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May • 2017

**Issue 3
41st Year**

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Carol Raabe, Editor Coach 228..... 605-730-0476
 nelsonraabe@gmail.com
 Cindy Devinney, members Coach 1065..... 550-7377
 Wayne Redshaw, profiles Coach 1392..... 536-8201
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 Bob Lupton Bob's Corner Coach 188..... 643-2307
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Volunteers Needed: Sports and Holidays.

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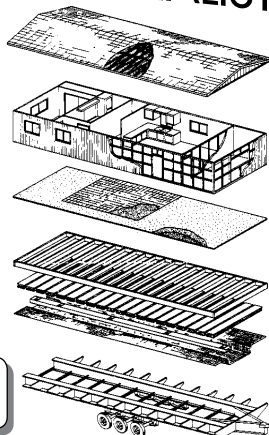
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2017 Bay Ranch Services

Library (summer) Jeanne Hunter Coach 1314 432-9792

The Library is especially looking for large print books and magazines. All donations are accepted. We always have more books than we can shelf. Extras are donated to AmVets and the Largo Library book sales.

Trips & Cruises, Harry Webber Coach 105 267-752-9892

Harry and his staff (Becky) have set up a Caribbean Cruise for January. Watch Facebook for updates.

Ambulance Fund, Doris Lanthier Coach 1358 230-1991

The Ambulance Fund is open to all residents for \$2.50 per person per year. Payment qualifies you for 1 emergency transport per person per year. The fund pays the balance of the bill, up to \$75, after Medicare and insurance. Membership period is stated on your card. There are no grace days.

Ambulance Fund Payments Due in April 2017

		Due Date
246	JUNCESKI, Harold & Dorothy	19
1379	SIMS, Lorene	20



OFFICIAL NOTICES

HOA

The Homeowners' Association meets as needed in the southwest corner of the clubhouse. The HOA addresses issues with management and owners of Bay Ranch. If you have an issue you wish to address, put a note about it in the suggestion box near the piano in the clubhouse. Your name, coach number and phone number are helpful if you want a response.

FMO


If you like to stay in the know about policies and events that affect your mobile home ownership, membership in the FMO is the way to go. If you like the idea of sharing what you learn, become the Bay Ranch representative to the Federation of Manufactured Home Owners of Florida (FMO).

Residents' Club Minutes

Bay Ranch Monthly Business Meeting
April 3, 2017

President Jeanne Hunter called meeting to order. Pledge of Allegiance was re-cited. Betty

...continued on page 6



Ann Quish led us in National Anthem and Canadian Anthem. Prayer offered by Boyd Stonerock.

Board meeting minutes read for information only.

Treasure report read and posted.

Old Business

No old business.

New Business

Special gifts for Ana Peck who will be leaving Bay Ranch soon to let her know how much she will be missed.

New residents or visitors: Phyllis visiting Rob and Janet Spence

Birthdays and anniversaries: sang "Happy Birthday" to several.

LHF (Ladies Having Fun): Please check sign-up sheet for Wed. April 12 going to Roosterfish.

Sunshine report: Bob Lupton in hospital with pneumonia, Teresa Rodrigues has had surgery and doing well, John Pope has a procedure today, and John Miecznikowski had hip surgery and doing well. Keep Peggy Thompson and family in your prayers with the illness of her mother.

Trips and Cruises: Harry Webber having a short meeting after this meeting to talk about January cruise.

Review: No report

Kitchen this month: Dot and Paul Lawrence

Golf: Bill Kovacs-- finished for the year.

Ladies Golf: Jan Kovacs-- finished for the year.

Horseshoes: Boyd Stonerock-- finished but had a good year.

Shuffleboard: finished for the season.

Dances: Bob Lupton in the hospital and the entertainer passed away suddenly, so April dance is cancelled.

Bingo: Rick Fox -- 99 attending and hot ball won early in evening.

Card Bingo: Joan Seeders reminds us 1st Wednesday of each month in clubhouse. Sign up sheet on bulletin. Starts at 7pm.

Sun Set Club: Adam Pirhofer-- going to The Brown Boxer, April 19th, 5 o'clock

Chorus: Betty Ann Quish--finished till fall.

50/50 for \$42.00 : won about by Avis Trombly

Line dancing: Elda Hasting & Carol Olson-- finished till fall

Rose Kalp thanked everyone for can goods to help others in this park. If you would like to donate just leave on counter in kitchen. Thank you.

Respectfully submitted,

Sharon Allen, Secretary



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CLIFF'S NOTES

Snowbirds: Before you leave:

1. Please make sure you have someone doing your wees trees, etc., and keep mobile clean on the outside during the summer.
2. Make sure anything that can be pitched around with the wind is put away.
3. If you have a change of address, please make sure you notify the office.

All Residents: Rules commonly broken:

1. Parking overnight on street and/or every day.
2. If you have someone living with you, make sure you have registered in the office.
3. Do not pile garbage in front of garbage bins. When you throw garbage, throw it to the back so when you open the door, it doesn't fall out and there is space.
4. Check mobile for cleaning, trim, awnings, driveway and/or painting. We will have someone out soon checking your mobile.

