

FOR AD RATES & INFO 727-484-7488 • INFO@MONTHLY-MEDIA.COM

GOLDEN GATE RESIDENTS ASSOCIATION

8201 40th Street North, Pinellas Park, FL 33781

Paul Carter	President, Lot #87	
Mike Sorenson	Vice President, Lot #433	568-9197
Don Kuzmickas	Treasurer, Lot #140	
Dennis Dufault	Secretary, Lot #245	
Jim Alaimo	Director, Lot #433	
Jane Hotchkiss	Office Manager	

Office Hours: 9:00 a.m. – 2:30 p.m. Monday through Friday Office Phone: (727) 577-9205 Office Fax: (727) 576-3287 E-mail Address: goldgateresassoc@tampabay.rr.com Emergency Number: (727) 578-2891



FROM YOUR BOARD OF DIRECTORS

Board of Directors meeting was held on November 18, 2016 and 7 residents attended. The following items were discussed and approved: reinvested a CD from Freedom Bank to Bank United that matured, on 06/26/16; approved the installation of Geothermal Air Conditioning in the Club House utilized Reserve Funds \$49,512.00. Authorized the following expenditures for Outside Contractors totaling \$2067.51: the installation of FOB key security system for the clubhouse and pool area; and the replacement the hard drive for the front gate camera recorder. The following expenditures were authorized from Capital funds totaling \$9067.16: installed alarm system for the clubhouse windows and office area; replaced the stolen TV and DVR in the Clubhouse; purchased and installed a water cooler in the shuffleboard court; purchased a new Portico Canopy; and purchased a used golf cart. The Board also utilized the purchase of the following supplies totaling \$1221.42: purchased and installed a new Air Conditioner in the poolroom; installed security glass and a panic bar on the poolroom door; and installed solar film on the front clubhouse door. Our financial report for the month of October 2016 shows that income for the month was \$33,119 with expenditures of \$26,739. The financial statement for each month is posted on the bulletin board at the rear of the hall for everyone to review.









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



PO Box 1023 • Venice, FL 34284 info@monthly-media.com • 727-484-7488





Your



FROM THE OFFICE

aution! Driving on roads when we have a large volume of rain.

Slow Down water waves could flow into residents' sheds as a result of your driving fast!!!

MAINTENANCE STAFF ASSISTANCE

If you identify a maintenance item around the Community, please ask someone in the office (Jane or a member of the board) to complete a work order for Lam or Les. This allows them to track, prioritize and complete their daily work load. Thank you!







- henever you, your guests, or contractors need to park out on the street, please follow Community Rules!
 - **V** No parking on the sidewalks. Your maintenance fees pay for all repairs.
- Please use common sense and do not park near or on corners or close to intersections. We would encourage parking on the same side of the street to avoid traffic having to "zig-zag" to get by. This causes obstructions and creates a dangerous situation for cars, golf carts and bicycles trying to proceed by the vehicles.
- If your vehicle has an oil leak PLEASE DO NOT PARK ON THE STREET or around the Club House, as doing so will break down the asphalt resulting in high cost repairs. In conversations with Pinellas County Code Enforcement we were informed that Vehicle owners may be in violation of EPA ordinances and subject to fines.

SOLICITING

Source of the Golden Gate Telephone Directory (727) 369-7864. Do not confront the solicitors.

ARTICLES FOR THE NEWSLETTER

A ny article submitted to the Golden Gate Newsletter should have the author identified. If you have a computer with an email connection, articles may be emailed to <u>ggmedia@tampabay.rr.com</u>, preferably by the Monday before the third Tuesday of the month. The Board of Directors' Meeting is the third Tuesday of the month and the agreement with the publisher gives us up to the day after the meeting to deliver copy to be published. If you don't have a computer you may continue to deliver a double-spaced paper copy, again, preferably by the Monday before the third Tuesday of the month.

BICYCLES

Please remember that bicycles are vehicles and must obey all traffic laws including stopping at all stop signs. This applies to residents and visitors.











Heller's Mobile Home Washing 667-8





FRIENDLY REMINDERS

were sent to remind residents to keep homes as weed free as possible and to check homes for mold.

COMMUNITY RULES REMINDER

Reapproved by the Board of Directors. No more than two for sale signs per unit not to exceed 24"x 24", are permitted and if not in the window of the unit the signs must not interfere with law maintenance. Shareholders may sell their units or may utilize any outside brokerage service. "

CHAIR YOGA!

The perfect class for all Ages & Abilities Discover the many benefits of doing yoga while seated in a chair. It's a great intro to yoga poses while seated in a chair, as well as selfmassage and relaxation techniques.

Chair Yoga starts Friday, November 18th @ 11:30 at the Club House Regular Yoga starts Monday, November 21st @ 11:30 at the Club House Call Denise Poirier at 727 408 6037 for more questions

Call Denise Poirier at 727-498-6037 for more questions

LABOR OF LOVE

Use the coming year has been posted. The Fall Delivery Day will be Wed. Oct 19. We will be taking the beautiful items made during the summer to our charities. Also, some items in memory of our friends and neighbors will be taken to Hospice. Our Christmas Delivery date will be Dec. 7, and Easter Delivery Day will be Mar.29,2017.

