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October • 2016

**Issue 8
40th Year**

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Director	David Merriam
Director	Frank St. Peter
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President's Report

By Ray Lamoureux



The park made it through hurricane Hermine with hardly any trouble. We had minor problems with two units but nothing to speak about as damage. The culvert that Dave had cleaned out took care of the storm water with no problems that I heard of from anyone in the park.

Everyone should have received their proxy to vote on the sprinklers for the clubhouse. A YES vote means we want to waive the installation of sprinklers in the clubhouse. Please fill out your vote and return it as soon as possible. There will be a meeting in the clubhouse on November 2nd to count the proxy votes received and have the count in the minutes of the meeting. If not enough votes are received the matter will be tabled until the budget meeting. We need 50% plus one vote to pass the waiver.

The budget meeting for next year's budget will be held on November 16th in the clubhouse at 10:00 am. The board has not received the proposed budget as of this writing. We should be receiving it shortly to look over and make changes before it is mailed out to the residents.

Ron Tasior and Dave Merriam talked to the board about the conditions of our streets. We have not taken a long look at them since the last repair were completed. Sections need to be dug up and replaced with new tar they are eaten away from erosion. Dave went out and received bids to repair and seal all the streets. We need to find the best time to do this project.

We have one unit for sale in the park. It is #32 on Second Street. Lately we have not had many come up for sale and when they do they go fast. We are a very popular community to live in.

I will be returning to Golden Acres in three weeks from the day of this writing of the newsletter. We hope everyone is having a safe and happy summer.





From the Editor's Desk

By Sue Bailey; suebail@tampabay.rr.com

Greetings:

September came in like a lion where on the first we experienced our first big threat of Tropical Storm / Hurricane Hermine. Here at Golden Acres, we remained unscathed! We had lots of rain and heavy winds, but no flooding, no power outages, and other than downed tree branches, no destruction. What a blessing that was for all of us.

Things have been pretty quiet here. In this month's newsletter, you will read about our pizza and a movie held at the clubhouse on August 31st. Many thanks to Timmie Strader (unit 129) and Donna Delf (unit 27) for organizing the summer events and all those volunteers who helped to make the events successful for us full timers. Dave Merriam, our newest board member and full time resident, has some important topics to discuss in this newsletter. The Salvation Army is having a couple events that they are inviting us to come. It sounds like a good time and I hope some of you will go and enjoy the music and the bazaar.

Important dates in October include: Monday, October 10th is Canadian Thanksgiving Day; Wednesday, October 12th in the USA is Columbus Day; and Monday, October 31st is Halloween.

Until next time,

May God bless and keep you well and safe...

Pizza and a Movie Night

By Timmie Strader

We had a little over a dozen people show up at the clubhouse (amazing since we had a full day of rain, rain and more rain). A special thanks to Marilyn McKay (unit 198) for the great salad and Carol Spinney (unit 187) and Marilyn McKay for the dessert. The pizza was delivered from Hungry Howies and I think it was enjoyed by all. Thanks to Marilyn, those of us who stayed for the movie loved it!

This has been a fun time for me this summer. I hope the full time residents enjoyed the activities I planned. Let's see what we can come up with for next year! ! !

Our September Pot Luck hosted by Donna Delf (unit 27) will be in the November newsletter.



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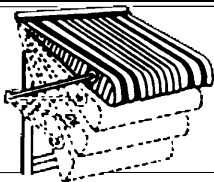
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Greetings:

From: Dave Merriam

Hello from hot and sunny Florida. As summer is winding down, there are a number of items I would like to discuss.

- Vegetation can get out of control very quickly in Florida. Driveways can become overgrown, vines can take over porches and climb up the coaches, bushes can extend three to four feet beyond where they should be and often extend pass the roof line of the coach. When this happens, it gives the park an appearance of being unkempt. Please make arrangements to have your planting areas maintained during your absence. This is a beautiful park, let's all work together to keep it that way.

- Being the only Board member in the park during the summer has had its challenges. My philosophy of serving as a Board member is to serve the residents of the park to the best of my ability. Although, there are limitations to my availability. I am asking that if you need to call me, please do so between the hours of 9:00 AM and 5:00 PM. (E.S.T.) Thank you very much for your understanding.

