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February 2018

Issue 12 41st Year

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FORECASTER EDITOR & CALENDAR: Sandie Reid, toyclown@tampabay.rr.com, 527-0186

FORECASTER STAFF: Debbie Gottardi, Terri Mottl

SUNSHINE LADY: Nancy Hubartt, 7272 Mt. Essex Drive, 525-0571 WELCOME COMMITTEE: Gail Jones, 7229 Mt. Piney Rd., 525-7174

VISITATION CHAPLAIN: Lainey Nelson, 577-4185

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) Chrissy Brush, Admin. Asst.	Paula	Gerry Zebley
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Social Activities

AMERICANA COVE ASSN. (ACA) CLUB & ACTIVITY LEADERS

Christine Goble, Presidents Sue Wagner, Vice President Frank Holbrook, Treasurer Marge Shearer, Secretary Claire Mosakowski, Music Coordinator

OLD TIMERS YOUNG AT HEART

Kathy Laramee, President Joan Miller, Vice President Betty Chase, Secretary Gail Jones, Treasurer Maureen Saint-Guillen, Membership

AMERICANA COVE ASSN. (ACA) CLUB & ACTIVITY LEADERS

DINUU	
BOAT CLUB	Ted Meljac
BOOK CLUB	Jill Moe
BRIDGE (Duplicate)	Don Delzell
BRIDGE (Luncheon)	Linda Cook
COMPUTER CLUB	Mark Nixon
CRAFTERS CLUB	Ann Marie Moretti
CRIBBAGE	Donna Tanner
CUE CLUB	Ron Miller
DOMINOES	Anita Lambert
GARDEN CLUB	Gail Jones
HELPING HANDS	Joyce Clark
	•

HOBBY SHOP	Derek Woodhead
LAND EXERCISE	Daisy Dean
LIBRARY CLUB	Jill And Greg Moe
LIVE MUSIC	Claire Mosakowski
PAR SEEKERS	Paul Line
PINOCHLE	
RED HAT CHILIES	Adele Seaman
RUG BRAIDING	Carol Deatherage
SHUFFLEBOARD CLUB	Greg Moe
SWIM EXERCISE	
VESPERS	2

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Prayer

By Martha Sutton

Loring and Gracious God, we thank You and praise You for the year just ended. We have been blessed in so many ways it is difficult to name them all. As we face the new year we think of 'New Year Resolutions'. In Paul's letter to the Galatians 5:22-23, he lists: "Fruit of the Spirit. They are: Love, Joy, Peace, Long suffering, Gentleness, Goodness, Faith, Meekness and Temperance. How is that for a challenge! How about picking one a month? That would takes us through September. We all know that the greatest of these is Love. That would be an excellent beginning. May the Holy Spirit help us this month. Amen.

President's Message

By Mark Nixon

The Manager's Role

mericana Cove employs a highly-qualified professional community manager, and we think residents should know what the manager has—and has not—been hired to do. The manager has two primary responsibilities: to carry out policies set by the board and to manage the association's daily operations.



Some residents expect the manager to perform certain tasks that just aren't part of the job. When the manager doesn't meet those expectations, residents naturally are unhappy. Since we want you to be happy, we're offering a few clarifications to help you understand what the manager does.

- The manager is trained to deal with conflict, but she will not get involved in quarrels you might be having with your neighbor. However, if association rules are being violated, the manager is the right person to call.
- While the manager works closely with the board, she is an ad visor—not a member of the board. Also, the manager is not your advocate with or conduit to the board. If you have a concern, send a letter or e-mail directly to the board.
- Although the manager works for the board, she is available to residents. That doesn't mean the manager will drop everything to take your call. If you need to see the manager, call and arrange a meeting. If a matter is so urgent that you need an immediate response, call the association office number or 911.
- The manager is always happy to answer questions, but she is not the information officer. For routine inquiries, like the date of the next meeting, please read the newsletter or check the association website at www.americanacove.com.

...continued on page 6

• The manager is responsible for monitoring contractors' performance, but not supervising them. Contractors are responsible for supervising their own personnel. If you have a problem with a contractor, notify the manager, who will forward your concerns to the board. The board will decide how to proceed under the terms of the contract.

- The manager inspects the community regularly, but even an experienced manager won't catch everything. Your help is essential. If you know about a potential maintenance issue, report it to the manager.
- The manager does not set policy. If you disagree with a policy or rule, you'll get better results sending a letter or e-mail to the board than arguing with the manager.
- The manager has a broad range of expertise, but she is not a consultant to the residents. Neither is she an engineer, architect, attorney or accountant. The manager may offer opinions, but don't expect technical advice in areas where she is not qualified.
- Although the manager is a great resource to the association, she is not available 24 hours a day—except for emergencies. An association emergency is defined as a threat to life or property.

Manager's Message

By Jane Jarlenski

elcome- I would like to welcome all the newly elected board members and say that I look forward to working with you.

Pool Closed – The swimming pool will be closed on Wednesday, February 7th for repairs.

