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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

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 Len Stevens (2017)
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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	248-410-2698
Secretary:	Bonnie Sisco	607-227-5455
Treasurer:	Robert Daniels	727-483-4108

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

- May 14th Saturday- Earlybird Dinner Theater @ 3:30 p.m.
- May 30th Monday Gateway Memorial Day Picnic @ 4:00 p.m.
- June 2nd Thursday Coffee Klatch @ 9:30 a.m.













Heller's Mobile Home Washing 667-8



GATEWAY ACTIVITIES ORGANIZATION

Cheryl Welch-Williams, President

wish to extend my thanks and appreciation to the Steering Committee Activities Chairmen, my fellow GAO Officers and most especially our volunteers for making this past season the success it was. I look forward to greeting you in October as we kick off another fun-filled and rousing GAO social season. Have a great Summer!

Cheryl

GAO 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.

The April 9th Steering Committee meeting was typically the longest of the season as Committee Chairmen prepared the Gateway Activities schedule for the next 12 months.

Items of note for Fall/Winter of 2016 and 2017:

Halloween Dance Saturday, October 29th; 7 to 10 pm; Doug Lalino, entertaining **Thanksgiving Dinner** Thursday, November 24th; 1:00pm **Annual Bazaar Fundraiser** Saturday, December 3rd; 9am to 1:30pm Santa Parade and Carol Sing Sunday, December 11th; 5:00pm **Christmas Dinner** Sunday, December 25th; 1:00pm **New Years Dance** Saturday, December 31st; 8:15pm; Frank Cannon, entertainment **Annual Gateway Memorial Service** Sunday, January 22nd; 4:00pm Valentines Dance Friday, February 10th Luau Dance Saturday, April 8th



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



GAO SUMMER SEASON

G ateway Summer season activities begin with the Memorial Day Picnic. As with last summer, a monthly Coffee Klatch at 9:30am will be held at the clubhouse the first Thursday, June through September. Coffee Klatch is organized and serviced by those who regularly attend. Bring a cup of coffee and a dollar and join others at the clubhouse to share some social time. Sewing Central is the substitute for the regular Tuesday Ladies Day. A monthly Potluck Dinner, offering the same format as fall-winter Potluck, will begin June 15th at 5pm and repeat the third Wednesday for the months July, August and September.

The Gateway Summer Yard Sale is scheduled for Saturday, June 4th. Watch for informational posters at the clubhouse and laundry room during May for details regarding the signup and registration.

Memorial Day, Independence Day and Labor Day Picnics are part of the summertime clubhouse schedule. Watch for details for each picnic in the NewsNDos and postings at the clubhouse and laundry room bulletin boards.

MEMORIAL DAY PICNIC

Dorinda Barnes, Chairwoman

oin us for the Gateway Memorial Day Picnic, Monday, May 30th, 4pm at the clubhouse.

The menu will be Hot Dogs, Kielbasa, Hamburgers, with condiments; beverages are provided, Iced Tea, Coffee. Ticket donation

is \$3.25 and we ask you to bring a dish to share. We will play it by ear as to whether we show a movie which will depend upon the number of people planning to attend, probably at least 6.

For further details and ticket information please contact me at 727-578-5471 and watch the bulletin board and display cases for further announcements.

GATEWAY SUMMER GARAGE SALE

Dorinda Barnes, Chairperson

The Gateway summer garage sale is tentatively planned for Saturday, June 4th. We are asking those planning to participate to donate \$3.00 towards that cost for paid advertising to appear in local media. Watch for a further details on the bulletin board and in display cases during this month.

MESSAGE

Tom and Linda Jarrell together with Ray and Millie Santucci extend to all who took part in the celebration of their anniversaries their sincerest and heart felt thanks and appreciation. Tom and Linda Jarrell Ray and Millie Santuccci



EARLYBIRD DINNER THEATER

Barb and Lew Wood

ront row tables are reserved for the Saturday, May 14th performance of the Ed Fletcher production of Love, Lies & the Doctor's Dilemma.