- Thursday, September 1st, we had a storm with sixty mile hour winds that lasted about forty minutes. There was no major damage to the park. I did notice coaches that had glass top tables, wall decorations, statues, large potted plants outside, etc. These items soon became projectiles that ended up in your neighbor's yards and porches. If the storm would have lasted longer, there could have been considerable damage to both your coach and your neighbor's. Please make sure your decorative items are secured, tied down, bolted down or taken inside when you are gone for extended periods of time.

- By now, I'm sure you have all heard about the **ZIKA** virus. Many cases currently in south Florida. We need to do our part and eradicate this terrible disease. Many of us have decorative pots, water features, etc. that retain standing water where mosquitoes breed. Upon your return to the park, please make sure that these items that have free standing water in them are taken care of.





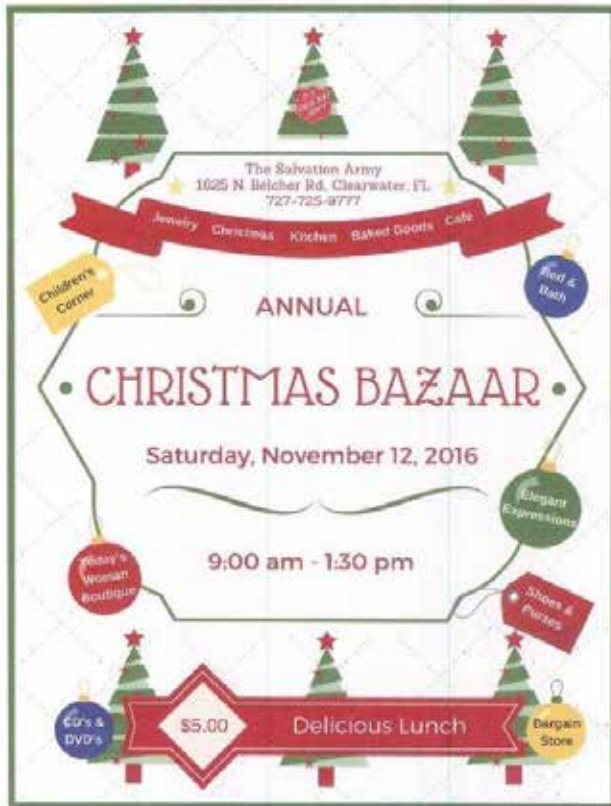
Summertime Update

By Roz Frabotta

Sadly, though, I was not one of the 1.3 million Clevelanders assembled downtown to savor and celebrate the moment at the rally and parade. My hospice bereavement camp commitment kept me from the festivities....but I'm planning on being there when the Indians win the World Series!

(We're currently in 1st place in the A.L. Central and I have high hopes for this fall!)

See you soon!





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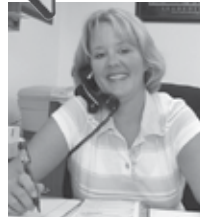
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Soldiers to Remember

Please take a moment to offer a prayer of thanks and remembrance to all those who help to protect our way of life. Keep them in your prayers until they return safely to their loved ones.

Jim Beulow (Navy Seal) friend of Ray and Mina Krumsieg, Lot #60
Adam Coburn, British army, serving in Afghanistan, nephew of Mildred and David Todd, Lot #2
Sgt. Justin T. Drescher (U.S.M.C.), serving in Afghanistan, grandson of Marie Looby, Lot #170
Sean Ebbeling, U.S. Marine, grandson of Bob McCluskey, Lot #220
Damien Fitzpatrick, USAF, grandson of Judith Fitzpatrick, Lot #87
Company Commander, Sean Fitzpatrick, US Army, grandson of Judith Fitzpatrick, Lot #87
Michael Gerathy, US Army, son-in-law of Debra and Steve Pollard, Lot #221
Master Sgt. John Grutzmacher (Air Force) nephew of Ray and Mina Krumsieg, Lot #60
Daniel Jones, US Navy, Grandson of Carol and Henry Diniz, Lot #25
Matthew Jones, US Navy, Grandson of Carol and Henry Diniz, Lot #25
“Scottie” – close friend of Mina and Ray Krumsieg, Lot #60
Brian J. Stanfa, USAF, grandson of Joe and Lois Stanfa, Lot #96.
Capt. Mark Stevens (Army) nephew of Joe Corbeil, Lot #160
Stanley Sweeny (Army) nephew of Ruth Marino, Lot #225
PFC 1st Class John Wilson – (USMC) Iraq – grandson of Jean Key, Lot #138
Army Ranger Joshua L. Buzzard, Grandson of Ron and Marsha Baylor, Lot #196

So that we might get to know these courageous soldiers better, I would like to add their pictures to this section. Please forward any photos to Sue Bailey suebail@tampabay.rr.com

For changes to the list of soldiers, please contact Sue Bailey suebail@tampabay.rr.com





Birthdays and Anniversaries

By Norma Moore

Golden Acres October Birthdays

We want to mention all those who are celebrating this month and send them our very best wishes.

