



OFFICE: 4125 Park Street North • St. Petersburg • FL 33709 • (727) 544-7770

CROSSWINDS

• CHRONICLE •

September • 2015 **Issue 7**
39th Year

She Eagled the 7th Hole!

**Madolyn McMahon got a great
image of a bald eagle on the 7th
hole at Fairway Village -
her score was not reported!**

Monthly Mania Winner!
\$100 • Merrill King
Boss Electric Corp.

**Delivered Door-to-Door by Park
Residents FREE Every Month**

Madolyn McMahon

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FOR AD RATES & INFO 727-484-7488 • info@monthly-media.com

Crosswinds Mobile Home Park

Activities Directors for the 2014-2015 Season

President.....	Patricia Brown, Lot 433.....	289-1750
1st Vice Pres.....	Agi Wacker, Lot 721.....	498-0432
2nd Vice Pres.	Louisa Rice, Lot 535.....	827-7442
Treasurer	Margaret McNaughton, Lot 301.....	770-658-8606
Secretary	Suzanne Roy, Lot 413.....	289-4124
Media Director.....	Suzanne Roy, Lot 413.....	289-4124
Volunteers	Jack Brown, Lot 433.....	289-1750



Co-Op Board of Directors

President.....	Theresa Charron, #544.....	545-5086
Vice President	Robert McNaughton, #301.....	770-331-2577
Treasurer	Glenys Forrester, #447.....	727-541-6126
Secretary	Susanne Roy, #413.....	727-289-4124
Direc. @ Large.....	Betty Eicher, #624.....	513-574-1312



Bird Group's Chairperson November, 2015 to March, 2016

Birdgroups	Chairperson	Month Assigned
Sandpipers.....	Pamela Fairclough, #644, 727-8751.....	January, 2016
Flamingos.....	Brenda Manfredi, #631, 727-914-4154.....	February, 2016
Blue Jays.....	Nancy Hope, #303, 727-546-4746.....	March, 2016
Cardinals	Heather Hachey, #525, 727- 826-0298.....	November, 2015
Mockingbirds.....	Louisa Rice, #535, 727-827-7442.....	December, 2014



Crosswinds Homeowners Association Inc

President	Jane McMillan Lot #1040.....	727-289-1475
Treasurer	Phillip DuBois. Lot #18.....	727-417-8760
Secretary	Rachel Brabant Lot #743	727-350-3970
Member At Large.	Sandy Stanley Lot #27	727-471-9495
Member At Large	Albert Yoder Lot #330	828-612-9572
Member At Large	Mike McKay Lot #6	727-258-4512
Member At Large	Herb Stanley Lot #27	727-471-9495
Emeritus	Andy Richard Lot #608	727-954-5133



Emergency Numbers

Maintenance Emergency.....	(727)-656-6507
Fire Department	(727) 893-7694
Emergency	911

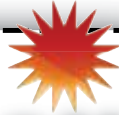


MODERN AIR CONDITIONING



& HOME SERVICES, Inc.

Special!
Expires 9/30/15



\$39⁰⁰
A/C & Heat Inspection or Service Diagnostic

Coupon required at time of service during regular business hours & cannot be combined with other offers.

- HONEST and FAIR - SAME DAY SERVICE
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27 ★ **541-5541** 15

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Summer Rains Are Here?

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24 ★ **ASC 547-8300** 21

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5 ★ **727-559-1137** 3

"Have you experienced the Sunset Appliance Difference? It's all about our Service!"

ASC

Lic #C-2387

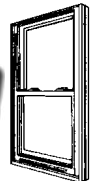
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"A No-Nonsense Company"

WINDOWS



FREE Installation!
(minimum 6 windows)



0% Financing expires 9/15/15

24 ★ **547-8300** VISA 21

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We Are TRULY Family Owned & Operated

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7420 Park Blvd. • Pinellas Park

ASC Lic # C-2387 **547-8300**
visit: www.ascaluminum.com ★

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"SPECIALIZING IN MOBILE HOME REPAIRS"

- Sewer & Drain Cleaning • Washer & Dryer Hook-Ups
- All Brands Faucets & Fixtures Repaired & Replaced
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Over 30 Years Experience • Master Plumber • CFC1428802



28



35



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- No Move-Out
- No Odor

10 Year Warranty

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- Rodent Control
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- Once-A-Year Pest Control



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- Serving Pinellas County Since 1993
- 2690 Woodhall Terrace, Palm Harbor

MOBILE HOME DEPOT

YOUR MOBILE HOME PARTS WAREHOUSE!