What happens when ordinary people tell little white lies? How about mistaken identities, unmitigated calamity and ensuing hilarity? A quiet loving relationship turns to chaos as each little lie leads to more questions and more lies as a cast of related and unrelated players enter on the scene. A fake psychiatrist that gives good advice, a mob enforcer trying to track down a son



to collect a debt, overbearing sister-in-law aging movie star and a neighbor with a perpetual storm cloud over her head. Sounds like a fun time!

We reserve tables months in advance for these shows in order to get the premium seating available. We also can assist with arranging transportation for those residents interested in attending. Please contact us at 576-8422 to check availability and arrange for seating at Gateway tables.

ST. PATRICK'S DAY DINNER AND KARAOKE

Dorinda Houghton-Barnes, Chairperson

We had a wonderful St. Patty's Bash! Thanks to Gretchen for most of the decorating and her husband Dewey for manning the door. Thanks also to Cassie, Gloria, Karol, Sandy and of course Johnny and to all the Gateway singers. There were 30 who attended the dinner portion of the evening which featured a wealth of delicious food at our potluck buffet. No one went away hungry.

NEWS N DOS BY MAIL

S till not too late! Forms are available on the bulletin board at the East Clubhouse entrance for those wishing to receive a printed copy of News N Dos throughout the summer at their northern home or an address outside Gateway. The form is self-explanatory and the cost for this service is \$1.50 per issue. Do keep in mind that News N Dos is available online at the beginning of each month by following the link http://www. monthlymedia.info/gtGateway.html.

LINE DANCING

Lana Kennedy

t's all over --season 2015-2016. See you all in October. Think Positive!! Hope all our summers are good wherever you are. I will be line dancing a bit in New Jersey and thinking Halloween and the Monster Mash. I will have a class the week of Oct 24 - 28th to brush up. Happy Trails!!



GATEWAY NEWS 'N DO'S MAY, 2016 D

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LUAU DANCE

Lana Kennedy, Dance Committee

The received so many compliments about the Luau Dance Party we just had! There were almost 80 people including 26 guests. The entertainment--"DEL"-- was great and kept the music going all night. The decorations "The Hanging Gardens" (this year's version of Hawaii-a nice place to visit) were enjoyed by all.

Our Door Prizes Tricky Tray was very successful with in-house contributions from me and Chris, Betty and Bob Kennedy, Gail and Frank Negri, Cass and Dick Gilbert and Barbara and Lou Woods. There were "out of the house" donations from Cypress Golf, Pizza Bistro and Spring Gardens Restaurant. Support our Supporters!

The food table was a little sparse but made up by much food at each of your personal tables. The people have spoken!

The Gateway Hula Dancers-Lanalie, Kathea, Cherylia, Juneoa and Marianelai did their Hula Dance then were joined by Mr. & Mrs. Banana for the old song "Please don't squeezea the bananas"--they were fun and funny! We enjoyed ourselves and hope you did too.

Extra Thanks to Larry Kubeck for the Flyers he prints up for us each year.

Of course, Thanks to Pancake Breakfast for sponsoring the dance so as to make it Free to residents. Support our Supporters!

I had a lot of help decorating, selling tickets and cleaning up from my husband, Chris (thanks for so much work) and thanks also to June Boudreau, Betty and Bob Kennedy, Marianne Palumbo (so glad you could), Bonnie Sisco, Kathy and Pete Soehnlen, Mariette Brisebois and Beverly O'brian. Without you all I would be dead now.

I am looking forward to next year and going back under the sea--seeya!!

LADIES DAY

Dorinda Houghton Middleton Barnes Outgoing Ladies Day Chairwoman

wish to thank all of you who have helped and supported me the past two years through my term as Ladies Day Chairwoman. I have had a group of hard workers who worked like crazy during the summer months making things for the Christmas Bazaar. We

began a new Finger Food Lunch once monthly and altered the Ladies Day start to 9:30 am.

