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HOME OWNERS ASSOCIATION INCORPORATED - Sept 29, 1983 HOA Board of Directors For The Year 2016

President Vice President Secretary Treasurer

Ray Sears Dave Olsen Cheryl Meyer Jeanne Muncaster Directors at Large Patty Barker

Ralph Huffman Sumner Israelson



Chairmen For The Year 2016

Anniversaries & Birthdays Bridge Bowling Dance Channel 96 **Euchre** Golf Good Times Koffee Klatch Librarian Monthly Media/ Official Bulletin Board Pancake Breakfast Parliamentarian Phone Book Pokeno Sunshine Welcome Committee: East Side West Side

Ruth Hall June Salvato Neal Alexander Barb Cleaver Elaine Eckert Bill & Carolin Gowland Chervl Meyer Barb Paul Toni Pesta Lily Porter Neal Alexander Jeanne Muncaster Norm Paul & Helpers Frank Nowik Ruth Hall **Becky Hinrichs** Blanche Onley

Carol Streb Becky Hinrichs





























CARIBBEAN ISLES JANUARY, 2016 S



THE "OOPS" REPORT

This space is reserved to correct spelling errors, date corrections, and other miscues. Also please consult Channel 96 or the Clubhouse Bulletin Board for updates to January activities.

PET OWNERS, PLEASE READ & HEED!!

Elaine P. Eckert, Co-Óp President 1/1/16

es, we are a pet friendly community!!! Yet, we find that we must remind our pet owners of some of the rules about dog walking.

There is a dedicated dog walking area in the community. Maps are available in the office. If someone else walks your dog, please remind them of the proper areas. If you are in violation of these rules and are reminded of the proper areas, please do not take it personally.

You are responsible for cleaning up after your dog. This includes the area outside the fence on Walsingham. We maintain this area as if it was part of our community. If you have "visiting" dogs, especially in non-pet areas, please adhere to the rules and register the dog at the office.

Please be good neighbors and respect the rules regarding your pets.

MONTHLY REPEAT EVENTS

D lease note only monthly events are listed on the calendar. The events that occur weekly, each week, are listed below:

All Mondays	1P	Bridge	OUR
All Tuesdays	9A	Pool Exercise	CALENDAR!
	7P	Fun Shuffle	Crussin
All Wednesdays	9A	Pool Exercise	
	1P	Bowling	
	6:45P	Pokeno	++++
All Thursdays	9A	Pool Exercise	
	9A	Ladies Breakfast, call Nancy Gillette fo	r info 586-3742
	8:30A	Romeo Breakfast, call Hum Ammeter for	or info 581-0284
	7:00 P	Euchre	
All Fridays	9A	Pool Exercise	
All Saturdays	5:45P	Bingo	

CARIBBEAN ISLES JANUARY, 2016 S

SUNSHINE

B lanche Onley, 584-7372, is our sunshine person for the park. If you know of someone who needs a thinking of you card, is in the hospital or re-hab, please let her know. Get well cards were sent to Elizabeth Myers. Sympathy cards were sent to the families of Denise Brown, Nancy Pietrocarlo, and Elmira Surozenski who passed away.



DECEMBER HOA MINUTES

Caribbean Isles Home Owners Association Minutes Cheryl Meyer, Secretary December 1, 2015

- The meeting was called to order at 7pm by President Norm Paul.
- The pledge of allegiance was said by all members in attendance.
- Roll call was taken with Sumner Israelson absent.
- The minutes of November's meeting were read by Secretary Cheryl Meyer. Motion to accept was made by Sue Sears and seconded by Wendy Grief.
- Treasurers report was read by Treasurer Jeanne Muncaster. Motion to accept was made by Leo Dudley and seconded by Toni Pesta.

Committee reports:

Good Times: Thanksgiving Potluck a huge success. Craft fair was also successful.

Pancake breakfast: Next breakfast will be January 2nd.

Laison: Vinyl fencing 5-81 and 64-81 to be installed. New gutters will be installed at the clubhouse on December 11. Pool will be closed on that day for safety reasons. Fountain in North Lake awaiting electric. New flooring will be installed in front lobby. Sidewalks will be power washed in 2016. The lakes will be stocked with blue gills and bass in the spring.

Clubhouse: Toni Pesta asked if flooring on stage could be replaced.

