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**June • 2015**

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*News & Views*

N. & V. Editor ..... Beverly Doucette.....Lot #515.....727-531-4544  
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Sunshine Lady..... Marilyn Libby .....(1217) 536-2971

**JUNE BIRTHDAYS**

6/9	Mariam DiGirolamo	June Birthstone: Pearl	June Flower: Rose
6/12	John Andres		
6/17	Chuck Buccholtz		
6/26	Bob Perras		
6/28	Paul Blondin		
6/29	Elaine Pepper		

**JUNE ANNIVERSARIES**

6/2	Paul & Irene Blondin
6/14	Ron & Cathy Russell
6/17	Sonny O'Leary & Janis Wilson



**JUNE SICK LIST**

Janet Terrell is in physical therapy at Suncoast Hospital. Our thoughts and prayers are with you and your family, Janet.



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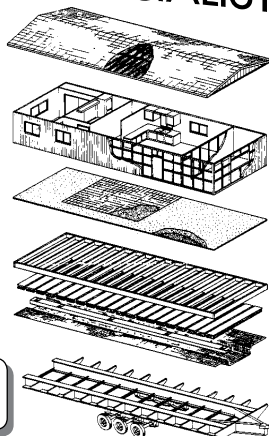
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**Larger Print Newsletters** - At the request of some residents we are now offering Larger Print Newsletters to those who request them. The newsletter type will be approximately 20% larger (16 pt article body type vs. 12 pt normally). There is a small service charge of \$2 per newsletter for those who request. The larger type newsletters can either be delivered to you every month like they are now or we can mail them directly to your home for an additional \$2 per issue shipping charge. Please call Monthly Media (phone number listed below) for more information.



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## DEATHS

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The families of Peter DiZoglio and Bunny Hillis extend their sincere appreciation for all the prayers, food and kindnesses sent during Bunny's final illness and her demise. Also for Glenn Beggs' acknowledgment of their attendance at the dances at Embassy's Clubhouse. She will be missed.



It is with deep sadness that we have learned of the passing of Muriel Downie's father, "Mitch" Michaud, on Friday, May 8th. Mitch and his late wife LuLu loved attending the activities at Embassy with Muriel and her friends.

## LADIES' LUNCHEONS

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May's Lady Luncheon was held on Wednesday, May 15th, at the Red Lobster restaurant at Largo Mall. All who attended said it was a marvelous time and they had a wonderful meal. The hostesses for the affair this month were Bernice Strong and Nedra Woodroof. Next month's gathering will take place at Cheddars Restaurant noon on Wednesday, June 10th, hosted by Irene Blondin and Terry Hazlett.



## BOOK CLUB

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The May meeting of Embassy's Book Club will be delayed from Memorial Day, Monday, May 25th, and will be held at our Library on Monday, June 1st, at noontime. With our new format, we will each be delivering our thoughts and opinions on some of the recent books we have each enjoyed. This seemed to be enjoyed last month. Jump in and join the fun !!

## HAPPY BIRTHDAY !!

---

Well, the years have flown by unbelievably fast. Just this weekend, several of my friends and I gathered at the back room of Applebee's Restaurant next door to celebrate the special day of my 80th birthday!! I truly can't believe it, and actually never ever mentioned it until this past week. I actually can't believe I made this milestone.

It was a wonderful gathering, and the stories and laughter rang out as we regaled each other with stories that have happened to all of us throughout the years, especially me! But,

*Continued on page 9*

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the highlight of the day was that our news and story writer and poetess in residence, Lorraine O’Connell, let it be known that she had written a special poem for the occasion.

### Beverly’s Birthday



Beverly has a birthday, that’s why we are gathered here today.  
 I’m sure that most of you have something you’d like to say!  
 For she has had us on a ride like we never had before.  
 She’s had us up, she’s had us down. She’s shook us to the core!  
 Just when we’d get our Kleenex out to get ready for ‘the end’,  
 She’d bounce right back and give us hope she was ‘on the mend’.  
 We’re here because we love her, and we’re glad she’s still around.  
 So . . . Happy Birthday Birthday, Bev. May God bless you and  
 Keep you safe and sound.

Thank you, Lorraine. I’m feeling feisty enough to admit which birthday it is for me, but I will say that the day after my birthday party, I’m going right back to admitting to my favorite age once again - - 59 years old !!

