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FARWAYVILLAGE

July 2015

Happy 4th of July!

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Issue 5 39th Year



Dana Sparrer



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FSC Message

From Jan Wallace, Chairperson

I'm sure everyone has their ticket for the July 4th "Blast" held on Saturday, the 4th beginning at 2:00 p.m. We have several dedicated people willing to work this event. I apologize if I miss someone, but I wish to thank the following people: Vern Thompson for being in charge of the kitchen help, Janet Faith for selling the tickets and handling the numbers of dinners, Joe Jacobi for the master of ceremonies, and all the rest of the crew, Geri Thompson, Ron & Sue Reed, Chris Clark, Carla Wilson, Donna Soper, Helen Fillhart, Richard & Elsa Sunderlin, Jack & Ann Smay, Otto & Bobbie Forst, Linda Miller, Pat Trefry, Ricky DeGolyer, Marge Libert, Pat Lumley, Steve & Gail Vandesande (for picking up the Chicken) and Irene Burns for the design of the tickets. Thank you all!

Our next special event is the Ice Cream Social, chaired by Ed & Skip Day. This event will be held in the clubhouse on August 16th. Be sure to tune into channel 801 for all the social information.

Hope everyone is having a fabulous summer.

Memorial Day Tribute

he VFW post #9643 hosted a wonderful tribute on Memorial Day, the 24th of May, organized by Bill Trainor, Ralph Ormes, and Dolly Lipson. The speakers were Jan Wallace, representing the Fairway Social Committee; Roxy Marsh, representing the FVRA Board of Directors; Ralph Ormes, representing the VFW post #9643, and the Guest Speaker, Walt Davis. Walt told about his career in the service and tour of duties in Viet Nam. His talk was quite moving and interesting.

The refreshments were presented by Dolly Lipson, Janet Faith, Donna Soper, Helen Fillhart and Jean Osgood. Thank you to all who attended and those who made this event possible.

Women Working Wonders (WWW)

Submitted by Mary Blythe

The mission of Women Working Wonders is to provide financial and other forms of assistance through member-selected projects that will enhance the quality of life for the special needs of the residents of our community.















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WW exists to serve our Fairway Village neighbors. Some typical types of financial assistance that can be made available are: maintenance fees, physician/dental charges, groceries, prescriptions, utility bills and emergency repairs. All requests remain confidential and are handled on an individual basis. We can help our residents fill out a form for the Red Cross sponsored Telephone Reassurance Program – their volunteers make a daily, designated time, phone call to your home. We also provide a Resource Notebook of available Senior Services which can be loaned to any resident who may wish to review it.

A sampling of the group's activities for our more senior residents and shut-ins includes sending birthday cards, delivery of monthly Lite Supper meals and Koffee Klatch goodies, a Valentine's Day/Easter/Thanksgiving/Christmas card and remembrance and assisting with the annual 90th Birthday Party.

Several WWW members are year round residents. If you are presently in need of services offered by WWW or know of someone that may need assistance, please contact any of the following: Mary Blythe (533-9712), Ann Marie Cucinotta (524-1157), Bette Knutson (531-2611), Pat Lumley (532-3092), Jean Malin (524-9239), Mary Marks (412-8655).

State Flags at Half Moon Lake

Rod Blythe and Ron Wallace

special thanks to all of you who sponsor the state flags. These flags are a happy, waving reminder of our home states. They greet us every time we enter the Park. Here are more sponsors of those state flags.

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MAINE – Pam Anderson, Pat and Ellery Adams, Jeannette and Fern Cloutier, Ida Grondin, Paula Grindle, Joan and Ed Michaud, Donna and Gary Soper, Jon and Ray Villani, Jean and Charlie Weaver

If you would like to join in as a sponsor or for information please call 533-9712.

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



Summer Fun Party Continues

Gail Christensen #92

That a great time we had along with outstanding food and great music in June. Please join us for the next Summer Party on Saturday, July 25, 5:00 – 8:00 p.m. in the clubhouse. Tickets (\$3.00) are on sale on Thursdays between 5:30 and 6:30 p.m. Please bring a dish to share and B.Y.O.B.

