

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

#### Gateway

10100 Gandy Blvd., St. Petersburg, FL 33716 • 727-576-1287 Susan Worden, Manager

Amy Danson, Asst. Manager

### **GHA Homeowners Association of Pinellas County, Inc.**

**BOARD OF DIRECTORS** 

 Pres/Dir.:
 Len Stevens (2017)
 577-5484

 VP/Dir:
 Jackie Branson (2018)
 278-6528

 Secy:
 Sandra Vertz
 492-7489

 Treas.:
 Lana Kennedy
 579-3679

DIRECTORS:

Susan Peckham (2016)	813-748-8889
Emma Nebel (2016)	568-9460
David Hickenbottom (2016)	289-5439
Linda Puckett (2017)	954-4249
Jon Parker (2018)	

The Board of Directors meets on the first Monday of the Month at 7:30 p.m. unless otherwise posted. The annual meeting is held on the second Wednesday of December at 7:30 p.m.

#### **Gateway Activities Organization - GAO Board**

President:	Cheryl Williams 607-725-2180	)
Vice President:	Marlene Johnson 248-410-269	8
Secretary:	Bonnie Sisco 607-227-5453	5
Treasurer:	Robert Daniels 727-483-410	8

The balance of the Steering Committee is made up of the chair or appointed representative of each park activity. The Steering Committee meets on the second Saturday of each month at 10:00 a.m. The annual meeting of the GAO is held on the first Thursday of March.

#### **Communications**

News 'n Do's: The official monthly publication of Gateway Homeowers Association. Peter Soehnlen, Editor <u>GAOnews@tampabay.rr.com</u> Let's Connect, Coordinator <u>Juneboudreau3@aol.com</u>

#### **UPCOMING EVENTS**

- June 2nd Thursday Koffee Klatch @ 9:00 a.m.
- June 4th Saturday Community Wide Carport/Yard Sale @ 8:00 a.m. 4:00 p.m.
- June 15th Wednesday Potluck Supper @ 5:00 p.m.
- July 4th Monday Independence Day Picnic @ 4:00 p.m.







GATEWAY NEWS 'N DO'S JUNE, 2016 D



## Leaving Florida for the summer?

Don't miss the summer issues of your community newsletter. Sign up with Monthly Media (your community newsletter publisher) to <u>have your summer issues mailed</u> to you.

It's Easy as...

- 1. Decide how many months you'll be away from your community
- 2. Call our office and sign up for the service for \$4 per month flat fee\* \*foreign mailing fees may apply\*
- 3. Get your community newsletter mailed to your northern address every month!



Monthly Media PO Box 1023 Venice, FL 34284 (727) 484-7488



## **GATEWAY ACTIVITIES ORGANIZATION**

AO as we are commonly known is responsible for the operation of the Gateway social activities. The activities in turn are the responsibility of a multitude of unpaid year-around and seasonal resident volunteers. The volunteer officers, President, Vice-President and Secretary are elected to two-year terms, the volunteer treasurer serves at the pleasure of the members. The GAO Steering Committee is made up of the appointed chairmen in charge of the various activities and meets monthly October through April to plan and co-ordinate the activities. Residents with interest in any of our activities and events and especially new residents who wish to become a part of the active Gateway 'social' scene will find the monthly meetings provide an informative overview of activities. Information about our GAO is available from any of our Steering Committee Chairpersons or by contacting the officers or editor of NewsNDos.

## **EDITOR'S NOTES**

These listed otherwise, the phone numbers shown in News N Dos are located within the 727 Area Code.



The editor of News N Dos is responsible for all Gateway related From the Editor content that appears. Anyone with any questions or concerns for the wording

or structure contained in any of the articles or committee reports should address their comments to the Editor, Peter Soehnlen. (GAOnews@tampabay.rr.com or 269-9569)

## **GATEWAY COMMUNITY DIRECTORY**

We directories were distributed with the May issue of NewsNDos. Please take the time to review your information to verify that it is correct and as you wish it to appear. If you desire any changes or corrections please contact me at the email or phone number below. I will be publishing updates to the listings in the Directory information as they are received in order that you may make the corrections and additions in your Gateway Directory.