## THE SUMMER PROGRAM

**Y**ou will note that the days have quieted down now that our northern neighbors have returned to their northern domiciles. Social Club President Janis Wilson, and Vice President *Elaine Migliorati* have put together a wonderful summer program of activities for us. Please read the monthly summer calendar to be aware of new programs and changes to the winter schedule. And be sure to take part at all the wonderful times these girls have planned for us.



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 right click with mouse to download to your computer**



## Eat Better to Spur Creativity

---

**S**ome great artists and writers are known to have used drugs or alcohol to seek inspiration, but you don't have to risk your health when you need a creative boost. The Medical Daily website suggests trying some of these foods to help stimulate the brain:

- **Fruit.** Fruits have lots of an amino acid called tyrosine, which helps synthesize proteins and may influence your ability to think deeply. In one study, students performed better at completing puzzles when they drank orange juice strong with tyrosine.



- **Chocolate.** The flavanols in chocolate may enhance short-term cognitive skills, according to one British study, because flavanols boost the amount of oxygen in the brain. Try a cup of hot cocoa before you need to be at the top of your mental game.

- **Carbohydrates.** Carbs deliver a quick dose of glucose to your body and brain, providing aid to concentration and memory. Potatoes, oatmeal, and other carbs may have a beneficial effect on brain function.

- **Walnuts.** Rich in omega-3 fatty acids, walnuts can help memory and increase brain function, according to the journal *Plant Foods for Human Nutrition*. The results of one study showed that rats given a diet of raw walnuts for 28 days showed better learning and memory than rodents on another diet.



## Money Matters

---

### Try these smart shopping tips at the grocery store

Everyone wants to stretch his or her food dollars. You don't have to live on ramen noodles and cold cereal three times a day to do it. Here are some tips for savvy shopping at the store:

- Don't fall for fancy displays. Items stacked at the end of the aisles, like sodas, aren't necessarily on sale. The display can make them seem like they're marked down, but often they're still regular price.

- Remember that you pay for convenience. Skinless chicken breasts cost more than those packaged with skin. The same applies to the pre-cleaned and cut carrot sticks. In both cases, they're a little more expensive. Decide whether the convenience is worth the extra money.

- Try the store brands. If you compare the contents and nutritional value of name-brand versus no-brand items, you'll often discover that they're almost identical. In many cases, they're made in the same plant and just packaged with the store label.

- Use coupons. How often have you clipped coupons only to allow them to expire? Develop a system that will ensure you remember and use them.



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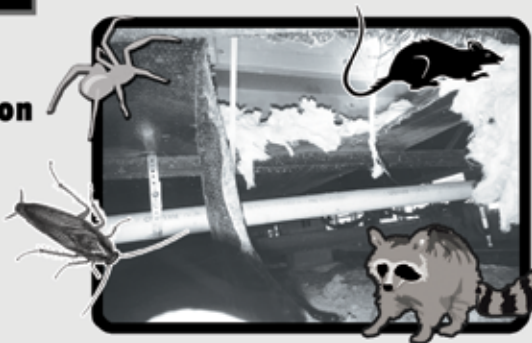


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# June Facts and Trivia

## Basic Facts

- June is named for the Roman goddess Juno. The month of June is a popular month for weddings, perhaps because Juno was the goddess of marriage.
- In ancient Rome, June was the fourth month of the year. When the Gregorian calendar was adopted, it became the sixth month of the year. It is one of the four months with thirty days.

## Birthstones

- The traditional birthstone for June is the pearl. It is a symbol of purity and is the only gem that comes from living sea creatures.
- Alexandrite is an alternate birthstone for June. This unique gemstone changes color depending on the lighting conditions. It is greenish brown in color when exposed to daylight and fluorescent light, but changes to a purple, reddish hue by incandescent or candlelight. It is a symbol of joy and good fortune.
- Another alternate birthstone for June is moonstone. It is considered a sacred stone in India. Moonstone varies in color from clear to bluish white or peach. It is a symbol of health and longevity.

## Flower



- The flower for the month of June is the rose. Roses are a symbol of love and appreciation. They are also known as the flower of passion.
- Roses come in a wide variety of colors. Each color has a different meaning. Red roses symbolize love; white roses symbolize innocence and purity, and light pink roses are a symbol of admiration or sympathy.