July Koffee Klatch

Gary & Carol Outzs



ome to the Fairway Village Koffee Klatch on Saturday, July 18, from 8:00 a.m. to 9:30 a.m. Everyone is welcome—residents and their guests. Sign-up sheet is on the bulletin board in the clubhouse. Please sign up by Wednesday, July 15th. A doughnut, coffee or tea provided by our FSC. Donations are accepted and appreciated. If you have any questions: 239-7441.

Architectural Review Committee

he ARC Policies and Procedures Manual defines and outlines the guidelines for all exterior changes to homes as well as for replacing homes. This manual is available from the office or may be downloaded from the FVRA website (Fairway Info; Home Buyers information, ARC Revised P and P). Before you begin your project please obtain a Home Replacement or Modification Request form from the FVRA office or download it (page 12, Exhibit D, in the manual) and return the completed form to the FVRA office. The ARC, which meets most Mondays in the clubhouse, looks forward to working with you in replacing your home or planning the changes to the outside of your home.

Report by Mary Thalman

Please pray for the families and friends of these Fairway Village residents who passed away in May, 2015:

Bill Strike, Deanne Bonham, Robert Fiedler, and Sue Peck



These former residents have also passed away:

Otis Morrow, Joe Schapiro, and Ruth Barr



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Happy Birthday to All of You – July 2015

1	Susan Burgoyne	12	Sherrile Stillar	21	Robert Brunelle
_	Vicki Johnson	13	Pam Anderson	22	Guy Framco
2	John Grass		Leona Darlington		Marie Jacques
	Robert Moore		Evalyn Telgen		Russell Knott
	Edwin Watzel	14	Kathleen Chatterton	23	Maurice Aube
3	Rosalie McCormick		John Cucheran		Joan Boyle
	Teri Reed		Derek Lovegreen		Carmen Donato
4	Joan Finck		Edna Michael		Dick Frampton
	Dick McNamara		Vern Thompson	24	Sandra Armstrong
5	Phillip Hahn		Joseph Vatelle		Debra Dragon
	Georganne Haney	15	Francine Arsenault		Elsie Hermach
	Walter Piccott		Sandy Crawford		Murray Wilson
	Sara Rountree	D	Loretta Fleming	26	Debbie Buck
	Theresa Walker		Bill Holnick	i i	Julie Magnusson
	Diane Watson		Jean Young	27	Gary Craft, Sr.
6	Bill Earley	16	Velma Bouxsein		Bob Johnson
	Peter Rennie		Joan Rollings		Earnest Metz
7	Paul Dixon	17	Evelyn Bowles	28	Patricia Dante
	Lynne Elseser		Ginger Antelik		Arva McArthur
	Mary Sheldon		Ann Frampton		Bert McMahon
8	Christine Clark	18	James Chester		Lori Schwering
	Donna Smith		Edith Doyle	29	Edward Day
	Dianne Watson		Lorraine Frye		Dan Dunbar
9	Lorin Lynch		Jane Hedrick		Marge Libert
10	Kay Erickson		Janice Malecki		Leon Slocomb
	Charles Fick	19	John Metzger	30	Bill Kjergaard
	Christine Lacey		Josephine Watson		Bill mcGuirk
11	Gail Berkler		Norman Yum	31	Phyllis Brooks
	Steve Buchanan	20	Gerald Buck		Bob DiVenuti
	Gail Christensen		Linda Greenough		Joe Galea
	Jim Hutzel		Betty McPherson		Henry Hatfield
	Mary Schiffgens		Ted Moran		Patricia Seitz
	Richard Sheldon		Jean Osgood		
	Nyles Watson		Beverly Sherman		