We continue to meet every Wednesday from 10:00 am to 11:00am. Once a month our Sew Days are 8:30 to 12:30. We bring a sack snack and sew on our projects. There is always something YOU can do, cut, sew, iron, knit, crochet and ALL materials are furnished. Special

thanks to those organizations and individuals who continue to support us with their gifts and prayers.

Come join us as we continue to "Serve those in need with Love". jennie louise snyder heeren 727-698-6003



GOLDEN GATE CHURCH

The Church in The Park

Non-denominational Services: 8:45 AM – Sunday – Golden Gate Hall Paul Carter – (Lot 87)

Please feel free to join us for services at 8:45 am every Sunday. Rev. Bowers' enthusiasm is contagious. We, as all Churches, have a prayer list. If you know of anyone who needs to be Included please contact Paul Carter at 406-5079 or Don Kuzmickas at 579-9089. We have come to the time of year that our snow birds have left for the season. But we are working to continue the special music. Don't forget your swords (bible) so you can follow Pastor John.

BIRTHDAYS

1	Valerie Schilling	127		Delores Lang	63
2	Toni Passero	191	17	Ami Castiglione	113
	Frank Scarpino	202		Gilbert Sauve	298
3	Mahlon Wilson	108	18	Charlotte Hassen	7
4	Frank Poirer	89		Howard Hunt	60
	Darlene Stanley	67	19	Henry Bourgette	281
5	Donna Biggs	16	20	Marie Avitabile	99
	Lilian Jefford	43		Letitia Farrell	18
	Judy Middleton	202		Wheldon Lowe	116
	Herold Murray	184		Margaret Price	417
7	Marcel Bel Air	122	23	Sylvie Faddis	253
	Judith Brady	430	24		185
	Mary Ellen LeDuc	226	25	Frank Durham	49
	Richard Yeates	183		Chas Urian	73
8	Murray Davis	124	26	Christine Stockstill	254
	Loretta Highfill	184	27	Corky Cleveland	275
9	Margaret Fantucchio	64		Camile Gaul	426
	Joanne Sauers	233		Jules Guillemette	228
10	Larry May	261	28	Richard Gosse	131
	Marion Oyster	175		Guy Wells	287
11	Darlene Harris	163	29	Lloyd Gamertsfelder	130
15	Dennis Hughes	309		Denise Poirer	89
	Fern Lachance	300	30	Glenn Gosse	19
16	Helen Cramer	41		Thomas Semancik	126



I PLEDGE ALLEGIANCE TO MY BODY

Today, pledge to make yourself a priority. Take time out to take care of yourself. With extended hours and a convenient Carillon location, count on us to work around your schedule while keeping you at your best. You'll receive well-coordinated, comprehensive health care, through all life's changes and stages, from our all-women primary care team.

Learn more about our expert care for women, by women: MyWomensPrimary.org

Primary Care Center for Women's Health 900 Carillon Parkway, Suite 308 St. Petersburg | (727) 940-2720



Primary Care Center for Women's Health

BC1606607-0916

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FREE ESTIMATES











GOLDEN GATE WOMEN'S CLUB

Pat Stephenson

We leave back to all of our seasonal residents. It is time for the fun to begin. All clubs are beginning their winter activities. The Women's Club is no different. We start with a bake sale at the Men's Club breakfast on November 12, 8-10AM. Golden Gate has many excellent bakers. If you wish to donate a special baked good, there is a signup sheet in the clubhouse. This year we are also collecting unwanted holiday decorations. They will be available for purchase at the same breakfast. Why buy new when you can recycle.

We are also continuing the Happy Hour. The November Happy Hour will be November 18th, 4-6PM. Bring a sharable appetizer and your drink of choice. It is a good time to meet and socialize with your neighbors.

We are working on the new 2016-2017 Photo Directory. Information will be posted in the clubhouse. Someone will be contacting you to schedule a photo appointment. I personally like to put a name to a face when we meet in the park.

If you are not already a member of the Women's Club, please come join us. We meet the third Wednesday of every month. We do a lot of different activities and the only club active year round providing activities for our full time residents.

ANNIVERSARIES

6 Jill & Richard Widell	81
8 Patricia & Murray Davis	124
12 Jean & James Kent	107
16 Judith & Arthur Costello	291
22 Jo-Anne & William Tullis	248
23 Teresa & Robert McDermott	213
28 Joan & George Stauble	290
29 Darlene & John Harris	163





GOLDEN GATE NUGGETS CLUB

By: Harvey Hodder, Secretary

Greetings and welcome to another great season of social activities at Golden Gate! As I write this article, in Newfoundland and Labrador, we are still recovering from the effects of Hurricane Matthew: although we are far from the Atlantic coast of Florida, in the past few years these storms have brought great damages to our highways and to individual residents. Some areas had more than 10 inches of rain over a very short period! Let's hope that the hurricane season is finished for this year! Our thoughts and prayers go out to all those affected by these storms, regardless of where they live!