These directories are meant for use by residents and should not be casually discarded or left at the Clubhouse. Should yours become lost, destroyed or be eaten by a pet please feel free to contact Peter Soehnlen, Editor of NewsNDos at (727) 269-9569 or <u>GAOnews@tampabay.rr.com</u> for a replacement. Additional copies will NOT be available at the Park Office.

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



## ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

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
ComprehensiveACV - \$500 Deductible
CollisionACV - \$500 Deductible
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, 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





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## **GAO SUMMER SEASON**

Summer is upon us and along with the heat comes our Summertime Activities. Last month featured our Memorial Day Picnic and I am sure a good time was had by all who attended. June brings our Annual Summertime Carport Sale. If you haven't signed up for this as of yet please contact Dorinda Barnes at 727-578-5471. Hopefully the weather will cooperate so this comes off without a hitch.

Don't forget we also have a monthly Koffee Klatch and Potluck supper. Sewing Central is also going on each Tuesday morning for any of our ladies who wish to sew and do crafts or play games. As you can see there are things going on at the Clubhouse throughout the summer.

Watch our bulletin boards and display cases along with the NewsNDos monthly calendar for notifications as to when each of these activities will be taking place. Hope to see you all there!

For all our seasonal 'Snow Birds,' I hope you all have a safe and wonderful summer. See you soon.

Cheryl Welch-Williams, President GAO Activities

## SEWING CENTRAL

Ellen Mickelson

ur wine glass painting class turned out to be so much fun everyone asked when we could do it again. Since so many of us are leaving for the summer, we may have to wait until the fall. I would like to thank Gail for all her help in organizing and teaching our glass painting class. We had about 14 attend and

in organizing and teaching our glass painting class. We had about 14 attend and their glasses turned out beautiful.

We continue to meet in the sewing room each Tuesday and play games, sew or do crafts. The second Tuesday in May we had around 11 people come to the Clubhouse. We played games and then went to the Outback Steakhouse for lunch. We enjoyed the food and most of all the company. Hope we see you on any Tuesday for fun and games.

Everyone is welcome.

## SUMMER POTLUCK SUPPER

Ur first Potluck Supper will be Wednesday, June 15th at 5pm. Please bring a covered dish to share and have a fun filled evening with friends. We will be showing a movie after dinner. The Summer Potluck Supper is a once a month event held on the third Wednesday of each month, June through September.

Further details please contact: Dorinda Barnes 727-578-5471.



#### **MESSAGE FROM MANAGEMENT**

(Editors Note: The following is a reprint of a community flyer that management distributed throughout the park.)

**<u>RULE REMINDER</u>** - the prospectus and rules state:

- GUESTS: Register your guests with the office
- PETS: Register your pet with the office. 2 Pets per home with a weight limit of 35lbs
- THE MOBILE HOME SITE: The home site shall be kept orderly, neat and free from litter and debris. Mowing, trimming, watering, weeding and general care of lawn and shrubs once every (10) days during the growth season from April through October. All trash containers must be stored out of sight. No mowing is permitted on Sunday's.
- THE MOBILE HOME: No storage is permitted on CARPORTS and around the outside of the home. Only furniture specifically designed for outside use and in good useable condition is allowed outside the home. The items must be kept to a reasonable limit.
- 12 FOOT RIGHT OF WAY: Nothing can be planted or built except a private walk way to the front door within the 12' between the road and the front of the home.
- PAINTING AND PRESSURE WASHING: Homes must be pressure washed and painted to maintain community standards. Any changes to the outside of the home, including paint colors, must be approved by the Community Manager before any work is done.
- SPEED LIMIT: The community speed limit is 15 MPH. Please slow down to help keep everyone safe.
- PARKING: No overnight parking on the streets or around the Clubhouse is permitted. Parking on the grass is prohibited. Please remind your guests.
- PROPER ATTIRE: Proper dress is required while using the recreational areas and in the common areas of the community. Shirts and/or cover ups must be worn to and from the pool area.
- WILDLIFE FEEDING: Do not feed the ducks and stray cats.
- POOL AND SPA: This Pool and Spa area is only open from 7:00AM until DARK. Do not use this area after DARK.