<u>Budget Adoption</u> – Certificate Holders will be voting on the 2018/2019 Budget on Wednesday February 21st at 7:00 PM.

<u>Cove History</u> – Founder's Day is March 24th. I want to try to determine which resident has lived here the longest. If you have lived in Americana Cove or Mobel Americana for many years, I'd like to hear what the park was like when you moved here. I invite you to write a brief description of what Cove Life was when you settled in and we'll share some of those comments during the Founder's Day Celebration.

<u>Walkers</u> – Please wear light color clothing and carry a flashlight when you walk in the dark. I have had several residents tell me they almost hit someone while driving in the early morning.

<u>Parking</u> – Remember, parking is not permitted on the vacant lots or on the street. That is all I have for this month.

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Carol Zapiecki, Clearwater, FL



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George Lordstrom, Saint Petersburg, FL



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ACA News

By Christina Goble

Tust a thank you to all who attended our New Years Eve party, it was small but fun was had by all.

Dates to remember:

Club Presidents Meeting February 6, 2018 at 10 AM in the Atrium.

ACA Luncheon February 7, 2018 at Noon in Clubhouse.

White Elephant Table Captains and Helpers meeting March 1, 2018 at 6 PM in Clubhouse.

White Elephant setup March 2, 2018 and 8 AM donuts and lunch will be served.

White Elephant Sale March 3, 2018 doors open to the Public and 9 AM

ACA, wishes everyone a Healthy, Happy New Year and we look forward to another good year.

Old Timers Young At Heart

By Betty Chase

Retirement is great! The holiday season was filled with many celebrations with friends and family. There are many coming events to keep us as busy as we wish to be! The Old Timers are in full swing with two luncheons a month on the second and fourth Wednesday of the month. Everyone is invited to come enjoy the fellowship with your neighbors. We begin at 12 noon sharp and play some bingo after a brief meeting. Big thank you to all that donate desserts and help to keep this social activity a success. Also the aluminum collectors, coffee maker, officers, 50/50 committee, cake cutters bingo callers, and on and on! Don't forget the people that prepare and serve a luncheon for us. We need them to keep this affair a continuing success! Please contact President Kathy Laramee if you or your organization would like to help in the kitchen. It would be gratefully appreciated.

Cue Club News

By Ron Miller

The Cue Club's Brews and Bratz I hope was a hit for everyone who participated. This report is written in December of last year. I sure hope that everyone had a good time. This year save the date for that event on Feb 3, 2018. We're selling 200 tickets, so buy early to share in good food and community togetherness. I am sure the Super Bowl went well as in the past and I hope your team won. Happy to report that teams are moving right along and the season will be over at the end of February. The next meeting for the Club will be Mar 5, 2018 at 6:30.

Sunshine Report for February 2018

Nancy Hubartt

Nursing Homes

Bon Secour Maria Manor Mary Boyd



- 01 Bob Johnson 02 Mary Lou Pribesh
- 02 Joe Barratiere 02 Susan Galligan
- 03 Pat Schmidt
- 03 Gery Hart
- 03 Lynnea Mathews
- 03 Polly Hayes Kuizel 06 Arlene Georgina
- 07 Jan Ernst
- 08 Ronald W. Miller
- 11 Beverly Hamel 11 Mark Curtis
- 11 Mike Guiler
- 12 Beverly Park
- 13 Ralph Laidlaw
- 13 Janet Pendino
- 13 Gail Hardin
- 14 Marge Lang
- 14 Terry Campbell 14 Bob Potter
- 16 Ann Rowley
- **February Anniversaries**
 - 06 Shirley & Tony Giaquinto 07 Melissa Adams & Mike Guiler
 - 09 Janice & Gerry Zebley
 - 13 Pam & Richard Lord
 - 14 Cathe & Joe Golf
 - 23 Sarah & John Mattson
 - 28 Patricia & Rodney South

- 16 Rebecca Terpstra
- 17 Anthony Boccarossa
- 17 John Mattson
- 19 Bob Siebert

- 20 Linda Pizzano
- 20 Patricia Whitlock
- 21 Joe Leland
- 22 Joan Irwin
- 22 Peggy Church
- 23 Pat Ruedy
- 23 Virginia Dollinger
- 24 Jack Young
- 24 Susan Eaton
- 24 Jane Sockrider
- 24 Pat Perry
- 25 Bill Moretti
- 26 Bob Woodford
- 27 Ann Evans
- 27 John Karam
- 28 Barry Barratiere
- 28 Diane Barnum
- 29 Linda Cook



26 years

14 years

15 years

19 years

2 year

31 years







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Terri's Horoscope for February 2018

By me, Terri Mottl

ARIES(03/21-4/19) Your internal war between independence and togetherness creates havoc with family and friends this month. Better make up your mind or drag out the boxing gloves!

TAURUS(04/20-05/20) Your in a decorative and improvement frenzy of creative activity, but keep in mind that you need Board approval....no orange and purple siding, please!