Still relevant announcements Cliff made this year at Koffee Klatch:

1. Keep the dumpster area neat, especially on the weekends. If the dumpster is full, please put extras neatly beside it.
2. Parking on the grass or sidewalk is against the rules. If necessary, park on the road.
3. Cars parked on the street after midnight will be towed. [Eds. Note: you have to pay the fine even if you run out before the tow truck takes your car away. We have nice neighbors who remind us when we are parked on the street at night.]
4. The Office must authorize overnight parking at the Clubhouse.
5. The back gate will soon be fixed and closed during the day. This is controversial, as some just want it open. [Eds. Note: we recommend opening the gate before driving through it. LOL]

These messages are posted in the Clubhouse and pertain to every month:

Every Friday from 9 to noon: please turn off your hot water tanks. We use this time to fix leaks in the park.

Every Sunday at 5 p.m.: please flush your toilet(s). Our sewers were designed for more pressure than they get with low flow toilets. Flushing simultaneously will increase pressure and help keep the lines clean.





Just Sayin'

By Jeanne Hunter, President

It's May...it's sweltering outside and the pool looks inviting. Good time to get some exercise and cool off at the same time. Twice a week, pool exercises...I figured out if I just bob up and down and grunt occasionally, nobody notices I'm not doing anything and it looks pretty impressive! And everything floats in the pool, so all my body parts move up to where they belong.

All our northern buddies have flown the coop, but stay in touch on Neighbors. By the time you read this, we will be looking forward to our next dance. And in the summer, the Sunset Club still gathers—Adam finds new venues for us to explore that aren't available when we have the big winter group. Golf, horseshoes and shuffleboard all shut down in the heat, so now is the time to check out weekly activities inside the clubhouse. They are all listed in the Review and on the bulletin boards.

My daughter's family had solar panels installed in February. It was up and running for three of the four weeks in March and they already have a surplus built up on the electric bill instead of the usual \$100 plus they would owe. Can't wait to see what the summer electric bills will look like. Free electricity! I don't know why more people aren't doing this already.

With age comes wisdom, but young folks don't always think things through. John was told that a twin engine plane would be waiting at the airport. Arriving at the airport, he spotted a plane warming up outside the hanger. He jumped in, said "Let's go." The pilot taxied and took off. Once in the air, John told the pilot, "Fly low over the valley so I can take pictures of the fire on the hill." Pilot, "Why?" "Because I'm the photographer for a television show. I need to get some close up shots." The pilot was strangely silent for a moment. Then he stammered, "So what you're telling me is...you're not my flying instructor?"

Did anybody else get a card with info to sign up for nextdoor.com? Says it's a network Westgate MHP. I think I'm going to sign up and see what it is. I'll tell you more about it next month. That's all I've got, except some Medicare news below.

Getting older and worrying about what kind of nursing home will be available? Well, now you can opt for Medicare Plan G. The plan gives anyone 75 or older a gun (Plan G) and one bullet. You are allowed to shoot one worthless politician – only one, so it's a big decision. This means you will be sent to prison for the rest of your life where you will receive three meals a day, a roof over your head, central heating and air conditioning, cable TV, a library, and all the health care you need. Need new teeth? No problem. Need glasses? That's great. Need a hearing aid, new hip, knees, kidney, lungs, heart, or even a sex change? They are all covered. As an added bonus, your kids can come visit you at least as often as they do now! And don't forget, you got rid of a useless politician as a bonus! Is this a great country or what? Just sayin'

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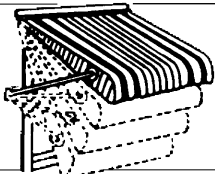
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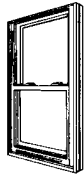
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Carol Zapiecki, Clearwater, FL

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FROM THE EDITOR

By Carol Raabe, Editor

In Minnesota, we call it “March Madness,” because just about everything has its glorious finale in March, “just about everything” being high school sports like basketball and wrestling. Here at Bay Ranch, we can also claim a March Madness, as Shuffleboard ends with multiple tournaments, pictures and a banquet shared with Golf. Horseshoes has its final meets, too. And this year, the Variety Show injected itself into the fun.

All while people clean and shut up their homes for the summer and prepare to head “Up North.” At least that’s what we called it in Minnesota, where many go “Up North” for the weekend or a vacation.

While I sit here in my semi-deserted Durango neighborhood, I’m already looking forward to next fall and another round of community fun.

Have you noticed the newly cleaned sidewalks around the pool and on the east side of the shuffleboard courts? And progress on the concrete pad in the clothesline area? For that, we have Joe Pietrobono, Coach 315, 727-271-0803, to thank. Joe has lived here for 3 years. He works 4-day weeks and can’t stand sitting around, so, with Cliff’s blessing, he cleaned these areas pro bono. He has also done some work in his neighborhood, charging to recoup his costs.

The pool looks great, too, all clean and sparkly. Thanks, Cliff and Jan Eversham.

This month, for the first time, the Bay Ranch Review includes the outcomes of the final Friendly Shuffleboard Tournament. I couldn’t find a format for reporting Shuffleboard (or for Horseshoes), so I created one. Please let me know of needed changes in the reporting. Starting in the fall, Shuffleboard and Horseshoe results will be printed monthly. Any other activity that would like to have results printed, please let me know and we’ll figure it out (some parks report outcomes of card games). Please note that the Review could use a person to head up the sports reporting.