Thank you for your attention to and cooperation with all of these items.

Gateway Management Staff

#### View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

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



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 Insured • Bonded • Workman's Compensation Insurance Member: National Association of Mold Professionals







#### WELCOME TO GATEWAY

Pat Oliverio and Emma Nebel

This month we would like to welcome Jayne Naska who moved to Bay Street in 2015. Jayne works investigating credit card fraud and has pets, Coco and Teano. She makes jewelry, enjoys dancing and kayaking and is interested in coming to our clubhouse activities.

Gary Allen lives on Bay Street and came to Gateway this year. He has 2 children and 1 grandchild. Gary is a retired police officer from Saint Louis, Missouri

and is currently a college professor at Saint Petersburg. He has a dog, Joseph, enjoys motor cycle riding and loves the neighborhood here at Gateway.



We welcome Jayne and Gary to the Gateway Community!

## **GATEWAY MEN'S GOLF**

A ateway golfers have been splitting their early morning Tuesday and Friday rounds between Mainlands Golf Club and Cypress Links at Mangrove Bay.



For you new golfers at Gateway, we play twice weekly (early mornings) Tuesday and Friday. Mainlands Golf Club offers a very affordable Back 9 with a cart for the first 6 tee times. Cypress Links is Par 3, comparably priced with Mainlands with a cart, though some choose to walk. Cypress Links is located east of 4th Street off 62nd Ave North, while Mainlands is accessed off US 19 just north of Walmart/ Park Blvd. Each are between 10 and 15 minutes from Gateway. Following our round we often stop for coffee and chat at the 4th Street McDonald's just south of Gandy or breakfast at Spring Gardens on 62nd Avenue.

## **NEWS FROM THE FRONT POND**

*ur pair* of swans do not appear prepared to nest and start raising a family. Our lone swan at the back pond is getting on famously.

#### **RUMOUR MILL**

ast count showed the Park with 13 empty lots, and three (3) singles FOR SALE on Bay Street, and; two (2) double-wides and four (4) singles on 1st Way. Needless to say the park is full.

There have been reports of thefts from yards and carports in the park, some even during the daytime hours. So take care to secure your belongings and be watchful for people lurking about for no apparent reason.

### THOUGHTS ON MOTHERHOOD

ne of the best things about raising children, is that you get to relive your own childhood. I had a wonderful childhood and I wanted to give that to my children and maybe I did because I remember mostly great times with them as they were growing up. Some of the times were harder than others, but the good was so much more than the not-so-good.

I wanted to spend part of Mother's Day looking thru photo albums to help me remember some of the special times I enjoyed in my own growing up years then look at pictures of my children thru their own growing years.

OH! I am sure there were negative times in both sets, but I don't think there were that many and I have chosen not to dwell on them, but to remember all the good ones.

To all my family –Great and Grand- as you go thru your daily life, try to fill it with so much good stuff so you can enjoy it over and over again in the future. Take a lot of pictures so you can help yourself to recollect experiences when they begin to fade. Hold on to the good and happy, pack away the sad.

Enjoy and re-enjoy your childhood and your childrens' lives thru adultness over and over until Happiness is all that is left.

BY LANA KENNEDY 5/8/2016

### **GATEWAY LET'S CONNECT**

June Boudreau, Coordinator

where the two parts of the activities schedule for the park? Then join in Let's Connect by sending your e-mail address to juneboudreau3@aol.com with a Subject Line of Let's Connect.

Let's Connect is a great way to stay aware of those once a month Gateway activities that we usually remember just hours before or the next day after the event. Event emails usually arrive a few days ahead but just in time for you to adjust your schedule and post a reminder to your calendar.

The Let's Connect notices now go to over 100 throughout the Park and is a great way to be reminded of events and regular activities.





## **SUB-FLOOR & FLOORING EXPERTS!**





The Editor

Wedding Anniversaries and Birthdays listed each month in the NewsNDos are based upon information supplied directly to the Editor or to the Welcome committee person who contacted you when you took up residence at Gateway. These dates are maintained separate from Park Directory information and are published only when people have chosen to share this 'personal' information.

