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OFFICE: 16416 U.S. 19 North, Clearwater, FL 33764

Embassy Park News & Views

E-Mail Address: Embassynewsviews@gmail.com

Sunshine Lady.....

GENIUS MICROWAVE TRICKS:

Think your microwave is only good for heating frozen dinners? Nuke garlic bulbs for 15 seconds and the skin will slide off like magic. The water in the garlic steams and breaks down the bond between the clove and the skin for fast removal.

Hard squashes and root vegetables can be tough to peel. To make the job easier, place the vegetable in your microwave for 2 to 3 minutes on low power and the skin should be more pliable for peeling and cutting—just be careful when removing the hot veggie so you don't burn your fingers.

To avoid crying when chopping, wash an onion, trim its ends, and microwave for 30 seconds before cutting. You tear up while chopping onions because the knife damages the onion's cells, causing the release of sulphuric gas. This gas reacts with tear ducts and irritates the eye. Heating the onion first breaks apart the enzymes that trigger the gas release.

Skip buying an expensive cappuccino machine. Instead, pour milk into a mason jar, no more than half full (to leave room for foam). Screw on the lid and vigorously shake for 30 to 60 seconds. The milk will turn to froth. Remove the lid and microwave for 30 seconds so the foam rises. Pour into your favorite coffee.





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GOOD READS

SOLVE A PAGE-TURNING MYSTERY!

Murder and gold medal dreams

You Will Know Me

by Megan Abott (on sale July 29th

"Abbott's last book, The Fever, is being made into a TV series, and this nail-biter about a murder in the gymnastics worldis going to be just as big," Devon Knox is a teen gymnastics phenom, and everything her parents, Katie and Eric, do is dedicated to helping their daughter achieve her gold medal dream. But when a shocking murder is committed in the gymnastics community on the eve of a pivotal competition, secrets will be exposed and lives forever changed.

An eerie, haunting mystery: Marrow Island

by Alexis M. Smith

"Marrow Island is a haunting, lyrical novel," It's been 20 years since journalist Lucie Bowen left the Pacific Northwest island she grew up on, 20 years since a devastating natural disaster destroyed its refinery, killing her father and rendering Marrow Island uninhabitable. Now a community called the Colony claims to have restored the island and made it safe to live on. Determined to investigate what's at the heart of the mysterious Colony, Lucie finally returns home.

PERSON, PLACE OR THING?

- 1. People don't like it when I'm weak.
- 2. My name is trademarked.
- 3. You might have used me on your smartphone.
- 4. I usually require a password.
- 5. Sometimes I come with a hyphen, sometimes not.
- 6. I'm very good at "networking."
- 7. These days, I'm avaliable on some airplanes.
- 8. I'm free at Starbucks.
- 9. I hate wires. 10. I help people get connected.

ANSWER: I am WI-FI





JOKES AND RIDDLES

Doctor Jones likes to stop at a bar after work and enjoy an almond daiquiri. One day, Dick the bartender runs out of almonds and uses hickory nuts instead. The doctor takes a sip and says, "Is this an almond daiquiri, Dick?" And Dick says, "It's a hickory daiquiri, Doc."

I Travel All Over...

Q: I travel all over the world, but always stay in my corner. What am I? A: A stamp.

With Pointed Fangs I...

Q: With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?

A: A stapler

TAKE ONE DAY AT A TIME AND FEEL GREAT!

- Day 1 Appreciate yourself: Other people do!
- Day 2 Happy endings happen all the time!
- Day 3 Let your heart decide. It knows you best!
- Day 4 You make someone happy every day.
- Day 5 When life feels like a rerun, you can write a new script!
- Day 6 You shine brighter than the sun, moon and stars combined.
- Day 7 Sometimes one more try is all it take!

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FLORIDA TRIVIA

Florida is bordered to the west by what?

- A. Illinois
- B. Georgia
- C. The Gulf of Mexico
- D. Atlantic Ocean

In Florida, the bear population has jumped from a low of 300 in the 1970s, to how many in 2011?

- A. 1,200
- B. 3,000
- C. 4,100
- D. 6,000

Spanish explorer Juan Ponce de León was the first European to visit what is now Florida in what year?

- A. 1503
- B. 1513
- C. 1517
- D. 1526

What was the hurricane that hit Florida and was then the most expensive weather disaster in U.S. history?