- Mobile Home Supplies • RV Accessories • Aluminum Products

22 ★ Do It Yourself & Save! 9

- Largo - 13777 66th Street North • **535-1100**
- New Port Richey - 7118 U.S. Hwy. 19 • **849-4900**



Store Hours: M - F 8-5 • Sat. 8-12
www.mobilehomedepot.net

ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

Coverages:

Bodily Injury	\$100,000 Each Pers./ \$300,000 Ea. Occur.
Property Damage	\$100,000 Each Occur.
Uninsured Motorist	\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot.	\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments	\$5,000 Each Person
Comprehensive	ACV - \$500 Deductible
Collision	ACV - \$500 Deductible
Road Trouble Serv.	\$50 Each Occurrence
Additional Exp.	\$30 Per Day / \$900 Each Occurrence
Annual Paid In Full Premium	\$884.99*



Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2008 Chevy Impala LI, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

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

O & Wilson Insurance Inc.

30 ★ 727-535-0524 9

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Est. 1988

AMERICAN
RESTORATION SYSTEMS, INC.
www.americanrestorationsystems.com

18



2

Multiply Your Monthly Mania!

As you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. **We pay out \$400 every month to residents** who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

Now You Have More Chances to Win!

We are now offering unlimited entries into our Monthly Mania drawing by just *SUGGESTING* a business to advertise.

Here is how it works:

1. Call our office and suggest a business to advertise in the newsletter
2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
3. The more businesses you suggest, the more chances you have to win.
(To qualify each resident can only suggest a business once)

What businesses would you like to see advertising?

We have spots available in the following categories:

- | | | |
|-------------------------------------|--------------------------------------|-------------------------------|
| • Accountant/Tax Prep | • Foot Specialist - Podiatrist | • Moving Services |
| • Assisted Living Facility | • Golf Cart Sales & Service | • Optometrist |
| • Attorney/Lawyer | • Hair Salon/Day Spa | • Painting - Inside & Outside |
| • Automotive Painting/
Detailing | • Hearing Aid/Retail | • Pet Services |
| • Automotive Repair/Sales | • Home Care | • Pharmacy |
| • Awnings | • Home Furniture & Mattress | • Remodeling/Interior |
| • Banks | • House Cleaning | • Resale Store |
| • Bathroom Remodel | • Insurance Home/Auto/Health | • Restaurants |
| • Bicycle Repair & Sales | • Investment/Brokerage | • Screen Repair |
| • Bingo | • Jewelry Sales/Design/Repair | • Storage |
| • Chiropractor | • Manufactured Home Sales | • Taxi/Shuttle |
| • Computer Services | • Massage Therapy | • Travel Agent |
| • Dentist | • Medical Doctor | • Veterinarian |
| • Driveway Coating | • Mobile Home Supplies -
Retail | • Window Film/Tinting |
| • Fitness Center/Gym | • Motorcycle/Moped Sales &
Repair | • Window Washing |
| • Floor Coverings/Retail | | • Window Treatment/Interior |



**Thanks For
The Referrals
Last Month!**

**Two
\$5 Winners
Just for
Calling In!**

Monthly Media - (727) 484-7488

Welcome to Crosswinds Mobile Home Park.

We'd like to welcome Kathy Gilbert, Lot 741 to Crosswinds Mobile Home Park.



Birthdays:

0716 Willey, Paulette 2-Sep
0224 Scheeper, Catherine 3-Sep
0447 Forrester, Gary 3-Sep
1048 Nelson, Allan 3-Sep
0527 Book, Babette 5-Sep
0005 McKay, Susan 6-Sep
0246 Hamilton, Marylyn 8-Sep
0440 Burton, Richard 10-Sep
0447 Forrester, Glenys 11-Sep



0512 Munroe, Ina 11-Sep
0511 Steffen, Harlon 13-Sep
0304 Roy, Mona 15-Sep
1040 McMillan, Jane 15-Sep
014A Robinson, Patti 16-Sep
0413 Roy, Suzanne 18-Sep
0340 Connelly, Anne 21-Sep
0303 Hope, James 23-Sep
0440 McQuiggin, Violet 23-Sep



Anniversaries

0619 Frigault, Yves & Jean 4-Sep
0621 Blais, Bernard & Colette 5-Sep
0544 Charron, Joseph & Theresa 8-Sep
0408 Asselstine, William & Sharon 11-Sep
0637 Rousseau, Gary & Linda 16-Sep
0506 & 0612 Flannigan, David & Vera 17-Sep
0338 Downy, Richard & Donna 29-Sep
0203 Andritz, David & Sharon 30-Sep



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right click with mouse to download to your computer**

INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!