Dance: Turnouts have been low. Please support. Next dance December 11.

Holiday Dinner December 4th. All persons on waiting list have received tickets.



CARIBBEAN ISLES JANUARY, 2016 S







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CARIBBEAN ISLES JANUARY, 2016 S

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Once-A-Year Pest Control

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Agenda Items:

\$350.00 was approved to purchase to purchase 2 A frame signs. Cost will be split with Co-Op. Motion to accept was made by Ralph Huffman and seconded by Ray Sears.

Board members retired to back room to elect new officers. Results were as follows:

President - Ray Sears Vice President - Dave Olsen Secretary - Cheryl Meyer Treasurer - Jeanne Muncaster

Meeting was opened to floor:

Wendv Grief expressed concern that drainage pipe behind her house was being clogged and should be maintained. She also expressed concern that the lawn mowers were breaking her gates. These matters will be brought to Co-Ops attention.

Motion to adjourn was made at 7:30 pm by Toni Pesta and seconded by Leo Dudley.

GOOD TIMES

The Thanksgiving Pot Luck was a wonderful success. We had a good crowd and everyone enjoyed the great food. Thank you to all who cooked turkeys and brought such great food. And a BIG thank you to those who set up, served and cleaned up.

Craft Show/Granny's Attic was a huge success. It made a profit of \$1,011.50 which will go towards other events in the park, namely improvements in and around the clubhouse and the Christmas Dinner 2016, which will be free to all residents.

Spaghetti Dinner January 10, 2016, 5/5:30PM. Bring own silverware and drinks. There will be spaghetti, salad, bread and dessert. It will be a sit down, served dinner. Tickets are \$8.00 per person. Pat Demps 727-518-2683 is selling the tickets. Call Sue Sears 813-476-3831 for information. It will be an enjoyable time to sit back, relax and enjoy good company and good food.

January Ladies Luncheon will be 12th at 12:30PM, hosted by Chris Swank 727-474-6771.

2016 Election results - The three present officers were voted back in next year. They are Barb Paul-President, Barb Cleaver-Vice President and June Salvato-Secretary. We thank you for the vote of confidence...or is it that no one else wants the job (;?

Ice Cream Social and Newlywed Game, which was a great time for everyone last September, will be in February near Valentine's day. Watch for the date, time and signup sheets.



Future events/watch for the dates: Poker Run with golf carts - sign up sheet and rules on bulletin board, Painting with a Twist, March - Horse Races, April - September 2016-an Ice Cream Social each month.

January Good Times meeting - All ladies in the park are invited to join us on January 6th at 10AM at the clubhouse. Hope we see you there.

2015-2016 Good Times Activities & Dinners

- January 10: Spaghetti Dinner
- February 21: Hamburger Night
- March 12: Rummage Sale, 8am-1pm
- March 13: Horse Races & Hot Dog Dinner
- April 10: Easter Egg Hunt

JANUARY BIRTHDAYS

1 **Raymond Bassett** Anthony DeAngelis Harry Swank 2 Victor Lonsberry Bob Varney Wayne Leupold 4 5 Clare Shukas 6 Barbara Paul 7 Clayton Hembree 9 Patricia Karlhofer Marcella Leimbach David Garlock 11 **Ron** Fischer Al Meyer Robert Lang, Jr 12 15 Georgiann Leone 16 Ruth Schwanke 17 Cary Grant Susan Robinson RoxAnn Turner Vernon King





- 18 Ann Postich Thomas Northrup Marie Callahan
- 19 John Kapraun
- 20 Sandra Hembree Norman Beaulieu
- 21 Carl Bill Criche Arlene Grudzinski
- 22 Simon Cyr John Lynch
- James Gilfillian 23
- 24 Jennie Whitcomb
- Linda Fitzwater 25 Bob Gwyn Fred Bordi
- 26 Mary Cross
- Wally Noble 28 William C. Woodward Deborah D Eifert
- 30 Shonie Latta



CARIBBEAN ISLES JANUARY, 2016 S





EVENTS & PROGRAMS

Carport Sale - February 20th Ranchero Village Ulmerton Rd. 8am-3pm.

Saturday January 16th, 2016, 8am -1pm Annual Trash & Treasure Rummage Sale - Bake Sale. Glenwood Estates. 12501 Umlerton Rd., Largo.