If you do not see your name(s) listed it is because the Editor does not have the information in the Anniversary and Birthday Data Files and if you wish the information be published please contact the Editor, Peter Soehnlen, 10402 1st Street; (727) 269-9569, or; GAONews@tampabay. rr.com.

#### JUNE ANNIVERSARIES

Celebrating an Anniversary this month are:

- 8th Jack & Carolyn Rex
- 10th Frank & Jean Oliveto
- 15th Jon & Barbara Fuelling
- 19th Sam & Linda Puckett
- 26th Tom & Linda Jarrell
- 30th Larry & Nancy Trank



#### JUNE BIRTHDAYS

Celebrating a Birthday this month are:

2nd Nicole Miller 3rd Leroy Phillips 5th Dorinda Barnes 10th Paul Vertz 12th Ronald Martin Marianne Palumbo 13th Barbara Fuelling 15th Millie Santucci Frances Zimmer 17th 18th Gail Negri 29th Bob Miller



30th Ron Stefke



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- Underhome Encapsulated Insulation
- Hurricane Tie-Down Anchors





## We Need Cover Pictures! Send in Your Interesting Photos

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 here: Picture



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## Services Directory

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<b>AIR CONDITIONING SALES/SE</b>	
Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	
Modern A/C Service Co.	727-541-5541
Animal Eviction Services	707 420 2022
	121-430-2032
	707 007 4700
Bob's Appliance Repair	/2/-63/-4/89
Sunset Appliance Service	/2/-559-113/
AUTO REPAIR	
Suncoast Auto & Tire	727-520-1148
AUTO SALES / PURCHASING	
Stingrays Inc.	727-798-2921
Tampa Bay Car Cash	727-580-9580
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co.	727 550 9911
BLINDS & DRAPERIES	121-559-6611
BLINDS & DRAPERIES	707 004 0504
Rod Runners	/2/-394-9534
CABINET REFINISHING	
Electro-Glo Inc.	727-556-0701
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.	727-780-5444
ELECTRICAL CONTRACTOR	121-103-5-7-7
Haseney Electrical Services, Inc	707 444 0424
	121-441-0434
Imperial Electrical Service	/2/-535-0/08
FLOOR REPAIR	
Flatworks	
Florida Anchor & Barrier Co	
Perfect Repair & Construction, Inc.	727-539-0852
<b>GOLF CARTS SALES &amp; SERVIC</b>	
Capital Golf Carts, Inc	727-772-8833
Recreational Golf Cars of Florida	727-548-8460
INSURANCE/AUTO	
O. E. Wilson	727-535-0524
INSURANCE/MOBILE HOME	
Harr & Associates	707 951 1117
MANUFACTURED HOME SALES	
Citrus Homes/Meadowood Homes	/ 2/-535-5262
MEDICAL CARE	
MEDICAL CARE Bay Care ERwww	.BayCareER.org
MOBILE HOME SUPPLIES - RE	TAIL
Mobile Home Depot, Inc	727-535-1100
Southeast Mobile Home Supplies	727-522-2090
	BING



MOBILE HOME WASH/WAX	
Heller's Mobile Home Washing	727-667-8110
Level 5 Cleaning	727-479-2674
Royal Enterprises	727-394-7351
MOBILE HOME WINDOW FILM	121-004-1001
Royal Enterprises	727-394-7351
PAINTING/INSIDE & OUTSIDE	121 001 1001
Payless Painting Services	727-470-5876
PEST CONTROL	
Buggin Out Termite & Pest Control	727-535-2629
Modern Pest Control, Inc.	727-410-1466
Nature's Resource Pest Control	727-785-2552
PLUMBING SERVICE	
Jones & Sons Plumbing, Inc	727-799-0287
Ray Duncan Plumbing, Inc.	727-733-0968
Enos Plumbing	727-804-9105
REMODELING/INTERIOR	
American Restoration Systems, Inc.	727-525-7200
ROOF COATING	
AMS Advanced MH Systems	727-471-0820
Community Roofing of FL, Inc	727-536-9999
ROOF REPLACEMENT	
All Weather Roofing1	-800-297-3758
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	727-547-8300
ROOF WASHING	
Heller's Mobile Home Washing	727-667-8110
ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	/2/-585-4442
TIE DOWNS/MOBILE HOMES	707 000 7004
Florida Anchor & Barrier Co	/2/-330-/821
VAPOR BARRIER	707 000 7004
Florida Anchor & Barrier Co.	
Florida Underhome Solutions Underhome Armor	
VINYL SIDING	121-202-2045
AMS Advanced MH Systems	727 471 0920
ASC Aluminum Specialty Contr	
WINDOW REPLACEMENT	121-341-0300
AMS Advanced MH Systems	727-471-0820
	707 547 0020