David Orman	October 1
Theresa McGrory	October 2
Peggy Slapak	October 2
Samuel Cali	October 5
Alcide Godin	October 5
Ron Baylor	October 6
Gary Duff	October 7
Mary Graham	October 7
Linda Quinn-McCarthy	October 9
Constantine Argona	October 15
Judy Pillion	October 16
Jerry Janes	October 17
Rennie Wittenbols	October 19
Joan Elder	October 23
Henry Does	October 23
Helen Kamerer	October 24
Marlene Scott	October 25
Leon Collins	October 26
Wayne Bettridge	October 29
Diega Hurst	October 30



Golden Acres October Anniversaries

Sebastian and Carmella Margaglio	October 3
Richard and Margaret Cooper	October 4
Roland and Jeannine Gosselin	October 4
James and Anne MacDonald	October 8
Paul and Janet Melia	October 12
Richard and Elinore Bryant	October 16
Richard and Janet Rodman	October 16
Gerald and Marleen Baker	October 21
Michael and Susan Franco	October 25



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Dr. John Sourbeer, general practice,
practiced from 1958 to 2000

Dr. Ryan Bialas,
anesthesiologist,
practicing since 2015

Dr. Robert F. Bialas, plastic
surgeon, practiced from
1979 to 2014

Dr. Jeff Sourbeer, family
medicine, practicing since 1984

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Morton Plant Hospital got its start in 1914 when several local women asked railroad magnate Morton F. Plant to fund a hospital. He agreed, if the community would also make a substantial contribution. They took the challenge and the hospital opened in 1916. Throughout the years, the hospital and its physicians served the community, and the community gave back, ensuring that generations of families would be able to count on the compassionate, quality care provided by Morton Plant Hospital.

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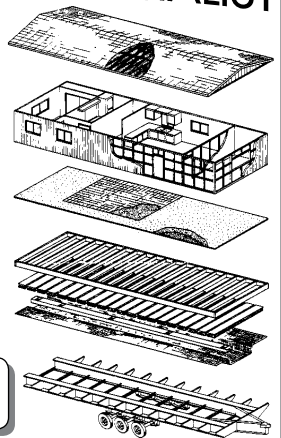
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Wellness

Kathy Regnier (unit 112) heard from Kellie Nicholson (daughter of Shirley Toohey (unit 124)) regarding her condition. As of September 1st, Kellie wanted to pass on the good news that Shirley is much better now. She is in a rehab facility for the past 10 days and is still receiving IV nutrition but is also eating a soft diet. We are hoping to remove the IV nutrition early this week. She is getting stronger every day and feeling better all the time. Shirley is close to returning to Kellie's home, hopefully within the next two weeks. She will be staying with Kellie as she continues to get better and stronger. Kellie will also be able to take her to her follow-up appointments, monitor her medications and her eating. Thank you for all the prayers, cards, and phone calls. It means so much to both of us.

Timmie Strader (unit 129) wanted us to know the following: On a more serious note I want to thank everyone for the prayers and good wishes to me while I'm going through the cancer treatments. And since everyone is praying anyway say a couple of extra for my brother Brian Spooner (unit 214). He was diagnosed with stage 4. He and Mary Rita are back in Kansas while he undergoes his treatments.





Check medical bills with care

Dealing with health insurance claims can be frustrating and time-consuming. Multiple bills from different departments for what seems like one medical procedure can baffle even the most organized consumer. The key is to keep track of insurance claims and keep detailed records. Follow this advice:

- **Review records.** Verify that the medical provider has the correct billing information. Also, check the identification or group number of your insurance plan on claim forms.
- **Follow up to be sure the claim is being processed.** Contact the provider or insurer after receiving a bill to confirm receipt. Write down the names of everyone you speak to, noting the date of the call and any available confirmation numbers.
- **Verify all the expenses.** Check to see if you are being billed twice. Similarly, verify that the contracted rate between the insurer and the provider is actually what you are being billed for.