Sat. Jan. 30, 9am to 2pm, WHITE ELEPHANT SALE. Ranch Mobileat Clubhouse, Lake Rd. (between 142nd & 150th Ave. N. Zip 33764)

ANNUAL Flea Market - Four Seasons Estates, Largo, FL. Saturday, January 23, 2016, 8am-1pm. \$1.00 Early Bird entry fee 7:30am-8:00am. Offering furniture, clothes, tools, jewelry, linens, books, homemade baked goods, snack bar, raffles, etc.. Free golf cart shuttle service. Join us at 13225 101st St., Behind the Largo Mall, just off Ulmerton Rd., beside the Golden Corral.

RUMMAGE SALE At Golden Crest MHP 800 Main Street, Dunedin on January 16, from 8-12 noon. Glassware, Jewelry, Clothes & much more. Raffles, Bale Sale & Lunch.

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

Sat. Jan. 30, 2016 COMMUNITY SALE 8AM-1PM. Paradise Island section of Lake Haven MHP. Main St. (SR580) & Lake Haven Rd. (W of Keene/CR1) Dunedin. Housewares, Linens, Clothes, Small Appliances, Jewelry. Furniture, Baked Goods, Raffle Baskets, Lunch.

Sat. Jan. 16, 2016, 8:00am - 1:00 pm. ANNUAL RUMMAGE AND BAKE SALE, Boca Ciega MHP, 11200 Walshingham Road, Largo. Breakfast/ Lunch served.

TRASH & TREASURE SALE. SER-ENDIPITY MOBILE HOME PARK, SAT. FEB. 6TH, 8AM TO 1PM. MANY ITEMS, CLOTHING, FURNI-TURE, AND MUCH MORE. PLEASE COME AND JOIN US FOR COFFEE AND DOUGHNUTS, OR LUNCH.

Sat. Feb 27, 8-1pm Flea Market, Colonial Village, 2000 East Bay Drive, Largo

US 19 N, 19709 Japanese Garden MHP - Annual Rummage Sale

Yard Sale Riviera Estates - Sat. Jan 23, 8am - 1pm, 29141 US Hwy 19N, Clearwater, Between Hwy 580 & Curlew Rd. Household items, furniture, etc. ANNUAL BAZAAR Pointe West ROC, 12651 Seminole Blvd. Largo. Saturday, January 16. 8:30 AM - 1 PM. EARLY BIRD Inside Admission \$1.00 @ 8:00. Arts & Crafts, Furniture, Kitchen Items, Linens, Clothing, Jewelry. Baked Goods and Chinese Raffles. Breakfast and Lunch served.

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FEBRUARY AD DEADLINE - JANUARY 10, 2016

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284. • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.





JANUARY ANNIVERSARIES

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NOVEMBER BRIDGE SCORES

<u>Date</u>	<u>1st</u>
11/2	No Bridge
11/9	Lily Porter
11/16	June Salvato
11/23	Lily Porter
11/30	Frank Nowik

2nd	

Marilyn Owen Elmira Surozenski Ken Phelps Marilyn Owen

3rd

Ken Phelps Frank Nowik Frank Nowik Lily Porter



DANCE SCHEDULE FOR 2015 – 2016

All dances to be held on Friday nights from 7:30 - 10:30 PM

- January 29, 2016 ٠
- Baby Boomer Band
- February 26, 2016 ٠
- New Horizon Band
 - March 26, 2016
- DJ Denise

Dance Tickets are \$7.00 per person per dance. Season Ticket \$30.00 per person (includes all 5 dances)

Information will be furnished prior to each dance.





GREETINGS CARIBBEAN ISLES RESIDENTS!! SCOOP HERE!! SPEAKING OF SPORTS.....

January 2016..... HAPPY NEW YEAR!!!

Well, well would you look at that! The New Year has snuck up on us again. This reporter wishes all park residents all the blessings of the New Year and the hopes that the horrendous events of 2015 will not be repeated.