Happy Anniversaries – July 2015

- 1 Conrad & Claudette Robert Alvin & Julia Smith
- 4 Jack & Linda Evans Karl & Pauline Lewis
- 5 Bob 7 Marge Courtney
- 6 Phil & Sara Hale
 Harry & Carol Moulton
 Don & Pat Parks
 Robert & Carla Wilson
- 7 Gerhard & Barbara Mueller
- 8 John & Gail Carr Bruce & June Killam Arne & Linda Ryalen

- 9 Raymond & Teri Reed
- 12 Donald & Aurona Daily
- 16 Matthew & Rose Effertz
- 17 Donald & Carol Murphy
- 18 Ron & Sue Reed
- 19 Ted & Dot DeGraaf Bob & Sherry Moore Roy & Susan Spaulding
- 24 Edward & Mary Fochtman
- 25 Larry & Jacqueline Clinton
- 27 Alonzo & Margaret Brake
- 28 Edwin & Helen Watzel

FV Golf Committee News

Madeleine Clair

OLE IN ONE – Congratulations to Carol Krieble who scored a hole-in-one on hole 7 using her 11 wood on May 11 – a perfect Mother's Day gift.

June Scramble

Joanne Thueneman

Tune 6th turned out to be a beautiful day for a game of golf. Skies were overcast and the light breeze was heavenly. Our course was in beautiful condition thanks to our groundskeepers Bill Keen and Rick Moser who keep our course in tip-top condition. We had 52 participants to enjoy this great golfing day with lower humidity and came in with 1 team with 24, 1 team with 25, 1 with 26, 2 with 27 and 2 with 28.

Please be considerate towards your neighbors and friends and call the day **before** the event if you cannot play. It isn't fair to have another teammate make up for your absence. We have waiting lists for others wanting to play.

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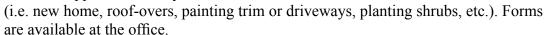


Due to the 4th being the first Saturday of the month, the July scramble will be held on the second Saturday, **July 11th starting at 8:00 a.m.** This gives us four Saturdays of events. I think that's a record for July. I'm looking forward to all of them. Again, thank you Bill & Rick for keeping our course in great shape; you are greatly appreciated.

Important Information You Need to Know

Refer to monthly Flier calendar for activities.

- 1. Emergency when office is closed, call 687-2055.
- 2. The Architectural Review Committee (ARC) meets almost every Monday at 3:00 p.m. Any outside changes to your house or yard MUST be approved FSO by the ARC



- 3. Lawn Watering. You may water 2 days per week as follows: Addresses ending with even numbers on Thurs. and/or Sundays. Addresses ending with odd numbers on Wed. and/or Saturday. Before 10:00 and after 4:00.
- 4. Debris pickup is on Tues. & Thurs. Have on curb cut into 4 ft. pieces by 9:30 a.m.
- 5. Any cable problems? Call 1-855-675-6200 or 239-1000 (mention bulk acct # 1269723).
- 6. Notify the FV office of any contact changes: i.e. phone numbers, mailing addresses, etc.
- 7. FVRA e-mail address: Fairwayvillage@knology.net.
- 8. Trash pickup on Tuesdays and Fridays.

FSC

- 1. To schedule any activities in the clubhouse or to put on calendar, call C. Miller @ 215-262-2098.
- 2. Tickets for dances, pancake breakfasts, some lite suppers, etc. are sold at the clubhouse on Thursdays between 5:30 and 6:30 p.m.

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July Is...

Eye Injury Prevention Month. Eye injuries occur at a rate of more than 2,000 per day, with an estimated 1,000 eye injuries occurring in American workplaces alone. In addition to wearing proper safety eyewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision throughout your life.



Independent Retailer Month. Celebrate independent retailers across the country. Support and shop independent merchants all through the year, and use July as a time to unite for the independent retailers in local communities that help build our economy.

National Hot Dog Month. What better month to enjoy a delicious hot dog? The National Hot Dog and Sausage Council estimates that Americans eat over 7 billion hot dogs between Memorial Day and Labor Day, with 150 million consumed on the Fourth of July alone. Do your part.