The Review also needs someone (or several someones) to write a short column about upcoming holidays or past holiday events. For example one person could write about upcoming holidays memorializing military events; someone else could write about a specific holiday like Halloween, or secular holidays, or religious holidays or Christian holidays. There are many ways to break it up, and I appreciate all the help I can get. Readers are very appreciative, too.

BOB’S CORNER

By Bob Lupton

As most everyone knows, Bob was hit really hard by the flu and pneumonia bug, so no column this month.

Till next time.

Love you all.....Bob



SPECIAL EVENTS

Entertainment Director, Ana Peck, Coach 1380, 530-4852
The Arts Director, Charlotte Augustine, Coach 1413, 831-3567
Auxiliary Service Director, Ron Griffin, Coach 244, 315-783-4642
Kitchen Director, Peggy Thompson, Coach 1379, 614-736-0184

Ed. Note: Amazingly, I'm not aware of any special events for May, but watch the Bulletin Board outside the Clubhouse for planned events.

2016-17 RESIDENT CLUB SPORTS ACTIVITIES

Sports and Games, Director, Paul Puerling, Coach 170, 533-9324
Entertainment Director, Ana Peck, Coach 1380, 530-4852

Continue to watch the bulletin boards at the Clubhouse for changes and additions to activities' schedules. Many changes to the activities happen in April and May as snowbirds head back north.

Horseshoes

Boyd Stonerock, Coach 1364, 269-501-0146

The final game of the Horseshoe season was March 27. A few people are planning to continue to play Mondays after that time. Horseshoe aluminum cans collecting for fundraising will continue through the summer. Please drop off soda and beer cans at Boyd's coach across the street at John Trygsted's, Coach 1377. Horseshoe competition will begin again in January.

Line Dance

Elda Hastings, Coach 210, 223-4512, and Carol Olson, Coach 230

The Variety Show on March 25 was the last Line Dance activity for this year. Watch for it to start up again in December or January.



Men's Golf

William (Bill) Kovacs, Coach 1351, 286-6752

Organized Men's Golf has ended for year. Watch the Review for information about start-up in the fall.

Mermaids: ATTENTION

Doris Lanier, Coach 1358, 230-1991

Open to all. Free. Tuesday and Thursday at 9:00 a.m.

Swimnastics will start on May 2, 2017. Please come and join us at the Clubhouse pool. Please bring 2 empty one gallon bottles or water dumbbells.



...continued on page 17

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To see if you or a loved one with severe aortic stenosis may be eligible for this trial, or for more information on the trial, call the Center for Advanced Valve and Structural Heart Care at Morton Plant Hospital at **(855) 44-VALVE (855-448-2583)** or visit **MortonPlantValveTrial.org**.



BayCare

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Shuffleboard

Sharon Allen, Coach 1342, 532-4071

Season: November to March

All Shuffleboard practices and games, including Hoss Collar, are over for the year and will begin again in the fall.

Women's Golf

Jan Kovacs, Coach 1351, 286-6752

Organized Men's Golf has ended for year. Watch the Review for information about start-up in the fall.



GAMES AND GAME ROOM

Sports and Games Director, Paul Puerling, Coach 170. 533-9324

Many of these activities like to have you sign up in advance so they know what to prepare. Please check for sign-up sheets on the bulletin board in the Clubhouse.

Bingo

Bingo continues throughout the summer.

Richard Fox, Coach 1328, 812-6901



Open to all. 6:45 p.m. Friday; purchase cards, etc., from 5:30 p.m. - 6:30 p.m. The Clubhouse opens to Bay Ranch residents at 1 pm and to others at 3 pm to reserve seats.

Card Bingo

Joan Seiders, Coach 123, 532-8409

Open to all. The first Wednesday of the month. Card Bingo will continue through the summer.

Please sign up in the clubhouse and bring 12 quarters.

Canasta

Charlotte Augustine, Coach 1413, 831-3567

Open to all. FREE 12:45 p.m. Tuesday Canasta will continue through the summer.

Bid Euchre

Emil Wan, Coach 1358, 230-1991

Open to all. \$ 1.00 1:00 p.m. Friday



...continued on page 18

Mahjong

Emil Wan, Coach 1358, 230-1991

Open to all. FREE 1:30 p.m. Sunday



Poker

Richard Yaskolka, Coach 1329, 953-7339

\$4.00 5:30 p.m. - 9 p.m., Tuesday & Thursday; 11:30 a.m. - 3 p.m., Saturday. Seats are available Thursdays and Saturdays all year long. Please contact Richard if you want to join one or both of these games.

CLASSES, CLUBS AND ORGANIZATIONS

The Arts Director, Charlotte Augustine, Coach 1413, 831-3567

Ladies Havin' Fun

Joan Seiders, Coach 123, 532-8409

Membership is \$3.00, due in December. Activities all year long.
Check the White Board for up-coming events.



