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GLEN ELLEN FOCUS DECEMBER, 2016 E



whole whole whole whole whole whole whole whole

December Birthdays:

December 1 – Loretta Derr December 2 – John Gillespie (Rest in peace John) December 4 – Anne-Marie Mongrain



Manager Marilyn Sisti's Message:

There have been numerous complaints from Parkwood residents as well as the Manager of Parkwood. DO NOT use the strip between Glen Ellen and Parkwood as a bathroom for your dog. Trees, bushes and flowers have been planted there to improve the landscape, not accommodate dogs. If the situation continues, drastic measures will be taken!

There is another problem in the park, CATS. There are numerous cats wandering around the park. If you have a cat, keep it on a leash if you let it outside. Animal Control is being notified to come to the park and get rid of wandering cats!!!

THE SPEED LIMIT IN GLEN ELLEN IS 10 MILES PER HOUR, FOR CARS AS WELL AS GOLF CARTS, SCOOTERS, MOTORCYCLES - OBSERVE!!!!

Previously I mentioned there are no unauthorized visitors in the park. This rule is not being observed. You need to register visitors with Stephanie in the office. This rule will be carried out and the situation given to our lawyers. Please abide by the rules concerning visitors.

I hope everyone has a Happy Holiday Season!



Scribe Nancy Labbe's Message

recember the month of one of the happiest holidays of the year!

A special welcome back to all the 'snow birds' and a special welcome to all new Glen Ellen residents. Enjoy our park.

Glen Ellen lost a dear sweet man who used to reside in Glen Ellen, with his wife Debbie, for many years. John Gillespie passed away last month. Our thoughts and prayers go out to his family.

Another resident of Glen Ellen for many years, Don Brooks, struggled last month with serious health problems and passed away. He was a very active member of the park and ran many activities. He was a wonderful person and will be sorely missed. Our thoughts and prayers go out to his family.

November was a busy and enjoyable month thanks to the efforts of Joan Schuring and Barbara Barczak. We thank you ladies!

Fred Gillespie and Nancy Labbe are Chairpersons for the month of December. Listed below are the activities:

December 1 - Decorate the Hall at 10AM. Coffee, doughnuts and soda (pop) will be provided. If you wish, bring a muffin, etc. to share. Sign-up sheet in hall.

December 9 - Mens and Ladies Luncheon at Smokey Bones - 1:00 PM. Everyone pays for their own meal. Sign-up sheet in hall.

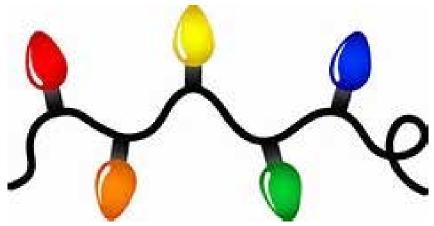
December 11 – Yankee Swap – 1:00 PM.

Please bring a \$5 gift and snacks to share. Soda (pop) will be provided.

December 22 – Christmas Carols in the Hall. This year we are trying something different. We will sing carols in Glen Ellen Hall to accommodate the people who are not able to go around to each mobile and sing. Everyone can come to Glen Ellen Hall, sing, drink and be merry. Please bring a snack to share. We would love to have our Parkwood friends come and join us and anyone else who wishes to participate starting at 7:00 PM.

December 23 – Christmas Dinner – Surprise Menu. More details to follow. Sign-up sheet in hall.

December 31 – Parkwood is hosting the New Years' Party this year. More details to follow.



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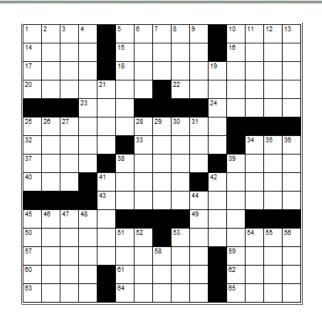