LOOKED

UNDER YOUR MOBILE HOME LATELY?

**Insulation Under Your Home Falling Down?
Holes and Tears in Your
Vapor /Moisture Barrier?**



FREE
UNDER HOME INSPECTION
Only with this COUPON



**Photographs
Taken of
Damaged Areas**



Insulation and Vapor Barrier Repairs



- **Lifetime Vapor Barrier** • **Guaranteed for Life**
- Prevent Soft Floors • Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House!
- Lower Your Electric Bills

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& SENIOR
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of Pinellas, Inc.

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3 Ton Package Unit

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- * New Digital Thermostat
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Incl. Tax

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MOBILE HOME WASH N' WAX

- Apply Soap to exterior
- Hand brush mobile home
- Then light power rinse thoroughly

- No High Pressure
- No Bleach • No Chlorine



\$75⁰⁰

Any Size Mobile Home

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16

★

16

Owner Operated - Over 25 Years Exp. • Licensed & Insured

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Most Cars - Freon Extra

With this coupon. Not valid with other offers. Exp. 9/30/14

FREE! 4 Wheel Tire Rotation
with Lube, Oil & Filter **Only**
Up to 5 Quarts **\$15⁷⁶**
Kendall

Must present this coupon at time of purchase.
Most cars. Plus \$2.00 environmental fee.
Not valid with other offers. Expires 9/30/14

TRANSMISSION FLUSH & FLUID EXCHANGE

with **BG** **\$119⁹⁵**

Most Cars. With this coupon. Reg. \$129.95
Not valid with other offers. Expires 9/30/14

4 WHEEL ALIGNMENT

With this coupon. Some cars & trucks extra. Not valid with other offers.
Expires 9/30/14 **Only \$69⁹⁵**



11 ★

520-1148

9

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- All Repairs Guaranteed • Full Service Repairs



City life? Not for all young adults

The TV sitcom *Friends* depicted a group of young New Yorkers enjoying life in the big city—but in the end, at least two of them chose to move to a house in the suburbs. Young adults in real life appear to be making the same choice (without the laugh track). A survey of more than 1,500 people born since 1977, released by the National Association of Home Builders, found that few of them want to remain in the city for their entire lives.

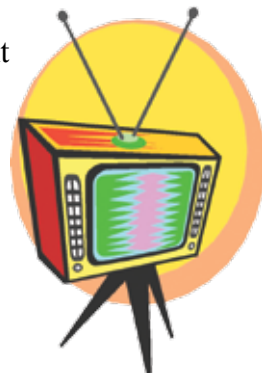
Sixty-six percent indicated they'd like to live in the suburbs, and 24 percent have their hearts set on a rural residence. Only 10 percent want to live in the center of an urban area. They're mostly looking for space: Eighty-one percent said they want three or more bedrooms wherever they end up living.



Online videos bigger than TV these days

Video has taken over the Internet, especially among the younger generation. A survey of 13- to 24-year-olds by Defy Media found this evidence of the influence of YouTube and other video providers on youthful fans:

- Millennials watch an average of 11.3 hours of free online video a week, and 10.8 hours of subscription video—but only 8.3 hours of scheduled broadcast TV.
- Videos are more popular than online TV content. Seventy-six percent of young people in the survey said they find YouTube more entertaining than TV programs (more popular with 55 percent of participants).
- They're tolerant of advertising on the Internet. Fewer than half—41 percent—said online videos have too many advertisements, but 63 percent feel TV does.



Mathematics is the art of giving the same name to different things.