JUNE•2016				
Sunday	Monday			

5	6	7:00A 9:00A Centra
12	13	7:00A 9:00A Centra
19 Father's Day	20	7:00A 9:00A Centra
26	27	7:00A 9:00A Centra

Gateway
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uesday	Wednesday	Thursday	Friday	Saturday
	1 6:00P Holdem Poker	2 9:30A Coffee Klatch	3 7:00A Men's Golf	4 8:00A - 3:00P Yard & Patio Sale
7 Men's Golf Sewing I	8 6:00P Holdem Poker	9	10 7:00A Men's Golf	11
14 Men's Golf Sewing I	15 5:00P Potluck Dinner 6:00P Holdem Poker	16	17 7:00A Men's Golf	18
21 Men's Golf Sewing I	22 6:00P Holdem Poker	23	24 7:00A Men's Golf	25
28 Men's Golf Sewing I	29 6:00P Holdem Poker	30		JULY 2016           S         M         T         W         T         F         S           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







Heller's Mobile Home Washing 667-8





#### Did you know that June is also...

Adopt a Cat Month. Thousands of cute cuddly kittens and mellow older cats are waiting in shelters across the country for someone to take them home. Members of the shelter staff are ready to help you adopt your very first cat or bring home a friend for another beloved cat.

**Alzheimer's and Brain Awareness Month.** Around the world 47 million people are living with some form of dementia, and that number is expected to climb to 76 million by 2030. Learn how to maintain your brain's health, and help raise awareness and support of research aimed at treating brain illnesses.

**National Zoo and Aquarium Month.** Explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, and activities for the whole family.

**PTSD Awareness Month.** Post Traumatic Stress Disorder can affect anyone, and its effects are felt throughout every community. The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of effective treatments and to help all those affected by PTSD.

**Sun Safety Week, June 5-11.** Sponsored by The Sun Safety Alliance, which believes that a focus on skin cancer prevention, education, and awareness will improve public knowledge of the importance of sun safety.



**Men's Health Week, June 13-19.** Celebrated each year during the week leading up to Father's Day to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

**Superman Week, June 9-12.** An event held in Metropolis, Ill., to celebrate the adventures of the Man of Steel in comics, film, and TV.

Animals Rights Awareness Week, June 19-25. An annual event to raise awareness for the care and concern for animals of all varieties and to educate the general public about the humane treatment that all animals deserve whether they're someone's pet, wildlife residents, residents of a zoo, or raised as food sources.



National Running Day, June 3. Put on your running shoes and some sunscreen and go out for a run!

**Father's Day, June 19.** Remember your dad—and fathers everywhere—on this special day.

#### Teach children or grandchildren this important skill

Problem solving is a skill that's valuable throughout your children's lives, from school to their adult careers. You can teach your children how to tackle any problem they're facing by sharing these steps:

- Identify the problem. This is the most important step, and often the most overlooked. Your child can't solve a problem until he or she can state what it is.
- Come up with a list of solutions. Brainstorm possible solutions, even ones that initially seem farfetched. Just keep the ideas flowing.
- Assess each idea. Now is the time to evaluate the merits of each idea, weighing the pros and cons thoroughly.
- Pick one or two ideas. Have your child pick the top two solutions and give his or her specific reasons for choosing those possible solutions.
- Put the decision into action. Before going forward, talk about possible outcomes. What are the potential obstacles? What help can you expect? How can you avoid traps?
- Evaluate and learn. How did the solution work? What changes need to be made to make it work better? What would your child try the next time?

### The hungry thief

oe and Sam went into a bakery. When the cashier wasn't looking, Joe quickly slipped three doughnuts into the pocket of his jacket.