GLEN ELLEN FOCUS DECEMBER, 2016 E



ACROSS

- 1. On-line journal
- 5. Rhinoceros
- 10. Gangs
- 14. Former Italian currency
- 15. A red fluorescent dye
- 16. Send forth
- 17. A Freudian stage
- 18. Totally
- 20. Vixen
- 22. Hypodermic
- 23. L
- 24. Donkeys
- 25. Class chums
- 32. Held on tightly
- 33. Japanese cartoon art
- 34. Beer
- 37. Not yours
- 38. Inscribed pillar
- 39. Make unclear
- 40. Damp
- 41. Villain
- 42. Communion table
- 43. Self-restraining
- 45. A long-legged S. American bird
- 49. Dawn goddess
- 50. Windfall
- 53. Detective (slang)
- 57. Noble
- 59 Greek cheese
- 60. Actors in a show
- 61. Give a speech
- 62. Relating to urine
- 63. Beers
- 64. Waste conduit
- 65. Lake (Scottish)



- 1. Ho-hum
- 2. Connects two points
- 3. By mouth
- 4. Square-rigged
- sailing ships
- 5. Summon to return
- 6. Owl sound
- 7 Belief
- 8. Bites
- 9. Unique
- 10. Anagram of "Smite"
- 11 Portents
- 12. Cause to leak
- 13. Infections of the eye

DOWN

- 19. Delete
- 21. Blockage
- 25. Flat-bottomed boat
- 26. Hint
- 27. Offended
- 28. Married partners
- 29. Concerning (archaic)
- 30 Diacritical mark
- 31. An uncle
- 34. Countertenor
- 35. Hawaiian feast
- 36 Makes a mistake
- 38. Bro or sis
- 39. Happy

- 41. Lose consciousness 42. "Smallest" particle
- 44. Spay
- 45. Hemp
- 46. Small goat antelope
- 47. Licoricelike flavor
- 48. Sail supports
- 51. Animal menageries
- 52. Unit of land
- 53. Way in
 - 54. Protagonist
 - 55. Ear-related
 - 56. Every single one
 - 58. Uncooked

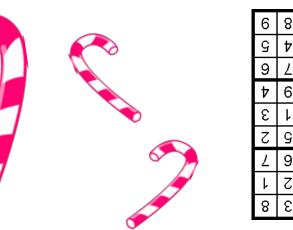


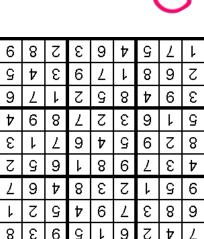
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December Sudoku

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







GLEN ELLEN FOCUS DECEMBER, 2016 E

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You can't miss these December holidays

The celebrations and holidays of December come from many different countries and cultures. Here's a guide to what your friends and neighbors are up to this month:

Hanukkah, Dec. 24-Jan.1. Hanukkah marks the rededication of the Temple of Jerusalem following the Jews' victory in the Maccabean Revolt in 165 B.C. According to the Talmud, the Jews had only enough olive oil to keep the eternal flame in the Temple burning for a single day—but miraculously, the oil continued to burn for eight days, during which time the Jews were able to produce and consecrate fresh oil for the flame. The eight-day Jewish holiday begins at sundown. Hanukkah is observed by the lighting of a nine-branched candelabrum called a menorah. One cand



the lighting of a nine-branched candelabrum, called a menorah. One candle is lit each of the eight nights, with a central candle lit each night to light the others.

- Christmas, Dec. 25. This Christian holiday celebrates the birth of Jesus, sometime between the years 7 and 2 B.C. The word "Christmas" comes from "Christ's Mass," a phrase first recorded in old English in 1038. Christmas began to be observed with feasts and celebrations in the Middle Ages—the online encyclopedia Wikipedia notes that King Richard II of England hosted a Christmas feast in 1377, with 28 oxen and 300 sheep eaten. The colonial Puritans of New England disapproved of Christmas celebrations, banning them during the 17th century. But other colonists observed the day with Christmas trees and nativity scenes. President Ulysses S. Grant signed the law making Christmas a federal holiday in 1870.
- Kwanzaa, Dec. 26 to Jan. 1. A seven-day celebration of African heritage and culture,

Kwanzaa was created in 1966 by activist Maulana Karenga to provide African-Americans with a holiday that emphasized their shared history and experience. The name Kwanzaa derives from "matunda yakwanza," a Swahili phrase meaning "first fruits." Houses are decorated with African art and colorful cloth, and seven candles are placed in the kinara, a candleholder. The central candle in the kinara is black, with three red candles on the left and four green candles on the right. The candles represent the Seven Principles of Kwanzaa, which are contemplated each day as one is lit: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.



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

GLEN ELLEN FOCUS DECEMBER, 2016 E



Did you know that December is also...