The Nuggets have a wonderful season of activities planned for the 2016-2017 season. We thank all the volunteers who step up to make things happen! On November 04th, Frank and Anna Orzel will be hosting the first Pot Luck of this season and on December 02nd, my good wife, Pearl, and I will coordinate the Pot Luck. And, on November 09th, Regis and Tilly Cashell will join Don and Mona Grubbs in hosting our first dance! The theme will be western and Misty Hall will warm your heart and make those limbs move! Watch your mailbox for info on the purchase of tickets!

Watch also for information on the Social Sunday, scheduled for November 27th. Ray Curtis will be there and we always enjoy his music!

We look forward to seeing all of you real soon. Please attend our monthly meetings on the third Tuesday of each month, beginning at 7:00 p.m.







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- Hurricane Tie-Down Anchors



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Office Location: 12355 62nd St N Unit B Largo, FL 33773



7885 or

ESTIMATES & SMILES ALWAYS FREE

Services Directory

P CONDI TIONING SALES/SERVICE Λ Ι

Air Masters of Pinellas, Inc.	727 586 6060
E & E Gliddon, Inc Modern A/C Service Co	707 540-4343
ANIMAL CONTROL	/ 2/-541-5541
Animal Eviction Services	777 420 2022
APPLIANCE REPAIR	/ 2/ -430-2032
Bob's Appliance Repair	777 627 4700
Sunset Appliance Service	707 550 1107
AUTO REPAIR	121-559-1157
Peterson Auto Care Center	707 242 4040
Suncoast Auto & Tire	
AUTO SALES / PURCHASING	121-520-1140
Stingrays Inc.	707 709 2021
AWNINGS	121-190-2921
Bay Area Aluminum Services, Inc	777 585 1112
Century Awnings Co.	727 550 8811
BATHROOM REMODEL	121-333-0011
BathMasters	727-333-7007
BLINDS & DRAPERIES	121-000-1991
Rod Runners	727-394-9534
Bill the Carpet Guy	727-521-4163
COMPUTER SERVICES	
Largo Tech Services, LLC	727-474-4285
DENTIST	
Dental Walk-In Clinic	727-533-9199
DUCT / VENT CLEANING	
Velocity Air	727-754-7956
DRIVEWAY COATING	
Concrete Wizard, Inc.	727-789-5444
ELECTRICAL CONTRACTOR	
Haseney Electrical Services, Inc	727-441-8434
Imperial Electrical Service	727-535-0708
FLOOR REPAIR	
Flatworks	727-288-4680
Florida Anchor & Barrier Co	727-330-7821
Perfect Repair & Construction, Inc	727-539-0852
GOLF CARTS SALES & SERVIC	E
Capital Golf Carts, Inc	727-772-8833
Recreational Golf Cars of Florida	727-548-8460
INSURANCE/AUTO	
O. E. Wilson	727-535-0524



