-556-070	า1
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Doll Brothers Carpet/Upholstery Clnrs	727	506 22	10
CHIROPRACTOR	. 121	-390-22	+3
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CLEANING/INTERIOR	. 1 2 1	-301-27	' +
A Happe Cleaning & Services	727	_260_101	24
Kathy's Cleaning Service	727	'_801_102	16
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Largo Tech Services, LLC	727	17/ 120	25
Largo recir Services, LLC	. 121	-414-420	J





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Sunday	Monday	Т
,	,	10 AM Shuffle Practic HOA M 7p.m. Happy B Joyce Cu
6	2 PM Dominos 7 7 PM Marble Game 6:30 PM Billiards Shuffleboard Meet- ing, 7 p.m. Pearl Harbor Remem- brance Day	10 AM Shuffle Practic
13	14 2 PM Dominos 7 PM Marble Game 6:30 PM Billiards	10 AM Shuffle Practic
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27	28 2 PM Dominos 7 PM Marble Game 6:30 PM Billiards	10 AM Shuffle Practic

Shangri La

uesday	Wednesday	Thursday	Friday	Saturday
board e Meeting, Sirthday tlip, Lot 65	9:30 AM 2 Coffee and Donuts- Bring Cup and 50¢ 5:30 PM Men's Poker	3 Shuffleboard, Mainlands 4 @ SL, 11:00 a.m. 7:00 PM Bingo	5:30 PM Men's Poker Happy Birthday James Snider, Lot 74	Happy Anniversary Everett and Jan Northcutt
8 board e	9:30 AM Coffee and 9 Donuts-Bring Cup and 50¢ 5:30 PM Men's Poker Happy Birthday Mary Esther Smith, Lot 51	Shuffleboard, SL @ Bay Ranch, 11:00.m. 7:00 PM Bingo	5:30 PM Men's Poker Happy Birthday Raymond Warren, Lot 159	Happy Birthday Bill Maher, Lot 123 & Gary Fugate, Lot 67
board e	9:30 AM 16 Coffee and Donuts- Bring Cup and 50¢ 5:30 PM Men's Poker	17 Shuffleboard, EBO @ SL, 11:00 a.m. 7:00 PM Bingo	5:30 PM Men's Poker	19
22 board e irthday ibby, Lot 14 & Martin, Lot 121 Day of Winter	9:30 AM 23 Coffee and Donuts- Bring Cup and 50¢ 5:30 PM Men's Poker	7:00 PM Bingo Christmas Eve	5:30 PM Men's Poker	26
	9:30 AM 30		Cirristilias	Taniha ny 2016
board e	9:30 AM 30 Coffee and Donuts- Bring Cup and 50¢ 5:30 PM Men's Poker	7:00 PM Bingo Happy Birthday Tony Combs, Lot 12/31 New Year's Eve		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

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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Did you know that December is also...

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.



Computer Science Education Week, Dec. 7-13. Computer science opens doors for students. Learning even the basics will help in virtually any career. Just as we teach schoolchildren how electricity works, every 21st-century student should have a chance to learn what computers do and how they do it.

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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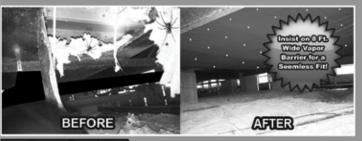


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Eugene Langston	\$5	Buggin Out Termite & Pest Control
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Zoe Ryan-Mersmann.	\$5	E & E Gliddon Air Conditioning, Inc.

winners are:		
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Hubert Cruse	\$5	Knoblach Hearing Care, Inc.
Jessie Owens	\$5	Debbies Salon
Ronald Cirincione	\$5	Bob's Appliance Repair
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AVOIDING SEASONAL ILLNESS

all brings about cooler weather. Riding on the coat tails of seasonal changes are some nasty germs that can cause mild to severe colds and flu in people of all ages. Seniors are especially at risk.

The flu vaccination is highly recommended for seniors to prevent contracting that virus. Even after vaccination some people may get the flu, though symptoms are not as severe as they can be without the vaccine. While there is no vaccination for the common cold, there are ways to decrease your chances of catching colds as well as the flu by educating yourself on prevention methods and practicing due diligence when putting your knowledge to work.

The most important factor in preventing and battling bacteria and viruses is to wash your hands frequently. The Centers for Disease Control advises washing hands for 20 seconds longer than you normally do, with warm, soapy water.

It is also important to maintain a healthy immune system. A diet containing whole grains, fresh fruits and vegetables is key. Physicians may recommend vitamin supplements to keep the immune system healthy. Foods that help boost your immune system contain high levels of vitamin C, which produces antibodies that fight infection. Include choices such as red, yellow, and green peppers, pineapples, oranges and kiwis in your daily diet.

Sleep is critical to maintain vital immune systems. Experts recommend 7-8 hours of sleep per night for optimum results. Indulge in daily naps to give your body the quality time it needs to rejuvenate.

Fluid consumption keeps the mucous membranes in your nose and lungs hydrated, which deters germs from becoming active in those places. Vitamin A can help maintain moisture of the mucous membranes in your nose and mouth, as they are often the first line of defense against infection.

Putting these methods into practice in your daily life can help you maintain overall good health and hopefully limit your susceptibility to seasonal illnesses.



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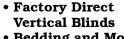
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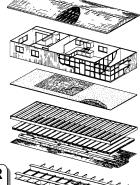
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5 WAYS TO HAVE A HEALTHIER HOLIDAY

By Elissa Rodrigues - Monthly Media Staff Writer

appy Holidays, readers! Is it just me or did the holidays sneak up on us this year? Santa was in the malls before Thanksgiving, and Black Friday sale ads started especially early this year, urging shoppers hit the stores with a vengeance. (I don't know about you, but no amount of money saved could convince me to get near a mall the day after Thanksgiving. I'd rather shop online on Cyber Monday in my pajamas!) Even with all the hoopla, I love the holidays. It's such a festive and fun time of year, but along with all of the celebrating and parties, the extra holiday pounds can creep up.