Buckwheat Month. Designated the "December Grain of the Month" by the Whole Grains Council, buckwheat contains higher levels of zinc, copper, and manganese than other cereal grains, along with a very high level of protein. It's used in soba noodles, crepes, blin-tzes, pancakes, and other delicious foods.

National Impaired Driving Prevention Month. This holiday season, make sure to plan for a safe way home, especially if your plans involve alcohol. If someone you know is drinking, don't let that person get behind the wheel. Remember, too, that just because you're driving sober, others on the road may not be. Always buckle up, drive with caution, and call 911 to report a suspected drunken driver.

Safe Toys and Gifts Month. Prevent Blindness America has declared December Safe Toys and Gifts Awareness Month, encouraging gift-givers to consider whether the toys they plan on giving suit the age and individual skills and abilities of the child who will receive them—especially for children under age 3.



Universal Human Rights Month. This month commemorates the Universal Declaration of Human Rights, adopted by the General Assembly of the United Nations on Dec. 10, 1948. Driven by the human tragedy of World War II, this document represents the first global expression of human rights.



National Handwashing Awareness Week, Dec. 4-10. Remember these four principles of hand awareness to stay healthy: Wash your hands when they're dirty and before eating; don't cough into your hands; don't sneeze into your hands; and avoid putting your fingers into your eyes, nose, or mouth.

Older Driver Safety Awareness Week, Dec. 5-9. Promoting greater understanding of the importance of mobility and transportation so older adults can remain active in the community by shopping, working, or volunteering—with the confidence that lack of transportation options will not strand them at home.

Computer Science Education Week, Dec. 5-11. Computer Science Education Week (CSEdWeek) is an annual program dedicated to inspiring K-12 students to take an interest in computer science. CSEdWeek is held in recognition of the birthday of computing pioneer Adm. Grace Murray Hopper (December 9, 1906).



Kwanzaa, Dec. 26-Jan. 1. A weeklong celebration held in the United States and in other nations honoring African heritage in African-American culture, culminating in feasts and gift giving. Kwanzaa was created by Maulana Karenga and was first celebrated in 1966–67.



GLEN ELLEN FOCUS DECEMBER, 2016 E



The smell of hate

teacher decided to play a game with her class. She told each child to bring in a plastic bag containing a few potatoes and to give each potato the name of a person that the child didn't like. The number of potatoes that the children put in their plastic bag would depend on the number of people they don't like.

The next day some children had two potatoes, some had three, and some had five potatoes or more. The teacher then told the children to carry the potatoes with them wherever they went for a week.

Days passed, and the children started to complain about the unpleasant smell let out by the rotten potatoes. Also the children with five or more potatoes complained because they had to carry heavier bags. The children were relieved when the game finally ended.



Then the teacher told them the meaning of the game: "This is what happens when you carry hatred for somebody inside your heart. The stench of it spreads everywhere, and you carry it with you wherever you go. If you can't tolerate the smell of rotten potatoes for just one week, can you imagine what is it like to have the stench of hatred in your heart for a lifetime?"

The elephant's teeth

ne day a hungry mouse in the jungle found a small nut. He tried to bite into it, but its shell was too hard and thick. Irritated, the mouse said, "Why did the gods give me such tiny teeth?"

Suddenly he heard the voice of a god from far above. "Mouse, go out and look at all the animals in the jungle. If you find one whose teeth you like, I'll give them to you."

Overjoyed, the mouse ran through the jungle, looking for the biggest teeth he could find. He looked at many animals but didn't find any teeth he liked until he spotted an elephant. Envious of the beast's thick tusks, he wandered over and asked, "Sir, are you happy with those big, long teeth?"

The elephant answered: "Friend, these are just for show. I can't use them to chew food as you do. At least you don't have to bear the weight of these huge teeth."

Hearing this, the mouse realized he was better off having tiny teeth and went off to find his nut again.