- A. Stanely
- B. Irene
- C. Andrew
- D. Rita

On what date did Florida become the 27th state of the US?

- A. On March 9, 1845
- B. On March 3, 1846
- C. On March 3, 1845
- D. On March 9, 1844
- Answers: 1..C
- 1..C 2 B

5. C



RECIPES...



Easy and yummy

2 c Bisquick mix 1/2 c sour cream 1/2 c 7up 1/4 c melted butter

Preheat oven to 450° cook until brown on top.









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THE SECRET TO A SAFER PASSWORD

Think constantly changing your online passwords keeps you safer? Surprise! Doing so actually makes you more susceptible to security breaches, reveals recent Carnegie Mellon research. The more often you swap them, the more worn out you become trying to come up with and remember new combinations, prompting you to make easier-to-figure-out passwords! Provided yours is fairly complex (it should include at least eight random letters and numbers), swapping passwords every six months to a year should be enough to keep you safe.





11 SECRETS YOU WON'T LEARN AT THE GARDEN CENTER

by Reader's Digest Editors from the book Extraordinary Uses for Ordinary Things

You can grow beautiful, healthy plants by using these common, inexpensive household items when you garden.

- 1. Lay several sheets of newsprint over soil and then cover with mulch; they'll help retain moisture and suffocate weeds.
- 2. Water your ferns and acid-loving plants like hydrangeas with brewed tea for luscious-looking leaves. Have you tried these other <u>surprising uses for tea</u>?
- 3. Keep aphids off your rosebushes by burying dried or cut up banana peels an inch or two deep around the base of the plant. (Whole peels will attract animals, who will dig them up.)
- 4. Mix strips of aluminum foil with mulch and you'll keep bugs away. The foil will also reflect light back on the plants, which encourages growth. These are other <u>creative ways to use aluminum foil</u>.
- 5. Kill snails and slugs by dousing them with salt—they won't survive long.
- 6. Ripen end-of-season tomatoes perfectly by wrapping in a couple sheets of newspaper once they're off the vine. Store in an airtight container in a dark cabinet or closet, checking every few days.
- 7. Add wet, shredded paper to compost to remove odor.
- 8. Sprinkle new or used tea leaves around ferns and acid-loving plants and cover with mulch when you water, nutrients from the tea will release into the soil.
- 9. If you want more butterflies in your garden, place overripe bananas or other fruit on a raised platform. Be sure they're above head level and not centrally located, because they will also draw bees and wasps; and bring the food indoors before sunset to avoid unwanted hungry critters.
- 10. If crows or birds are a problem, hang foil strips on plants to scare them away. You can also take strips of foil or foil-wrapped seashells, and string them from branches to startle bigger animals.
- 11. You can also prevent the growth of weeds in walkway cracks by making a solution of 1 cup salt to 2 cups water, and pouring it directly on the plants.

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



Services Directory

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MOBILE HOME WINDOW FILM	707 004 7054
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	707 470 5076
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JULY•2016						
Sunday	Monday	Т				
3 Texas Hold'em 11:00 am	4 Independence Day	Sewing am				
10 Texas Hold'em 11:00 am	11	Sewing am Manag 10:00 a				
17 Texas Hold'em 11:00 am	18	Sewing am				
24 Texas Hold'em 11:00 am	25	Sewing am				
31 Texas Hold'em 11:00 am						

Embassy

luesday	Wednesday	Thursday		Friday	Saturday
				1	2
5 Guild 9:00	6 Ladies Poker 1:00 pm Bingo 6:30	Trivia 2:00 pm	7	8 Crafts 9:00 am	9
12 Guild 9:00 er's meeting m	13 Ladies Poker 1:00 pm Bingo 6:30	Trivia 2:00 pm	14	15 Crafts 9:00 am	16 Ron Foster 7:00 pm
19 Guild 9:00	20 Ladies Poker 1:00 pm Bingo 6:30	Trivia 2:00 pm	21	22 Crafts 9:00 am	23 Breakfast 9:00 am
26 Guild 9:00	27 Ladies Poker 1:00 pm Bingo 6:30	Trivia 2:00 pm	28	29 Crafts 9:00 am Italian Dinner 5:00 pm	30 DJ and Dance 60's & 70's music 7:00 pm
					AUGUST 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

A good sleep starts with good nutrition

Institute of Human Nutrition at Columbia University Medical Center in New York suggests that cutting back on sugar and fat, along with increasing the amount of fiber in your meals, may help people sleep better.