Parks and Recreation Month. This year marks 30 years of Parks and Recreation Month, highlighting the enduring importance of parks and recreation for the world. From the start, parks were created to give us a place to appreciate nature, exercise, socialize, and have fun—a mission that lives on into the future.

July Daily News...



World UFO Day, July 2. Have you had a close encounter? Spread the word on this day that explores the unexplained.

Independence Day, July 4. The United States declared its independence from Great Britain on this day in 1776.

Global Forgiveness Day, July 7. "To forgive is to offer opportunity for a new beginning to the offender, and provides a process of healing for the victim."

Shark Awareness Day, July 14. As much as we enjoy being frightened by this predator of the sea, remember that the shark has a key role to play in keeping marine ecosystems in balance.



World Ranger Day, July 31. Sponsored by the International Ranger Federation to commemorate rangers killed or injured in the line of duty and to celebrate the work rangers do to protect wildlife around the world.











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JULY-2015

Sunday	Monday	Γ
5	6	9am-2p Club 12:30-3 noes
12	3-4pm ARC Committee Meeting	9am-2p Club 12:30-3 noes 7-8pm I of Direc
19	20	9am-2p Club 12:30-3 noes
26	27 3-4pm ARC Committee Meeting	9am-2p Club 12:30-3 noes 1:30-2:3 BOD Pl

Fairway Village

uesday	Wednesday	Thursday	Friday	Saturday
ucsday	•	· · · · · · · · · · · · · · · · · · ·	•	•
	6-9pm Pinochle	2 12:30-9pm PoKe-No	3	9am-5pm July 4th "Blast" 9am-2pm Sailing Club Independence Day
7	8	9	10	11
m Sailing	6-9pm Pinochle	12:30-9pm PoKe-No		9am-2pm Sailing Club
pm Domi-		Bingo		8- Scramble
14 m Sailing	6-9pm Pinochle	16 12:30-9pm PoKe-No	17	18 8-930am Koffee
in Juning	o spin i moeme	12.30 Jpiii 1 Oke 110		Klatch
pm Domi-		Bingo		9am-2pm Sailing Club
FVRA Board ctors Meeting				
21	22	23	24	25
m Sailing	6-9pm Pinochle	12:30-9pm PoKe-No		9am-2pm Sailing Club
pm Domi-		Bingo		5-8pm Summer Fun Party
28	29	30	31	AUGUST 2015
m Sailing	6-9pm Pinochle	12:30-9pm PoKe-No		S M T W T F S
pm Domi-		Bingo		2 3 4 5 6 7 8 9 10 11 12 13 14 15
0pm FVRA				16 17 18 19 20 21 22 23 24 25 26 27 28 29
anning Mtg.				30 31



Trust in others rises as people grow older

In a cynical world, trust can seem hard to come by. But new research suggests it may grow as we get older. The World Values Survey, collecting data from more than 200,000 people in 83 nations, found that more than a third of people 80 years old or older agreed with that most people can be trusted, although just a quarter of 20-year-olds said the same.

The results were consistent regardless of nationality, gender, education, and income.

A similar study, analyzing data from the General Social Survey of 1,230 U.S. citizens over time, also found that our willingness to trust increases as we grow older.

One possible explanation: As time goes on, most people tend to simplify their lives and spend more time with their families, resulting in a more positive and generous attitude about the world



That morning cup of coffee may be really good for you

A lot of us depend on a cup of coffee or two to get going in the morning. But coffee may have even more significant health benefits. Here's a quick look at what it may do to improve your life:

- Melanoma. A study by the National Institutes of Health and the AARP found that the
 more coffee people drink during the day, the lower their chances of developing
 melanoma over a 10-year period. Four cups of coffee a day was associated
 to a 20 percent drop in melanoma risk.
- Multiple sclerosis. An analysis of two studies of people diagnosed with MS (one in the U.S. and one in Sweden) found that consuming at least four cups of coffee a day appears to delay the onset of symptoms. The caffeine, researchers say, seems to have neuroprotective properties that inhibit MS development.
- Liver cancer. Drinkers of three or more alcoholic beverages a day may be able to cut their risk of liver cancer by drinking coffee, according to a recent World Cancer Research Fund report. Coffee and coffee extracts appear to have a preventative effect on the expression of genes involved with inflammation—an effect that's most prevalent in the liver.