Revamp your finances to save more money

If you can figure out how to save just \$125 per month, then set up an automatic savings to a mutual fund that yields an average of 7 percent, in five years you will have almost \$9,000. In 20 years, that amount will have grown to \$65,000! Here are four suggestions for coming up with that \$125 per month:

- **Look at your cable TV bill. Do you need all those channels?** You can roll your bill back by getting rid of premium channels or subscribing to a smaller, cheaper package.
- **Stop picking up magazines from the supermarket or newsstand.** Save yourself some money by reading online or subscribing to your favorite magazine instead. And if you're subscribing to anything you don't read, cancel it.
- **Change your cell service.** Shopping around can get you a better deal that will save you bucks. Just make sure you won't be penalized for breaking a contract early.
- **Call your credit card company.** You may be able to get a lower interest rate just by asking.



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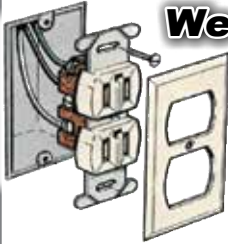
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				1
4	5 9 am Coffee Hour	6 6:30 pm: Dominos	7 1-3 pm: Cards	8
11	12 9 am Coffee Hour	13 6:30 pm: Dominos	14 1-3 pm: Cards	15
18	19 9 am Coffee Hour	20 6:30 pm: Dominos	21 1-3 pm: Cards	22
25	26 9 am Coffee Hour	27 6:30 pm: Dominos	28 1-3 pm: Cards	29
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Some challenges spur imagination and success

Imagination performs best when it's challenged. Perfect freedom leaves the imagination listless, and whatever is created is lifeless as well. Only when a challenge presents itself does the imagination perk up. How can the problem be solved? What other paths could you follow?

Take for example, American writer Flannery O'Connor. She was stricken with lupus erythematosus in her mid-20s. She spent almost all of her life (she died at age 39) on her family's farm. But as the disease made movement more and more difficult, it also pushed her to sit at her typewriter every day and write. The stories she churned out are full of wild imaginings and a great spirit of hope.



Just listen

A man whose marriage was in trouble sought advice from his minister. The minister heard the man out and then said, "You must learn to listen to your wife."

The man took this advice to heart, but he returned a month later to say the marriage was still unhappy, even though he had learned to listen to every word his wife said.

The minister said with a smile, "Now go home, and listen to every word she *isn't* saying."

Learn to let go

A little boy was playing one day with a very valuable vase. When he put his hand inside it and couldn't draw it back out, he called for his mother. His mother tried gently to slide his hand free, but it remained stuck.



She was ready to break the vase when she said, "OK, let's try one more time. Open your hand and hold your fingers out straight, and then pull."

"Oh, no, mommy!" the boy cried. "If I do that, I'll drop my penny!"

Storytellers have as profound a purpose as any who are charged to guide and transform human lives.

—Nancy Mellon



Did you know that October is also...

Italian-American Heritage Month. The goal of Italian-American Heritage Month is to inform the public about the contributions made by Italians and Italian-Americans, especially in the arts, the humanities, and the sciences, and to celebrate the impact that Italian culture and language have had on the United States.



National Bullying Prevention Month. A campaign held during October, uniting communities nationwide to educate about and raise awareness of bullying prevention, National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners.

National Cybersecurity Awareness Month. The internet touches almost all aspects of everyone's daily life, whether we realize it or not. National Cybersecurity Awareness Month is intended to engage and educate public and private sector partners through events and initiatives with the goal of raising awareness about cybersecurity and increasing the resiliency of the nation in the event of a cyber incident.



National Walk Your Dog Week, Oct. 1-7. According to the American Veterinary Medical Association, more than 40 percent of dogs—a total of about 17 million—in the United States are overweight. Walking your dog just 30 minutes a day helps both of you maintain a healthy weight and a good heart.

Earth Science Week, Oct. 9-16. This year's Earth Science Week celebrates the theme, "Our Shared Geoheritage"—the collection of natural wonders, landforms, and resources that have formed over eons and come to this generation to manage, use, and conserve effectively.

Free Speech Week, Oct. 16-22. A yearly event to raise public awareness of the importance of free speech in our democracy and to celebrate that freedom. Express your right to free speech by posting a message online, composing a poem, writing a letter to the editor, or whatever works best for you.