Researchers kept track of 26 men and women, and found that subjects fell asleep faster and slept more soundly on days when they ate a high-fiber diet. When their meals were high in saturated fat and sugar, they took longer to nod off and tended to wake more often at night.

The scientists note that more research is needed to establish a definite link between nutrition and good sleep. Still, eating better can't hurt.

Healthy lifestyles are rare in the U.S., study finds

healthy lifestyle has four basic characteristics, according to physicians: moderate exercise, a healthy diet, not smoking, and maintaining the recommended body fat average. But only 2.7 percent of Americans fit those standards, researchers at Oregon State University say.

Looking at data on more than 4,700 people, the researchers determined that 16 percent had three of the characteristics, 37 percent had two, 34 percent had one, and 11 percent had zero. Other findings: Seventy-one percent of adults didn't smoke, but only 38 percent ate a healthy diet, 10 percent had a healthy body fat percentage, and 46 percent were physically active.

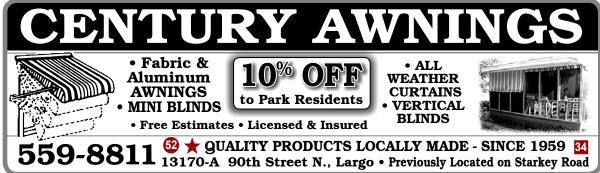
Do you read me? Ants send and receive via antennae

nts may not be able to speak, but they can communicate effectively through signals they receive—and send—through their antennae, researchers at the University of Melbourne have discovered.

Ants use chemicals called CHCs, for cuticular hydrocarbons, to identify whether other ants are friendly or hostile. When CHCs are removed from an ant's antennae, it can no longer tell whether other ants are from its nest. The CHCs apparently enable ants to share basic information about their affiliation, something scientists couldn't confirm until now.

Antennae have long been known as vital to ants' behavior. In an experiment conducted more than 125 years ago, a scientist removed the antennae from four different groups of ants and placed them together. Instead of breaking out into fights, the ants interacted peacefully with each other. The role of CHCs clarifies how such communication works, scientists today say.





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Stories to tell your grandkids

ost children enjoy hearing their grandparents tell stories. You can captivate your grandchildren for hours at a time with some of these tales that are certain to pique their interest

- How their grandparents met. Did you meet your future wife in grade school? Did you initially dislike the man you eventually married? Children are often curious about how people in their lives ended up together—and they'll like the joy they see in your eyes as you talk about your enduring love.
- The day their parents were born. Kids usually like hearing about their parents. Describe ٠ in detail what happened the day their father or mother was born: what time they came, what you were hearing, who helped out, and most important-how you felt.
- The day they were born. Do the same with a story about your grandchild's birth. What ٠ preparations did you make? What did you expect? When did you first see your grandchild? What did he or she look like?
- School days. School has changed a lot since you were a child. Talk about what your ٠ typical day was like. Describe your favorite teacher. Discuss challenges you had. Tell children what life in a classroom was like without computers, DVDs, and other modern technology they take for granted.
- First jobs. Talk about the restaurant where you washed dishes, or the shop where you stocked shelves. Tell children about your best and worst bosses, experiences helping customers, and what you learned from each position.
- Proudest achievements. Think back to the moments in your life when you felt proud. You'll teach your grandchildren to try hard, never quit, and take pride in their accomplishments.

The water cure

man went to the doctor because he had no energy. After asking a few questions, the doctor wrote a series of prescriptions.

"Now," she told the patient. "I want you to take the red pill with two glasses of water in the morning, the yellow pill with two glasses of water at lunch, and the green pill will three glasses of water before you go to bed."

"Wow," the man sighed. "What do the pills do?"

"Nothing. You're not drinking enough water."