Studies show that the average American consumes about 4,500 calories and 229 grams of fat eating a traditional Thanksgiving dinner, which usually means a 1 to 2 pound weight gain over the holidays. For most Americans, those extra pounds become permanent baggage that only adds up over the years.

If you're anything like my family, we had way too much Halloween candy left over, and thankfully I sent it to work with my husband. Then, Thanksgiving rolled around, and as thankful as I was for this year's blessings, a buffet full of food is dangerous thing for a pregnant woman, so I did my best to pick healthy choices that day and at upcoming holiday parties. Below I wanted to share some of my tips, found on WebMD, since the holiday party season is in full swing!

- 1. Grocery Shop Smart for the Holidays Plan your menu to include plenty of fruits, vegetables and lean meats, seafood, whole grains and low-fat dairy. When cooking, go easy on adding butter, nuts, cheese, cream sauces, gravy and whipped cream.
- 2. Roast or Grill for Rich Flavor and Fewer Calories Luckily we live in Florida, so grilling is a year-round option for us. Roasting or grilling meat, seafood, vegetables and potatoes is a simple, low-cal cooking style that brings out the natural flavor in foods.
- **3. Spritz Your Drinks** The last thing you want to do is drink your calories! Eggnog and other holiday beverages usually contain hundreds of calories, so do your guests and yourself a favor and offer diet soda, sparkling water with a splash of fruit juice, or low-calorie punch.
- **4. Shave Calories with Simple Swaps** "Simple swaps of lower-fat ingredients are easy ways to save calories and no one will even notice the difference," says Cheryl Forberg, RD, nutritionist for the TV show "The Biggest Loser." Use chicken stock, fat-free yogurt, light cream cheese, low-fat milk in place of high-fat ingredients, and substitute non-fat yogurt or applesauce for oil in baked goods. It's delicious!

...continued on page 34

5. Scan - and Move - to Avoid Holiday Weight Gain - In anticipation that you'll be eating and drinking more than usual, try to trim your calories in the days leading up to the big feast or a party. Also, try to fit in fitness everyday, even if it's a walk in-between dinner and dessert. Resist the urge to go back for seconds or thirds and instead wait 20 minutes for your brain to register that you're full. If you still feel hungry, drink a glass of water or reach for more vegetables to fill up.

By following some of these practical tips, your waistline will thank you later, and you'll feel less guilty once the New Year's celebrations are over. Think of it as getting a head start on your New Year's Resolution to be healthier in 2016! For the full ten health tips from WebMD, please visit http://www.webmd.com/diet/healthy-holiday-eating-10/holiday-foods-diet.

From our family at Monthly Media to yours, we wish you a very happy and safe holidays, and we look forward to serving you in 2016. Cheers!



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n a road trip, Jim and his wife, Carla, stopped at a diner for lunch. When they finished, they got back on the highway.

Twenty miles later, Carla suddenly said, "Wait! We have to go back! I left my sunglasses at the restaurant!"

Jim was angry at the delay, and got more upset when he couldn't find an exit for another 15 miles. He complained to his wife for the entire 35 miles back to the diner. Carla stayed calm as they made their way down the highway back to the restaurant.

Finally they arrived. Carla jumped out of the car to get her sunglasses.

"Wait!" Jim opened his door. "While you're in there, ask if they've got my wallet!"

THE LAZIEST SOLDIER

n Army sergeant addressed his platoon. "I've got a very simple job for the laziest soldier here. If you think you're lazier than anyone else here, step forward."

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"What's the matter with you, soldier? Do you think you're better than anyone else here?"

"No, sergeant!"

"Then why didn't you step forward?"

"Too much trouble, sergeant!"

A HARD BARGAIN

man driving down a country road spotted a beautiful horse in a farmer's pasture. He got out and knocked on the farmhouse door. When the farmer came out, the man said, "I'd like to buy your horse."

"Well, he don't look so good," the farmer said. "I don't think you want him."

But the man was insistent. "I'll give you \$1,000."

The farmer hesitated. "I hate to take advantage of you, mister. Like I said, he don't look so good."

"I'll give you \$5,000!"

The famer agreed, and the man sent a horse van out to the farm later that afternoon.

The next day the man came back. "You cheated me! That horse is blind!"

The farmer shrugged. "I told you he don't look so good, didn't I?"

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*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.



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EVENTS & PROGRAMS

CRAFT SHOW, East Bay Oaks, 601 Starkey Road, Largo. Saturday, Dec 5th from 8-2. Also Bake Sale, Basket Raffle. & Hot Lunch Available.

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

La Plaza MHP Carport Sale 6700 150th Ave. N., Clearwater, FL 33764, Saturday, December 12th 205, 8am-1:00pm

ANNUAL FLEA MARKET - HAND CRAFTED ITEMS, RAFFLES, BAKE SALE, AND GAMES. THE KITCHEN WILL BE OPEN FOR SNACKS. SATURDAY DEC. 5TH. 8AM - 1PM TEAKWOOD VIL-LAGE WEST LOCATED AT 800 MISSOURI AVE N., LARGO.

December 12, 2015 9am-2pm AN-NUAL CRAFT FAIR. Village Green MHP Clubhouse. 2001 83rd Ave. N. St. Petersburg. Free Raffle and Lunch available. CARPORT SALE, Sat. Dec. 5th, 8am-1pm. Park Royale MHP, 10611 66th St. N. Look for balloons.

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ARTICLES FOR SALE

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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

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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