"What are you doing?" Sam whispered. "You just stole those!"

"So what?" Joe asked. "Nobody saw a thing."

Sam waved the cashier over. "Give me a doughnut, and I'll show you a magic trick."

Intrigued, the cashier handed over a doughnut. Sam ate it, then asked for a second one, and then a third.

"So what's the trick?" the cashier asked, skeptically.

"You know where those doughnuts are now?"

The cashier frowned. "Where?"

"Look in my friend's pocket."





#### ACROSS 1. Found on most heads 5. Seaweed 9. Strait-laced

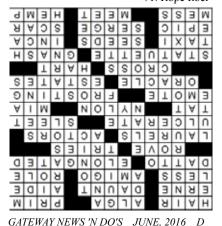
- 13. Coastal raptor
- 14. Intimidate
- 16. Assistant
- 17. Not more
- 18. Spanish friend
- 19. Part portrayed
- 20. Philippine tribal chief
- 22. Stretched
- 24. Wander
- 26. Attempts
- 27. Honors

5

5

- 30. Theatrical performers
- 33. Affect with an ulcer
- 35. Ice rain
- 37. Make lace
- 38. A synthetic fabric
- 41. Missing In Action
- 42. Overact
- 45. Icing
- 48. Soothsayer 51. Demesnes
- 52. Intersect
- 54. Male deer
- 55. Figurine
- 59. Grind
- 62. Cab

- impressive
- 69. Untidyness



#### DOWN

- 21. Not under
- 23. Obtains
- 25. Distinctive flair
- 27. Fretted instrument
- 28. San Antonio fort
- 29. A pig's home

- 43. Plan of action
- 61. Angelic instrument 64. Collection

58 Border

60 Defraud

44. Beige

46. Doe's mate

47. Make dirty or

50. High regard

53. Cubic meter

55. Flower stalk

56. Adhesive strip

57. Line of rotation



- spotty 49. Loamy deposit
- 31. Payment
- 32. Parisian river
- 34. Imp
- 36. Labels
- 10. Violent disturbance 39. Refinable rock
  - 40 Snack
- 5. American Dental Association 6. Hobbling 7. Remorse

1. Possessed

2. Region

3. Teacher

8. Wool source

9. Sunshade

11. Indolent

(archaic)

12. A fitting reward

15. Carbonated water

containing quinine

4. Fix up

- 63. Beginnings of plants
- 65. Ancient Peruvian
- 66. Very imposing or
- 67. Twilled fabric
- 70. Encounter
- 71. Rope fiber
- 68. Left by a wound

#### Coffee may keep you healthy

s drinking coffee good for you? A recent article on The New York Times website linked to a number of different studies touting the positive effects of caffeine on several different health problems. They include:

- Liver damage. A review of data collected by studies of more than 430,000 people found that coffee may lower the risk of cirrhosis of the liver, a disease associated with overindulgence in alcohol (among other causes).
- Tinnitus. Researchers kept track of more than 65,000 women and found that those who drank more than one 8-ounce cup of coffee a day were less likely to suffer from tinnitus, that persistent ringing or buzzing in your ears.
- Auto crashes. A study of truck drivers who routinely work on long hauls found that coffee drinkers (or consumers of other caffeinated drinks) seem 63 percent less likely to be involved in crashes while driving.
- Melanoma. An analysis of health and dietary data involving more than 400,000 people ages 50-71 found that those who drank four or more cups of coffee a day were 20 percent less likely to develop skin cancer. (The researchers cautioned that avoiding exposure to the sun's ultraviolet rays is still the most important way to avoid melanoma.)

### State of health: What's the best place for you to live?

Well-Being Index. Their most recent report (using data from 2014) ranked all 50 states in order of health. The top 10 healthiest states?

- Alaska
- Hawaii
- South Dakota
- Wyoming
- Montana
- Colorado
- Nebraska
- Utah
- New Mexico
- Texas

The least healthy state, according to the Index, was West Virginia. The Index looks at a variety of factors, including purpose, social relationships, financial stability, community, and physical health.