Advice from the A-List

elebrities aren't necessarily smarter than the rest of us, but their success speaks for itself. Here's what they have to say about achieving success in any endeavor:

- Leonardo DiCaprio, actor: "I've been very lucky to have achieved a lot of the things that I dreamt of achieving as a young man. But at the end of the day—and I truly believe this—it is not about achieving great wealth or success, because they don't bring happiness ultimate-ly. They really don't. What matters is whether or not you've fulfilled the idea of having led an interesting life, whether you've contributed in some way to the world around you."
- Beyoncé, singer: "The reality is, sometimes you lose. And you're never too good to lose, you're never too big to lose, you're never too smart to lose; it happens. And it happens when it needs to happen. And you have to embrace those things."
- Justin Timberlake, singer: "I like being a beginner. I like the moment where I can look at everyone and say, 'I have no idea how to do this. Let's figure it out.""
- Chris Pine, actor: "Fear runs our lives. It doesn't matter who you are. You have to understand your relationship with fear. Whether you're scared of getting into a relationship or taking the new job or a confrontation—you have to size fear up."
- Ellen DeGeneres, talk show host: "Never follow anyone else's path, unless you're in the woods and lost and you see a path. Then, by all means, follow that path."

Succeed with kindness—and these kindly tips

Tice people can finish first. The key is knowing how to use kindness to your advantage. Practice these habits until they become second nature:

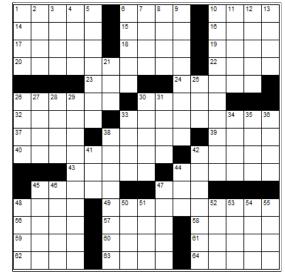
- First, be kind to yourself. You'll find being nice to others easier if you build your self-respect with positive thoughts about your personality and achievements.
- Treat everyone with respect. Don't worry about who's on top. Treat everyone the way you want to be treated, regardless of their position or job title.
- Say no when necessary. You can't do everything. But when you do say no, be polite and positive.
- Plant seeds of kindness. Do something nice every day even when your kindness may not have an immediate payoff.
- Complete this statement: "If I were a better person I would _____." Then act on it.



ACROSS

- 1. Toil
- 6. Big party
- 10. Nile bird
- 14. Not below
- 15. meridiem
- 16. Not a single one
- 17. Pelvic
- 18. See the sights
- 19. A period of discounted
- prices
- 20. Plastic wrap
- 22. Historical periods
- 23. Compete
- 24. Clotheshorse
- 26. The arch of the foot
- 30. Mixes
- 32. Interior decoration
- 33. Ruffed grouse
- 37. Jacob's brother
- 38. Lane
- 39. The peak of a hill
- 40. Ascribe
- 42. Danger signal
- 43. Timid
- 44. Wobble
- 45. Incline
- 47. Male sheep
- 48. Thwart
- 49. A written reminder
- 56. Hindu princess
- 57. Very imposing or
- impressive
- 58. Not tight
- 59. Not closed
- 60. Between the head and
- shoulders
- 61. S S S S
- 62. Ringlet
- 63. Earl Grey and orange





DOWN

- playing card
- 25. Arranger (abbrev.) 44. Bitumen
- 26. Bright thought
- 27. Where a bird lives
- 28. Leave in a hurry
- 29. A transparent gem 47. Stones
- 30. Brackish
- 31. Tall woody plant

- between two objects

- 21. A mark on a die or 41. Charged particle 42. Girls or women

 - 45. Smarmy
 - 46. Large commercial ship

 - 48. Tailless amphibian
 - 50. Sword
 - 51. Flexible mineral

July CROSSWORD

- 52. It smells
- 35. Wound by piercing 53. Amount of
 - medicine
 - 54. Utilizer
 - 55. Untidyness

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1-

7. Dwarf buffalo 8. Bowl over 9. Genetic endowment 33. In addition 10. Numb 34. "Shucks!" 11. A panel or committee 36. Pitcher 12. Dental filling 38. Point of contact 13. Notices

1. Secular

2. Competent

emotional state

4. Elliptical

5. Recuperate

6. Wash oneself

3. Be in an agitated



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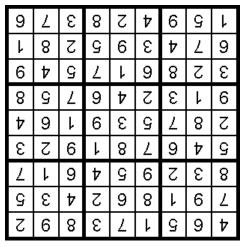