Sunset Club

Adam Pirhofer, Coach 1402,

Open to all. FREE. Sunset Club meets on the third Wednesday of the month all year long.
Buy your own refreshments.

The Sunset Club is a social group that meets at various places in the area to socialize and watch the sun set. Koffee Klatches include discussions about Sunset Club activities. Notices are also posted in Facebook and on the Clubhouse bulletin board.

Bay Ranch Profile: [on hold til fall]

By Wayne Redshaw

If anyone wants to write a formal or informal profile of someone in the park during the summer, please let me know.

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Sunday	Monday	Tuesday
	1 Koffee Klatch 8 am Residents' Social Club Meeting 9 am Computer Help 2:30 p.m	Mermaid exercise Canasta Euchre Poker 5
Mahjong 1:30 7	8 Koffee Klatch 8 am Residents' Social Club Meeting 9 am Computer Help 2:30 p.m	Mermaid exercise Canasta Euchre Poker 5
Mahjong 1:30 14	15 Koffee Klatch 8 am Residents' Social Club Meeting 9 am Computer Help 2:30 p.m <i>Mother's Day</i>	Mermaid exercise Canasta Euchre Poker 5
Mahjong 1:30 21	22 Koffee Klatch 8 am Residents' Social Club Meeting 9 am Computer Help 2:30 p.m	Mermaid exercise Canasta Euchre Poker 5
Mahjong 1:30 28	29 Koffee Klatch 8 am Residents' Social Club Meeting 9 am Computer Help 2:30 p.m <i>Memorial Day</i>	Mermaid exercise Canasta Euchre Poker 5

Bay Ranch

Tuesday	Wednesday	Thursday	Friday	Saturday
2 Mermaids (pool exercise) 9 am a 12:45 pm 6:45 pm :30 – 9 pm	3 Card Bingo 7 p.m	4 Mermaids (pool exercise) 9 am Poker 5:30 – 9 pm	5 Bid Euchre 1 pm Bingo 6:45 Cinco De Mayo	6 Poker 11:30 am to 3 pm
9 Mermaids (pool exercise) 9 am a 12:45 pm 6:45 pm :30 – 9 pm	10	11 Mermaids (pool exercise) 9 am Poker 5:30 – 9 pm	12 Bid Euchre 1 pm Bingo 6:45	13 Poker 11:30 am to 3 pm
16 Mermaids (pool exercise) 9 am a 12:45 pm 6:45 pm :30 – 9 pm	17 Sunset Club	18 Mermaids (pool exercise) 9 am Poker 5:30 – 9 pm	19 Bid Euchre 1 pm Bingo 6:45	20 Poker 11:30 am to 3 pm
23 Mermaids (pool exercise) 9 am a 12:45 pm 6:45 pm :30 – 9 pm	24	25 Mermaids (pool exercise) 9 am Poker 5:30 – 9 pm	26 Bid Euchre 1 pm Bingo 6:45	27 Poker 11:30 am to 3 pm
30 Mermaids (pool exercise) 9 am a 12:45 pm 6:45 pm :30 – 9 pm	31			JUNE 2017 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

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Birthdays and Anniversaries

By Cindy Devinney, Coach 1065, 827-8806

Please call Cindy with any changes

Ed. Note: Birthdays and Anniversaries continue to be very difficult to get correct, but in response to many requests, The Bay Ranch Review will continue to publish the list we have.

May Birthdays

Cindy Devinney, Coach 1065, 550-7377

If you want your birthday or anniversary listed in the Review, please give Cindy your information in writing (to ensure spelling and dates are correct).

- | | |
|--------------------|---------------------------|
| 1 Linda Briffett | 7 Catherine Owens |
| Carol Wallace | Mark Kriner |
| 2 William Braze | George MacNeill |
| Olga Curtin | 9 Connie White |
| Ray Cossey | 14 Mary Rogers |
| 3 Margaret Collins | 15 Roger Coutu |
| 4 Albert Morrell | 18 Jack Hull |
| Lois Seiler | 23 Paul Flick |
| Michael Beagle | Marvin Hall |
| Lynda MacNeill | 25 Geraldine Goldsborough |
| 5 James Martin | 27 Alice Leach |
| Wayne Jones | William Seiders |
| Ronald Ratte | 28 John Trygstad |
| 6 Beryl Clark | 29 John Schnut |



May Anniversaries

- 2 Pete & Evy Caporaletti
- 3 Kip & Karen Hatheway
- 4 Richard & Ann Yaskolka
- 9 Robert & Janelle Ricker
- 10 Robert & Nancy Peterson
- 26 William & Joan Seiders
- 27 Robert & Anne Marie Archer
- 29 Michael & Cynthia Morgan



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LET'S EAT

By Ione Jones



A suggestion for this column, besides recipes (keep'em coming), is recommendations for easy-to-fix food from the grocery store. I'll go first.

We like Hormel Refrigerated Entrees. The Hormel website says:

It's the perfect dinner solution because it's ready in only four minutes. Now you can enjoy great-tasting dinners even when you don't have time to cook. Made from top quality cuts of meat with no preservatives, Hormel® refrigerated entrees offer traditional beef roast, chicken breasts, turkey, beef tips, pork roast, meatloaf and other home-style entrees....Just pair with refrigerated mashed potatoes, pasta, pre-cut bagged salad or frozen vegetables to make a satisfying meal in no time.