Some great family news to begin the New Year. Mike & Ellen Zuppardo (Unit 325) report that their adopted daughter, Elena, just recently received a very prestigious honor at the 2015 Artistic Styling Awards, a cosmetology competition sponsored by Fantastic Sam's. She received one of 15 honorable mentions among contestants from all over the State of Florida. Her journey to this honor began at age 2 in St. Petersburg. Her dad did not want to bring her up in St. Pete at that time because that area was not suitable for a young girl. They moved to the Panhandle where she continued her education through grade and middle school. But when it came to high school and graduation, she decided to complete her education in...you guessed it...ST.PETE!!. She graduated with highest honors at Aveda which is a top cosmetology school. Her parents are justifiably proud of her and she certainly deserves a Scoop "shout-out". Good luck to Elena as she continues her journey.

Current sports activities are bowling, shuffleboard, and golf. All are progressing well but deadlines prevent me from reporting current results. Scoop and his bowling team managed to work their way all the way up to 2nd place until they ran into a buzz-saw on December 2nd. Bowling result sheets are posted in the clubhouse.

In Shuffleboard news, Bob Pesta reports that even though the team has only 12 players when the normal roster is 16, our Caribbean Isles team is holding their own against the other teams with 43 wins against 53 losses. The team average of .448 isn't bad but could be better if we had some new players. C'mon gang, how can we expect our team to be competitive when we are shorthanded. If you are interested in participating and are not experienced, number 1, consider participating in the fun shuffle on Tuesdays at 7:00 PM to learn the basics. Then contact Bob @586-5645 to get info on joining the team. Consider the accomplishments of Rick Gould, who is a new member of the team, who won 4 of 6 games giving him an average of .667. A Scoop shout-out to Rick for paving the way for the revival of the Caribbean Isles shuffle team.

Sign of the times:

The latest candidate for president of FIFA (soccer's governing body) is a former political prisoner turned multimillionaire from South Africa named Tokyo Sexwale. Will it ever end???

Quotable Quotes:

"Sports does not equate to intelligence. If the American people wanted to equate the two, we'd be watching Monday Night Heart Surgery" - Michael Rosenberg, current Sports Illustrated contributor and former Detroit Free Press sports columnist as quoted by my fellow scribe, "Press" Jaworski of Clarkston, Michigan **INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!**



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E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	
Appliance Specialty, Inc.	727-520-6002
Bob's Appliance Repair	727-637-4789
Sunset Appliance Service	727-559-1137
AUTO REPAIR	
Bills Family Garage	727-240-1336
Browns Automotive.	727-531-7372
Largo Automotive Repair, Inc	727-584-0166
Heath Sullivan	517-262-6844
AWNINGS	202 0011
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co	727-559-8811
Century Awnings Co Chambers Specialties, Inc	727-443-7222
BATHROOM REMODEL	
BathMasters	727-333-7007
BEAUTY SALON	121-000-1001
Debbie's Salon	727-586-2842
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	121-210-0200
Electro-Glo Inc.	727-556-0701
	121-330-0101
	707 700 0547
A1 Dry Carpet Cleaning	727 521 4462
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	121-596-2249
	707 504 0774
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	707 000 4004
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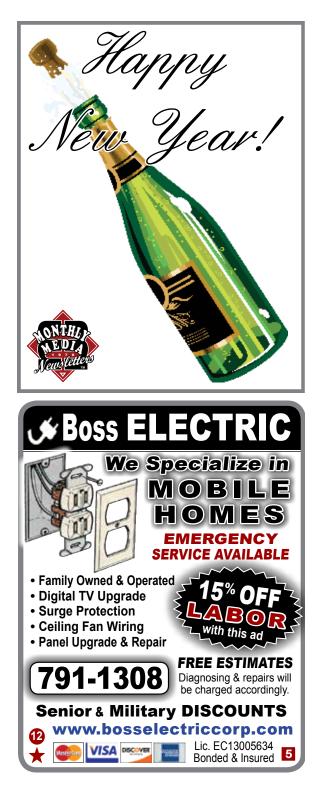
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Florida Anchor & Barrier Co	727-330-7821
TRAVEL/VACATION	
All Points Travel	727-391-0900
VAPOR BARRIER	
Florida Anchor & Barrier Co	727-330-7821
Florida Underhome Solutions	
Underhome Armor	727-282-2045
VINYL SIDING	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	
Mitchell Siding, Inc.	
WINDOW REPLACEMENT	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	
Chambers Specialties, Inc.	
WINDOW TREATMENTS/INTER	
Rod Runners	727-394-9534