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DECEMBER•2C Sunday Monday **JANUARY 2017** Μ Т WΤ F S 7 4 5 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 5 4 7p Texas hold 'em 7p Bingo 1p Mah 12 11 7p Texas hold 'em 7p Bingo 1p Mah 19 18 7p Texas hold 'em 7p Bingo 1p Mah 25 26 7p Texas hold 'em 1p Mah 7p Bingo Christmas Day

Glen Ellen

uesday		Wednesday	Thursday	Friday		Saturday	
			1 8:30a Coffee Hour 9AM Association Meeting 1p Mah Jongg	7p Poker	2	1p Mah Jongg	3
Jongg	6	7 Pearl Harbor Remembrance Day	8 8:30a Coffee Hour 1p Mah Jongg	7p Poker	9	1p Mah Jongg	10
Jongg	13	14	15 8:30a Coffee Hour 1p Mah Jongg	7p Poker	16	1p Mah Jongg	17
Jongg	20	21	22 8:30a Coffee Hour 1p Mah Jongg	7p Poker	23	1p Mah Jongg Christmas Eve	24
Jongg	27	28	29 8:30a Coffee Hour 1p Mah Jongg	7p Poker	30	1p Mah Jongg New Year's Eve	31

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Seeing Santa Claus

grandmother took her grandson to the shopping mall in December to see Santa Claus. The young boy was very excited to sit on Santa's lap. "Now, little boy," Santa said, "tell Santa what you want for Christmas."

whole whole whole whole whole whole whole

In a very loud voice, the boy said, "I want a NINTENDO, and a NEW BIKE, and some BOOKS, and—"

"You don't have to shout," Santa chuckled. "Santa isn't hard of hearing."

The boy leaned forward and whispered, "No, but my grandma is."



Wrong answer

man was being sentenced in a California court for shooting and eating a condor—an endangered species. Looking for mercy, the defendant made a passionate speech.

"T'm truly sorry, your honor," he said. "I just moved here and I don't have a job, and I was hungry and cold. I'd never seen a bird like that, and I had no idea it was endangered. I've never done anything like this before, and I'll certainly never do it again."



The judge have him probation, telling him not to let it happen again. Then he said: "I'm curious. What does a condor taste like?"

"Oh, kind of like a cross between a whooping crane and a spotted owl."

Reduced sentence

criminal with a long record of transgressions was on trial for his latest crime. The jury found him guilty on 33 counts, and the judge sentenced him to 189 years in prison. Realizing that even with time off for good behavior he would be more than 100 years old when he was finally released, the prisoner burst into tears.

Touched by this display of remorse, the judge paused to reconsider. "I didn't mean to be so severe," she said. "Thinking it over, I can see that I've imposed an extremely harsh sentence. So you don't have to serve the whole time."

The prisoner beamed with new hope until the judge leaned toward him. "Just do as much as you can."



GLEN ELLEN FOCUS DECEMBER, 2016 E

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'Smart windows' coming soon?

new flexible material for windows and sunroofs may be able to control the heat and light they receive from the sun, according to the Phys.org website. Scientists at the Cockrell School of Engineering at The University of Texas at Austin used a low-temperature process to create a material with a unique structure that doubles the efficiency of the coloration process, allowing it to switch between clear and tinted more quickly than other coatings.



The scientists, part of an international team, believe their research could lead to the creation of materials for other applications such as supercapacitors to store and release electrical energy rapidly and efficiently.

Rare shark may have lived almost 400 years

¬rees can live thousands of years. Animals don't live nearly so long, but scientists have discovered what they believe may be the longest-living vertebrate animal—a Greenland shark. Analyzing carbon in the eye lenses of one Greenland shark after its death, marine biologists at the University of Copenhagen determined that the shark was 392 years old, give or take about 120 years. That beats the previous record holder for vertebrate longevity, a bowhead whale that lived about 211 years.

Little is known about the Greenland shark. It's one of the largest carnivores in the



world, and dominates the food chain in northern waters. The scientists studied Greenland sharks accidentally caught by fishing boats, analyzing their eye lenses because sharks don't have the kind of bones that build up calcified rings as they age. Although some scientists disagree that the shark's age is typical, they concede that we know little about the average lifespan of this mysterious predator.

Particles may halt bleeding, save lives

 \neg aving a life after an accident or injury is often a matter of stopping blood loss as quickly as possible. The Science Daily website reports that scientists have devised nanoparticles that can locate the site of a bleed and help form blood clots to stanch the flow.

The nanoparticles are coated with molecules that adhere to a glycoprotein in activated blood platelets and bind to those platelets to form clots. The particles have been tested in rats and pigs, and they soon will be tested for their effectiveness in human blood-potentially saving thousands of lives.