I agree with Hormel.

At 15 ounces, these entrees easily serve 2 or more. They are available in the refrigerated section of most grocery stores. Walmart's price is \$5.95.

On The Lighter Side

By Carol Raabe

Attention Sports Fans! Did you realize that professional baseball teams have special uniforms for holidays?

This is not new but will be enhanced for 2017. For one thing, according to news.sportslogos.net, holiday uniforms used to be worn only on the holiday but beginning this year teams will wear them for the entire weekend. That means teams that play home and away for the holiday weekend will have TWO uniforms for that holiday.

The holidays in question are Mother's Day, Father's Day, Memorial Day and the Fourth of July. The Toronto Blue Jays are following the American holidays except the Fourth of July.

Each uniform consists of socks, pants, jerseys and caps. Socks are new this year. This year's Mother's Day cap is a heathered graphite gray with a pink visor and pill and a pink-and-white version of the team's logo. Jerseys are white or gray, depending on where the team is playing, with each team's wordmark recolored pink and graphite. Numbers, stripes and all sleeve patches are also recolored pink, white and graphite. Teams will choose between two sock designs, either an all pink design or one with graphite on the top half of the calf, pink on the bottom half of the calf and the top half of the foot, and graphite on the toe.

I can hardly wait to see these teams on the field.

Memorial Day will be more of the same, but will feature camo instead of pink. Last year the camo was USMC, but this year's "ripstop woodlands" design will be on the bill of the cap

...continued on page 30

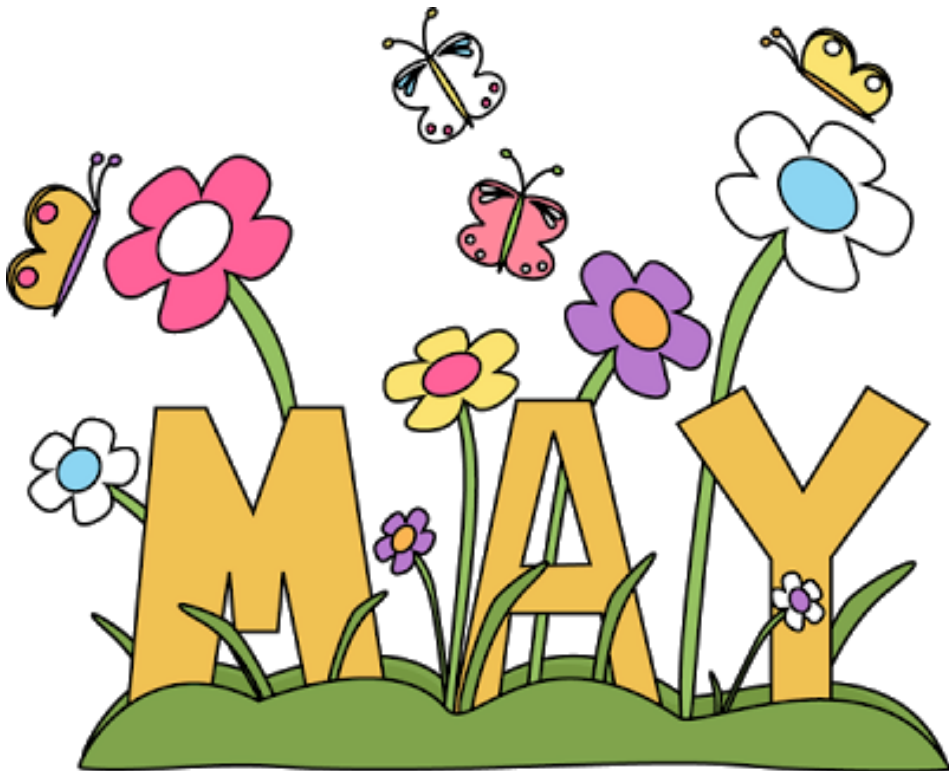
and on the socks. Caps are olive green with black and green logos. Five black stars on the side of the cap represent the five branches of the US Military, except for four black maple leaves on the side of Toronto Bluejays' caps.

Jerseys are white or gray, and because the Memorial Day weekend includes Monday, many teams will have both home and away Memorial Day uniforms. Teams get no choice of socks for the Memorial Day Holiday. THE official sock is the "ripstop woodlands" pattern.

Reading about these Major League Holiday uniforms made me smile. If I can be cynical for a minute, I'd say there is more than one major league employee who doesn't have enough to do and more than one major league team that has more money than it knows what to do with.

Still, if you are interested in this stuff, I encourage you to go to <http://news.sportslogos.net/2017/04/11/mlb-unveils-2017-holiday-uniforms-will-now-cover-entire-weekends/>, where you can view the uniforms for each holiday for each team, as well as for the All-Star Game and Home Run Derbies.

Thanks to the sports logo site, by the way, from which I plagiarized and sometimes outright copied much of the article.