Congratulations and good luck to the newly elected Ladies Day Chairwoman, Ellen Mickelson.

I wish Ellen all the best on her new assignment and we can look forward to her thoughtful guidance and good ideas for the next two years.



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

LADIES DAY Ellen Mickelson Ladies Day Chairwoman

Thank you for your vote of confidence. I am looking to a year of fun, crafts, games, enjoying old friends and meeting new ones. I hope you will join some great ladies and bring your neighbors. There is always room for more.

Join us on Tuesday morning at 9:30 AM. Bring your lunch and Idea's. I'll bring coffee. Summer is a little slower, but Sewing Central will be open. Everyone is welcome to help sewing for the sick or bring any project you may have. We would love to help.

March was a good month. We went to the Olive Garden for lunch. We had a good time. Watch for the coming months events on Gateway.com and the GMP Facebook page. I look forward to seeing you at the Club house.

GATEWAY BINGO

Ron Martin, Chairman Chuck & Debbie Gross, Co-Treasurers



ateway Bingo closed-out the season with a final game session on Tuesday, April 26th. It has been another fun-filled season with record numbers of residents and new highs for game payouts and jackpot totals. It is refreshing and satisfying for those who bring you Gateway Bingo each week to see this increased and continuing support.

Thanks to our regular and part-time volunteers for their efforts in making our 'job' easier. They are Diane Altemus, Cass Gilbert, Barb Koubeck, Betty Martin, Joe Napier, Maggie Stiles and Cheryl Williams.

Watch the NewsNDos for our kick-off Bingo column in the Fall. Have a great summer!

GATEWAY CHOIR

Kathy Soehnlen, Director

The final performance by the Gateway Choir at the March 24th Bike Parade was a lively salute to Spring.

This season our choir performed a spirited tribute to our veterans, gave thanks for our blessings, welcomed the Holiday season before the bazaar, paraded through the park with our tropically dressed Mr. & Mrs. Claus and took to the stage with a trip back in time to "Those Wonderful Years." (DVDs still available - \$5)

We extend special thanks to Barb Fuelling for granting our requests to do short performances at Bike Parade and to Larry Koubeck for our Facebook videos. Thanks also to those attending who show us courtesy by giving their undivided attention, and all our audiences who have shown appreciation with their support during the season. We look forward to seeing you in the Fall.



CONTINENTAL BREAKFAST

Pete and Kathy Soehnlen, Chairpersons

ur season close-out Continental Breakfast was held Wednesday, April 6th and enjoyed by 44 residents and their visiting guests. This activity has been well received and socially rewarding. Attendance at our Management sponsored event has remained steady throughout the season and the quality and quantity of our premium offerings has never failed to satisfy.

Kathy and I, your genial hostess and host wish to extend our thanks and appreciation to all those who have taken an opportunity to enjoy Gateway's monthly Continental Breakfast.

Throughout the 2015-2016 GAO season there was never a time that Continental Breakfast lacked for people to volunteer with their efforts to assist with cleaning and clearing following this activity.

Thanks also to Gateway Management for their part in ordering, purchasing and delivering the pastries and breads.

We wish you all a happy summer season and safe travel for those heading north. We look forward to seeing you again in the fall.

BIKE PARADE

Barb Fuelling, Chairperson



s I am writing this, we have just finished with our last Bike Parade until October. What a great season it has been! Next season we will be having Bike Parade on the 2nd and 3rd Thursdays of the month. There will be no Bike Parade on the 1st Thursday the day after Continental Breakfast, or on the last Thursday of the month. Bike Parade attendance has fallen off each year. There are still around 20-30 residents who enjoy coming to the Clubhouse, so we will continue on two Thursdays each month.

I would like to thank Bob Daniels, Kathy and Pete Soehnlen, Pat Oliverio and all the rest of the people who help me out with Bike Parade each week. I especially would like to thank my husband Jon, who leads the Bikers each week (weather permitting), and makes the coffee. Mostly I would like to thank all the residents who support Bike Parade. I appreciate you all coming down and look forward to seeing you next season. We would like to wish you all a happy and healthy summer. See you Thursday, October 13th at Bike Parade!