—Henri Poincaré

Get the full impact from these healthful foods

Certain foods have definite health benefits, but you have to eat them the right way to get their full impact. Here are some common foods you might be eating “wrong,” according to the CNN website:

- Flaxseed. Full of fiber and omega-3, these little seeds may improve your heart health—as long as you grind them up first. Sprinkling them whole over your cereal or yogurt will keep their nutrients locked inside.
- Broccoli. Eat this raw or steamed, not cooked, to receive the full dose of vitamin C, chlorophyll, and antioxidants this vegetable offers.
- Strawberries. Slicing this delicious fruit exposes its healthful nutrients to light and oxygen, which can dilute their effects. Eat them whole, or hold off cutting them until the last minute.
- Garlic. The enzyme allicin, found in garlic, may help ward off cancer, but its benefits are more pronounced when it’s exposed to air. Let garlic sit for about 10 minutes after chopping to release this enzyme fully.
- Tomatoes. Fresh tomatoes are tasty, but you’re better off cooking them. The antioxidants in them increase in potency when they’re heated to about 190 degrees Fahrenheit.



Stone tools point to early use by primitive humans

Humans have been using tools for longer than we’ve known. As reported by the journal *Nature*, a team of archeologists in Kenya have found stone tools dating back 3.3 million years, some 700,000 years older than the oldest tools previously discovered.

Before this find, the oldest known stone tools came from sites in Ethiopia and were believed to have been used some 2.6 million years ago. Still, evidence of earlier tool use suggested that humans may have been using stone for longer than that—fossils of animal bones, also in Ethiopia, show signs of cutting some 3.4 million years ago.

The Kenyan tools were dated with an analysis of the sedimentary layer where they were uncovered. Scientists speculate they may have been used to open nuts or fruits with hard surfaces. Weighing in at about 6.6 pounds, the tools are 10 times heavier than any stone tools discovered so far.



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100,000 vehicles in Pinellas County



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MOBILE HOME WASHING

- No harsh bleach or chlorine!
- Our cleaning products are:
environmental friendly &
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Also Ask About:

Gutter Cleaning • Window Washing
& Other Minor Home Repairs

Licensed
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FLOORING, WINDOWS
& DOORS, INC.

ROYAL "We Keep Your Castle Clean"

**SHATTERPROOF
YOUR WINDOWS**

**SOLAR
FILM**

- 16 • Heat Reflection
- Old Film Removal & Replacement

16

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Owner Operated - Over 25 Years Exp. • Licensed & Insured
Ask About Our Other Cleaning Services



FLOOR REPAIR

MOBILE HOME SPECIALIST

- Any kind of damage to any kind of floor system.
- Small areas or whole homes.
- Replacement or deckover.

Ask About Our Other Services

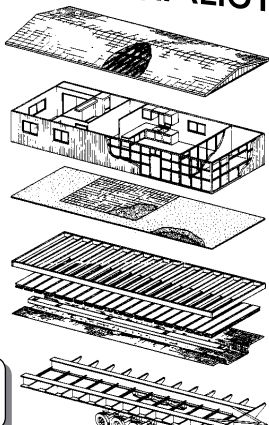
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NO SUB-CONTRACTORS**

Perfect Repair & Construction, Inc.

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22



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 - Valances • Sheers
 - Factory Direct Vertical Blinds
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- ALWAYS ON SALE!**

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Specializing in...



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Carts Any Condition • Highest Prices Paid

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RECREATIONAL GOLF CARTS, LLC.

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548-8460 8

Keep relationships healthy over long distances

Ten years ago, some 2.9 percent of all marriages were long-distance relationships. Today that number has grown. Maintaining any kind of relationship takes work; when partners are separated, the effort grows. Keep your relationship steady and solid with these tips:

- Set ground rules. The secret to success in a long-distance relationship is managing expectations. Talk over how you'll handle the separation—who will be responsible for bills, child care, and other household issues. Do this ahead of time so nothing falls through the cracks. Set up a schedule for regular phone calls so you can plan conversations effectively.
- Communicate—but not too much. Regular contact is essential to the health of any marriage, so make a point of getting in touch as often as you need to. Just don't overdo it. If one partner feels crowded or badgered by insistent demands, he or she may back off, making the relationship even more complicated.
- Vary your channels. Don't rely on the telephone alone. Use e-mails and texts to send quick messages without interrupting the other person at work or at an awkward moment. Variety helps strengthen any relationship, so look for different ways to connect.
- Plan positive visits. You'll want to get together with your partner as often as you can. Don't put too much pressure on yourselves to make each visit spectacular, though. Give yourselves time to relax so no one feels personally responsible for the visit's success. You both need some downtime to get used to being with each other again.
- Be flexible. Travel plans can change at a moment's notice. An emergency may delay or interrupt a phone call. Although you're disappointed, do your best to respond positively and patiently when other demands disrupt your planned activities. Getting into a fight over every minor crisis won't keep your relationship strong.