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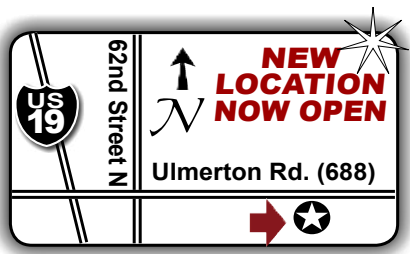
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GOOD TIMES AT BAY RANCH

Lots of good times happened at Bay Ranch in the last 6 weeks.



Ana Peck, a leading force in many of the social events at Bay Ranch, is moving closer to her family. We will miss you Ana.



Celebrants at the Variety Show Cast Party at Mugs. It was not a good day for Teresa Rodriguez, right, who broke her leg in 2 places descending from the raised seating. Get well soon, Teresa. Photo by Bea McCarthy.



Sharon Allen and Jeanne Hunter present the 2017 Carol Carmedella Award to Charlotte Augustine. Photo by Bob Lupton.



Frank and Dean again attracted a crowd for St. Patrick's Day. Photo by Bob Lupton



Looks like the Ladies [were] Having Fun at their annual pizza party. Photo submitted by Joan Seiders.



Servers and eaters at the Pig Roast help support the park's Help Fund. Photo by Bob Lupton.



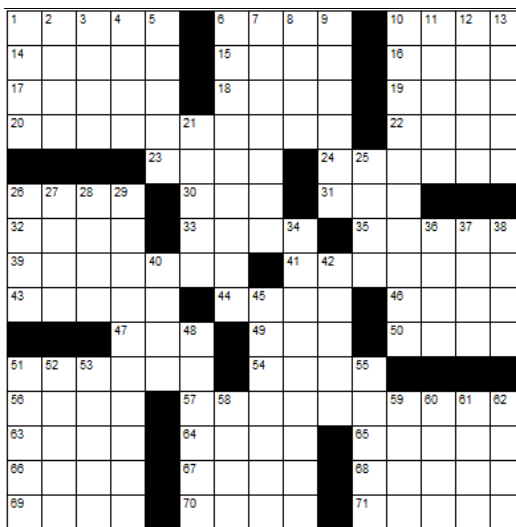
Paulie Bartman enjoying Bay Ranch events this spring, with George MacNeill on the right. Photos by Linda Mashaw and Bob Lupton.



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19. Violent disturbance
20. A decorated dart
22. Backside
23. Short skirt
24. A boring movie
26. Residence hall
30. Directed
31. Bro or sis
32. Murres
33. Alleviate
35. Liabilities
39. Used to stabilize a ship
41. Chevrotain
43. Streamlined
44. Wicked
46. Govern
47. Very Important Person
49. French for "Summer"
50. Cry of pain
51. A loose robe
54. A few
56. False god
57. Nationalism
63. Wash
64. 62 in Roman numerals
65. Move furtively
66. Not now
67. Aquatic plant
68. Blockage of the intestine
69. Classify
70. Bobbin
71. Approaches



DOWN

- | | | |
|------------------------------|---------------------------|---------------------------|
| 1. Fourth sign of the zodiac | 13. Gauge | 42. Lacquer ingredient |
| 2. Indian music | 21. Angers | 45. Trace |
| 3. Biblical garden | 25. Assistant | 48. Cottonwood |
| 4. A region of SE Pakistan | 26. Anagram of "Buds" | 51. Skirts |
| 5. Clan emblem | 27. By mouth | 52. Potato state |
| 6. Trace | 28. Anger | 53. Relocation company |
| 7. Anagram of "Seedily" | 29. Evil | 55. A red fluorescent dye |
| 8. Ship part | 34. An article of opinion | 58. Spindle |
| 9. Literary compositions | 36. Color of the sky | 59. Scrabble piece |
| 10. A type of berry | 37. Express in words | 60. Bright thought |
| 11. A marker of stones | 38. Stair | 61. Aspersions |
| 12. Got up | 40. Analogous | 62. Untidyness |



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

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Eating more fish may help prevent Alzheimer's

Alzheimer's, a disease that afflicts some 5.1 million Americans, is a type of dementia that affects a person's memory, thinking, and behavior. Although at this point no cure exists, you can take measures to reduce your chances of suffering from this debilitating condition.

New evidence suggests that eating more fish—as long as it's not fried—may help to protect your brain from the shrinkage and decline associated with Alzheimer's. Researchers from the University of Pittsburgh Medical Center tracked the diets of 260 people with normal cognitive function for more than 10 years. Using magnetic resonance imaging (MRI), they measured the brain volume and function of each participant at the beginning of the study, and again at the end. The results: The 163 subjects who ate fish on a weekly basis (the majority consuming it one to four times a week) had a larger orbital frontal cortex and hippocampus (two areas of the brain that are known to shrink in Alzheimer's patients) and better memory function than those who ate less fish.



The researchers determined that the risk for Alzheimer's and mild cognitive impairment was lowered fivefold within the five years following the brain scans. So start eating more fish today.