## Astrological Signs

Gemini and Cancer are the astrological signs for June. Birthdays from June 1st through the 20th fall under the sign of Gemini. June 21st through the 30th birthdays fall under the sign of Cancer.

## Historic Events in June

- Benjamin Franklin discovered electricity on June 15, 1752.
- Continental Congress adopted the United States flag known as the Stars and Stripes on June 14, 1777.
- The Pledge of Allegiance was recognized by Congress on June 22, 1942.
- The Korean War began on June 25, 1950.



## Famous People Born in June

Many famous people were born in June. Here are just a few of them.

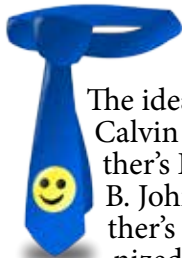
- One president: George H.W. Bush
- Several actors and actresses: Tim Allen, Courtney Cox, Johnny Depp, Michael J. Fox, Angelina Jolie, Nicole Kidman, Toby Maquire, Marilyn Monroe, and Meryl Streep
- Singers/Musicians: Paul McCartney and Lionel Ritchie
- Athletes: Joe Montana, Michael Phelps and Venus Williams





## Here's to you, dad: The start of Father's Day

**F**ather's Day started with a dedicated woman: Sonora Smart Dodd, the daughter of a widowed Civil War veteran who had raised her on his own. Dodd came up with the idea for a special day celebrating fathers when listening to a Mother's Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Wash., and began a campaign for an official celebration thereafter.



The idea of Father's Day initially met with some skepticism, but in 1919, President Calvin Coolidge expressed support for the holiday, and in 1926 a National Father's Day Committee was formed in New York City. In 1966 President Lyndon B. Johnson signed a proclamation designating the third Sunday in June as Father's Day, but it wasn't until 1972 that President Richard Nixon officially recognized it as a national holiday.

Loyalty to country, always. Loyalty to government, when it deserves it.

—Mark Twain



## Quick zingers and fast chuckles

**N**eed to get a laugh in a hurry? Try some of these handy one- or two-liners:

- Explaining puns to kleptomaniacs is hard because they always take things literally.
- I used to think the brain was the most important organ. Then I thought, "Look where that idea comes from."
- A dwarf fortune-teller who kills his customers might be known as a small medium at large.
- Did you hear about the dyslexic devil worshipper who sold his soul to Santa?
- During a prison break I saw a dwarf climb over a wall. As he jumped down he sneered at me, and I thought, "That's a little condescending."
- A blind man walks into a bar. And a table. And a chair.
- You never see a hippopotamus hiding in a tree. They must be really good at it.

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# JUNE • 2015

Sunday	Monday	Tuesday
	Euchre 6:45 pm Texas Hold-em 7pm	1 Sewing 9:00 am Nickel/12:15 p
Texas Hold-em 11:00 am	7 Euchre 6:45 pm Texas Hold-em 7pm	8 Sewing 9:00 am Nickel/12:15 p
Texas Hold-em 11:00 am	14 Euchre 6:45 pm Texas Hold-em 7pm	15 Sewing 9:00 am Nickel/12:15 p
Texas Hold-em 11:00 am	21 Euchre 6:45 pm Texas Hold-em 7pm	22 Sewing 9:00 am Nickel/12:15 p
	First Day of Summer Father's Day	
Texas Hold-em 11:00 am	28 Euchre 6:45 pm Texas Hold-em 7pm	29 Sewing 9:00 am Nickel/12:15 p