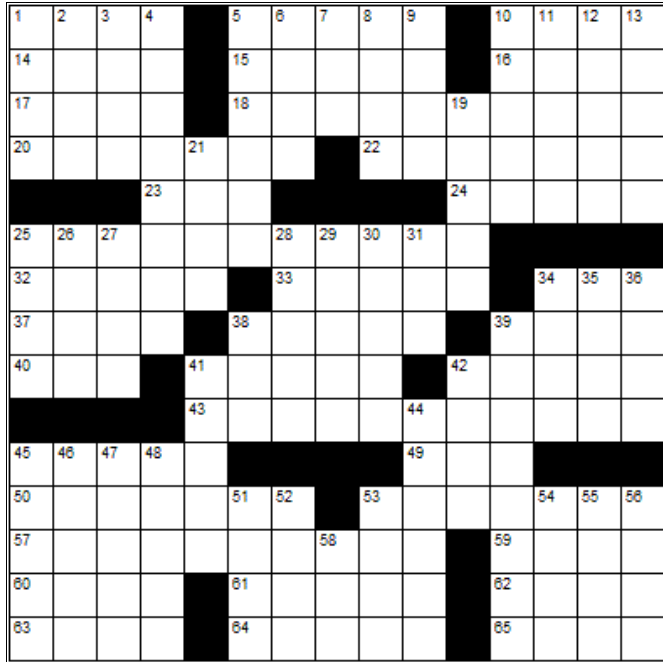


Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

—John F. Kennedy

ACROSS

1. Terror
5. Aromatic solvent
10. Website addresses
14. Tardy
15. Cognizant
16. Midday
17. God of love
18. Likeness
20. A painkiller
22. Hypodermic
23. Fitting
24. Not younger
25. Jubilation
32. Severe pain
33. Virile
34. Kitten's cry
37. Violent disturbance
38. Repaired
39. Angel's headwear
40. Eastern Standard Time
41. Not inner
42. Stogie
43. Transparent
45. Napped
49. Dekaliter
50. Misinform
53. Pettifogger
57. Impossible to satisfy
59. Hawkeye State
60. Adolescent
61. Gloomy, in poetry
62. A song for 2
63. At one time (archaic)
64. Marsh plant
65. Makes a mistake



DOWN

- | | | |
|---------------------------|------------------------------|---------------------------|
| 1. Parasitic insect | 21. Red gemstone | 41. Group of 8 |
| 2. Hearing organs | 25. Concern | 42. Kaolin |
| 3. At the peak of | 26. Auspices | 44. Cling |
| 4. Occupant | 27. Plunder | 45. Strike |
| 5. Less difficult | 28. Friendliness | 46. A protective covering |
| 6. Identical or fraternal | 29. What we pay to the govt. | 47. S S S S |
| 7. An unskilled actor | 30. Unreactive | 48. Flora |
| 8. Twin sister of Ares | 31. Not young | 51. Helps |
| 9. Depend | 34. Wise men | 52. Have the nerve |
| 10. Up to | 35. Distinctive flair | 53. Smelting waste |
| 11. Not square | 36. Be dressed in | 54. See the sights |
| 12. Hostel | 38. Pelt | 55. Pitcher |
| 13. Contemptuous look | 39. Brae | 56. Rodents |
| 19. Sarcasm | | 58. What we sleep on |



September Crossword



SERVICES DIRECTORY

AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc. 727-586-6969
 E & E Gliddon, Inc. 727-546-4343
 Modern A/C Service Co. 727-541-5541

APPLIANCE REPAIR

Bob's Appliance Repair 727-637-4789
 Sunset Appliance Service 727-559-1137

AUTO REPAIR

Suncoast Auto & Tire 727-520-1148

AUTO SALES / PURCHASING

Tampa Bay Car Cash 727-580-9580

AWNINGS

Bay Area Aluminum Services, Inc. 727-585-4442
 Century Awnings Co. 727-559-8811

CARPET CLEANING

Bill the Carpet Guy 727-521-4163

COMPUTER SERVICES

Largo Tech Services, LLC 727-474-4285

DUCT / VENT CLEANING

Velocity Air 727-754-7956

DRIVEWAY COATING

Concrete Wizard, Inc. 727-789-5444

ELECTRICAL CONTRACTOR

Haseney Electrical Services, Inc. 727-441-8434
 Imperial Electrical Service 727-535-0708