GATEWAY COMMUNITY DIRECTORY

Peter Soehnlen, NewsNDos Editor

Y our 2016 Gateway Mobile Home Park Directory was delivered with your NewsNDos. Please review the information contained in the directory and should you wish to add a phone number, a name or a state or country designation please contact me.

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 GAOnews@tampabay. rr.com for a replacement. Additional copies will NOT be available at the Park Office.





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Sunday	Monday	Г
1	2	7:00A 9:30A Centra
8 Mother's Day	9	7:00A 9:30A Centra
15	16	7:00A 9:30A Centra
22	23	7:00A 9:30A Centra
29	30 4:00P Memorial Day Picnic <u>Memorial Day</u>	7:00A 9:30A Centra

uesday	Wednesday	Thursday	Friday	Saturday
3 Golf Sewing I	4 6:00P Holdem Poker	5	6 7:00A Golf 6:30P Euchre	7
10 Golf Sewing I	11 6:00P Holdem Poker	12	13 7:00A Golf 6:30P Euchre	14 3:30P Earlybird Dinner Theater
17 Golf Sewing I	18	19	20 7:00A Golf 6:30P Euchre	21
24 Golf Sewing I	25	26	27 7:00A Golf 6:30P Euchre	28
31 Golf Sewing I				JUNE 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

REMEMBER Memorial Day!





THANK YOU ACTIVE MILITARY & VETERANS!

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GATEWAY SHUFFLEBOARD

Dick Gilbert, President

The 2015-16 Shuffleboard Club season ended on a delicious note. We gathered at the Olive Garden to lick our wounds and drown our sorrows. Actually we had good food and a great time, fourteen members of the team and six guests.

Our next meeting will be at the Gateway Clubhouse on Wednesday, November 2nd following Continental Breakfast. League competition gets under way on Friday, November 11th and Monday, November 14th. We could always use some new members. If interested, please call me on my cell at 815-236-9946.

For anyone planning to practice or use the shuffleboard courts just to have fun, please respect the rules that are posted on the west side of the card/billiard room. Our courts

were refinished last summer and care should be taken to avoid walking on the lanes and scoring surfaces except to judge a disc to close to call. We hope to give out trophies in next years park tournament rather than ribbons.

Thanks to one and all, have a great summer.

GATEWAY MEN'S GOLF

Lew Wood

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.

For information regarding an opportunity to be part of our groups you may contact Lew Wood at 576-8422.

GATEWAY LET'S CONNECT

June Boudreau, Coordinator

ant to be reminded 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.

ANNIVERSARIES, BIRTHDAYS

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.

MAY ANNIVERSARIES

A elebrating an Anniversary this month are:

7th Dale & Jennie Hammond 8th Frank & Marianne Palumbo



MAY BIRTHDAYS

relebrating a Birthday this month are:

3rd	Randy White
6th	Steve (Tex) Kelsey
9th	Tim Brown
13th	Chuck Gross
	Thomas Zimmer
20th	JoAnne Anderson
	Michael Johnson
24th	Peter Soehnlen
27th	Michael Sena
28th	Dale Hammond
30th	Linda Jarrell
31st	Chris Kennedy





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Did you know that May is also...

ALS Awareness Month. ALS, also known as Lou Gehrig's disease, is caused by the death of neurons, leading to stiff muscles, twitching, and gradually worsening weakness. No cure is known, but this month is an opportunity to spotlight and support research to fight this deadly disease.

Better Hearing Month. Approximately 36 million Americans suffer from some form of hearing loss—and more than half are under 65. Visit an audiologist today to learn how to protect your hearing and ensure that your ears stay healthy throughout your life.