Watch the sunrise for better health

W ant to lose some weight? Try getting out of bed earlier. In a study conducted at Northwestern University, researchers gave 54 people wrist monitors that tracked their sleeping patterns and exposure to light for a week and asked them to keep detailed records of what they ate. The researchers also measured participants' activity level and age, as well as the season they were being monitored.

The researchers found that exposure to early morning light, whether natural or artificial, was associated with a leaner body weight. The reason, they speculate, is that light may play a role in regulating the metabolism, similar to its effects on wakefulness and alertness. The connection isn't conclusive, but getting up a little earlier couldn't hurt.

Coffee may benefit heart attack survivors

If you've suffered from a heart attack or know someone who has, this news should perk you up: A study by York University in the United Kingdom found that drinking one or two cups of coffee a day can apparently cut the risk of premature death by 20 percent among heart attack patients.

Researchers kept track of 3,721 U.K. heart attack survivors and their coffee habits in the UK. They're not sure how coffee helps them, but other studies suggest that drinking three to five cups of coffee daily has a beneficial effect on people with Parkinson's Disease, and it may also help people with liver cancer.

Don't let wet dishes breed disease

A sure your clean dishes are completely dry before you start putting them in the cupboard. Researchers have found that still-wet, stacked dishes can be prime breeding grounds for bacteria. In one study at a Veterans Affairs hospital, dishes were washed in a commercial dishwasher. Half were air-dried for 24 hours and the other half stacked while wet. Although researchers found no significant difference in the amount of bacteria found on either sets of plates after 24 hours, the dishes stacked wet teemed with bacteria after 48 hours. The best solution? Air dry.





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To tip or not to tip? That soon may not be the question

Tipping serves in restaurants may not be going away completely, but more and more owners are experimenting with a no-tipping model for their eateries. A survey by American Express found that approximately 18 percent of restaurant owners have already adopted ano-tipping policy, and another 29 percent are planning to do so.

Still, 27 percent of respondents said have no plans to eliminate tipping, though 17 percent said they might if competitors did so as well. Ten percent were undecided.

There's an app for that, but many won't use it

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Digital content taking over schools

The digital revolution has come to U.S. classrooms, according to the Digital Publishing News website. More than 80 percent of schools use some form of digital content such as e-books, audiobooks, and digital textbooks in teaching.





What devices are they and their students using? Laptops (75 percent), tablets (62 percent), personal computers (49 percent), and smartphones (17 percent).

IN THE ARITHMETIC OF LOVE, ONE PLUS ONE EQUALS EVERYTHING, AND TWO MINUS ONE EQUALS NOTHING. —MIGNON MCLAUGHLIN

Youngsters have some good and creative ideas

hildren are naturally creative and inventive because they don't know what's impossible. Try checking out these inventions created by kids across the years:

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- **Trampoline.** Sixteen-year-old George Nissen was captivated by the sight of trapeze artists dropping into nets at the finish of their shows in the 1930s. In his parents' garage he developed the "bouncing rig," a metal frame with canvas stretched over it. Years later he switched out the canvas for nylon and came up with a new name—"trampoline," adding the letter e to the Spanish word for "diving board."
- **Popsicle.** One cold night in San Francisco in 1905, 11-year-old Frank Epperson mixed up a concoction of soda water powder and water and left it outside all night. In the morning he looked at the frozen mixture with the stirring stick still inside and realized it might be fun to eat. He began giving out them out as treats, and as an adult patented the product with the name "Eppsicle"—later



changing it to "Popsicle" after his own children started calling it by that name.

• **Earmuffs.** At age 15, Chester Greenwood's ears grew painfully cold while ice skating. A scarf around his head didn't help, so he went home, built a wire frame, and asked his grandmother to sew some beaverskin pads to it. Greenwood patented his earmuffs in 1877 and eventually sold them to soldiers fighting in World War I.

Use these three boxes for creative thinking

E xperts often encourage people to think outside the box when trying to be creative. According to K.H. Kim, writing at The Creativity Post website, you should consider three distinct boxes to unleash your imagination:

- **Inside box.** This box holds your expertise and knowledge, and it's useful for narrowing things down, focusing on specifics, and identifying options.
- **Outside box.** This box is flexible and holds all the possibilities. Let it relax your focus and explore everything, whether it's related to what you're working on or not.
- New box. This box lets you synthesize and refine ideas so you can implement them effectively. Use it to connect ideas and find new ways of approaching problems.