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Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are located the bottom of this page.

Your Picture Here!

Emporium/Classified Listing - Do you have an event in your community such as a Bake



Sale or Flea Market? An item for sale like an old set of golf clubs that needs to go? Help needed or vendors wanted for an event? Maximize the people that see your listing and use the Emporium! Your listing will be printed & delivered to over 20,000 homes in Pinellas County. See the Emporium page toward the end of the newsletter for more info.

Laryer 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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ACROSS

- 1. Daisylike bloom
- 6. Bygone era
- 10. Doing nothing
- 14. Rental agreement
- 15. Matured
- 16. Mangle
- 17. Collection of maps
- 18. Formally surrender
- 19. Rumple
- 20. Shield
- 22. Initial wager
- 23. Bran source
- 24. Shabby
- 26. In a forward direction
- 30 Sudden burst
- 32. Crystal-lined rock
- 33. A guest cabin
- 37. Space
- 38. Without company
- 39. Hawkeye State
- 40. Gift
- 42. Stares
- 43. Poverty-stricken
- 44. Assault sexually
- 45. Extraterrestrial
- 47. Average
- 48. Blockhead
- 49. Astounded
- 56. Hindu princess
- 57. Razzes
- 58. France's longest river
- 59. Chocolate cookie
- 60. Stringed instrument
- 61. Move forward suddenly
- 62. Small slender gull
- 63. Hearing organs
- 64. Eagerness

14 15 16 19 24 25 28 40 46 47 48 49 56 57 59 60 61 63

DOWN

- 2. Collections
- 3. After-bath powder
- 4. Brother of Jacob
- 5. Repair

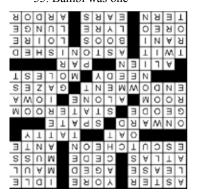
1. Wings

- 6. Luxury boat
- 7. Curved molding
- 8. Start over
- 9 Without teeth
- 10 Extraneous
- 11. Intimidate
- 12. Vigorously
- passionate
- 13. If not

- 21 Knave
- 25. Consumed food
- 26. Monster
- 27. A noble gas
- 28. Comes from trees
- 29 Rebuke
- 30. Obdurate
- 31. Breathe hard
- 33. Sleigh
- 34 Exude
- 35. Is endebted to
- 36. Spar
- 38. Willing to comply

- 41. Tiny
- 42. Big ape
- 44. Adult male
- 45. Cognizant
- 46. A protective covering
- 47. Models
- 48. Gait faster than a
- walk
- 50. Kind of bean
- 51. Unit of pressure
- 52. Not sweet
- 53. Posterior
- 54. Therefore
- 55. Bambi was one







Support innovation with continuous learning

The more you learn, the more material you have for your creative efforts. To master lifelong learning, no matter what your ambitions are, consider these points from the Innovation Excellence website:

- Laughter is good for the brain. Find the humor in whatever you do. Laughter will help you remember incidents better, and also generate a sense of security which supports a well-balanced mind.
- Learn in chunks. Instead of trying to memorize information in big blocks, concentrate on learning a few individual points at a time. You'll retain more without the mental exhaustion of cramming.
- Study a foreign language. Bilingual speakers tend to process information more efficiently than those who speak only one language. People who exercise their brains by learning Spanish, Japanese, or some other tongue frequently find they don't have to work as hard performing other cognitive tasks.

Keep your mouth shut

turtle was lying on the bank of a river one day when he heard two hunters walk by, talking about how they planned to come back the next day to catch some turtles for soup. He worried all night, because he knew he couldn't outrun the hunters, and in the morning he had a plan.