# Embassy

Tuesday	Wednesday	Thursday	Friday	Saturday
Guild HH 2 n Dime Poker m	3 Dominoes 1:00 pm Ladies Hold-em 1p Bingo Papers Sold 5:00-6:15 pm Games Begin 6:15 pm	4 Trivia 2:00 pm	5 Craft Classes HH 9a Fun Shuffle 9:30a Texas Hold-em 7p	6 Potluck Shuffle 1p
Guild HH 9 n Dime Poker m	10 Dominoes 1:00 pm Ladies Hold-em 1p Bingo Papers Sold 5:00-6:15 pm Games Begin 6:15 p Ladies Luncheon Noon	11 Trivia 2:00 pm	12 Craft Classes HH 9a Fun Shuffle 9:30a Texas Hold-em 7p Italian Dinner 5pm	13
Guild HH 16 n Dime Poker m	17 Dominoes 1:00 pm Ladies Hold-em 1p Bingo Papers Sold 5:00-6:15 pm Games Begin 6:15 pm	18 Trivia 2:00 pm Pot Luck 5:00 pm	19 Craft Classes HH 9a Fun Shuffle 9:30a Texas Hold-em 7p	20 Ron Foster Music & Dance 7 p.m.
Guild HH 23 n Dime Poker m	24 Dominoes 1:00 pm Ladies Hold-em 1p Bingo Papers Sold 5:00-6:15 pm Games Begin 6:15 pm	25 Trivia 2:00 pm	26 Craft Classes HH 9a Fun Shuffle 9:30a Texas Hold-em 7p	27 Clubhouse Breakfast 9 a.m
Guild HH 30 n Dime Poker m	All activities at Clubhouse unless otherwise listed by: L = Library H = Hobby House			JULY 2015 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



## Monthly For June

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**African-American Music Appreciation Month.** A celebration of African-American music in all forms. In June of 2011, President Barack Obama proclaimed, “African-American musicians, composers, singers, and songwriters have made enormous contributions to our culture by capturing the hardships and aspirations of a community and reminding us of our shared values.”



**Child Vision Awareness Month.** Children’s vision challenges can be difficult to detect because they may not know they see the world differently than other children. Infants and children should have regular eye exams to ensure that they can see both near and far away, confirm that their eyes work together to focus on a single object, and treat eye diseases early.



**National Zoo and Aquarium Month.** A good time to explore your local zoo and aquarium. Many have excellent educational resources—photographs, videos, lesson plans, and other activities. Go to the website of the Association of Zoos and Aquariums for links to its accredited zoos and aquariums.

**National Scoliosis Awareness Month.** A yearly campaign with the goal of highlighting the growing need for education, early detection, and awareness about scoliosis and its prevalence within the community. The campaign unites scoliosis patients, families, physicians, clinicians, institutions, and related businesses in local activities, events, and grassroots networking throughout the month of June.

## Daily For June

---



**National Running Day, June 4.** Longtime runners reaffirm their love of running and beginners can kick off a lifetime and life-changing commitment.



**World Oceans Day, June 8.** A day to celebrate the world’s oceans and support action to protect them.



**Flag Day, June 14.** A patriotic celebration of the flag of the United States of America, a symbol of freedom and hope around the world.

**Magna Carta Day, June 15.** Date of the signing of the Magna Carta by King John of England, an important document in the history of political freedom.

**Father’s Day, June 21.** Tell dad how much you appreciate everything he’s done for you.

**Take Your Dog to Work Day, June 26.** Take your loyal canine companion to the office with you for a day (but check with your boss first).

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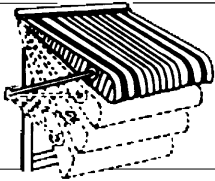
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## Danger at home: Keep your children and grandchildren safe

---

The home can be a dangerous place, especially for young children. Most household accidents are avoidable, though, with some commonsense precautions. Safe Kids Worldwide, a global organization providing safety information aimed at preventing accidents and injuries to children, shares these tips for keeping your family healthy and safe:

- Bathroom. Don't leave children alone in the bath, or anywhere near water.
- Hallways. Install smoke and carbon monoxide detectors, and check their batteries at least every six months to ensure they're working properly.
- Bedrooms. At bedtime and nap time, remove any blankets, pillows, stuffed animals, and toys from your baby's crib to prevent accidental suffocation. Make sure your baby sleeps alone and on his or her back.
- Staircases. Put up safety gates to keep children from tumbling down staircases. Install similar gates for every window a child might reach.
- Medicine chest. Store all medicine in cabinets above the reach of children, and lock cabinets they might get into. Keep track of any medication you might carry in your purse or briefcase.
- Living room. Install brackets and braces to secure bookshelves and other furniture against accidental tipping. Secure television sets to the wall or place them on low platforms.
- Kitchen. Use the back burner of your stove when cooking with children present. Turn pots and pans so that their handles face away from the edge, out of reach from tiny hands. Store household cleaners in high cabinets and shelves, or lock lower cabinets to keep children out.