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NEA: Fewer Americans enjoy the arts in person

When was the last time you went to the symphony, the ballet, or a museum? A National Endowment for the Arts study points to a disturbing trend: The number of Americans attending core arts events like the opera, the theater, and other activities is on the decline.

According to "A Decade of Arts Engagement: Findings From the Survey of Public Participation in the Arts, 2002–2012," only 33.4 percent of U.S. adults attended any arts events between July 2011 and July 2012—down from 34.6 percent in 2008, and down yet again from a decade earlier when the figure was 39.4 percent.

One bright spot in the report: Although only a third of U.S. adults attended a cultural event in person, 71 percent said they had watched, listened to, or downloaded some kind of artistic event via the Internet. That includes streaming pop music, however, lumping Beethoven in with Nicki Minaj.



Americans upbeat about science





espite controversies and disagreements about climate change, genetically modified foods, animal testing, and other scientific issues, most U.S. citizens have a positive view of science and scientists, according to a study from the Pew Research Center.



The study found that 79 percent of U.S. adults believe science has made their lives better, and a majority of them have a positive view of science's impact on such matters as food quality, health care, and the environment. Additionally, 61 percent believe that government investment is essential to scientific progress, although 34 percent say that

private investment would be sufficient.

The effort to understand the universe is one of the very few things that lifts human life a little above the level of farce, and gives it some of the grace of tragedy.

-Steven Weinberg



Get on pace for a healthy new year

The end of the year is the perfect time to commit to a healthier lifestyle going forward. How can you maintain your resolve on a daily basis? Try these tips:

- Pick a partner. People who exercise with friend have a higher success rate.
- Set concrete goals. Don't vaguely aim to walk "more" each day. Set challenging but realistic goals. And be sure to chart your progress.
- Shorten the duration. Rather than a single hourlong session, aim for three 20-minute workouts or four 15-minute workouts a day. People who opt for shorter sessions actually tend to work out more over the course of a week.
- **Redefine "exercise."** You don't have to spend hours at the health club to stay in shape. Keep track of your daily activity and try to incorporate healthy behaviors like walking for at least 20 minutes, taking the stairs instead of the elevator, or getting off the bus or train a block early. Exercise will become part of your day, not an added chore.
- Clear your mind. Make a regular date with yourself for exercise and train yourself not to think about all the other tasks you could be doing. Focus on the here and now and don't get distracted by the future or the past.
- Find exercise you enjoy. Most gyms offer a variety of exercise equipment, so choose an activity that makes you feel good while you're doing it, not something you detest no matter how beneficial it may be. Riding a bike through your neighborhood is just as helpful as sitting on a stationary bicycle in the gym.
- Set your own goals. Even if you work with a buddy or trainer, decide for yourself what you want to achieve. Set realistic targets that challenge you, not impossible goals that make you reluctant to try.







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Pat Silva \$10 .	Royal Enterprises	Dorothy Haller \$5	Heller's Mobile Home Washing
Jean Solana \$10			Jones & Sons Plumbing, Inc.
Thomas Habel \$10			Imperial Electric
Daney Larocque \$10	Boss Electric Corp.	Judy Perszyk \$5	Doll Brothers Carpet Cleaners
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EVENTS & PROGRAMS Ranch Mobile Park Wide Yard Sale, Saturday, January 7th, 8:00am - 2:00pm at 6800 - 150th Ave. N., Clear- water, (Largo).	CRAFT SALE: Saturday, December 3rd, 2016, 8:30 am - 1:30 pm. Sugar Creek MHP @ Clubhouse, 10265 Ul- merton Road, Largo (Behind Pier One Store). Bake Sale and Lunch. Tables \$10.00. Call Sally 727-584-4204	WANTED TO BUY When selling on consignment always get a WRITTEN QUOTE on the sellers' commission.
CRAFT FAIR: December 10th, 2016, 9am to 1pm. Located @ Four Seasons Estates, 13225 101st St., Largo. Baked goods, donuts & lunch will be for sale.	Palm Hill Ccountry Club Bazaar, Craft & Bake Sale. Saturday, Dec. 3rd, 8:30- 1:00. North Clubhouse - 401 8th Ave. SW, Largo	FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780
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