He saw two birds in the tree overhead. As the hunters approach, the turtle called out, "You up there! Would you help me escape these hunters?"

"What do you want us to do?" the first bird asked.

"I'll hold this stick in my mouth," the turtle said, "and you two pick me up and fly me to the other side of the river"

The birds agreed and flew down to the ground. The turtle clamped a thick stick between its jaws, and the birds slowly lifted him up off the ground.

As the hunters reached the riverbank, they stared in amazement. "Look at those birds! They figured out how to carry a turtle across the river! Those must be the smartest animals in the world!"

Jealous, the turtle cried out: "It was my ideaaaaa ..."

It Pays To Patronize the Advertisers in This Newsletter!

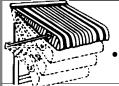
With our monthly cash give-a-way, <u>Monthly Mania</u>, residents can win up to \$100 for simply using the businesses in the newsletter. See the winners listing page toward the end of this newsletter for more info. We give out \$400 monthly to residents just like you!

Do you want more chances to win? Let us know any businesses you would like to see advertising in the newsletter. The more advertisers you use, the more chances you have to win!

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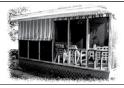
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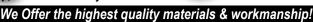
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Doctors may soon use lasers to seal wounds

asers are common weapons in science fiction movies, but soon a laser may be used to heal wounds in real life if scientists at Tel Aviv University are successful.

As reported on the Reuters website, the scientists developed optical fiber capable of transmitting infrared light and at the same time measuring the heat of the tissue it's pointed at. This allows them to control the laser's power accurately and use it to "weld" tissue effectively without any burning or scarring. Collagen aids the bonding process, growing firm as the skin cools down.

This laser-aided process may result in stronger bonding with fewer scars than traditional suture offers. Initial tests on humans showed successful healing with less scar tissue; examinations one year after surgery should demonstrate whether the laser produces less scarring than needle and thread.

Twin suns may support rocky worlds—in theory

any solar systems around the universe are binary, with two stars orbiting each other in space. Scientists have long believed that rocky planets can't form in these systems because of gravitational forces that would cause planetesimals (worlds in the process of forming) to destroy themselves in collisions instead of slowly merging with each other. Thus, the common image of a world with two (or more) sunsets on the horizon seemed relegated to movies.

But new studies suggest that planetesimals behave differently than had been thought, according to the Sci-News website. Astronomers previously theorized that small worlds seek a circular orbit, leading to collisions around binary stars; now they believe that planets in these systems may take on an oval orbit as they form, avoiding crashes and eventually accumulating a rocky mass. Such worlds could see more than one sun in the sky, and may be able to support life.

Nature composes some of her loveliest poems for the microscope and the telescope.

-Theodore Roszak

July Sudoku

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Happy 4th of July!



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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

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Ancient bones offer clues to evolution

cientists may have discovered a new human ancestor to go along with "Lucy," the 3.2 million-year-old Australopithecus afarensis female from eastern Africa. Dubbed "Little Foot" because of his small bones, this specimen was unearthed in South Africa in the early 1990s. His skeleton was almost completely preserved after falling down a narrow cave shaft and dying there. Whether Little Foot was a relative of Lucy's or a different pre-human species has been a subject of debate among anthropologists, but a new dating process suggests that Little Foot lived and died some 3.67 million years ago, close to the same time as Lucy.

Although some scientists dispute the accuracy of the dating technique, if it holds up it suggests an evolutionary link between different species of Australopithecus in ancient Africa, as well as evidence of where in Africa modern humans began to develop.

Birds do it, bees do it, and so do amorous mice

From time immemorial, men have wooed their lady loves with romantic (if sometimes off-key) music. Now scientists from Duke University believe that love songs aren't just for humans. Mice also sing to females they hope to attract, although they aren't likely using Barry White.