National Military Appreciation Month. As designated by Congress, National Military Appreciation Month celebrates the history of our armed forces and recognizes the brave people who have served in every branch of military service. It also allows Americans to educate each generation on the historical impact of our military through community participation.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling and encourage more folks to giving biking a try.



Children's Mental Health Awareness Week, May 1-7. A yearly event aimed at raising awareness of the issues and causes integral to the children's mental health field nationwide. Sponsored by the National Federation of Families for Children's Mental Health, this year's theme is "Healthy Families, ResilientChildren: Mental Health is a Family Affair."

National Nurses Week, May 6-12. One of the nation's largest health care events, National Nurses Week ends on the birthday of Florence Nightingale, the mother of modern nursing, and recognizes the contributions nurses make. It also educates the public about the significant work they perform.

American Craft Beer Week, May 16-22. American craft brewers are small, independent, and traditional. The average American lives within 10 miles of a brewery, and the United States now has more beer styles and brands to choose from than any other market in the world. Enjoy a cold one (responsibly) all month long.

May Day, May 1. An ancient northern hemisphere spring festival celebrated in many cultures. Dances, singing, and cake are usually part of the activities.



Mother's Day, May 8. Don't forget to tell your mother (and mothers everywhere) how much she means to you.

Memorial Day, May 30. A U.S. federal holiday honoring those who have given their lives while serving in the armed forces.



Caregiving has its rewards

s Americans live longer, families are feeling a heavier burden in the caregiving area. The Bureau of Labor Statistics estimates that some 40.5 million Americans are acting as unpaid caregivers for older family members. Most just help one person, but 22 percent are responsible for two people and 7 percent provide help to three or more. Most caregivers are between the ages of 45 and 64 (23 percent), but 17 percent of people older than 65 act as caregivers as well.

The demands may be high, but many Americans find the work worthwhile. Yes, 32 percent describe caregiving as stressful, but 88 percent say helping out an elderly loved one is a rewarding experience.

Try these year-round common cold remedies

ou can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- Honey. Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- Zinc. Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- Hot liquids. Hot tea or water can loosen up congestion in your chest and sinuses.
- Salt water. Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- Salt
- Vitamin C. Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.

We must respect the past, and mistrust the present, if we wish to provide for the safety of the future.

-Joseph Joubert

GATEWAY NEWS 'N DO'S MAY, 2016 D



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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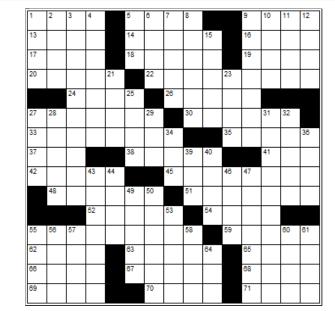


ACROSS

- 1. City in Peru
- 5. At one time (archaic)
- 9. Biblical kingdom
- 13. Norse god
- 14. Clairvoyants
- 16. Connecting point
- 17. A style of design
- 18. Pontifical
- 19. One who accomplishes
- 20. Our planet
- 22. Secretariat was one
- 24. Buckeye State
- 26. Pariah
- 27. Merit

30. Stoppage

- 33. Addition
- 35. Slowly, in music
- 37. Prefix meaning
- "Modern"
- 38 Bloodsucker
- 41. Coniferous tree
- 42. Not full
- 45. Giggling
- 48. Ventilate
- 51. Punishment
- 52. Tapestry
- 54. Sodium chloride
- 55. Remember
- 59. Body
- 62. Portent
- 63. Coral island
- 65. Effrontery
- 66. Chomp
- 67. Compacted
- 68 Decorative case
- 69 Sun
- 70. Marsh plant
- 71. Roman emperor



DOWN

- 21. Employ
- 23. Make well
 - 25. Egg-shaped
 - 29. East southeast
 - 31. Penetrate
 - 32. Scrimp
 - 34. Snake-like fish
 - 36. Unrestrained
- 10. A swinging barrier revelry
- 11. Poems