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### Get more from your to-do list

to-do list can help you organize your time and energy effectively, but successful people know that it's just a start, not an end in itself. Get the greatest impact from your list by following this advice:

- Start the night before. Instead of making your list in the morning, finish your day by planning tomorrow's work. You'll arrive fresh and ready to tackle your most important tasks right away.
- Keep it short. A list of 100 items is intimidating. Limit your to-do lists to tasks that add maximum value to your organization, not routine busywork.
- **Prioritize your tasks.** Don't list items at random. Decide which job to tackle first, second, and third so you don't waste time on less important tasks.
- Categorize your tasks. After you've identified your two or three most important jobs for the day, go through your list and group similar tasks together—answering phone calls and emails, meeting with co-workers, organizing various projects. You'll get more done by not switching between different kinds of tasks all day.
- Get specific. Include the results you want, not just the name of the task. "Work on Johnson report" doesn't give you a goal; "Finish Johnson report by 3:30" will help you focus on what you want to achieve.
- **Expect the unexpected**. No matter how organized you are, interruptions will occur. Build in enough time to deal with them so you're not thrown off by the day-to-day demands of the workplace.

### **Quick Thinking**

stockboy in the produce section of the supermarket one day had a customer who asked to buy half a head of lettuce. The stockboy told him that they sold only whole heads of lettuce.

The man insisted that he didn't need the whole head and wouldn't pay for a whole head if he wanted half of it. Finally the stockboy said he had to ask his manager about the situation. As he walked into the back room, the stockboy blurted out: "Some jerk out there wants to buy only a half a head of lettuce."

The manager's eyes grew wide in shock. The stockboy turned around to find the customer standing right behind him

He quickly said, "And this gentleman here wants to buy the other half."



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



# June Sudoku

	_	_		_				
3	2	Z	4	8	6	l	9	9
8	L	6	G	9	2	L	ε	4
9	G	4	ε	L	l	8	6	2
4	9	١	8	6	L	ç	2	3
6	8	2	9	g	3	4	l	L
Z	3	ç	2	•	4	6	9	8
l	4	9	L	ε	ç	2	8	6
2	6	ε	l	4	8	9	L	ç
G	L	8	6	2	9	ε	4	l





ARTICLES FOR SALE

200-3240 for more info.

2 Crypts in Sylvan Abbey, choice Locations side by side extras. 727-243-4100 Suzie

2005 Sebring Convertible Touring, 64,300 miles, Garage Kept, \$6,500. 1-317-372-0660

FOR SALE: Floral Sofa & Settee - \$525. Lt. Green Settee & 2 chairs -\$250. Walnut triple dresser, chest & night stand - \$375. Glass table & 5 chairs - \$150. 26" TV with stand -\$150. Sm. Round table - \$100. Sm. Sq. table - \$100. Dunedin area. Please Call: 727-735-9885

Electric Wheelchair. Color - Cherry Apple Red. Located in Largo. Call -Gene - 727-488-2054

#### WANTED TO BUY

When selling on consignment always get a WRITTEN QUOTE on the sellers' commission.

FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780

## JULY AD DEADLINE - JUNE 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.



# MY WEAPON AGAINST ARTHRITIS



What's your weapon? Visit FightArthritisPain.org



#### **EMERGENCY PHONE NUMBERS**

All Children's Hospital	898-7451
Bayfront Medical Center	823-1234
Edward White Hospital	323-1111
Largo Medical Center	588-5200
Morton Plant Hospital	462-7000
Northside Hospital	521-4411
Palms of Pasadena	381-1000
Pinellas County Sheriff	911
Non-Emergency	582-6200
St. Anthony's Health Care	825-1100
St. Petersburg General Hospital	384-1414
Sun Coast Hospital	581-9474
Sun Star Ambulance	911
Non Emergency Service	587-2111
U S Veterans (Bay Pines)	398-6661