FLOOR REPAIR

Flatworks 727-288-4680
 Florida Anchor & Barrier Co. 727-330-7821
 Perfect Repair & Construction, Inc. 727-539-0852

GOLF CART REPAIR

Pinellas Golf Carts, LLC 727-754-2923

GOLF CARTS SALES & SERVICE

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 Modern Pest Control, Inc. 727-410-1466
 Nature's Resource Pest Control 727-785-2552

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 Ray Duncan Plumbing, Inc. 727-733-0968
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Sunday	Monday	Tuesday
6	7	
	Labor Day	
13	14	
20	21	
27	28	

Crosswinds

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
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Keeping up with current events

How much do you know about current events? The Pew Research Center News IQ survey examined the knowledge of more than 3,000 U.S. residents in an interactive quiz that asked them to identify a series of photographs, charts, and maps. Here's how the participants measured up when asked to ...

- Identify a photo of Martin Luther King Jr.: 91 Percent
- Identify the country led by Kim Jong-il from a photo (North Korea): 82 percent
- Identify the location of Guantanamo on a map (Cuba): 78 percent
- Name the country the U.S. recently re-established relations with (Cuba): 76 percent
- Identify the proposed route of the Keystone Pipeline on a map: 73 percent
- Identify Malala from a photo (2014 Nobel Prize winner): 93 percent
- Identify Pope Francis's home country on a map (Argentina): 52 percent
- Give the correct number of female Supreme Court justices (three): 33 percent

Have you taken your fish oil today?

Natural dietary supplements are big business in the U.S. As part of the National Health Interview Survey, researchers looked at the use of natural supplements other than vitamins and minerals. Comparing figures from 2002, 2007, and 2012, the trends they found include:



- Fish oil. This was the top product used by adults in 2012, as well as among children (though in 2007, Echinacea was the most popular supplement among children).
- Melatonin. This sleep aid came in second for children in 2012, increasing significantly from 2007.
- Glucosamine/chondroitin. Use of this decreased between 2007 and 2012, along with a drop in the use of Echinacea and garlic.
- Ginseng. This showed another large decline from 2002 to 2007, along with the use of Gingko.
- Green tea and milk thistle. Use of these held steady (though low) between 2007 and 2012.

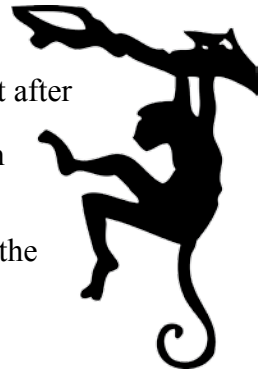
Monkey see, monkey do, monkey—cook?

Humans and chimpanzees share many genetic traits, and scientists have recently discovered one that may surprise fans of the Cooking Channel and the Food Network: a basic understanding of how to cook food.

Chimps have long exhibited a preference for cooked food over raw. A team from Harvard and Yale decided to see if they could be taught to “cook” food on their own. Observations have shown that chimps are willing to give up something like a slice of raw sweet potato if they expect to receive a cooked one in a short time. To test their hypothesis, the scientists devised a process to mimic cooking (since they didn’t want the apes to use actual heat): two plastic bowls that fit closely together, with a bit of pre-cooked food hidden in the lower bowl.

The scientists would put a piece of raw potato into the bowl, then switch it after a few minutes for the cooked one. After a while, the chimpanzees began doing the same thing—placing a piece of food into the bowl, waiting, then looking for the tastier result.

The researchers believe this shows a basic cognitive ability to understand the cooking process, as well as the patience to carry out—traits that may have driven crucial changes in human evolution.



Follow the right FORM for effective innovation

Innovation may seem spontaneous, but it generally succeeds because the groundwork has been methodically laid ahead of time. To spark creative thinking in your organization, follow consultant Charles Day’s acronym FORM:

F: Focus. Start by deciding what’s important to your team and organization. What were you created to achieve? Identify the key goals of your vision so you have something to work toward.

O: Organization. Decide on a structure for developing and implementing ideas. Who is responsible for specific tasks? What jobs should be shared? How will you make decisions?