GOLDEN GATE NUGGET NOVEMBER, 2016 D

INSURANCE/MOBILE HOME	
Harr & Associates	727-851-1117
MANUFACTURED HOME SALES	
Citrus Homes/Meadowood Homes	. 727-535-5262
MEDICAL FACILITY	
BayCare Medical Group	727-940-2720
MOBILE HOME SUPPLIES - RET	AIL
Mobile Home Depot, Inc	. 727-535-1100
Southeast Mobile Home Supplies	.727-522-2090
MOBILE HOME WASH/WAX	
Michael Simoneau Maintenance	.727-735-2380
Heller's Mobile Home Washing	. 727-667-8110
Royal Enterprises	. 727-394-7351
MOBILE HOME WINDOW FILM	
Royal Enterprises	. 727-394-7351
PAINTING/INSIDE & OUTSIDE	
Payless Painting Services	.727-470-5876
PEST CONTROL	
Buggin Out Termite & Pest Control	.727-535-2629
Modern Pest Control, Inc.	.727-410-1466
Nature's Resource Pest Control	.727-785-2552
PLUMBING SERVICE	
Jones & Sons Plumbing, Inc	.727-799-0287
Ray Duncan Plumbing, Inc	.727-733-0968
Enos Plumbing	.727-804-9105
REMODELING/INTERIOR	
American Restoration Systems, Inc.	727-525-7200
ROOF COATING	
AMS Advanced MH Systems	.727-471-0820
Community Roofing of FL, Inc	.727-536-9999
ROOF REPLACEMENT	
All Weather Roofing 1	-800-297-3758
AMS Advanced MH Systems	.727-471-0820
ASC Aluminum Specialty Contr	.727-547-8300
ROOF WASHING	
Heller's Mobile Home Washing	. 727-667-8110
ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	. 727-585-4442
TAXI/SHUTTLE	
Bill Meyer	.727-479-8145
TIE DOWNS/MOBILE HOMES	
Florida Anchor & Barrier Co	.727-330-7821
Tommy Tie Downs	.941-628-6840
VAPOR BARRIER	
Florida Anchor & Barrier Co	. 727-330-7821
Florida Underhome Solutions	
Underhome Armor	.727-282-2045
VINYL SIDING	
AMS Advanced MH Systems	.727-471-0820
ASC Aluminum Specialty Contr	.727-547-8300
WINDOW REPLACEMENT	
AMS Advanced MH Systems	.727-471-0820
ASC Aluminum Specialty Contr	.727-547-8300
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NOVEME	BER•201	.6
Sunday	Monday	Т
		8AM - P 8:00 AM 10AM - 2:30 PM 7:00 PM
6 8:45 AM - Church Service 10AM - Pool Exercises	8AM - Pool Exercises 8:00 AM - Power Walk 9AM - Senior Tai Chi 10AM - Line Dancing 11AM - Friendship Shuffle Prac. 1PM - Euchre 1PM - Nova Shuffle Prac. 5:30 PM - Bingo Card Sales	8AM - Pc 8:00 AM 10AM - 5 11AM - F League 11AM - F League 2:30 PM - 7PM - Sh Ele
13 8:45 AM - Church Service 10AM - Pool Exercises	8AM - Pool Exercises 14 8AM - Power Walk 9AM - Senior Tai Chi 10AM - Line Dancing 11AM - Friendship Shuffle Prac. 1PM - Euchre 1PM - Nova Shuffle Prac. 5:30 PM - Bingo Card Sales	8AM - Pc 8AM - Pc 10AM - F 11AM - F League 11AM - F League 2:30 PM - 7PM - Nu
20 8:45 AM - Church Service 10AM - Pool Exercises 1PM - Bocce 4PM - reserved Lot 49	8AM - Pool Exercises 8AM - Power Walk 9AM - Senior Tai Chi 10AM - Line Dancing 11AM - Friendship Shuffle Prac. 11:30 AM - Yoga 12PM - Directory Pictures 1PM - Euchre 1PM - Nova Shuffle Prac. 5:30 PM - Bingo Card Sales	8AM - Pc 8AM - Pc 10AM - I tures 11AM - F League 11AM - F League 2:30 PM -
27 8:45 AM - Church Service 10AM - PM Pool Exercises 1PM - Bocce 4PM - Social Sunday	28 8AM - Pool Exercises 8AM - Power Walk 9AM - Senior Tai Chi 10AM - Line Dancing 11AM - Friendship Shuffle Prac. 11:30 AM - PM Yoga 1PM - Euchre 1DM - New Skuffle Pres	8 AM - Po 8AM - Po 10AM - 5 11AM - F League 11AM - F League

1PM - Nova Shuffle Prac.

5:30 PM - Bingo Card Sales

2:30 PM

Golden Gate

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uesday	Wednesday	Thursday	Friday	Saturday
1 ool Exercises - Power Walk 5 Mile Walk - TC Practice - Men's Club	2 8AM - Pool Exercises 8:00 AM - Power Walk 9AM - Senior Tai Chi 10AM - Labor of Love 1:00 PM - Euchre 7PM - Theatre Club Mtg	3 8AM - Pool Exercises 8:00 AM - Power Walk 9:30 AM - Director's Workshop if posted 5:00 PM - Hand & Foot	4 8AM - Pool Exercises 8:00 AM - Power Walk 9AM - Senior Tai Chi 10AM - 5 Mile Walk 2:15 PM - Church Choir 5:00 PM - Pot Luck 7:00 PM - TC Chorus	5 8AM - Pool Exercises 12:45 PM - Horse Col- lar Shuffle
ool Exercises 8 - Power Walk Mile Walk riendship Shuf. Hall/Friendship - TC Practice uffle meeting ction Day	9 8AM - Pool Exercises 8AM - Power Walk 9AM - Senior Tai Chi 10AM - Labor of Love 1PM - Euchre 8PM - Dance	10 8AM - Pool Exercises 8AM - Power Walk 9:30 AM - Director's Workshop if posted 5PM - Hand & Foot	11 8AM - Pool Exercises 8AM - Power Walk 9AM - Senior Tai Chi 10AM - 5 Mile Walk 2:15 PM - Church Choir 7PM - TC Chorus Veteran's Day	12 8AM - Men's Club Breakfast 8AM - Pool Exercises 8AM - Bake Sale 12:45 PM - Horse Col- lar Shuffle
15 ool Exercises ower Walk oard Meeting riendship Shuf. Tiendship - TC Practice aggets Meeting	16 8AM - Pool Exercises 8AM - Power Walk 9AM - Senior Tai Chi 10AM - Labor of Love 1PM - Euchre 7PM - Women's Club Meeting	17 8AM - Pool Exercises 8AM - Power Walk 9:30 AM - Director's Workshop if posted 5PM - Hand & Foot	8AM - Pool Exercises 18 8AM - Power Walk 9AM - Senior Tai Chi 10AM - 5 Mile Walk 11:30 AM - Chair Yoga 2PM - Horseshoes 2:15 PM - Church Choir 4PM - Happy Hour 7PM - TC Chorus/Re- hearsal	19 8AM - Pool Exercises 12:45 PM - Horse Col- lar Shuffle
22 ool Exercises ower Walk Directory Pic- Priendship Shuf. Hall/Friendship - TC Practice	23 8AM - Pool Exercises 8AM - Power Walk 8:30 AM - Labor of Love - Sew Day 9AM - Senior Tai Chi 12PM - Directory Pictures 1PM - Euchre	24 8AM - Pool Exercises 8AM - Power Walk 5PM - Hand & Foot Thanksgiving	25 8AM - Pool Exercises 8AM - Power Walk 9AM - Senior Tai Chi 10AM - 5 Mile Walk 11:30 AM - Chair Yoga 2PM - Horseshoes 2:15 PM - Church Choir 7PM - TC Chorus/Re- hearsal	26 8AM - Pool Exercises 12:45 PM - Horse Col- lar Shuffle
29 ool Exercises wer Walk Mile Walk Friendship Shuf. Hall/Friendship - TC Practice	30 8AM - Pool Exercises 8AM - Power Walk 9AM - Senior Tai Chi 10AM - Labor of Love 1PM - Euchre			DECEMBER 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 31