GEMINI (05/21-06/20) Nobody like to take a class as much as you, Gemini, but if you're honest, you're running out of options. Maybe it's time you share what you've learned and give one!

CANCER(06/21-07/22) If there's a Scorpio in your life, put on your seat belt. Harmony one minute, discord the next. Take heart, it will be worth the ride.

LEO(07/23-08/22) Thinking of moving? You need a change and a change is definitely coming. Whether it's a change of address or a change of heart, you're on the right road.

VIRGO(08/23-09/22) You're a Virgo, I get it, but even a Virgo needs a break from organizing the neighborhood and the whole world. Ever hear of a spa?

LIBRA(09/23-10/22) Don't let that obligation you agreed to get in the way of your playful mood. You can mix altruism with self interest and keep the whole kit and caboodle happy.

SCORPIO(10/23-11/21) There's thorns on those roses, but you don't have to bleed! Family and friends are bent on weeding it up for you this month. Grab your shears and prune that garden.

SAGITTARIUS(11/22-12/21) Don't jump the gun but don't wallow in your own mire either. Tread slowly, but do keep treading forward.

CAPRICORN(12/22-01/19) It's "Money Matters Month". Don't over spend. Build your nest egg. Pay your bills. Say, "Yes, mom!".

AQUARIUS:(01/20-02/18) It seems like, "Gimme, gimme, gimme" is your motto this month, and if you play your cards right, the universe will respond with, "Yes, yes, yes"!

PISCES(02/19-03/20) Polish your "can-do" attitude and anything can happen. Work alone, work with others......just work it, baby, work it.























Vespers News

By Martha Sutton

Te have passed the halfway point in our season and what a wonderful season we have had so far. Our final service will be the Easter Sunrise at 7 am. April 1st.

Volunteers are needed for hostessing in February and March, weekly or monthly which ever is convenient for you. Please sign up to help in this capacity, help is available if you haven't done this before.

Nancy McKay-Hill continues to get our speakers each week. If you know of a pastor you'd like to come, please contact her and she'll make arrangements.

There was a nice response to the purchasing of poinsettias in December. Thank you all for making the Atrium so pretty and then donating 14 plants to shut-ins. Following is the list of those who purchased in memory of loved ones.

Mom & Dad

Mom & Dad

Tony Field

Our Parents

Donald Harris

Ronald Lightle

Vito & Mary Giaquinto

Florence & Bud Shearer

Family & Loved Ones

Virginia & Manley Curtis

Father, Walter Neal

'T' & Helen Wright

Barbara Magada, Marion & Paul Glaude

Brother, Ed & Sister in law, Rita Fairchild

Chuck MacDonald

Mike Walsh

Tony & Shirley Giaquinto

Betty & Jim Chase

Marge Shearer

Barbara Field Betty Humphreys

Tom & Nita Lambert

Claire & Ed Mosakowski

Joan Miller

Nan Olney

Lillian Harris

Nancy Hill

Janice Franklin

Arlene Harmon

Carol Durfey Kathy Laramee

Bob & Joe Lynn Leland

Sandy & Tom Shouse

Beloved Family

John Hill

Family members

Ronald Durfey

Shouse & Wroblewski families

Pastors for February

February 4 - Rebecca Lehman, Methodist

11 - John Ekers, Wesley Memorial United Methodist

18 - Brent Anderson, Retired Methodist & Park Resident

25 - Dan Lehman, Methodist







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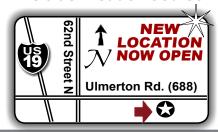
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Boat Club News

By Jill Moe

mericana Cove Boat Club enjoyed their fun-filled Christmas Party with a Yankee Exchange, lots of laughs and good swapping, and a fabulous spread of great food. Thanks to everyone's generosity, canned donations were given to CASA.

Sixteen boats "paraded" around American Cove canal amid applause, good season wishes, Christmas carols, followed by an after- parade gathering of great food donated by Irene. Awards for the most outstanding boats were given to 1st Place-Harold Franck and Nan Krueger, 2nd Place-Dennis Deatherage, and 3rd Place-Jeff and Toni Jones.

Due to the cold weather Pat Ley reported there was no full-moon kayaking on January 2. The next kayak adventure will be January 31 at 5:30 PM. Contact Pat Ley for more information 727-527-3561.

Be sure to mark your calendar for the Boat Club Island Bash on March 10, 2018. Tickets are \$15.00; beer, wine, cola, and water will be available. Doors will open at 5 PM, dinner will be served at 6 PM and The Island Boys Steel Drum Band will entertain. Contact Jolee Rengo 727-204-4415 for more information.

Next Boat Club meeting will be February 10, 2018, 10 AM in the Atrium; membership is \$10.00. Looking forward to seeing you there!

To All The People Who Survived The 1930's, 40's, and 50's!!