Follow this 'Golden Rule' to reduce cancer risk

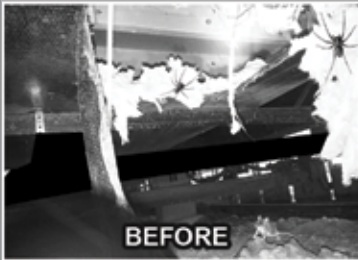
Want to cut your risk of developing cancer? Check the color of your food—particularly your toast and potatoes. Scientists in the United Kingdom say that cooking those two items too long can increase levels of a naturally occurring chemical called acrylamide, which has been linked to cancer in rats.

Acrylamide is formed when starchy foods like potatoes and root vegetables are cooked at over 120 degrees. To reduce it in your foods, follow these guidelines:

- **Cook until golden.** Whether you're making toast, roasting potatoes, or baking vegetables, cook until the food is gold-colored, not brown.
- **Check the instructions.** Follow instructions for baking or frying packaged vegetables like fries or parsnips.
- **Keep raw potatoes fresh.** Don't put them in the refrigerator if you're going to roast or fry them. Colder temperatures can increase acrylamide levels.



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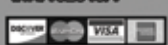


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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

Sue Sprattler.....	\$100 .. E & E Gliddon Air Conditioning, Inc.	Joyce Chaput.....	\$5	Bill The Carpet Guy	
Betty Van Tassell.....	\$10	Hagarty Home Improvement, Inc	Maryann Matty.....	\$5	Jones & Sons Plumbing, Inc.
Tracy Adomeit.....	\$10	Buggin Our Pest Control, Inc.	Bonnie Demarr.....	\$5	Doll Brothers Carpet Cleaners
Al Slager.....	\$10	Florida Anchor & Barrier	Joseph Robinson.....	\$5	Modern Air Conditioning Co., Inc
Sharon Groom.....	\$10	Battleline Termite & Pest Control, Inc.	Donald VanDamia.....	\$5	Hellers Mobile Home Washing
Mildred Little.....	\$10	Boss Electric Corp.	Ross Steele.....	\$5	Natures Resource Pest Control, Inc.
Eric Boling.....	\$10	Air Masters of Pinellas, Inc.	Joyce Shumaker.....	\$5	Penneys Automotive Repaire
Joe Murphy.....	\$10	ASE - Auto Service Experts	Jean Woolf.....	\$5	Hellers Mobile Home Washing
Rick Williamson.....	\$10	Dunedin Plumbing, Inc.	Isabella Millar.....	\$5	Ron Wyngarden MH Washing, LLC
Max Skinner.....	\$10	Largo Plumbing Co.	Nancy Hinkelman.....	\$5	Florida Anchor & Barrier
Patty Schuyler.....	\$10	Doll Brothers Carpet Cleaners	Ivan Iwanoff.....	\$5	Jones & Sons Plumbing, Inc.
Helen Garceau.....	\$10	Discount Computer Repair	Carolyn Tiwney.....	\$5	Royal Interprises
Beverly Hamel.....	\$10	E & E Gliddon Air Conditioning, Inc.	Ed Morgan.....	\$5	Suncoast Auto and Tire, Inc.
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Robert Waite.....	\$5	Jones & Sons Plumbing, Inc.	David Havens.....	\$5	Sunset Appliance Service
Ellen Benner.....	\$5	Battleline Termite & Pest Control, Inc.	John Kazakis.....	\$5	Natures Resource Pest Control, Inc.
Fred Rixley.....	\$5	Sunset Appliance Service	Danny Clark.....	\$5	Jones & Sons Plumbing, Inc.
Karin Russell.....	\$5	Royal Interprises	David Gerry.....	\$5	Battleline Termite & Pest Control, Inc.
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• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • No purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers.



Leading by example

Bill Gates, co-founder of Microsoft, has his own private jet now, but he didn't always. On the Business Insider website, former senior vice president Brad Silverberg recalls that in the 1990s, all Microsoft employees were required to travel by commercial airline—in coach, despite the fact that by that time Microsoft was a thriving organization. On one flight from Seattle to New York, Silverberg flew with Gates and some other members of the Windows team:

“And there was Bill, sitting in coach, in a middle seat. It didn't matter to him; he spent the whole flight reading. He wasn't as universally recognized then so it wasn't such an issue for him to fly commercial. It made a big impression on me, a new Microsoft employee, seeing Bill lead by example.”

Different priorities

During a Little League game, one of the batters hit a fly ball to right field that the right fielder made no attempt to catch. After the inning was over, the coach pulled his right fielder aside and asked him why he didn't even try to catch the ball.

“If I had caught that ball,” replied the boy, “I would have killed my new friend.” And with that, he opened up his glove to show the coach a caterpillar he had found in the field.



Remember this story to remind yourself that everyone's priorities are different.

Rules apply to everyone

During the Civil War, Ulysses S. Grant, commander of the Union forces, had to reprimand a guard who had deserted his post. “Orders must be strictly and promptly obeyed always,” Grant told the young soldier.

A week later, the same soldier was told to guard a steamboat loaded with ammunition. His assignment: to make sure that nobody with a lighted pipe or cigar came near the boat. On the guard's first day at his new post, General Grant started walking toward the boat, puffing away on one of his famous cigars.



“Halt!” called the guard. “I have been taught to obey orders strictly and promptly, and my orders are to allow no one to approach this boat with a lighted cigar.”