A troubling trend: Americans overdoing antibiotics

A ntibiotics are a boon to doctors and their patients, but they pose dangers if they're overused. That makes this news especially concerning: A Texas study reported on the UPI website found that about one in 20 adults have stockpiled supplies of antibiotics in their homes and use them without a physician's advice.

The study of 400 adults in the Houston area found that 14 percent of adults have a stash of antibiotic medications in their home, and 5 percent have used them without a doctor's guidance in the past year. The medications come from a variety of sources: 40 percent came from a store or pharmacy, 24 percent were purchased outside the United States, 20 percent came from family or friends, and 12 percent were left over from past prescriptions.

In 4 percent of cases, the drugs obtained without a prescription were intended for use on animals, not humans.

Millennials worry about debt

illennials aren't the carefree kids you might think they are. A FICO survey found that they're concerned about debt—with good reason. According to FICO's online survey of approximately 1,000 Americans over 17, 32 percent of millennials owe \$20,000 or more in student loans, and 45 percent owe at least \$7,000 on car loans.

In all, 37 percent of millennials ages 25-34 say they're concerned about their level of debt, and 33 percent would like assistance in managing their debt. For example, 65 percent would like to receive an email alert when their student loan payments are overdue by less than 90 days, and 35 percent want to be notified by app when their mortgage payments are less than 90 days late (but they'd prefer a phone call if their payments are more than 90 days overdue).

These tiny robots may save your life

The newest medical robots look and move like bacteria, and they can deliver medications to specific locations within the human body and perform intricate surgeries like clearing clogged arteries.

According to the Science Daily website, a team of scientists is working to develop a selection of biological robots that are soft, flexible, and move through bodies under the control of an electromagnetic field. Once they reach their destination, they're heated to change shape, mimicking—for example—the bacterium that causes African trypanosomiasis, or sleeping sickness. Although still in development, these microrobots could revolutionize the way patients are treated in the not-so-distant future.



Get more creativity with a clear focus

reativity and innovation aren't always accidental. A consistent focus will produce better results, so you don't have to wait for lightning to strike. Try these techniques to spur your imagination as you work:

- Start your day with a purpose. Instead of rushing out the door without a plan, spend a few minutes in the morning thinking about what you want to accomplish that day. Do this before checking your cell phone or email. You'll be less likely to get distracted by other demands.
- Shake up your routine. Get out of your comfort zone so you aren't always surrounded by what's familiar. Get up earlier than normal, take a new route to work, do your tasks in a different order, try something new and exciting—anything to shake your mind free of its preconceptions and look at your work in a different light.
- **Be mindful**. Don't go on autopilot. Pay attention to everything around you—the people you work with, the tasks you work on, the environment you work in, and so forth. The more aware you are of what's going on, the more likely you'll see a new connection or find an idea where you least expect it.

Don't be afraid to ask questions

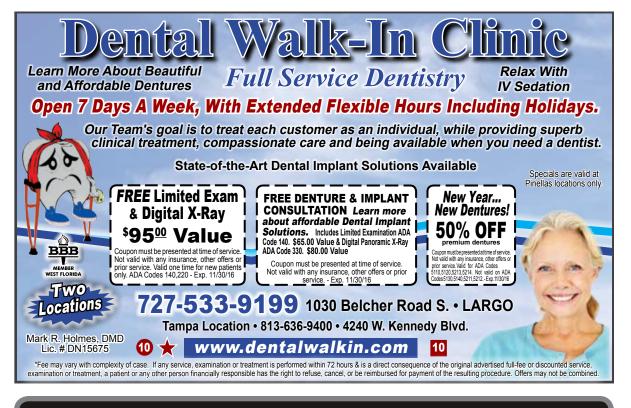
A lyssa Mastromonaco was deputy chief of staff in the Obama White House until 2014. She told a radio station an important lesson she learned early on about the importance of asking questions:

During an Oval Office meeting on the economic crisis, she was close to panic, worried that the president would ask her a question about issues she knew nothing about, such as quantitative easing. She began quickly writing down key words and phrases to look up later.