Instead, mice rely on high-pitched sounds outside the range of human hearing, using specific tunes when they smell a potential mate and different ones when they finally set eyes on her. The songs are louder and composed of more complex sounds when they smell a female scent, and get simpler—but longer—when they finally meet face to face. The complex songs seem to attract females, although what specifically draws them close is still uncertain.

The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today.

-Pope Paul VI











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(Allow 4.5 weeks for mailing of check). This month's cash winners are:

(Allow 4-6 weeks to	or mailing	of check). This month's cast
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Bill Janes	\$10.00	Jones & Sons Plumbing
		Kathy's Cleaning
		Modern Pest Control
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Angie Simon	\$10.00	Largo Automotive
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Nancy Eickenberg	\$5.00	Bob's Mobile Home Washing
Walter Laborn	\$5.00	Buggin Out
Connie Beauer	\$5.00	Kathy's Cleaning
George Klett	\$5.00	Largo Plumbing
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Pat Rudness	\$5.00	Bill The Carpet Guy
John Lee	\$5.00	Air Masters
		Debbie's Salon
Cheri Halm	\$5.00	Jones & Sons Plumbing
Arthur & Jane Perley	v .\$5.00	Kathy's Cleaning

Eric Lynn	\$5.00	Knoblach Hearing Care
Shirley Reish	\$5.00	Ron Wyngarden
Everett Wardell	\$5.00	Perfect Repair & Construction
Louise Gross	\$5.00	Bob's Appliance
		Heller's Mobile Home Washing
		Chambers Specialties
		Battleline Termite
Gloria Dillie	\$5.00	Marti's Hair Salon
		Sunset Appliance Service
		Doll Brothers
Sandy Anderson	\$5.00	Battleline Termite
Darlene Coburn	\$5.00	Doll Brothers
James Erickson	\$5.00	Mitchell's Siding
Jacki & Roger Wilso	n \$5.00	Royal Enterprise
		Boss Electric
		Debbie's Salon
Peggi Dubendorfer	\$5.00	Bob's Mobile Home Washing
Shirley Wert	\$5.00	Dr. Peter Mason
Terrence King	\$5.00	sShonna Bender, LMT
Al & Donna Hartin	\$5.00	Dunedin Electric
		Air Masters
Carol Robertson	\$5.00	Sunset Appliance Service
Thomas Cooke	\$5.00	Natures Resource Pest Control

[•] 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.



Eliminate the obstacles to a good night's rest

good night's sleep is essential to everyone's health, and yet many people have trouble getting the shut-eye they need. If you're not waking up feeling refreshed and ready to start your day with energy, check out these problems that may be preventing you from sleeping soundly:

- Procrastination. You know you should go to bed, but you let yourself get distracted by household tasks or the TV. Set a firm time limit on your evening and stick to it.
- Caffeine. Avoid coffee and other caffeinated drinks after 3 p.m. The effects can linger for up to seven hours, making sleep difficult by the time you need to go to bed.
- Heat. You may not be sweating, but feeling just a little too warm can keep you from dropping off. Try sticking one foot out from under the covers to balance the temperature.
- Stress. The news, your job, or personal worries can make relaxation and sleep difficult. Practice meditation and other techniques to un-tense your body and your mind.
- Work. If your job starts too early in the morning, you'll have trouble waking up and performing well. Try to negotiate a later arrival time. Emphasize how your productivity will increase if you get the right amount of rest.

Prevent back pain before it strikes

Back pain can make your work difficult no matter what job you do. Lifting heavy items is only one potential source of damage; poor posture and repetitive movements can also cause strain and pain. Keep your back in good shape with these general tips from the Mayo Clinic website:

- Get some exercise. Losing weight and staying in shape will decrease wear and tear on your back muscles. Combine aerobic activity with strength training that stretches and strengthens your stomach and back.
- Practice good posture. Your parents were right when they told you to stand up straight. Make a point of keeping your weight balanced on both feet without slouching. Use a chair with good back support, and make sure it's the right height, allowing you to keep both feet flat on the floor and your knees on the same level as your hips.



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