National Massage Therapy Awareness Week, Oct. 23-29. Research suggests that symptoms of stress, anxiety and depression may be ameliorated with massage therapy. Athletes at all stages have also benefited from massage therapy. By combining your exercise routine with a massage therapy treatment, you will be able to train longer and harder and make the most of your workout.

World Animal Day, Oct. 4. An international day of action for animal rights and welfare, celebrated annually on the feast day of Francis of Assisi, the patron saint of animals.

National Chess Day, Oct. 8. Play a game that sharpens your mind, challenges your intellect, and brings you closer together with other people.

Columbus Day, Oct. 10. Observed on the second Monday of October to commemorate Christopher Columbus's arrival on the North American continent on Oct. 12, 1492.

Ada Lovelace Day, Oct. 18. Considered one of the world's first female computer programmers, Ada Lovelace helped develop an early predecessor of the modern computer in the 19th century.

Halloween, Oct. 31. Trick or treat!



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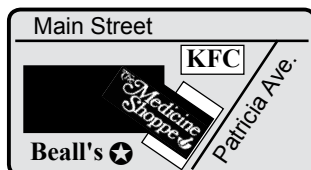
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Try these tips for better napping

Sleep is important to your health, and regular naps can make a positive difference. One Harvard study found that people who nap at least three times a week for a half hour or more have a much lower risk of heart disease. Other studies suggest that a 40-minute nap can improve performance on the job.

So what's the best way to nap? The Science of Us website summarized the findings of different studies. First, try to sleep for at least an hour to get a deeper sleep, even though shorter naps have positive benefits as well. Second, lie down for your nap; you'll wake up feeling more alert than if you sleep sitting up in a chair.



Finally, nap in the morning if possible. You're more likely to get REM sleep because your brain still craves it from the night before. Although, on the other hand, afternoon naps tend to be more restorative and improve memory.

Chest pain? Worry—but don't panic

You're having chest pains. Should you rush to the hospital? Although you shouldn't ignore the pains, don't panic. According to an article on the Medline Plus website, fewer than 6 percent of chest pains are symptoms of a heart attack. That's the good news. The bad news is that doctors usually can't determine the cause of chest pains, and they can be evidence of a serious illness.

Researchers studied a database containing records of emergency room visits, looking at 11,000 cases of chest pain unrelated to other trauma. They found that only 5.5 percent of patients suffered from life-threatening ailments. The most common diagnosis was simply "non-specific chest pain," accounting for more than five in 10 patients complaining of discomfort.

Chest pains cause more than 8 million trips to emergency rooms each year, second only to abdominal pains.

Heart health improving for Americans

Americans are taking better care of their hearts, according to the Centers for Disease Control and Prevention. According to a study published in the American Journal of Preventive Medicine, the rate of heart disease in Americans over 40 dropped to 8 percent in 2011-12, down from 10 percent in 2001-02. Among Americans 60 and older, the rate dropped from 19.5 percent to 15 percent in the same time frames. The researchers found no significant change either way in Americans 40-59 years old, however.

One factor influencing the improvement was having access to health insurance, according to the study. Better management of risk factors like high blood pressure, cholesterol, smoking, weight, and diabetes probably contributed to the decline, the report suggested.



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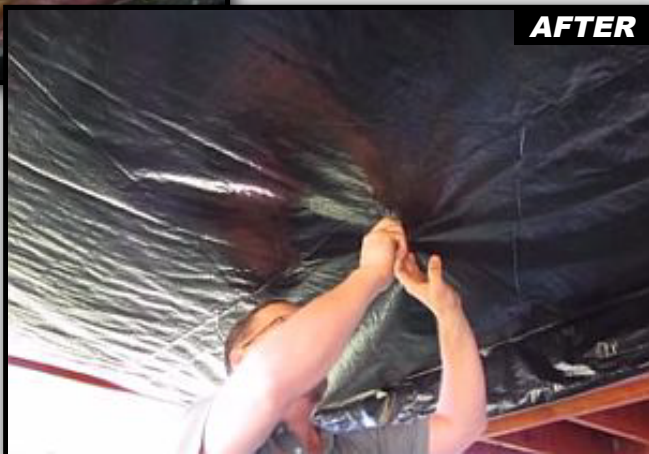
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- I give all my dead batteries away—free of charge.
- I hate elevators, so I take steps to avoid them.
- I know a man who drinks brake fluid. But he says he can stop any time.
- When will all the rhetorical questions end?
- Women really should not have children after 35. After all, 35 children are enough.
- It's hard to explain puns to kleptomaniacs because they always take things literally.
- A hard-boiled egg in the morning is hard to beat.
- There are only 10 types of people in the world—those who understand binary and those who don't.