Economic adviser Larry Summers noticed and tapped her on the shoulder. "Come to my office later," he said.

Worried that Summers was mad at her, Mastromonaco went to his office after the meeting. Summers asked about her list.

When she told him what she'd written down and why, Summers said, "I'll tell you anything you need to know." He proceeded to give her a quick lesson on economics. She left the office feeling relieved—and better informed than before. Nowa-days she knows that admitting you don't know something is better informed than pretending you do—and she never thinks asking for information is stupid.









A lesson in determination

B ritish runner Derek Redmond was one of the favorites for a gold medal in the 400-meter spring at the 1992 Olympics in Barcelona. But halfway through the race, Redmond—in the lead—collapsed on the track with a hamstring injury.

Medical staff rushed to help him, but Redmond waved them away. He somehow got to his feet and started staggering down the track. With thousands watching, and officials unsure of what to do, Redmond's father ran out to him.

"You don't have to do this, son," he said.

"Yes, I do," Redmond replied.



His father helped Redmond down the track, tears streaming down both their faces, waving away anyone who tried to stop them.

The crowd roared when Redmond finally crossed the finish line. The feat is considered by many to be the defining moment of the Barcelona Olympics.

Keep learning at any age

s you and your family members age, you may find you have more difficulty remembering things. Try to help you stay on top of the knowledge game and keep you learning as you age:

- Visualize. Mentally rehearse an event, conversation or activity before it actually happens. This visualization helps eliminate the stress you may feel over the unknown. Plus, when you're more relaxed, you're better able to learn.
- Take a break and exercise. If you're trying to remember information you're reading, take frequent breaks. Don't just sit around, though. Engage in some kind of activity to keep your mind alert and your blood flowing.
- Focus on concentrating. Distractions are the bane of any learning attempt. If you're attending a class or lecture, sit near the instructor and maintain eye contact with him or her. Try not to fidget; simply relax into the session and let your focused attention do the job.
- Say it out loud. Read aloud the material you're trying to learn and repeat out loud the facts you want to retain. This way, both your mind and your ears are taking in information.
- Tame frustration. If you grow frustrated over material you're trying to learn, remind yourself that getting emotional will only hamper your ability to retain information. If you have to, step back and take a long break.



Did you know that November is also...

National Epilepsy Awareness Month. Learn about the different types of seizures and how to prevent them—or help someone suffering from them. A seizure is a short change in normal brain activity that can cause changes in awareness, behavior, or body movement. Because anyone can have a seizure, recognizing symptoms and knowing how to help is vital.

Native American Heritage Month. Established at the turn of the 20th century as an effort to gain a day of recognition for the significant contributions the first Americans. In 1990 President George H. W. Bush approved a joint resolution designating that November "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

Military Family Appreciation Month. Throughout November, military families serving around the world are honored and recognized for their commitment and the many contributions they make every day in support of the military and our nation.

National Animal Shelter and Rescue Appreciation Week, Nov. 3-9. Approximately 3,500 animal shelters across the United States serve the estimated 6 million to 8 million homeless animals who need refuge each year. Get acquainted with your local shelters and rescuers, and learn how you can assist their lifesaving work.

National Nurse Practitioner Week, Nov. 13-19. Held annually to celebrate these exceptional health care providers and to remind lawmakers of the importance of removing outdated barriers to practice so that NPs will be able to practice to the full extent of their experience and education.

American Education Week, Nov. 14-18. The 2016 theme, "Great Public Schools: A Basic Right and Our Responsibility," will present all Americans with an opportunity to celebrate public education and honor individuals who are making a difference in ensuring that every child receives a high-quality education.

U.S. Election Day, Nov. 8. Get out and vote!



World Diabetes Day, Nov. 14. Celebrated worldwide by the more than 230 member associations of the International Diabetes Federation in more than 160 countries and territories.

International Games Day, Nov. 19. Raising awareness of games and gaming in libraries to publishers and the public around the world.

Thanksgiving, Nov. 24. Turkey, football, pumpkin pie, and family. What could be better?





BATHMASTERS

THE MASTERS OF BATHROOM RENOVATION

- Economical tub to shower conversions
- Extensive portfolio and references online
- We listen, we respond excellent communication skills
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- Fixed price packages customized to meet
 vour needs

Your choice of:

The most advanced easy-to-clean, solid surface tub and shower surrounds on the market or custom tile installation.