July Sudoku

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



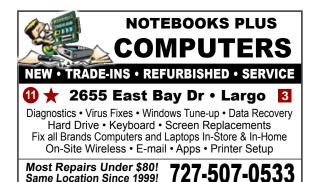




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(Allow +-0 weeks for manning	gor checky. This month's cash		
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Karen Adams \$10.	Professional Plumbing	Judy Santeramo\$5	Battleline Termite & Pest Control
Lillian Migliorini \$10.	Knoblach Hearing Care	Connie Beaver \$5	Kathy's Cleaning Service
	Ron Wyngarden MH Washing	Ronald Roth \$5	Air Masters of Pinellas
Della Fulkerson \$10.	Battleline Termite & Pest Control	Charles Parker \$5	Recreational Golf Cars
Joann Curran \$10.	Jones & Sons Plumbing	Dale Wittig \$5	Barron's AC & Appliance
Joyce Billis \$10.	At Home Floors, Carpets + Color Tile	Georgine Needham \$5	Royal Enterprises
	O.E. Wilson Insurance	Jerry Goodwin \$5	Bill the Carpet Guy
John Tucker \$10 .	Appliance Specialty	Russell Knott \$5	Doll Brothers Carpet & Upholstery
Veronica Watkins \$10.	Medicine Shoppe of Dunedin		Battleline Termite & Pest Control
Louis Vonderbrink \$10.	Perfect Repair & Construction	Nancy Liesener \$5	Air Masters of Pinellas
Ron Juneau \$10.	E & E Gliddon Air Conditioning	Scotty Sutherland \$5	Jones & Sons Plumbing
Ellery Adams \$10.	Air Masters of Pinellas	Clare Williams \$5	Battleline Termite & Pest Control
Marlene Murrie \$10.	Notebooks Plus	Angelo DosSantos \$5	Air Masters of Pinellas
Karl Pollock \$5	Jones & Sons Plumbing	Gordon Hanson \$5	Barron's AC & Appliance
Elizabeth Pattino \$5	Mobile Home Depot	Agnes Bellinger \$5	Doll Brothers Carpet & Upholstery
Ruth French \$5	Recreational Golf Cars	Ron Deer \$5	Modern AC & Appliance
Jack Murrie \$5	Sunset Appliance Service	Christine James \$5	Bill the Carpet Guy
Betty Beveridge \$5	Debbie's Salon	Bobbie Smith \$5	Betty's Cleaning Service
Natilie Reeves \$5	Doll Brothers Carpet & Upholstery	Elaine Pepper \$5	Ron Wyngarden MH Washing
Jerry Fisk \$5	Denny's Plumbing, Inc	Anthony Bellino \$5	Bob's Appliance Repair
Phyllis Kenny \$5	Heller's Mobile Home Washing	Joe Roache \$5	Doll Brothers Carpet & Upholstery
Ray Stark \$5	Sunset Appliance Service	Jackie Smith \$5	Jones & Sons Plumbing
	Florida Anchor & Barrier		Modern AC & Appliance
			() () () () () () () () () ()

• 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.











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> > -Monthly Media Staff

AUGUST AD DEADLINE - JULY 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.



Embassy Park

Owner	. Walter Larson	
Park Manager	.FAX:	202-3033
C	E-Mail Address: <u>embassymhp@hotmail.com</u>	
Treasure	Dorty Edgett	657-6488

Office open Monday - Wednesday - Friday 10:00 a.m. to 2:00 p.m.

Embassy Homeowners Association

The Annual Meeting a	and Elections are held	on the 3rd Fr	idav in Januarv. Oth	er meetings are held
	sted in the Clubhouse o			8
	Ron Russell			
	Sue White			
	Terry Hazlett			
	Elaine Pepper			
Directors	June deRuiter	(918)	754-7321	
	Mary Ann Cassy	(1532)		
	Arlene Stuart	(441)		
	Guy McDougall			
<u>Embassy Social Club</u>				
President	Janis Wilson	(1320)		
Vice President	Elaine Migliorati	(1644)		
Secretary	Cheryl Russell	(733)	585-455-0471	
Treasurer	Dorty Edgett		657-6488	
Directors	Judy Hoke	(627)	536-3417	
	Barbara Whitman			
	Nedra Woodroof	(739)	538-9507	
Embassy Regional Clu	<u>ubs</u>			
Canadian Club				
	Bill Burtt	(401A)	535-6826	
New York Club				
President	Brud Livingston	(523)	536-6678	
Embassy Shuffle Club	<u>)</u>			
Meets 3rd Tuesday				
President	Susan White	(521)		
	Randy Poulin			
	Muriel Marks			
	Ron McDougall			
Directors	Jay Sollberger			
	John Halliday	(1606)	508-360-3875	
		(177)	740 407 1477	