- First, we survived being born to mothers who may have smoked and/or drank while they were pregnant.
- They took aspirin, ate blue cheese dressing, tuna from a cans and didn't get tested for diabetes.
- Then, after that trauma, we were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints.
- We had no childproof lids on medicine bottles, locks on doors or cabinets, and when we rode our bikes, we had baseball caps not helmets on our heads.
- As infants and children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes no brakes..
- Riding in the back of a pick- up truck on a warm day was always a special treat.
- We drank water from the garden hose and not from a bottle.
- We shared one soft drink with four friends, from one bottle, and no one actually died from this.
- We ate cupcakes, white bread, real butter, and bacon. We drank Kool-Aid made with real white sugar. And we weren't overweight. WHY? Because we were always outside playing...that's why!

...continued on page 18

• We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day... And, we were OKAY.

- We would spend hours building our go-carts out of scraps and then ride them down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.
- We did not have Play Stations, Nintendo's and X-boxes. There were no video games, no 150 channels on cable, no video movies Or DVDs, no surround-sound or CDs, no cell phones, no personal computers, no Internet and no chat rooms.
- WE HAD FRIENDS and we went Outside and found them!
- We fell out of trees, got cut, broke bones and teeth and there were No lawsuits From those accidents.
- We would get spankings with wooden spoons, switches, ping-pong paddles, or just a bare hand and no one would call child services to report abuse.
- We ate worms and mud pies made from dirt and the worms did not live in us forever.
- We were given BB guns for our 10th birthdays, 22 rifles for our 12th, rode horses, made up games with sticks and tennis balls, and-although we were told it would happen-we did not put out very many eyes.
- We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them.
- Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!
- The idea of a parent bailing us out if we broke the law was unheard of... They actually sided with the law!
- These generations have produced some of the best risk-takers, problem solvers, and inventors ever. The past 60 to 85 years have seen an explosion of innovation and new ideas.
- We had freedom, failure, success and responsibility, and we learned how to deal with it all.

Swim Exercise News

By Nancy Olson

ello everyone! January started out to be a very cold month and as I am writing this article we have not been able to swim any day this month yet due to the morning temp being below 60. Warmer days are ahead of us for sure!! We introduced our 5th swimming tape

called "Senior Splash" during January and are all learning together! This tape focuses very much on stretches and balancing. We also celebrated together with a champagne toast and fruit (after swimming of course!) to bring in our new year!!! I will be gone on a cruise from Feb. 3-10 and in my absence my subs Maureen, Diane, Sue and Susie will be helping out. Thanks very much to these ladies!!!! Please note there will be NO SWIMMING on Wed. Feb. 7. The pool

needs some routine maintenance and will be closed for the day to get this done. Happy Valentine's Day to all!!!!!

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Sunday	Monday	7
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11 12 13 14 15 16 17		
18 19 20 21 22 23 24		
25 26 27 28 29 30 31		
1pm Shufflers Horse Collar 450pm Vespers(A) 530pm Duplicate Bridge 6pm Cards 615pm Duplicate Bridge 630pm Open Play Pool	815am Walk off the Lbs 830-920am Lap Swim 920-1020am Pool Ex 130pm K&C for Charity(A) 4pm Prog Rummy(A) 630pm Crafters Club 630pm Bid Euchre 630pm Crafters Food Drive 7pm Mens Cue	815am Wa 830-920ar 920-1020a 10am AC. 2-3pm Sh 3pm Live 6pm Pill F 6pm Prog 630pm Ca 630pm Bi
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Americana Cove

Tuesday	Wednesday	Thursday	Friday	Saturday
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Helping Hands

By Carol Shepard

HEART ATTACKS AND WATER!

This then ties in with the last statement!

w many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night.

Heart Attack and Water - I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor - Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

4444444444444444444

You need your minimum water to help flush the toxins out of your body. Correct time to drink water...Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Most heart attacks occur in the day, generally between 6 AM. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Researchers have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. FYI, Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar)..

Why keep Aspirin by your bedside? It's about Heart Attacks.

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by.-Say "heart attack!" - Say that you have taken 2 Aspirins.

Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!



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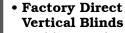
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Walk off the Pounds

By Daisy Dean

i Everybody. It's great to see everyone back and that you decided to start your new year by walking with us. Remember your Health is the most important thing in your life.

Without good Health you have nothing. Being active leads to good Health and walking is your best medicine.

We now have another new TV thanks to ACA. All the walkers really appreciate a bigger screen. Also a Big Thank You to Ron Miller and helper Tom Shouse for all your time and effort in setting it up for us. Also thanks to Mark Nixon for trying to get it to work but sadly we still can't get it running to bring our line dancing back.

Welcome to Betty Penn and Carol who is visiting. Great to have you join us.

Some dates you may want to keep in mind. Our year end party along with Nancy Olson's swimming group is March 28th. We are hosting a luncheon along with Nancy's swimming group April 4th for ACA. We will need servers. Thank You in advance.

Shufflers News

By Dianna Shannon

Late January Entry:

Join your Americana Cove friends & neighbors for Hoss Collar shuffle games.