With a smile at hearing his own words repeated back to him, Grant threw the cigar in the river.

A solemn tradition: Memorial Day

Memorial Day began in the 19th century as “Decoration Day,” when citizens were encouraged to decorate the graves of soldiers who’d died in the Civil War. After World War I, Decoration Day expanded to include ceremonies honoring the dead in all of America’s wars.

Decoration Day officially became Memorial Day in 1967. In 1968 the Uniform Holidays Act established it as one of three holidays (including Veteran’s Day and George Washington’s birthday, now called Presidents Day) celebrated on a Monday to create a convenient three-day weekend. Memorial Day is now observed on the last Monday in May.

Wearing poppies is a popular Memorial Day tradition. The custom is generally credited to Moina Michael, a former teacher at the University of Georgia, who was working for the YMCA Overseas War Secretaries at the end of World War I.

She was inspired by reading the poem “In Flanders Fields,” by Canadian poet and doctor John McCrae. The poem’s opening lines read:

In Flanders Fields, the poppies blow
Between the crosses, row on row . . .

During the Overseas War Secretaries’ annual conference held in New York City in 1918, shortly before the signing of the armistice that ended the war, grateful delegates gave Michael \$10 in recognition of her help with the conference. She spent the money on 25 red silk poppies to hand out to participants (or she may have used the money on materials to make the poppies herself).

The poppy became a national symbol of remembrance, and two years later the American Legion adopted it at its own conference. Poppies have symbolized the day ever since.



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-Monthly Media Staff

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May Is Also...

Monthly

ALS Awareness Month. Sponsored by the ALS Association to focus the public spotlight on ALS—amyotrophic lateral sclerosis, commonly known as Lou Gehrig’s Disease. ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. It usually strikes people ages 40 to 70 and afflicts about 20,000 Americans.

Clean Air Month. Supported by the American Lung Association, Clean Air Month educates people about the importance of clean air in their lives. It’s also a time to celebrate the Clean Air Act of 1970 and its impact on the way people think about the environment and on the overall health of everyone.

Mental Health Awareness Month. One in five Americans lives with a mental disorder, with depression topping the list of health-related productivity costs in the workplace, responsible for more than \$51 billion in absenteeism. Strive to make mental health at work a top priority for employers.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling—and encourage more folks to give biking a try.



Weekly

Children’s Book Week, May 1-7. Established in 1919, Children’s Book Week is an annual celebration of books for young people. Every year, commemorative events are held nationwide at schools, libraries, bookstores, homes—wherever young readers and books connect.



Drinking Water Week, May 7-13. For more than 35 years the American Water Works Association and its members have celebrated Drinking Water Week—an opportunity for water professionals and the communities they serve to join together in recognizing the vital role that water plays in our daily lives.

National Women’s Health Week, May 14-20. National Women’s Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women’s Health. The goal: to empower women to make their health a priority.

Hurricane Preparedness Week, May 21-27. Tropical cyclones are among nature’s most powerful and destructive phenomena. If you live in an area prone to tropical cyclones, you have to be ready. The National Hurricane Center and the Central Pacific Hurricane Center issue watches, warnings, forecasts, and analyses of hazardous tropical weather.



Safeguard your identity with these security tips

The Federal Trade Commission says that millions of Americans become victims of identity theft each year. You don't have to add to this year's total. Here's some expert advice, compiled from various websites, on protecting your identity:



Online

- **Explore the websites you shop.** Reliable merchants will provide their address (not a post office box!) and phone number. Do some research before giving your credit card to a seller you know nothing about.
- **Look for secure transactions.** The URL's prefix should change from http to https, or shttp, to indicate that sales are encrypted or otherwise secure from hacking.
- **Print out records.** When you make a purchase, save and print a copy of the transaction (and any other correspondence) so you can back up your claims in case of any dispute.

At home

- **Mail with care.** Don't leave outgoing credit card payments or tax documents in your residential mailbox for the letter carrier to pick up. Take them to a Postal Service mailbox or post office to ensure their safety.
- **Shred after reading.** You know this, but it bears repeating: When you discard credit card bills or anything bearing your personal information, rip it up or shred it so garbage divers can't salvage it to use against you.
- **Keep track of your credit cards.** Don't keep more charge cards that you can monitor for fraudulent activity. Pay attention to expiration dates; if you don't get a replacement on time, contact your bank immediately in case it's been stolen.

Everywhere

- **Memorize essential data.** You don't want a lost wallet or stolen briefcase to compromise everyone's identity. Commit Social Security numbers, ATM passwords, and other important data to memory so you don't need to carry them with you and risk losing them.

Living in these cities is expensive

Think your cost of living is too high? You may be in the wrong city. The Crazy Tourist travel agency looked at some recent figures from the crowdsourced data site Numbeo to find the world's most expensive cities. Here are the top 10, based on each city's estimated monthly cost of living:

• Hamilton, Bermuda	\$4,769	• London	\$3,228
• San Francisco	\$4,612	• Dubai	\$3,006
• New York City	\$4,207	• Singapore	\$2,940
• Geneva	\$3,314	• Honolulu	\$2,906
• Hong Kong	\$3,244	• Sydney	\$2,888



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