ROOF REPLACEMENT



CARIBBEAN ISLES JANUARY, 2016 S



JANUARY•2016

Sunday	Monday	Г
3	4	HOA N 7:00 PN
10 Good Times - 5:00 PM Spaghetti Dinner	11	
17	18	
24	25 Co-Op Board Meeting 7:00 PM	
31		

Caribbean Isles

uesday	Wednesday	Thursday	Friday	Saturday
			1 Nau Yoor's Day	2 Pancake Breakfast 8:00 AM
Ieeting A	Good Times Meeting 10:00 AM	7	New Year's DayVariety Show8Meeting10:30 AMVariety Show9Meeting7:00 PM	9 Koffee Klatch 8:00 AM
12	2 13	14	15 Pot Luck 5:00 PM	16
19	20	21	22	23
26	5 27	28	29 Dance 7:30 PM	30
				FEBRUARY 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



ANSWER TO LAST MONTH'S WHERE IN THE WORLD IS SCOOP:

Scoop is at Augusta National Golf Course, in Augusta, Georgia, home of the Master's Golf Tournament.

THIS MONTH'S TRIVIA QUESTION:

What direction are all track races run in?

Remember to let me know of stories and/or accomplishments by residents, friends, and/or family and we'll publish them here. Call me at 727-581-1334 or email me at nilerivers@gmail.com. I'm sure there are other family members and friends of park residents whose accomplishments can be shared. And remember, you don't have to play a sport good to be a good sport...

CARIBBEAN ISLES VARIETY SHOW NEWS

SEEKING PERFORMERS FOR C. I. 4TH VARIETY SHOW Show Dates: Sunday, March 20 & Monday Mar. 21, 2016, 7 p.m. DON'T MISS THE SHOW INFORMATION MEETING AT THE CLUBHOUSE FRIDAY, JAN. 8, 2016 10:30 A.M.

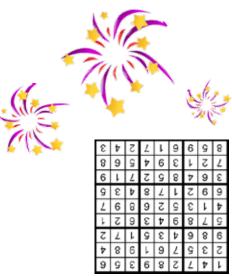
If you cannot make this meeting, please come to the first rehearsal, Sun. Jan. 10th at 1:30 p.m. in the clubhouse, although we prefer everyone to attend the January 8th meeting to hear all show info.

TALENT NOT ESSENTIAL - ENTHUSIASM IS! ONCE AGAIN, LOTS OF FUN STUFF PLANNED! DON'T MISS OUT!

January Sudoku

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

Difficulty level: medium.





CARIBBEAN ISLES JANUARY, 2016 S

9

Repair

3



WITH A STROKE, TIME LOST IS BRAIN LOST.

If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at StrokeAssociation.org or 1-888-4-STROKE.



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

(Allow 4-0 weeks for maining	iy of check). This month's cash	winners are.	
George Bodie \$100.	Barron's A/C & Appliance Service	Raymond Wilson\$5	Sunset Appliance Service
Eleanore Borsh \$10	Bob's Mobile Home Washing	Kerren Sanders\$5	Advertiser Referral
Terrance M. Menz \$10	Air Masters of Pinellas, Inc.	Joseph Laclaire\$5	Jones & Sons Plumbing, Inc.
	Recreational Golf Cars	Jack Bryant\$5	Air Masters of Pinellas, Inc.
Donald Fowler\$10	Ron Wyngarden MH Washing	Theodore Kulka\$5	Heller's Mobile Home Washing
	Florida Anchor & Barrier		Jones & Sons Plumbing, Inc.
Jerome Warren\$10	Jones and Sons Plumbing	Marlene Rydzewski \$5	Bill the Carpet Guy
Diane Wilmer \$10	Bill the Carpet Guy	William Lawrence \$5	Doll Brothers Carpet Cleaning
Greg Hager\$10		Tammy Prochaska \$5	Kathy's Cleaning
Jeanne Burket\$10	Doll Brothers Carpet Cleaning	Ann Crowley\$5	Boss Electric Corp.
William Swisher\$10	Imperial Electric Service of Pinellas	Shirley Delaney\$5	Debbie's Salon
Mike Toburen\$10		Jack Lawrence\$5	Rod Runners, Inc.
Karen Rose\$10	Largo Tech Services, LLC	Michael Lagarde\$5	Bob's Appliance Repair
Marion Day\$10	Denny's Plumbing, Inc.	Gary Cornely\$5	Chambers Specialties, Inc
Mary Rossow \$5	The Plumbing Patrol		E & E Gliddon A/C, Inc.
Shirley Taylor\$5	Advertiser Referral	Herbert Bee \$5	Jones & Sons Plumbing, Inc.
Denise Dodson \$5	Royal Enterprise	Margaret Sands \$5	Imperial Electric Service of Pinellas
Robert Eggebeen \$5	Century Awnings Co,	Geoffrey Arkell\$5	Bill's Family Garage
Mary Foley \$5	Mobile Home Depot	Jeane Hawkes\$5	Doll Brothers Carpet Cleaning
	Heller's Mobile Home Washing	Joseph Doyle \$5	O.E. Wilson Insurance
	Advertiser Referral	Joan Seagrave\$5	Suncoast Auto & Tire
Christina Boske \$5	Bill the Carpet Guy		Bob's Appliance Repair
		Pat Mcelhone \$5	Largo Tech Services, LLC
Paul Smith \$5	Bob'sMobile Home Washing	Cynthia Varga\$5	Advertiser Referral
• Limit of one ticket per vi	icit • Advorticor may have up to 4 winners	a nor month • Advortisor must	have hill paid current to qualify • No