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ACROSS

1. Slogan 6. Blemish 10. Chooses

- 14. Evade
- 15. Smell
- 16 Tribe
- 17. Crystal-lined stone
- 18. Credit card brand
- 19. Receptacle
- 20. Bowels
- 22. Initial wager
- 23. Take to court
- 24. A celebration of the Resurrection
- 26. Come into sight
- 30. Language of Persia
- 32. Coral ridge
- 33. Nonflowering plant
- 35. Models
- 39. Skill
- 41. Meadow
- 42. Trap
- 43. Scatter
- 44. Peddle
- 46. Dogfish
- 47. Units of distance 49. Except when
- 51. Pillaging
- 54. Metric unit of area
- 55. Flair
- 56. A capsule or shuttle 63. Inspiration
- 64. Class
- 65. Indian hand drums
- 66. Tidy
- 67. Hodgepodge
- 68. Once more
- 69. Sea eagle
- 70. Close
- 71. Relaxes

24 34 41 43 60 64 67

DOWN

- 21. Territory
 - 25. Vipers

qualities

30. Liberates

36. Identical

- 4. Neap, high or low

2. Roasting appliance

1. Wise men

3. Honk

- 8. Fail to win
- 9. Found at the end of a pencil
- 10. Once in a while
- 11. Flora
- 12. Flavor
- 13. Contemptuous look

26. Circle fragments

28. A type of fruit

31. A Freudian stage

34. Consequence

- 27. Sassy
- 5. A city in the Ukraine
- 6. Film
- 7. Chief Norse god



40. One of two

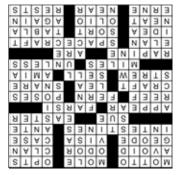












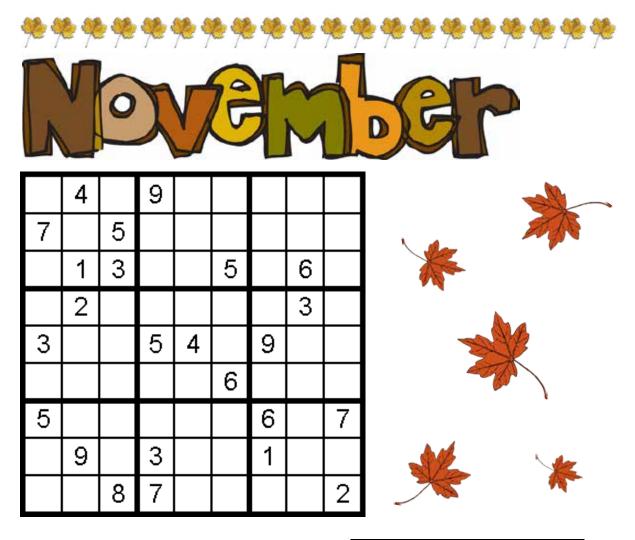


- 51. French for "Queen"
- 52. Relative of the birch tree
- 29. Having unsuitable feminine 53. Song of joy
 - 54. He plays roles

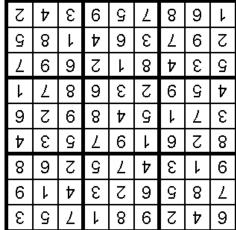
45. Entice

- 57. A native of Poland
- 58. Operatic solo
- 59. Anger
- 60. Fabrics made from goat
- 37. Goddess of discord (Greek hair

- - 61. Dart
 - 62. Bronzes your skin













SUB-FLOOR & FLOORING EXPERTS!



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

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 <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:

		Jones & Sons Plumbing, Inc.	Cynthia M. Thomas \$5	Natures Resource Pest Control
		Bill The Carpet Guy	Kathleen Wieder \$5	
Lois P. Pierce \$	\$10	Royal Enterprises	Joe Palmer\$5	Battleline Termite & Pest Control
Ann Postich \$	\$10	Ron Wyngarden MH Washing	Sheila Carrier \$5	Boss Electric Corp.
Jean Harrington \$	\$10	Jones & Sons Plumbing, Inc.	Evelyn R. Huegel \$5	Appliance Specialty, Inc.
		Debbie's Salon	Patricia Kiick \$5	O.E. Wilson Insurance
		Sunset Appliance Service		Kathy's Cleaning Service
Joanne Hehl \$	\$10			Jones & Son's Plumbing Inc.
Galen Biddle \$	\$10		Alesia Lee \$5	Palm Harbor & Dunedin Electric, Inc.
		Battleline Termite & Pest Control		Imperial Electric
Maureen Koebel \$	\$10	Appliance Specialty, Inc.		Appliance Specialty, Inc.
		Barron's AC & Appliance Service		Heller's Mobile Home Washing
Shari Olsen \$	\$10	Florida Anchor & Barrier Company		Air Masters of Pinellas, Inc.
Steve Pieckiel \$	\$10	Boss Electric Corp.		Natures Resource Pest Control
Dixie Brownstein	\$5	Bill The Carpet Guy	Jean Carney \$5	Jones & Sons Plumbing, Inc.
Ray Melvin	\$5	E & E Gliddon Air Conditioning	Chris Shuman\$5	Sunset Appliance Service
Ronald Cirincione	\$5	Bay Area Aluminum Services, Inc.	Dot Bunting \$5	Doll Brothers Carpet Cleaners
		Debbie's Salon	George W. Hayes \$5	Debbie's Salon
		Heller's Mobile Home Washing		Air Masters of Pinellas, Inc.
		Debbie's Salon	Rita Drolet\$5	Betty's Customized Cleaning Services
		Battleline Termite & Pest Control	Barbara Seavey \$5	Air Masters of Pinellas, Inc.
Jim Riggs	\$5	Denny's Plumbing, Inc.		Doll Brothers Carpet Cleaners
Wayne Mowry	\$5	Royal Enterprises		Denny's Plumbing, Inc.
Cobie Swets	\$5	Jones & Sons Plumbing, Inc.	Jim Forrester \$5	E & E Gliddon Air Conditioning