## Keep kids safe from bugs during summer months

---



As summer comes, so do the bugs. And some of those bugs can bite. Follow these guidelines from the American Academy of Pediatrics to protect your children from getting stung or bitten:

- Avoid using scented soaps, hair sprays, and perfumes on your child. The scents can draw insects and bugs and increase your child's risk of being bitten.
- Stay away from nests or places bugs might congregate. This includes stagnant pools of water, areas where uncovered foods are abundant, and gardens where flowers are blooming.



## Sometimes it is, in fact, lupus

Contrary to what one cranky television doctor (House, M.D.) would like you to believe, lupus is a very real disease that hundreds of thousands of people deal with every day.

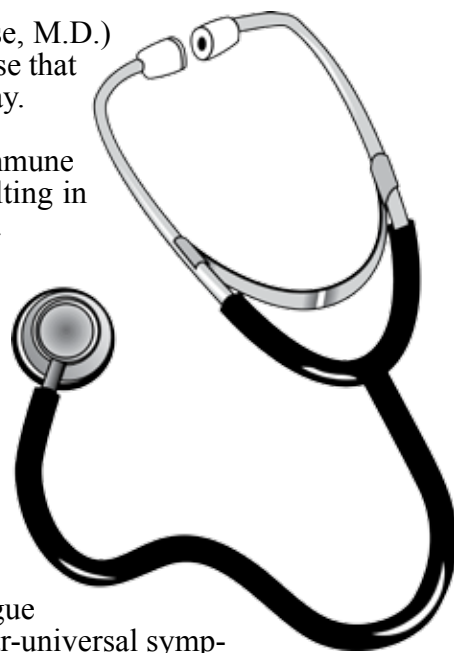
Lupus is an autoimmune disease in which the patient's immune system attacks healthy parts of his or her own body, resulting in inflammation, swelling, and pain, among other symptoms.

What can make lupus dangerous is when it attacks vital organs such as the heart, lungs, or liver. It is more likely to affect women than men, as well as people of non-European descent. However, if caught early, those affected by lupus have a good chance of living normal and healthy lives.

Symptoms of lupus include the following, and if it seems like many apply to yourself, you may want to visit your doctor:

- **Fatigue.** Most people who have from lupus suffer fatigue whenever the disease is about to flare up. This is a near-universal symptom regardless of how strong or mild the case is.
- **Joint and muscle pain.** Arthritis is another common side effect of lupus. Almost three-fourths of all patients report joint and muscle pain to be the first sign that they have lupus. Look for arthritis in the wrists, small joints of the hands, elbows, knees, and ankles.
- **Skin irritation.** Many lupus patients wind up with skin rashes, especially on the face. Sores, flaky red spots, and scaly rashes are also possible, and can be located on the face, neck, back, hands, and arms.
- **Chest pain.** The disease can cause inflammation of the heart and the lungs, which can result in very strong chest pains that can put people at an increased risk of a heart attack or a stroke.

Celebrities who have had lupus include singers Michael Jackson, Lady Gaga, and Toni Braxton, as well as My Favorite Martian actor Ray Walston.



---

**If we are strong, our character will speak for itself. If we are weak, words will be of no help.**

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<u>Center for Independent Living (CASCO)</u> .....	727-577-0065
<u>Consumer Protection</u> .....	727-464-6200
<u>Health Department - Largo Office</u> .....	727-588-6600
<u>Hospice</u> .....	727-586-4432
<u>Legal Services (Free Legal Services for The Elderly)</u> .....	727-821-0726
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<u>Retired Senior Volunteer Program</u> .....	727-327-8690
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## Scientists delve deep into the heart of the world

Jules Verne's *Journey to the Center of the Earth* described an inner world of jungles, seas, and dinosaurs. The reality is quite different, but no less interesting to scientists, and it's changing all the time.

The latest discovery about the nature of the Earth's core comes from a professor at the University of Illinois at Urbana-Champaign. The inner core, about 3,000 miles beneath the world's crust, actually contains a second core about half the radius of the outer one. This inner core contains iron crystals, which are oriented in an east-west alignment. The outer inner core's crystals align north-south, although they appear to have flipped several times in the distant past.

Scientists liken the twin cores to the rings on a tree, which allow researchers to peer directly into the past. The discovery could provide important clues to the formation and development of our world.