Sunday, January 28, 1:00 PM – Shuffleboard Courts (be at the courts at 12:50 PM)

Novice and seasoned shufflers will be available for coaching you in the basics of shuffling.

No experience or equipment required. Come join the fun!

Refreshments will be served at the conclusion of the games.

The Shuffleboard Club will be hosting our 2nd Pancake Breakfast (YUM!) Saturday, February 17 from 8:00-11:00 AM in the Clubhouse.

There will be 2 tournaments in February open to all Americana Cove residents. Singles: Saturday, February 3 Doubles: Saturday, February 10 (sign up early) Coffee and doughnuts will be served at 8:30 AM with play starting at 9:00 AM.

Next Meeting: February 7, 2018 at 9:30 AM (Atrium)

Don't forget Valentine's Day to show someone they are loved and appreciated!

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

Does It Pay to Remodel?

Barefoot Realty Group, Brokerage Agent

omeowners often wonder whether to upgrade their existing home and whether the upgrades will result in a higher sales price. The answer to both is yes!

According to floridarealtors.org, the return on investment for an updated kitchen averages about 60% and for a bathroom remodel the return is approximately 68%. The organization notes that the best improvements a home seller can make is replacing the roof, A/C system, electrical and plumbing as new buyers appreciate the value of these items. "Nothing can break a deal quicker than knowing the buyer is going to have to replace the roof within 30 days of purchasing the home," explains Broker Marty Pozgay.

Almost every buyer does a home inspection prior to purchasing, so upgrading aging systems such as roof, A/C, electrical and plumbing is extremely important if the owner wants to fetch close to list price for the home. In fact, it is advisable for a seller to have their own home inspection to determine if any major items require repair or replacement prior to putting the home on the market, says Pozgay.

According to Remodeling Magazine, curb appeal can really increase value as it notes that landscaping can return up to 150% on investment. "It's surprising what nicely trimmed bushes and flowers can do to enhance a home," noted Pozgay. "It seems so elementary, but when a home looks inviting, then buyers get excited about seeing it.

Since almost everyone at Americana Cove has flower beds or decorative bushes in the front or alongside their home, it makes financial sense to keep beds looking well kept. "It not only helps with resale of the home, but makes the community look nice, too," says Pozgay.

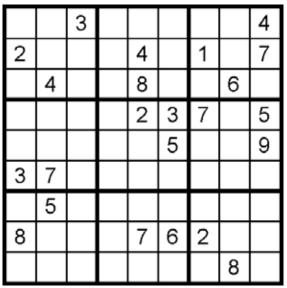
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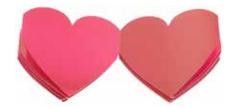
By Terri Mottl

ave gum, will travel! Gum is for airplanes...hop on one! Find tropical breezes and banana plantations. Ride a horse on a sandy beach at sunset! Eat pineapples and jerk chicken! Dance all night to reggae or calypso; Pina Colada sweating down your arm in the moonlight....who doesn't love the pounding, pulsing beat of, "I'm Feeling Hot, Hot, Hot"? Feed stingrays and swim with dolphins. Leave your puppies home to shake and shiver with me, and don't forget to cart home a whole collection of wooden carvings, straw hats, and the ever popular rum cake! Go on, now, scat!!!

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February Sudoku





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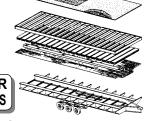


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Did you know that February is also...

Black History Month. This monthlong celebration of the accomplishments of African Americans throughout history began in the early 20th century as a result of the efforts of Dr. Carter G. Woodson and the organization he founded, The Association for the Study of African American Life and History.

National Children's Dental Health Month. Highlighting the practices and benefits of good oral hygiene and their effect on health and well-being. The theme of the American Dental Association's 2018 campaign is, "Brush your teeth with fluoride and clean between your teeth for a healthy smile."

Creative Romance Month. Not big on candy and flowers? Plan the perfect rendezvous with your valentine. Consider an overnight stay at a bed and breakfast, a day hike at a scenic location, or a romantic movie marathon. Let love inspire your imagination to express what's in your heart.

Great American Pie Month. What better way to spread love and happiness than with a freshly baked pie? It doesn't matter if it's sweet or savory. If February has you snowed in, you've got plenty of time to perfect your crust-making and lattice-weaving skills.

Burn Awareness Week, Feb. 4-10. The American Burn Association devotes the first full week of the month to raising awareness and education about safety issues in an effort to prevent burns.

International Networking Week, Feb. 5-9. The first business week of February is a time for members of businesses, communities, and governments to meet, exchange ideas, and forge partnerships.

National "Wear Red" Day for Women's Heart Health, Feb. 5. Heart disease is the No. 1 killer of women in United States. Raise awareness of heart health issues and disease prevention by wearing something red on this day.

World Radio Day Feb. 13. Before social media, podcasts, or cable television, families gathered around the radio to listen to news of the world, popular music, and radio plays. This day marks the anniversary of the United Nations international broadcasting service established in 1946.