GATEWAY NEWS 'N DO'S JUNE, 2016 D



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

14,492 manufactured home residents have won over \$130,374 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:					
Robert Palermo \$100Community Roofing	Ralph Virkler				
Betty Harrison	Robert Jean				
Margaret Fake	Donna Beach \$5				
James Banyas \$10 ASC Aluminum Specialty Contractors	Audrey Nower \$5 Bob's Mobile Home Washing				
Pam Rhoads \$10 Natures Resource Pest Control	Kenneth Seaner				
James Stewart \$10 Dunedin Plumbing, Inc.	Jim Deitschel \$5 Mobile Home Depot				
Scott Berman \$10 Modern AC & Appliance Service	Jim Deitschel \$5 Mobile Home Depot Helen Trimboli				
Lynette Engerbretson \$10Sunset Appliance Service	Tammy Lee \$5 Boss Electric Corp.				
Margaret Haynes \$10 Enos Plumbing & Services	John Tirone				
Larry Currie	Sharon Brill \$5Kathy's Cleaning Service				
Linda Smith \$10 Jones & Sons Plumbing	Larry Henry \$5 Bob's Mobile Home Washing				
Jean Ayer \$10 Buggin Out Termite & Pest Control	Richard Williamson \$5 E & E Gliddon Air Conditioning				
Cindy Wright \$10 Royal Enterprises	Mike Chambers				
Lynn Lijewski \$10 Ray Duncan Plumbing	Manny Pimentle				
Jessie Owens \$5 Debbie's Salon	Connie Brown \$5 Doll Brothers Carpet Cleaners				
Linda Picard \$5 Mobile Home Depot	Gary Thompson \$5 Notebooks Plus				
James Hosack \$5 Appliance Specialty	Sandra Mercer \$5				
Mildred Smith	Joan Seagrave \$5 Suncoast Auto & Tire				
Patricia Bacha \$5 Modern AC & Appliance Service	Melvyn Blaiss				
Gail Sauter \$5 Jean Satterfield - Avon Products	Joyce Zimmardo \$5Sunset Appliance Service				
Jan Baltzell \$5 At Home Carpets Plus Color Tile	Helen Razzano				
Hubert Cruse	Tom Hylock \$5 Jones & Sons Plumbing				
Rose Condon \$5 Ron Wyngarden MH Washing	Melody Moen \$5 Bob's Appliance Repair				
Lucretia Retzke	Linda Miller \$5 Doll Brothers Carpet Cleaners				

• 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.

#### **OTHER EMERGENCY NUMBERS**

For Park related utilities:TECO (Natural Gas)826-3333Duke Energy (Electric)800.228.8485

For all water related issues contact the Park Office



#### **DAILY/WEEKLY ACTIVITIES COMMITTEES**

Choir	Wednesday.	10:00 a.mKathy Soehnlen
	<b>,</b>	9:30-1:30 p.mEllen Mickelson 630-530-7924
Line Dancing		
Golf		
Bingo		
Holdem		6:30 p.mPete Soehnlem
Game Night	Thursday,	6:30 p.m
Euchre	Friday,	6:30 p.m
Bicycle Parade	Thursday,	9:00 a.m Barbara Fuelling
Pancake Brunch	2nd & 4th Sa	aturday Richard Gilbert
Computer Club		Larry Koubeck
Library		Lana Kennedy
Shuffleboard Club:	President	Richard Gilbert
	Vice Presider	nt Chuck Gross
	Secretary	Betty Kennedy
	Treasurer	Ellen Mickelson
St. Pete League	Mondays	Captain: Betty Kennedy
C		Co-Captain: Harold Hooker
How-You-All League	Fridays	Captain: Richard Gilbert
2		Co-Captain: Kathryn Kurzhals

#### SPECIAL MONTHLY ACTIVITIES AND COMMITTEES

Board of Directors (GHA)	1st Monday, 7:30 p.m	Len Stevens			
GAO Steering Committee (					
-	2nd Sat. 10:00 a.m	Cheryl Williams	607-725-2180		
Continental Breakfast	1st Wed. 9:00 a.m.	Pete/Kathy Soehnlen			
Early Bird Dinner Theatre	As Arranged	Barbara Wood	576-8422		
Cabaret Party Dance As Announced (NovApr)					
	7-10 p.m.	Misc. Cmmts.			
Potluck Dinner	2nd Wed. 5:00 p.m	Judy Mitsch	954-5040		
	-	Gail Negri	577-7349		
Gateway Summer Activities		Marlene Johnson,	248-410-2698		
		GAO VP			