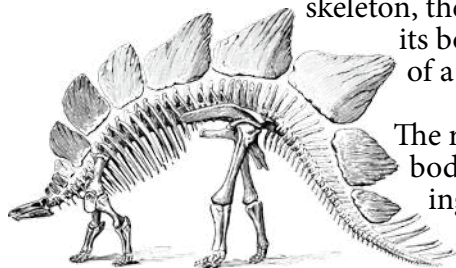
## 'New' solar system is the oldest ever found

The oldest solar system in our galaxy is 11.2 billion years old, according to data from NASA's Kepler space telescope. By comparison, our home solar system is about 4.5 billion years old. The new find is about 117 light-years from Earth, with five Earth-sized planets in an orbit too close to their star to allow for life. But the discovery of a solar system's formation only a few billion years after the Big Bang some 13.8 billion years ago suggests that life could have proliferated throughout the cosmos much earlier than scientists previously believed.

## Sophie the Stegosaurus steps on the scale (sort of)

How much did the dinosaurs weigh? That question has been answered—at least for one specimen at London's Natural History Museum.

Sophie the Stegosaurus is about 150 million years old, and was discovered in 2003 by paleontologists in Wyoming. It now resides at the British museum, its skeleton 85 percent intact. According to the Yahoo News website, British researchers created a 3-D digital version of the skeleton, then calculated the amount of flesh it would have had around its bones, and compared that with data from modern animals of a similar size.



The result? Sophie tipped the scales at about 1.6 tons, with a body mass roughly equivalent to a small rhinoceros. Knowing its weight will allow paleontologists to learn more about stegosaurus metabolism, food needs, and growth rate.

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**ATTENTION RESIDENTS!**

Did you know this Emporium/ Classified listing reaches over 21,000 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

Thanks!

-Monthly Media Staff

## JULY AD DEADLINE - JUNE 10, 2015

• 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.



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## Know Your Organs: The Gallbladder

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**T**he gallbladder is a small, pear-shaped organ located beneath the liver and next to the pancreas. You may not give it a lot of thought—until it starts malfunctioning. Then it can cause pain and serious health problems.

The gallbladder stores a substance called bile, or gall, that comes from the liver and helps to digest fat. The main problem that can arise is the formation of gallstones, which can be as small as a grain of sand or as large as a golf ball. They affect both men and women, and may occur as a single large stone or a group of small ones. What causes them is unclear, though they're more common in people with excessive body fat around the waist, and in those who have lost weight very quickly. The risk of gallstones increases as you age, particularly among women as they approach menopause and everyone after age 40.



You may have gallstones for years without noticing them, regardless of their size or number. But during a gallstone attack, patients can experience sharp pain in the upper right side of the abdomen, along with nausea and vomiting. Attacks tend to occur at night, often after a large meal with lots of fat, as well as after drinking alcohol.

Gallstones are treated in a number of ways: Some people take an acid orally which dissolves the stones gradually, although they may reappear once the treatment is stopped. Otherwise, they can be broken up with ultrasonic shock waves or removed by surgery in serious cases.

Be on the lookout for these symptoms:

- Sudden severe pain in your upper right abdomen, lasting from 30 minutes to several hours.
- Pain in your right shoulder blade or under your right shoulder.
- Indigestion after eating desserts, fried foods, or foods high in fat or protein.

See a doctor immediately if abdominal pain lasts five hours or more, if you experience nausea, vomiting, fever, or chills, if you have a yellowish color in your skin or in the whites of your eyes, or if you have light-colored stools or dark urine.

## Keep Your Heart Healthy With The Right Food Choices

---

**T**he food you eat can make a big difference to your health, especially in matters of the heart. You can keep your heart ticking to a ripe old age by adding these foods to your diet:

- Tomatoes. A good source of vitamin C, vitamin A, potassium, and fiber, tomatoes also contain lycopene, an antioxidant that may help to lower bad cholesterol, keep blood vessels open, and lower the risk of heart disease. For best results, serve cooked tomatoes in stews, soups, and sauces.
- Blueberries. Blueberries contain antioxidants called anthocyanins, which may reduce blood pressure by relaxing blood vessels. One cup has only 80 calories, and they add fiber and vitamin C to your daily diet.