• 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.



ACROSS

- 1. Bright thoughts
- 6. Nonclerical
- 10. Agreement
- 14. Type of wheat
- 15. Annul
- 16. Protagonist
- 17. Overact
- 18. Cease
- 19. Angers
- 20. Utterly
- 22. Untruths
- 23. Attempt
- 24. Murmured
- 26. Rouse
- 30. Chews
- 32. Hermit
- 33. Free
- 37. Debatable
- 38. Feelings
- 39. Urgent request
- 40. Streetwalkers
- 42. Startles
- 43. Connections
- 44. No particular person
- 45. Loamy deposit
- 47. Ribonucleic acid
- 48.36 inches
- 49. Widely circulated
- 56. Arab chieftain
- 57. Modify
- 58. Plaster
- 59. Place
- 60. Winglike
- 61. Follow as a result
- 62. Inside of your hand
- 63. Depend
- 64. Rituals

January Crossword

1. Notion

3. God of love

5. Ore refinery

7. Kitty (poker)

11. Eagle's nest

12. Belief system

10. School of thought

8. False god

9 Imitators

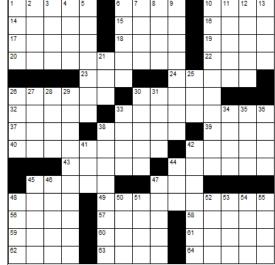
13 Throw

acuity

4. Car

2. Lacking intellectual

6. Vigorously passionate 30. Thugs



28. Dwarf buffalo

31. Gestures of assent

29. Tympani

33. Not a spoon

34. Hodgepodge

38. Haberdashery

35. Observed

36. Leisure

- the season to be jolly" 42. Australian food fish 27. It comes from sheep 44. Autonomic nervous system 45. Female demon 46. Bay window 47. Attempt again 48. Cry of pain 50. Doing nothing 51. Found on rotary phones 52. Hindu princess 53. At one time (archaic) 54. Chills and fever
 - 55. D D D D



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DOWN 21. A large vase 41. " 25. A wise bird 26. Charity





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8



Did you know that January is also...

National Bath Safety Month. Bath safety is an essential aspect of general home safety. An average of 370 people across all age groups suffer injuries in the bathtub or shower daily. Learn how to equip your bathtub or shower with safety precautions like grab bars and antiskid strips to prevent serious injury.

National Blood Donation Month. Some give blood because a friend asks; others do so because it just seems like the right thing to do. Whatever your reason, the need is constant and your donation is important for maintaining a healthy and reliable blood supply.



National Mentoring Month. Mentoring young people can change your life—and theirs. Volunteering as a mentor or becoming an informal mentor to a young person you know is a valuable step in igniting the mentoring effect in your community.