Hot tip

A man was watching TV one night when his wife walked up behind him and smacked him on the back of the head with a newspaper.

“What was that for?” he demanded.

“I was doing the laundry and I found a piece of paper folded up in your back pocket with the name ‘Carol Anne’ written on it,” she said.

“Oh, honey,” the man said. “I was at the track the other day and a guy gave me a hot tip on a horse named ‘Carol Anne.’ I won \$50.”

Unconvinced, the wife said, “All right, then,” and went back to the laundry.

Two nights later the husband was watching TV again when the phone rang. A minute later, his wife walked up behind him and once again hit him with the newspaper. “What are you doing?”

“The phone call? That was your horse.”





Get your imagination going when you paint

You don't have to be a Picasso to find satisfaction and enjoyment in creating art. When you're searching for ideas or subjects to paint, consider these approaches:

- Seek inspiration. Spend some looking at art—paintings, sculpture, drawings. Listen to music to stimulate your creative juices.
- Start small. If you're hesitant, or blocked, don't tackle a big art project. Start with something small and easy. Work on one section of a painting you're planning, and don't think of the rest of the project. You'll accomplish something concrete, and your success may give you the momentum you need to continue.
- Switch things around. If you usually paint or draw horizontally, switch to vertical. Instead of painting what you see, paint what you feel. If you draw with your right hand, try switching to your left. A small change can make a big difference.
- Try an exercise. Pick a common saying: "Once in a blue moon," for instance. Draw or paint what the saying means to you. What kind of rare occurrence springs to your mind? How would the world look under blue moonlight? Choose other clichés and catchphrases to illustrate, and you'll keep your perceptions sharper.



Fear criticism? Do it anyway

The cliché that you can't please everyone is a simple lesson on dealing with criticism. You'll always have detractors, so you may as well follow your heart and do what's right.

That's what Julia Butterfly Hill learned. Hill made headlines a couple of years ago when she climbed into a California redwood and lived there for two years to protest logging in the ancient woods. After she came down, she wrote a book about her experience, *The Legacy of Luna* (Luna is the name she gave to her tree home).

Then came publicity—and criticism from loggers whose livelihood she was curtailing and environmentalists who accused her of selling out.

"For every action, there's an equal and opposite criticism," Hill said. So do it anyway.



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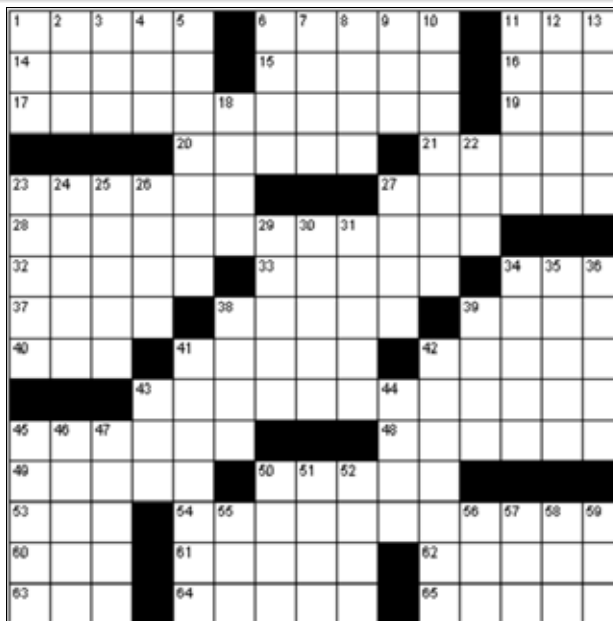
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ACROSS

1. Unit of electrical capacitance
6. Smooth and gleaming
11. Not arm
14. Classical music theatre
15. Breed of dog
16. An Australian flightless bird
17. Vengeance
19. Card with just 1 symbol
20. Anagram of "Leaps"
21. S S S S
23. Chinese cinnamon
27. There are 50 of them
28. Associated with the Christian church
32. Regions
33. Impersonate
34. Electro-encephalogram
37. Shipped
38. Flamingo or heron
39. Protagonist
40. East southeast
41. Doughnut-shaped roll
42. Freight
43. The arrangement of windows of a building