# Memory Disorders Clinic



## Your CONNECTION to Memory Disorders Treatment

The Madonna Ptak Center for Alzheimer's and Memory Loss provides comprehensive care to patients with Alzheimer's and other memory loss disorders. Our multidisciplinary approach allows us to offer a variety of services with the goal of reducing the long-term impact of memory disorders and helping the patient live a better functioning life. The elements of the program include:

- A multidisciplinary clinic, including neurology and neuropsychology
- Patient and caregiver support groups
- Laboratory and imaging
- Memory Fit training course for enhancing memory ability
- DriveABLE, a driving evaluation

**For more information:  
(727) 461-8635**

Madonna Ptak Center  
for Alzheimer's and  
Memory Loss at  
Morton Plant Mease  
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Suite 402  
Clearwater, FL 33756



**BayCare**

**Morton Plant Hospital**





## Where there's a will, you need a plan

---

**I**t sounds like the setup for a joke: A rich uncle dies and leaves you a fortune. But what happens next in real life? A financial windfall, large or small, needs to be managed well. Here are some tips on what to do if you come into some money:

- Stash it away. Put the money away for at least six months. Trying to decide what to do with the money too soon after a relative's death may lead to questionable decisions. Put it into a money market or savings account for a little while.
- Assess your debt situation. Before you decide to invest or buy something with the money, determine whether the funds would be better spent wiping out any debt you may have.
- Seek advice. If you receive more than \$20,000, consider hiring a financial advisor who can tell you how to gain the largest or safest return on your investments.



## Fly Old Glory with pride on Flag Day

---

**F**lag Day became an official national celebration in 1916, when President Woodrow Wilson proclaimed June 14 Flag Day to commemorate the adoption of the Stars and Stripes by the Second Continental Congress on that day in 1777.

The idea of setting aside a special day to celebrate the U.S. flag wasn't new, though. One of the earliest observances of Flag Day occurred in Hartford, Conn., in 1861, at the suggestion of George Morris, to pray for the preservation of the Union at the beginning of the Civil War.

In 1885, a Wisconsin schoolteacher named Bernard J. Cigrand held a formal observance of what he called "Flag Birthday" at his school. Cigrand went on to become a passionate promoter of Flag Day, delivering more than 2,000 speeches on the subject, and he is generally considered to be the "Father of Flag Day."

In 1914, Secretary of the Interior Franklin K. Lane delivered a Flag Day speech in which he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." In 1949, President Harry Truman signed an Act of Congress formally establishing June 14 as National Flag Day.



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**Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter**

**14,492 manufactured home residents have won over \$124,374** since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or [mail your paid receipt](#) to us at **Monthly Media • PO Box 1023 • Venice, FL 34284**. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