1. Prospector's find

2. Bright thought

4. Some other

7. Flower part

things

6. Back

- 12. No more than
 - 15. Napped
- 39. Type of hat
- 40. Colors
- 43. Coach



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- 44. Tale
 - 46. Annoying insect
 - 47. A grouping of
 - elements 49. Threesome
 - 50. A Christian
 - celebration
 - 53. British biscuit
 - 55. Steals
 - 56. Send forth
 - 57. Anagram of "Meat"
 - 58. If not
 - 60. Aspersion
 - 61. Hodgepodge
 - 64. Directed

8 8

- 3. Used to see small 27. Eat 28. Colonic 5. Clairvoyant's gift
- 8. Vestiges 9. Approve of

Exercise: More isn't necessarily better

osing weight is just a matter of exercising, right? Actually, that may not be the case, according to a study of exercise and weight loss reported on the CNN website.

Researchers looked at 332 adults in the U.S., Jamaica, and Africa, measuring their activity level over a week. The volunteers displayed a variety of exercise levels from sedentary to active. Although those who exercised and were active more burned away more calories than the others, their activity tended to hit a plateau—after a certain level, more exercise didn't produce more weight loss.



Switching exercises helped a little, since using different muscles can make your body use more energy. But in the long run, a combination of exercise and a reduced-calorie diet may be your best bet for losing those unwanted pounds.

Don't get zapped at work (or home)

E lectrical hazards at home and in the workplace injure thousands every year from burns and shocks. Faulty or overloaded wires cause the majority of accidents, so protect your family and your co-workers by following these guidelines:

- Get inspected. If your electrical panel hasn't been inspected for more than 10 years, get a qualified electrician to look it over.
- Unplug heat appliances after use. At home, that includes toasters, hair dryers, and irons, among others. In the office, unplug space heaters or anything else that can cause a fire.
- Use the correct wattage. Putting a 75-watt bulb in a 60-watt light socket is asking for trouble.
- Don't overuse extension cords. They're meant for short-term use, not as way to plug in as many appliances as possible into one outlet.
- Use surge protectors. They'll keep computers and other appliances safe from overloaded circuits.
- Keep appliances away from water. If an appliance that's plugged in falls into water or gets wet, unplug it before you reach for it.
- Don't yank cords. When unplugging an appliance, always grip the head of the cord. Yanking and tugging can damage the cord's wire and insulation, which can lead to an electrical shock or fire.



SUB-FLOOR & FLOORING EXPERTS!







EVENTS & PROGRAMS

HUGE YARD SALE! Abundant Life Ministries, 1550 Belcher Rd. S., Largo, FL 33771. Saturday, May 14th 8AM-4PM. Refreshments and Lunch available. ALL proceeds will benefit Missions.

Moving Sale: Doral Village, 29250 US Hwy 19 N. Lot #19, 33761. Bassett Furniture, S/S Gas Grill, King & Twin beds, Sleeper Sofa, Tools, Fishing Poles, Bikes, Housewares & Tons More. May 6th & 7th. 10 WORDS for \$8.55 - Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

Carport Sale LaPlaza 6700 150th Ave N. #335 Clearwater, FL 33764. May 14th & 15th 8am

ARTICLES FOR SALE

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

Electric Flat Top Griddle 24x36 220v ideal for clubhouse. \$450/OBO 727-492-9027

Oreck XL Classic Vacuum, Just Like New & Queen Electric Blow-Up Bed - Reasonable. 717-491-2783