DOWN

- | | | | |
|---|--------------------------------------|--------------------------|-------------------------------------|
| 45. Infirm due to age | 1. Since or because | 22. Pouch | 42. Impulse |
| 48. Makes angry | 2. Gorilla | 23. Stop | 43. Type of tree |
| 49. Nymph | 3. Drench | 24. Units of area | 44. Regrets |
| 50. An anesthetic | 4. Arrangement (abbrev.) | 25. Vista | 45. Gleam |
| 53. Doctrine | 5. Newspapers | 26. A thin strip of wood | 46. A red fluorescent dye |
| 54. Ardent supporters | 6. Porgy fish | 27. Agitate | 47. Makes insensitive |
| 60. Beak | 7. Parcels of land | 29. Picture | 50. Engrave |
| 61. Moral weaknesses | 8. A Great Lake | 30. Assistants | 51. A Titaness of ancient mythology |
| 62. A squeaking noise | 9. Self-importance | 31. Capelin | 52. A call for quiet |
| 63. N N N N | 10. Relating to the motion of bodies | 34. Strange or spooky | 55. Small bite |
| 64. An ancient Hebrew unit of dry measure | 11. The smallest amount | 35. A plant disease | 56. Forelimb |
| 65. An abrasive board | 12. Master of ceremonies | 36. Thugs | 57. Perceive visually |
| | 13. Suppose or surmise | 38. Ebb | 58. Asphalt |
| | 18. Sheep sounds | 39. Caps | 59. The air above us |
| | | 41. Accept as true | |



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



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BIG SALE: Oct. 14th-15th-16th & Fri-21st. 11104-101 St, Largo - off 110 Ave.



EVENTS & PROGRAMS

CRAFT SHOW, Saturday, October 8th, 9am – 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL. 95 Vendors/95 Prizes. Indoor & Outdoor Show. Food Court & Pumpkin Patch. \$1.00 Admission goes toward the homeless.

Annual Craft Fair Saturday 11/05/16, Paradise Island Clubhouse, 1001 Starkey Rd. Largo. Open 9am-1pm. A variety of handmade crafts, Bake sale, and Canteen open for food.

CRAFT SHOW 12/10/16 Four Seasons Estates, Largo. Vendors wanted. Email medmatchpay@yahoo.com for application, or 727-200-3240 for more info.

Craft Show 10/29/16 from 8am to 1pm. Crafters Wanted. Caribbean Isles, Largo. \$10 per Table. Please call Barb 727-674-0137.

Crafters Wanted: Paradise Island Annual Craft Fair. Sat. 11/5/16. Tables \$10 & \$15. Call Sammye 727-474-2660

Annual Bazaar - Ranchero Village MHP, 7100 Ulmerton Road, Largo Florida. Sunday, November 13th, 12-4pm. Many vendors and food available.

Craft Sale Saturday December 3rd, 2016 8:30 am - 1:30 pm Sugar Creek MHP @ Clubhouse - 10265 Ulmerton Road, Largo (Behind Pier One Store). Bake Sale and Lunch. Tables \$10.00 - Call Sally 727-584-2404

HOLIDAY BAZAAR 11/12/16 All indoor craft show. First Lutheran Church, 1644 Nursery, Clearwater. Vendors: 727-744-3806 or cobrien2429@gmail.com

Junk In The Truck Rummage Sale: Saturday, Oct. 22nd 8am - 12:30pm. St Catherine of Siena Catholic Church 1955 S. Belcher Rd, Clearwater, FL 33764

ATTENTION RESIDENTS!