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

Winifred Ruggeri ..... \$100.00	O.E. Wilson Insurance, Inc.	Ruth Wiles..... \$5.00	Royal Enterprise
Ralph Coe..... \$10.00	Superior Vapor Barrier	BJ Daw..... \$5.00	Ron Wyngarden MH Washing
Kelly McMahon..... \$10.00	Modern A/C & Appliance Service	Carolyn Chambers..... \$5.00	Boss Electric Corp
Dora Nicinski..... \$10.00	Chambers Specialties, Inc.	Barbara Thomas..... \$5.00	Bob's Appliance Repair
Bob Doyle..... \$10.00	5 Star Carpet Care	Dottie Hunter..... \$5.00	Jones & Sons Plumbing, Inc.
James Erickson..... \$10.00	Mitchell Siding	Russell Sapia..... \$5.00	Sunset Appliance Service
Brian Cantwell..... \$10.00	Mister Squeegee	David Miller..... \$5.00	Shonna Bender Massage Therapist
Ronald Farrell..... \$10.00	Action Appliance Sales and Service	Debra Thompson..... \$5.00	Dr. Peter M. Mason
Albo Palazini..... \$10.00	Appliance Specialty, Inc.	Jill Chambers..... \$5.00	Rod Runners, Inc.
Allan Ziegler..... \$10.00	Note Books Plus	Alphee Cyr..... \$5.00	Haseney Electric
Loretta Ray..... \$10.00	Royal Enterprise	David Cross..... \$5.00	E & E Gliddon Air Conditioning, Inc.
Garvin Desjardin..... \$10.00	Natures Resource Pest Control	Doris Althouse..... \$5.00	Appliance Specialty, Inc.
Mable Champion..... \$10.00	Enos Plumbing and Service, Inc.	Frank Orzel..... \$5.00	Knoblock Hearing Care, Inc.
Thomas Baker..... \$10.00	Air Masters of Pinellas	Larry Clinton..... \$5.00	Buggin Out Termite & Pest control
Dorothy Love..... \$5.00	Haseney Electric	Catherine Berg..... \$5.00	Largo Plumbing Co.
Heidi Willeford..... \$5.00	Bill the Carpet Guy	Eleanor Malloy..... \$5.00	Barron's A/C & Appliance Service, Inc
Carole Woodward..... \$5.00	Chambers Specialties Inc.	Robert Mitchell..... \$5.00	Mobile Home Depot
Sherry Henry..... \$5.00	Bob's Mobile Home Washing	Elaine Magee..... \$5.00	Florida Water Treatment, Inc.
Melodie Marco..... \$5.00	Modern A/C & Appliance Service	Frank Hemming..... \$5.00	Knoblock Hearing Care, Inc.
Harry Wolaver..... \$5.00	Buggin Out Termite & Pest control	Joy Billis..... \$5.00	Air Masters of Pinellas
Kenneth Seaner..... \$5.00	Largo Plumbing	Genette Laland..... \$5.00	Doll Brothers Carpet Cleaners
Jolene Lease..... \$5.00	Debbie's Salon	Hazel Raynes..... \$5.00	Hellers Mobile Home Washing
Robert Gamboa..... \$5.00	Battleline Termite & Pest Control, Inc.	Jewel Ahrens..... \$5.00	Royal Enterprise
Larry Schultz..... \$5.00	Capital Golf Carts, Inc.		

• 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.



# Embassy Park

Owner..... Walter Larson  
 Park Manager..... Jessie Buchholtz (1721) ..... 531-5386  
                           Cell Phone.....727-480-1752  
                           FAX:.....202-3033  
                           E-Mail Address: [embassymhp@hotmail.com](mailto:embassymhp@hotmail.com)  
 Office open Monday - Wednesday - Friday 9:00 a.m. to 2:00 p.m.

## Embassy Homeowners Association

**The Annual Meeting and Elections are held on the 3rd Friday in January. Other meetings are held as needed, and are posted in the Clubhouse on the Association Bulletin Board.**

President.....	Ron Russell .....	(430) .....	538-2439
Vice President .....	George Gousie .....	(1811) .....	559-1892
Treasurer .....	Terry Hazlett.....	(717) .....	530-1476
Secretary .....	Elaine Pepper.....	(833) .....	286-7744
Directors.....	Jean Mitton.....	(1410) .....	536-2934
	Mary Ann Cassy .....	(1532) .....	330-7283
	Arlene Stuart.....	(441) .....	531-9302
	Guy McDougall.....	(1222) .....	230-9969

## Embassy Social Club

President.....	Janis Wilson.....	(1320) .....	474-5050
Vice President .....	Elaine Migliorati.....	(1644) .....	437-7327
Secretary .....	Cheryl Russell .....	(733) .....	585-455-0471
Treasurer .....	Gail Gousie.....	(1811) .....	559-1892
Directors.....	Bobby Faulkner .....	(1016) .....	253-4302
	Lorraine O'Connell.....	(1405) .....	530-9594
	Judy Hoke.....	(627) .....	536-3417

## Embassy Regional Clubs

<u>Canadian Club</u>			
President.....	Bill Burt.....	(401A) .....	535-6826
<u>Mid-West Club</u>			
President.....	Elaine Pepper.....	(833) .....	286-7744
<u>New York Club</u>			
President.....	Brud Livingston.....	(523) .....	536-6668

## Embassy Shuffle Club

<u>Meets 3rd Tuesday</u>			
President.....	Susan White.....	(521) .....	223-4127
Vice President .....	Randy Poulin .....	(920) .....	474-7920
Secretary .....	Muriel Marks.....	(1215) .....	535-1236
Treasurer .....	Ron McDougall .....	(830) .....	475-8514
Directors.....	Jay Sollberger .....	(1814) .....	530-4183
	John Halliday.....	(1606) .....	508-360-3875
	Danny Czepiewski.....	(437) .....	248-496-1462





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