Thyroid Awareness Month. Thyroid disease affects approximately 200 million people worldwide. If left undiagnosed and untreated it can cause depression, tremors, muscle weakness, and constant fatigue. Learn how to perform a thyroid neck self-exam, and talk to your doctor if you detect any lumps.

National Home Office Safety and Security Week, Jan. 3-9. Thousands of people working from home face risks in their residential workplace: clutter that can cause trips and falls, inadequate electrical wiring that presents a fire hazard, and other dangers. Take some time this week to ensure that your home office doesn't endanger your health and safety.

International Snowmobile Safety Week, Jan. 16-24. Snowmobiling is a fun and exciting family activity enjoyed by over 4 million people in the U.S. and Canada. International Snowmobile Safety Week educates people about safe snowmobiling practices and shows how operating safely can prevent mishaps and injury.

National Sugar Awareness Week, Jan. 18-22. The average American consumes about three pounds of sugar each week, for a total of 3,550 pounds in his or her lifetime. During this week, take the challenge: Go five days without eating any sugar and see how much better you feel.



National Certified Registered Nurse Anesthetists (CRNA) Week, Jan 24-30. CRNAs provide more than 34 million anesthetics each year. This event helps patients, hospital administrators, health care professionals, policymakers, and others become more familiar with the CRNA credential and the exceptional nurses who have earned it.

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Learn the ABCs of skin cancer

hat dark spot on your skin may be a freckle—or it may be skin cancer. How can you tell? The American Academy of Dermatology takes an alphabetical approach to identifying potentially dangerous skin conditions:

- A: Asymmetry. Is the spot or mole generally circular, or does one side look different from the other?
- **B:** Border. Is the edge of the item uneven, notched, or blurry? ٠
- C: Color. Does the object vary in color in different areas?
- **D: Diameter.** Is the area larger than a pencil eraser?
- **E: Evolving.** Has the object changed its size, shape, or color?

Contact a dermatologist if you answer "yes" to any of these questions.

Just a rash? Check it out

rash may be nothing to worry about, but sometimes it can be a sign of something serious. Doctors recommend you pay attention if a rash exhibits any of these symptoms:

- The rash spreads quickly across your body, which could indicate a major allergic reac-• tion
- You have a fever along with the rash. This could be a sign of a serious infection, so get to the hospital immediately.
- Your rash forms blisters or becomes painful. •

The foundation of success in life is good health. That is the substratum fortune; it is also the basis of happiness. A person cannot accumulate a fortune very well when he is sick. —P. T. Barnum

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Get to the root of problems

When you can't solve a seemingly impossible problem, do you just throw your hands high in frustration and walk away? Most of the time that's not an option. Try reframing the problem with these suggestions from Tina Seeling, author of Inside Out: Get Ideas Out of Your Head and Into the World (HarperOne):

- **Revise your question.** Turn the problem around by re-examining your real goal. Instead of "What new product will make lots of money?" ask, "What do our customers buy, and what do they avoid?" or "How can we offer more of what already works?"
- Look for bad ideas. You can unleash your creativity by flipping the process. Try to identify what doesn't work, what's failed in the past, or what would completely capsize any solution. You may be able to adapt a seemingly impractical solution, or eliminate a factor that's holding you back.
- Question your assumptions. Many of us fall into the trap of assuming that the answer we're seeking will look like solutions that have always worked. Take a close look at the problem, your organization, or your industry and identify practices that have never been questioned. Ask, "Why are we doing it this way?" You'll often find a new approach by going against the conventional wisdom.

Play these roles when developing ideas



Thinking creatively requires different mindsets at different stages of your project. If you can shift gears yourself, do that; if not, bring in a colleague to help you sort through the issues. Focus on these key roles as spelled out by Walt Disney:

- **Dreamer.** Don't limit your vision at the outset. Let your mind roam widely as you explore concepts, ideas, and solutions. You don't have to be practical at this stage—just allow yourself to daydream as you think about what you want to achieve.
- **Realist.** Once you've got a plan or idea you want to put to work, start narrowing it down until it's doable. You may end up eliminating the less practical aspects, but if you keep your mind on the core idea, you'll come up with a plan that satisfies your goal while succeeding in the real world.
- Critic. Poke holes in your plan so you can patch them up effectively. Run a test or set up a pilot program before rolling your solution out completely. Don't think of obstacles as failures; use what you learn to make your idea viable.



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