Did you know this Emporium/Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

NOVEMBER AD DEADLINE - OCTOBER 10, 2016

- Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284.
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THOUSANDS manufactured home residents have won over **\$135,000** 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:**

Arthur Lovelock..... \$100	Dunedin Electric, Inc	Dennis Kreke	\$5	Boss Electric Corp
Walter Hook	\$10 ... E & E Gliddon Air Conditioning, Inc.	Paul Gray	\$5	Bill the Carpet Guy
John Matus	\$10	Barbara Champion	\$5	Boss Electric Corp
Frank Marmarose	\$10	George Boyd	\$5	Doll Brothers Carpet Cleaners
Nancy Wallace	\$10	Carolyn Padden	\$5	Modern AC & Appliance Service
Angela Mistretta..... \$10	Doll Brothers Carpet Cleaners	Ronny Lillo	\$5	Air Masters of Pinellas. Inc.
Jimmy Karon..... \$10	Jones & Sons Plumbing, Inc.	Rick Burks	\$5	Payless Painting Services, Inc.
Debra Santee..... \$10	Buggin Out Termite & Pest Control	Shirley Thompson	\$5	Jones & Sons Plumbing, Inc.
Debbie Cammarn	\$10 ... Appliance Specialty Contractors, Inc.	Beatrice Johnson	\$5	Air Masters of Pinellas. Inc.
Patricia Marek	\$10	Gise Le Brouillette..... \$5	\$5	AJ's Beds & Furniture, Inc.
Sandy Ravelin	\$10	Joy DiVenuti..... \$5	\$5	1st Class Handyman Services
Art Kelsey	\$10	Godfried A. Grunwald	\$5	E & E Gliddon Air Conditioning, Inc.
Martha Bunker	\$10	Pat Jackson	\$5	Recreational Golf Carts
Cindy Trenkamp	\$10	Phillip Friedlander	\$5	Doll Brothers Carpet Cleaners
Kristin Bacon	\$5	Judy Archer	\$5	Kathy's Cleaning Service
Terry Smith	\$5	Michael Walsh	\$5	Largo Plumbing Co.
Jenny Naegle	\$5	Irene Hartzell	\$5	Appliance Specialty Contractors, Inc.
Kenny Eckhart	\$5	Dorothy Daley	\$5	Jones & Sons Plumbing, Inc.
Helen Bare	\$5	Susan Martin	\$5	Perfect Repair & Construction, Inc.
Bruce Jancikila..... \$5	Jones & Sons Plumbing, Inc.	Marie Hanna	\$5	Rod Runners, Inc.
Marcia Light-White	\$5	Dave Sparkes	\$5	Notebooks Plus
Russell Jones	\$5	Jane Singer	\$5	Battleline Termite & Pest Control
Vicki DeFrank	\$5	Richard Sisson	\$5	Appliance Specialty Contractors, Inc.
Shirley Jansma	\$5	William A. Ray	\$5	Mobile Home Depot

• 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.



Skin cancer risk—your feet

You probably know to check the areas of your skin that get the most exposure to sunlight for symptoms of melanoma, but don't neglect the rest of your body. The WebMD website reports that skin cancer can develop on the soles of people's feet, particularly the spots that get the most stress from walking or running. Those areas include the ball of the foot, the side of the arch, and particularly the heel.



Melanoma on the sole of the foot is rare, accounting for just 2.4 cases per million for Caucasian Americans and 2.2 per million among African-Americans. However, because most of us don't think to check our feet for signs of cancer, it's often very advanced when discovered. So don't forget your feet when examining your skin.

Sea sponge could hold key to fighting deadly infections

MRSA (methicillin-resistant *Staphylococcus aureus*) is a bacterial infection that kills an average of 11,000 patients every year in the United States. But scientists now believe they've discovered an Antarctic sea sponge that produces a chemical compound capable of stopping it.

According to the UPI website, researchers studying the defense mechanisms of sea sponges—as well as algae and underwater invertebrate organisms—found the compound, named darwinolide, in *Dendrilla membranosa*. It works by penetrating MRSA's protective biofilm, a coating of proteins, carbohydrates, and DNA that current antibiotics can't get through.

Harvesting the sponges from the sea floor is neither practical nor environmentally sound, so the scientists are looking for a way to produce the compound synthetically. Fortunately, UPI states, most chemical compounds found in nature can be reproduced in the lab by chemists.

Poison found on ancient arrowheads

Primitive humans may have hunted prey with poison-tipped arrows at least 13,000 years ago, according to an article on the Sci-News website. Archeologists in eastern Africa uncovered several artifacts made from bone in the Kuumbi Cave—implements that included five slender projectile points. The cave also held traces of ancient charcoal from the Mkunazi plant, which has poisonous fruit.

Ancient humans probably used poison-tipped arrows of bone because stone-tipped arrows and spears didn't have the stopping power to take down large prey like zebras or buffalo.

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