R: Resources. Gather what you’ll need to implement your plans. This includes not just tools and materials, but people. Identify the types of talents you’ll need to bring an idea to reality.

M: Measurement. Look to the end as you begin. Determine how you’ll know whether you’ve succeeded or failed. Goals should be specific and clear to everyone, and they must be relevant to your organization’s vision.

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September Is...

Baby Safety Month. Drowning, falls, chemicals, and other hazards can endanger the life and health of any small child. During September, take a good look around your house and eliminate any threats to babies' safety that might be hiding in plain sight.



Library Card Sign-Up Month. A time to remind parents and children that a library card is the most important school supply of all. If you don't already have a library card, get one in September; if you do, visit your local library and use it.

National Bourbon Heritage Month. A celebration of bourbon as America's "Native Spirit." The U.S. Senate declared September National Bourbon Heritage Month in 2007, calling on those who enjoy bourbon to do so responsibly and in moderation.

National Campus Safety Awareness Month. College campuses are not immune to destructive behaviors and violence due to high-risk drinking, drug abuse, sexual assault, fire safety, and more. As your kids head to college this month, talk to them about safety and investigate the resources their school offers.

Week to Week

National Suicide Prevention Week, Sept. 8-14. An annual campaign to inform and engage health professionals and the general public about suicide prevention and warning signs of suicide. Awareness events are held throughout the week around World Suicide Prevention Day, Sept. 10.

National Truck Driver Appreciation Week, Sept. 13-19. Sponsored by the American Trucking Associations, a federation of state associations, affiliated conferences, and individual members committed to developing and advocating policies that promote highway safety, security, environmental sustainability, and profitability.

Pollution Prevention Week, Sept. 21-27. The best way to protect the earth and its people is to stop creating pollution in the first place. Less waste and pollution means fewer hazards to public health and the environment. Pollution Prevention Week highlights the efforts of the EPA, its state partners, industry, and the public in preventing pollution right from the start.



Banned Books Week, Sept. 27-Oct. 3. Sponsored by the American Library Association to promote the importance of ensuring the availability of books to all who wish to read them.

September Sudoku

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: medium.

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

Back to School!



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

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-Monthly Media Staff

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- Identity. Who are you? Don't think about your job, but your values and deepest beliefs about people and life.
- Accomplishments. What have you already done in your career? Examining your past successes can help you move forward to new victories.
- Reputation. How do others see you? Get some honest feedback. If you're not happy with the answer, improve your attitude so people see a more positive you.

The Best Antidote

A young wife lived with her husband's mother. Although she loved her husband, she found her mother-in-law impossible to deal with. In her desperation, she decided to poison the woman and get her out of her life.

She found a doctor willing to help her. As he gave her the poison, the doctor said, "Just so that no one suspects you, treat your mother-in-law as nicely as you can. Give her a little bit of this poison every day, and in a month your problems will be over."

The wife followed his instructions, treating her mother-in-law with special kindness as she slipped the poison into her food every day. Toward the end of the month, she went back to the doctor.

"Something strange happened," she said. "Ever since I've been nice to her, she's been nicer to me. Now she seems more like a friend than a mother-in-law. Can you give me an antidote for the poison before she dies?"

The doctor smiled. "I gave you ordinary vitamins. The only poison was in your own mind."

The world is shaped by two things—stories told and the memories they leave behind.
—Vera Nazarian



Two-minute walks may improve your health

Exercise keeps you healthy. Fortunately for busy people, exercise doesn't have to mean working out at the gym or running a marathon. A study reported on the Science Daily website found that adding just two minutes of walking per hour to your routine can extend your life expectancy.

Scientists at the University of Utah School of Medicine discovered that taking a two-minute walk once an hour was associated with a 33 percent lower risk of dying. Even brief walks add up to a substantial benefit when taken often during the day. The scientists emphasize that these walks should be an addition to a moderate exercise habit, not a replacement for one. It's a step in the right direction.



Protect your hearing

Excessive noise in the workplace (or anywhere else, for that matter) can damage your hearing. The Medicine Net website warns that you risk hearing loss under these noisy conditions:

- You need to shout so that people an arm's distance away can hear you.
- Your ears begin to hurt from the volume.
- Your ears are ringing.
- You suffer temporary hearing loss after being subjected to constant loud noise.