• 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.



EVENTS & PROGRAMS

CRAFT FAIR: December 10th, 2016, 9am to 1pm. Located @ Four Seasons Estates, 13225 101st St., Largo. Baked goods, donuts & lunch will be for sale.

CRAFT FAIR and Auction (for charity) 11/5/16, 10:30am-3:00pm, East Bay Oaks Clubhouse. Auction starts at 1pm. To support domestic violence, violence victims, and children in shelters. Cash only! Call Dawn with any questions (727) 434-3471

Doral Village Community Tag Sale. 11/19/16 from 8am-4pm.Clubhouse. Share the Wealth, TV, Money Prizes raffle tickets will be sold. Free admission. Refreshments. 29250 US 19 North, Clearwater. South of Curlew, North of Main.

Japanese Garden Art and Craft Show. Dec. 9-10, 9am-3pm. Artists wanted \$10 per table. Please call Charlotte 727-531-3651.

FLEA MARKET Saturday, November 26th 9am-Noon. Lake Seminole Resort Clubhouse 10245 110th Ave N. Largo. Clothes, books, household items, decorations.

Art, Craft and Bake Sale: Saturday, November 19th, 8:00am to 2:00pm. Park Royale, 10611 66th Street (Between Circle K and Wells Fargo). Kitchen Open - Great Baked Goods!

HOLIDAY BAZAAR 11/12/16, 9am-3pm. Crafts. Car Show. Lunch Available. First Lutheran Church 1644 Nursery, Clearwater.

Annual Rummage Sale: Saturday, November 19th, 8am - 3pm, 2550 S.R. 580, Regency Heights Clubhouse. Breakfast, Lunch available!

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

6th Annual Arts & Craft Sale: Saturday, November 12th, 9am-1pm. Lake Haven MHP, Paradise Island Clubhouse, 1415 Main St. (Lake Haven Rd. & SR580) Dunedin. Handmade items for gifts & home décor.

Saturday, November 19th, 8am-1pm. Pre-Christmas Sale, Lake Haven MHP 1415 Main St. Dunedin, FL. Decorations, Gift items, Housewares & The Biggest & Best Bake Sale in Town! Lunch 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 727-584-4204

Art/Craft Fair - Friday, November 18th. 9am-1pm. Lake Highlander MHP, 1500 County Road 1, Dunedin. Great Holiday Gifts!

Veterans Day Tribute To Our Soldiers November 11th,7:00 pm Doors open at 6:00 pm EAST LAKE High School, 1300 Silver Eagle Drive, Tarpon Springs ,FI 34689 \$10 general admission \$8 for Veterans SUNCOAST SINGERS of Florida,Cypress Woods Elementary Chorus,and EAST LAKE HS Chorus

Annual Bazaar - Ranchero Village MHP, 7100 Ulmerton Road, Largo Florida. Sunday, November 13th, 12-3pm. New vendors and lunch available. Special raffle, baskets, and 50/50.

ANNUAL CRAFT SALE AND CAR-PORT SALE. 11/12/16 Lincolnshire Estates 1071 Donegan Rd, Largo. Hand made crafts, jewelry and art in the Clubhouse, food available Carport sale, furniture, nick nacks, glassware and more. CRAFT SALE! CRAFT SALE! Expertly handmade crafts of all kinds. Raffle. Bake Sale. Refreshments for sale. Something for everyone! Sunday, Dec. 4, from 12 P to 4P. Down Yonder Village Mobile Home Park, 7001 – 142nd Ave. N., Largo, FL. 33771.

WHITE ELEPHANT SALE - Saturday, Nov. 5th, 9am-noon. Americana Cove, 7201 1st St NE, St. Petersburg, 33701. Jewelry, antiques, crafts, electronics, housewares, pictures, books, DVD's, CD's, tapes, LPs, linens, plants, furniture, bakery, raffles.

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ARTICLES FOR SALE

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Cadillac CTS 2001 \$7800. Loaded-Creampuff. 79k miles. Sandy 727-507-7908



DECEMBER AD DEADLINE - NOVEMBER 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.



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Nuggets Club

President Vice President Secretary Treasurer

Shuffle Club

President Vice President Secretary Treasurer

Theatre Club

President Vice President Secretary Treasurer

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