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

JUNE AD DEADLINE - MAY 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 Bayfront Medical Center Edward White Hospital Largo Medical Center	898-7451 823-1234 323-1111 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 MAY, 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 <u>mail your paid receipt</u> 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:					
Beverley Hamel \$100 Bill the Carpet Guy	Martha Blake				
Mr. Storts \$10 Florida Anchor and Barrier	Danice Leal				
Joe Botero \$10 Air Masters of Pinellas, Inc.	Daryl Lahiff \$5Battleline Termite & Pest Control, Inc.				
John Dodge \$10Faling Construction, Inc.	Yvonne Large				
Jean Richter \$10 Bob's Appliance Repair	Charles Smith \$5 Doll Brothers Carpet Cleaners				
Beverly Duhlen \$10 Jones & Sons Plumbing, Inc.	Carol Knotts \$5 Debbie's Salon				
Leslie Simms	Helen Hicks				
Dorothy Kraus	Rick Hodgson \$5 Jones & Sons Plumbing, Inc.				
Marvin Dyshaw	Joan Henderson				
Arthur Paul \$10 AMS West Coast	Maria Mayo \$5 Bill the Carpet Guy				
Beverley Blattner \$10 Barrons AC & Appliance Service, Inc.	Kathleen Juneau \$5 Knoblach Heariing Care				
Jean Woolf \$10Heller's Mobile Home Washing	Theresa Rought				
Leroy Berg \$10Community Roofing of Florida, Inc.	Joy Leap \$5 Community Roofing of Florida, Inc.				
Linda Reed \$10 A1 Appliance Repair	Stuart Mater \$5 Barrons AC & Appliance Service, Inc.				
Vince Malorni \$5 Modern AC & Appliance Service, Inc.	Paula Agar \$5Sunset Appliance Service				
Richard Rueger	Keith Casey \$5 Air Masters of Pinellas, Inc.				
Hal Gray \$5 Imperial Electric Service, Inc.	Tony Protano \$5 Bill the Carpet Guy				
Terry LaCasse	Joy Olson \$5Battleline Termite & Pest Control, Inc.				
Robin Gosnell \$5 Natures Resource Pest Control	Ken Murray \$5 Modern AC & Appliance Service, Inc.				
Mary Lange \$5 Doll Brothers Carpet Cleaners	Sandra Obi \$5 Largo Plumbing Co.				
Catherine McGettigan \$5Buggin Out Pest and Termite Control	Larry Swanson \$5 Mobile Home Depot, Inc.				
Jan Hemingway \$5 Ron Wyngarden MH Washing	Jeannette Morris \$5 Notebooks Plus				
Dave Hartsell	Dorothy Wiederman \$5				
Norbert Natzke \$5 Southeast Mobile Home Supplies	Denis Mullen \$5 Largo Plumbing Co.				

• 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

DINELT, IT ELEMENT ITCT.			
Choir	Wednesday,	10:00 a.mKathy Soehnlen	374-9287
Ladies Day	Tuesday,	9:30-1:30 p.mDorinda Barnes	578-5471
Line Dancing	Monday,	6:30 p.mLana Kennedy	579-3679
Golf	Tuesday,	7:15 a.m Lew Wood	576-8422
Bingo	Tuesday,	5:00 p.m Ron Martin, Chair	3) 821-5025
Holdem	. Wednesday,	6:30 p.mPete Soehnlem	374-9287
Game Night	Thursday,	6:30 p.m	
Euchre	Friday,	6:30 p.m	
Bicycle Parade	Thursday,	9:00 a.m Barbara Fuelling	577-6042
Pancake Brunch	2nd & 4th Sa	turday Richard Gilbert	329-8017
	8:00-9:15 a.r	n.	
		Larry Koubeck	
Library		Lana Kennedy	579-3679
Sunshine Club		Pat Oliverio	385-5747
Shuffleboard Club:	President	Richard Gilbert	329-8017
	Vice Presider	nt Chuck Gross	
	Secretary	Betty Kennedy	
	Treasurer	Ellen Mickelson	
St. Pete League	Mondays	Captain: Betty Kennedy	
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How-You-All League	Fridays		
C C			

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		
Cabaret Party Dance As Announced (NovApr)				
	7-10 p.m.	Misc. Cmmts.		
Potluck Dinner	2nd Wed. 5:00 p.m	Judy Mitsch		
	_	Gail Negri		
Gateway Summer Activitie	s	Marlene Johnson,	248-410-2698	
		GAO VP		