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—Charles Schulz



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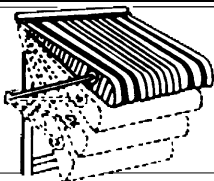
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(Allow 4-6 weeks for mailing of check). **This month's cash winners are:**

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John Deveau.....\$5	Medicine Shoppe of Dunedin	Diane Heath.....\$5	Natures Resource Pest Control
Joseph A. Lopez.....\$5	Bob's Appliance Repair	Jerry Hadley.....\$5	Modern Air Conditioning & Appliance
Steve Lynch.....\$5	AMS West Coast, Inc.	Pamela Hill.....\$5	Heller's Mobile Home Washing
Scott Ditto.....\$5	Air Masters of Pinellas	Kerren Sanders.....\$5	Advertiser Referral
Gwendolyn R. Burgess.....\$5	Bill the Carpet Guy	Dolores Colonita.....\$5	Advertiser Referral

• 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.

Committee Contacts

Billiards.....	Bruce Welch, #414.....	545-5208
Bingo.....	Maggie Deguire, #941	(727) 289-8775
.....	Judy Reid, #632	(727) 954-6123
Bocce.....	Lou Sage, #7A	(727) 374-6252
Bridge.....	Betty Eicher, #624	513-574-1312
Choir	Pauline Yorton, #848	546-1071
Church.....	Pauline Yorton, #848	546-1071
Coffee Hour.....	(The birdgroups are responsible for organizing the coffee hour for the month that is assigned to their group. See Birdgroups)	
Crafts.....	Nancy Hope, #303	(727) 546-4746
Cribbage.....	Jim Hope, #303	(727) 394-4992
Darts.....	Maggie Deguire/George Methe, #941	289-8775
Euchre	Jim Hope.....	394-4992
Exercise Classes.....	Judy Clark #821	546-4521
Golf (Ladies).....	Maggie Deguire, #941	289-8775
Golf (Men).....	Gordon McFarlane, #328.....	258-7666
Karaoke.....	Maggie Deguire, #941	(727) 289-8775
Low Impact Workout ..	Colette Blais, #621	546-5516
Line Dancing.....	Glenys Forrester, #447.....	541-6126
Open Mic	George O'Donnell, #636	546-4930
Poker	Jack Leroux, #332.....	(727) 548-1350
Shuffleboard.....	Andy Beaudet, #838	289-8430
Walk Away Lbs.	Agi Wacker, #721	498-0432
.....	Rachel Brabant, #743	350-3970
Weigh-In.....	Dina Samson, #616.....	(727) 920-9053
Welcoming Comm.	MaryBeth Leduc, #412	827-7114
.....	Donna Tilford, #734	545-1593
.....	Colette Blais, #621	(727) 546-5516
.....	Mary Charbonneau, #139	(727)-768-0309
.....	Pamela Fairclough, #644	544-8751
Yoga Beginners.....	Susan McKay, #6.....	258-4512



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

What are you doing for Labor Day weekend?

Labor Day weekend is a chance to have fun with friends and family at the end of summer. Barbecues and parades are common, but if you're bored with the usual activities, try something different. Here's a quick list of suggestions:

- Hiking. Find a nature trail or forest preserve, grab a backpack, and take your family out to get some exercise and enjoy the great outdoors.
- Museums. Most cities and towns have at least a few museums open for the holiday weekend. Choose one that's unusual or that you've never been to before.
- Volunteering. Spend some time helping others in your community. Local food banks, animal shelters, and other resources are always looking for people willing to help out.
- Games. Hold a game night (or afternoon). Invite friends and family to bring their favorite board games and outdoor games, and learn some new ones.
- Movies. Don't go to the movies—make a movie yourself. Rent a video camera or use your cell phone to create a documentary of your family holiday to enjoy for years to come.
- Kites. Go out to the park and fly a kite.
- Picnics. This is a traditional activity, so add some variety by trying a new cuisine or inviting everyone to bring their favorite dish.



Fast answer

A drunk walked into a bar and told the bartender, “Give me a shot of your best whiskey, quick!”

The bartender poured a drink. “That one’s twenty dollars a shot.”

The man drank it down. “Give me another one, fast!”

After a third drink a moment later, the bartender asked, “What’s your rush? I never saw anyone drink so fast.”

“You’d drink fast, too, if you had what I’ve got.”

“What’s that?”

“Fifty cents.”



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