National Tell a Fairy Tale Day, Feb. 26. Some have morals that help guide our actions and others are filled with magic where goodness triumphs. Reread a classic, share your favorite with a group, or discover a new one on this day.

ACROSS

- 1. Double agents
- 6. As a result
- 10. They come from hens
- 14. Beautify
- 15. Hindu princess
- 16. Flame
- 17. Tropical vine
- 18. Wings
- 19. A Roman deity
- 20. Communicable
- 22.1111
- 23. Do-it-yourselfer's purchase
- 24. Terrapin or tortoise
- 26. Self-centeredness
- 30. Breakfast bread
- 32. Bacterium
- 33. Ancient Biblical kingdom
- 35. Run off to marry
- 39. Klutzy
- 41. Metric unit of area
- 42. Kidney-related
- 43. Tale
- 44. Bronzes your skin
- 46. Stars
- 47. Hebrew unit of dry measure
- 49. Tenant
- 51. Orbital high point
- 54. Fellow
- 55. Formal dress
- 56. Vote
- 63. Largest continent
- 64. Double-reed woodwind
- 65. Not tight
- 66. A hole for the escape of gas or air
- 67. Colored part of an eye
- 68. Aromatic compound
- 69. Border
- 70. Not a single one
- 71. Not those

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DOWN

French Sudan

- 2. Chief Norse god
- 3. A unit of bread
- 4. Sea eagle
- 5. Light informal meals
- 6. Attribute
- 7. Angelic headgear
- 8. A Central American sloth
- 9. Afternoon snooze
- 10. Easy
- 11. A very tall fellow
- 12. A thin porridge
- 13. Detect

- 21. An indefinite period
- 25. Utilizer
- 26. Auspices
- 27. Lady's man
- 28. Chocolate cookie
- 29. Make pregnant
- 30. Pentateuch
- 31. Portent
- 34. Information
- 36. Burden
- 37. Sheet of glass
- 38. Otherwise
- 40. Sort

- 45. Aspersion
- 48. An opiate
- 50. Lace place
- 51. Sisal
- 52. Modeled
- 53. Being in debt to
- 54. Fliers in V's
- 57. A river in Spain
- 58. Stab or thrust (archaic)
- 59. Nibble
- 60. Lavish affection (on)
- 61. Purposes
- 62. No more than



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Can beet juice keep your brain young?

Beet juice may keep your brain young and fit, according to an article on the Runner's World website. The article cites a study reported in the Journal of Gerontology: Medical Sciences that found that a shot of beet juice an hour before exercise can have positive benefits to brains as they get older.

In the study, 26 sedentary men with an average age of 65 participated in six weeks of exercise. Some took daily shots of beet juice; others received a placebo. The participants walked on a treadmill three times a week for six weeks, building up to 50 minutes per session at increased effort. Comparing MRIs from before and after the trial, researchers found that the group that drank beet juice had significantly higher levels of "community consistency" within their brains.

The nitrate in beet juice, which converts to nitrite and then nitric oxide in the blood, has a strong positive affect on responsiveness in blood vessels, which in turn can increase the amount of oxygen reaching the brain and boost aspects of cognitive function.

Make sure drinking glasses are safe

ake a look in your kitchen cabinet at your drinking glasses. Do you have decorative glasses for water, wine, beer, or whatever you drink during the day? They may be hazardous to your health.

The Medline Plus website reports that researchers at the University of Plymouth in the United Kingdom analyzed more than 70 new and used drinking glasses and found that seven out of 10 tested positive for lead or cadmium—both toxic metals.

Lead was found in all colors and goldleaf designs. Cadmium was found in the highest concentrations in red enamel.

Lead in children's bodies can cause growth and developmental difficulties. Cadmium can cause cancer. Studies have also linked it to bone softening and kidney problems.

Keep deadly chemicals out of your body

The list of chemicals that can cause cancer is intimidating, and keeping them out of your food can seem like an impossible task. The Fox News website, though, offers these tips for keeping your food and water free of toxic chemicals:

- Buy a water filter. A good filter can remove many cancer-causing chemicals.
- Eat organic foods. You'll cut your exposure to pesticides and other chemicals and support an industry that doesn't pollute the environment.
- Bring your own mug. Foam cups from most coffee shops contain styrene, which gets pulled out when in contact with hot liquids. Take your own travel mug when you go out for coffee, tea, or other hot beverages.

A child's interpretation

The children had just learned the story of Adam and Eve in their Sunday school class and were drawing pictures in the time that was left about the day's lesson. The teacher walked around the room smiling and nodding, but grew puzzled when she reached Kevin's desk.

"What's this?" she asked looking over his picture of three people in a car.

"That's Adam and that's Eve," Kevin explained pointing to the stick figures in the back seat. He pointed to the figure behind the wheel and said, "And that's God driving them out of the garden."

Who's there?

man answered a knock at his door and found a giant cockroach standing on his porch holding a pie. "Can I help you?" The man asked.

The roach threw the pie in the man's face and ran away.

The next day, the man encountered the same roach on his porch. Before he could say anything, the roach slapped the man in the face and ran off.

When the doorbell rang the following day, the man looked through the peephole and saw the roach standing on the porch holding a bouquet of flowers and an index card with the word "SORRY" scrawled on it.

The man cautiously opened the door. The roach lunged at him, bit him on the arm and ran off laughing.

Worried about the bite the man called his doctor and told him what happened. "Do you think I'll be OK?" he asked.

"I don't know," his doctor replied, "I'd heard there was a nasty bug going around."

Money is a needful and precious thing, and when well used, a noble thing, but I never want you to think it is the first or only prize to strive for. I'd rather see you poor men's wives, if you were happy, beloved, contented, than queens on thrones, without self-respect and peace.

-Louisa May Alcott

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EVENTS & PROGRAMS

BC MART in Briar Creek, 100 Briar Creek Blvd off McMullen Booth! Used goods of all kinds; just a fun place to hunt for all kinds of treasures; just follow the red arrow. Open Wed & Sat 10-Noon!

Gateway MHP Community Sale, Saturday February 3rd, 8am-2pm. 10100 Gandy Blvd. St. Petersburg, 33716

Annual Bazaar - Lincolnshire Estates 1071 Donegan Rd, Largo. Sat. Feb. 3rd 8am-noon. Breakfast and lunch available.

Annual Rummage Sale. Harbor Lights MHP 9191 Baypines Blvd, St Petersburg. Saturday February 3rd, 9am-1pm.

Annual Yard Sale. February 3rd 2018 8am – 11:30am in Crosswinds MHP 4125 Park St. N., St Petersburg. Household goods, furniture, jewelry, clothing, bedding, etc.

Shangri La Annual Garage Sale. Saturday, February 10th 8:00AM - 2:00PM. All kinds of good stuff. 249 Jasper St., off Missouri.

Carport Sale - February 17th, Ranchero Village, Ulmerton Rd., 8am-3pm.

Largo, multi carports sale! Saturday, Feb. 17, Teakwood Village East. 800 Missouri Ave. 8am-1pm. Refreshments in Aloha Hall. Lots of great bargains! Furniture, glassware, jewelry, clothing, household, crafts, and more.

ANNUAL BAZAAR: Feb. 17th, 2018, 9:00am to 1:00pm. Shady Lake Oaks, 15777 Bolesta Rd, Clearwater. Breakfast and lunch available. Hosehold items, furniture and more. 50/50 drawings and raffles.

TRASH TO TREASURE SALE: Serendipity Mobile Home Park, Saturday February 17th, 8am-1pm at 29081 Hwy 19N, East Clubhouse. Bedding, dishes, furniture, appliances, tools, sporting goods, home baked goods, basket raffles, coffee & donuts on the deck, lunch available. Something for everyone. COME JOIN US!

La Plaza MHP Carport Sale. 6700 150th Ave. N., Clearwater. Saturday, February 17th, 8am-1pm.

RUMMAGE - BAKE SALE - DUNEDIN: Saturday, February 17, 2018, 8:00 AM to 2:00 PM, Lake Haven Mobile Home Park - Treasure Cove Clubhouse 1415 Main St. (SR580), South on Lake Haven Road, East into Treasure Cove, watch for signs. Small Appliances, Linens, cloths, funiture, baked goods. Breakfast and Lunch items available.

ANNUAL FLEA MARKET FOUR SEASONS ESTATES, LARGO. Saturday, February 24, 8am-1pm. \$1.00 early bird entry fee 7:30am-8:00am. Furniture, clothes, tools, jewelry, linens, books, homemade baked goods, snack bar, raffles and more. Complimentary golf cart shuttle. 13225 101st Street, Largo, off Ulmerton behind the Largo Mall and Golden Corral.

Colonial Village Flea Market, 2000 East Bay Dr. Sat. Feb. 24, 8-12noon

CARPORT SALE, Sat. Feb. 24th. Clearwater Cascades MHP, 9790 66th St.N., 8AM-12PM.

Carport Sale February 24th East Bay Oaks 601 Starkey Road, Largo. 9am to 2pm

ANNUAL SALE: Saturday February 24th, 8A-1P. Household, clothing, furniture, misc., holiday, bakery, lunch. Bag sale 12 -1. Westwind I and II Clubhouses. 3301 Alternate 19, Dunedin. Enter off County Rd 1 or Alternate 19.

DORAL VILLAGE BAZAAR, Sat., Feb. 24th, 8am-1pm. 29250 US Hwy 19N, Clearwater. Furniture, Clothing, Linens, Books, Appliances, Kitchen Items, Glassware, Jewelry, Baked Goods, Raffles, Donuts, Coffee, and Lunch!

Note: Emporium is 2 pages

MARCH AD DEADLINE - FEBRUARY 10, 2018

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
• 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.

Emporium Continued

February 24th Sugar Creek Annual Carport Sale 8 am-?. 10265 Ulmerton, Largo.

BAZAAR: Saturday, March 3, 2018 Down Yonder 7001 142nd Avenue N, Largo 33771. Special Raffle for New Samsung Galaxy Tablet-10 Paradise Island Annual Flea Market March 3, 2018, 9 AM to 1 PM. Tables available call Marcia 727-953-3616. Over 60 Vendors, food, bake sale and more. Early entry 8am \$1. Caribbean Isles Rummage Sale: March 17th 8-1. Food and baked goods. Tables \$10 two for \$15. Call Brenda 262-331-0030

MARCH AD DEADLINE - FEBRUARY 10, 2018

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

(*		9 0. 000,
Jim Walters	. \$100 .	Imperial Electric
		Dave St. John Mobile Wash & Wax
		Automotivation
Deb Schoenwether	\$10	Donna Burcher - Wagner Realty
Laurence Yannoittl	\$10	Perfect Repair & Construction, Inc.
Alain Richard	\$10	Natures Resource Pest Control, Inc.
Millie Smith	\$10	Royal Enterprises
Pauline Monize	\$10	.Battleline Termite & Pest Control, Inc.
		Ron Wyngarden Mobile Home Washing
Mary Boote	\$10	Doll Brothers Carpet Cleaners
John Rheberg	\$10	Boss Electric Corp.
Ron Teeter	\$10	Dunedin Electric. Inc
Paulina Manahan	\$10	Immaculate & Affordable Cleaning
Karen Hoover	\$10	Rod Runners, Inc.
Thomas Leppaner	\$5	Royal Enterprises
Yvonne D'Angelo	\$5	Jones & Sons Plumbing, Inc
Jim Moore	\$5	Doll Brothers Carpet Cleaners
Chris Shuman	\$5	Appliance Specialty, Inc.
Jill Chambers	\$5	Jones & Sons Plumbing, Inc
Thomas Hylock	\$5	Air Masters of Pinellas, Inc
Bill Steiner	\$5	Boss Electric Corp.
Bernice Wilkinson	\$5 B	luggin Out Termite & Pest Control, Inc.
Willard Johnson	\$5	

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Tom Foley	\$5	Buggin Out Pest Control, Inc.
Jackie Cunningham	\$5	Bobs Mobile Home Washing
Bobbie Smith	\$5	Appliance Specialty, Inc.
Warren Bowman	\$5	Bob's Mobile Home Washing
Kathy Cometto	\$5	Heller's Mobile Home Washing
Mari'Anne Dinsmore	\$5	Buggin Out Pest Control, Inc.
		Bill the Carpet Guy
David Rohraff	\$5	Discount Computer Repair
		Appliance Specialty, Inc.
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Maryanne Matty	\$5	O.E. Wilson Insurance
Bob Ervin	\$5	Recreational Golf Cars
Ray Wisniewsk	\$5	
Kay Weyant	\$5	Dunedin Plumbing, Inc.
Andy Richard	\$5	Jones & Sons Plumbing, Inc
Ida Morris	\$5	Bill the Carpet Guy
Sandra Ravelin	\$5	Ron Wyngarden MH Washing
Darlene Johnson	\$5	Bill the Carpet Guy
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Help somebody

Thile he was serving in the Navy during World War II, an unfortunate accident resulted in the death of several of Thomas Cannon's shipmates. Because Cannon's life was spared, he felt a duty and purpose to be in the service of others.

Over 33 years, Cannon gave away over \$150,000. He made donations to people in his hometown of Richmond, Virginia; most of them had been profiled in the local newspaper. He'd often mail \$1,000 checks to the staff of the paper with instructions about who should receive the money. His charity helped support a local group that volunteered in the elementary school, a woman who started a youth center in her low-income neighborhood, and an orphaned teen who was active in his community.

Cannon never owned a fancy house or drove a flashy car. His \$20,000-a-year salary as a postal worker allowed him to provide the necessities for his wife and sons, while his generous spirit inspired him to help others who were not as fortunate.

Though his benevolence garnered him a certain amount of accolades, Cannon made it clear that he didn't want the bureaucracy of a foundation to carry on his work, nor to have his name commemorated in any way once he was no longer living. Cannon suggested the best way to honor his memory would be for others to just "Help somebody."

Find your own path

rench entomologist Henri Fabre once conducted an experiment that illustrates why it's best to distance yourself from the crowd and follow your own path.

Fabre observed the actions of a group of processionary caterpillars that travel in a line head to tail with no clear sense of a destination. Their path is determined by the "leader" ahead of them.

Fabre lined the rim of a flowerpot with an unbroken chain of caterpillars. Inside the pot he placed a plethora of food. Without breaking the chain, the caterpillars began their slow track around the rim of the pot. There was no way to distinguish the leader in this group, and the caterpillars kept moving around the rim of the pot at a steady pace.

After several days, the caterpillars—who had never stopped their trek—began to die and fall off the rim. All the while, the food they needed lay inches away. This thoughtless mass movement caused them to lose even the most basic instincts to allow them to change their behavior in order to survive.

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