

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

239-0211 (866) 745-3685 727-443-2641 1-800-228-8485 1-800-921-8101

Important Phone Numbers

NON EMERGENCIES

St. Petersburg Police Dept.	893-7780	S
St. Petersburg Fire Dept.	893-7694	S
Pinellas County Sheriff	582-6200	
Florida Highway Patrol	570-5010	

Seminole Police Dept 595-5414 Seminole Fire Dept 394-6905

Emergency - 911

UTILITIES

	1-855-222-0102
S	239-0211
	(866) 745
	727-443-2
	1-800-22
ces	1-800-92
istance	411
1-800-531-500	0
826-3333	
	s ces istance 1-800-531-500

PUBLIC OFFICES

DMV-Tags, Driver's License	
1800 66th St. N., St. Petersburg	464-7777
St. Petersburg Chamber of Commerce	821-4069
St. Petersburg City Hall	893-7171
St. Petersburg Post Office	(800) 275-8777
St. Petersburg Main Library	893-7724
Social Security Administration	(800) 772-1213
Seminole City Clerk 398-3107	
Waste Management 888-964-9744	ļ
Seminole Recreation Dept 391-8.	
VA Regional Office Benefits Info. 1-800	827-1000

HOSPITALS

Bay Pines VA	10,000 Bay Pines Blvd., St. Petersburg,	, 33708 398-66	61
Bayfront Medical Cente	er 701 6th St. S., St. Petersburg 33701	823-12	.34
Largo Medical Center	201 14th St. SW, Largo 33770	588-52	.00
Morton Plant	300 Pinellas St., Clearwater 33756	462-70	00
Northside	6000 49th St. N., St. Petersburg 33709	521-44	-11
St. Petersburg General	6500 38th Ave. N., St. Petersburg 3371	0 384-14	14
St. Anthony's	1200 7th Ave. N. St Petersburg	825-1100	

Harbor Lights Club Office 392-8858 • Harbor Lights Clubhouse 398-2731 • Marina 392-4933

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









BUS to Shop:

very Friday 9:30 – pickup at Clubhouse – This is a chance for those who are in need of transportation to go to a small mall providing Publix, Dollar Store, etc. The park supplies this service and if it is not used it could become unavailable.

ST.PATRICK'S DINNER



Thank you to Leo and his leprechauns for another great dinner and entertainment. This popular dinner is always a sell-out and looked forward to all year. We all enjoyed being Irish for a day and wearing the green. Thanks again for a very special evening.

SOCIAL CLUB:

Last meeting for the season April 12th

Social Club is held every Wednesday morning beginning with social hour at 9:00am and meeting at 10am. Free coffee. Donuts may be purchased for \$1.00. As the name implies this is a good way for all residents (renters and owners) to get acquainted with your neighbors and to learn of all the activities available in the park. Please try to attend one of the meetings.

SOCIAL CLUB ELECTIONS:

By acclamation the following officers and board members were elected : President – Judi Farmer Vice-President – Sue Rando Secretary – Jo Stead Treasurer – Ed Belliveau Board members – Dorothy Archibald, Doug Berman, MaryLou Belliveau Congratulations to all of you!

ALUMINUM CANS:

Please save for Dave Gentner – 4818 92nd Lane North – 397-7125 Dave crushes the cans, sells them to a recycler, and donates the income to the Social Club. Dave we want you to know how much we appreciate this. Thank you!!



Line Dancing:

This activity has ended and we hope it will continue next season. Monthly dances have included new line dancing music this year. Join the class next season so you will know the steps and won't have to just sit and watch. Lots of fun.

FUN DAY:

Thank you to Chairmen Ed and Marylou Belliveau and their committee members for a fun day of games and lunch. The games are always a challenge, especially the ones he plans for the playoffs. Can't wait to see what he comes up with next year! Thank you again for a great "Fun Day". What a great way to end our winter season. As April approaches many of our winter friends will be heading north.

DANCE

Tick Knowlton – Tickets \$6.00 – Available at Social Club – Contact Ed or Marylou Belliveau - 498-6874

Thank you Ed and Marylou for organizing our dances this season. A great variety of performers and music. Ed and Marylou are constantly visiting various venues to look at performers who may be considered for our park's entertainment. We have certainly enjoyed their choices this season. Can't wait till next season! Thanks again!

Sewing Class:

Monthany sewing or quilting questions you may have. Will be ending soon. Thank you Margaret for all your help in assisting with the sewing class. Another activity we all hope will continue next year.

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



HARBOR LIGHTS SCUTTLEBUTT APRIL, 2017 D





Christmas Bazaar - Sat December 9th

Remember our bazaar next season. Judi farmer and Dorothy Archibald will be looking for volunteers to help with our sale. Looking for any craft items, as well as new or slightly used Christmas decorations No Christmas lights please. Please clean out those jewelry boxes. Our jewelry table is always a popular place. Please let either Judi or Dorothy know what kind of craft you will be donating. Lunch will be available for purchase.

EXERCISE CLASS

Power walk – every Tues, Thurs, Sat – 11am - Clubhouse Get healthy with power walk DVD – Come and sweat! Thank you MaryLou Belliveau for organizing and leading our Power Walk classes. Thanks to you many of us will be leaving Harbor Lights much healthier! Hopefully we can do this again next year!

BLANKETS FOR THE MIGRANT WORKERS:

Remember the blankets, new or slightly used, for the migrant workers in Plant City. Their homes have no heat in the winter. Harriet Ha-Sidi will start collecting your donations in Mid-November. More information in the Fall.

Blond Joke: Two blondes were going to Disneyland. They were driving on the Interstate when they saw the sign that said Disneyland LEFT. They started crying and turned around and went home.

BRIDGE Players needed:

f interested sign up on Bulletin Board in Clubhouse.

Pancake Breakfast dates for 2018 are as follows: Jan 27th, Feb 24th, March 31st. See you next year.



BOCCE: USA vs CANADA Tournament

The finals of the USA vs CANADA Bocce Tournament was held before our annual Bocce picnic. The teams played with much enthusiasm and patriotic pride. The best 2 out of 3 games were won by the USA team. Canada fought valiantly and was the runner-up. The court and community center were decorated in beautiful red and blue. A fun day which ended in a delicious lunch. As always, an activity such as this does not magically happen. Under the direction of President Bob McClure, the tournament was organized to perfection, the court was prepared to tournament standards, referees were professional, music exceptional, and decorations beautiful. The lunch was organized by co-chairwomen Carol Denall and Rolande Morrow , their committee was also responsible for the decorations at the court and in the clubhouse. Bob and Carol have thanked their committee members at Social Club but we need to remember it takes many hands to have an activity such as this. Thank you to all of you who simply said "Can I help?"

USA TEAM CHAMPIONS

Doug Howland Ray Jastremski Joe Longo Joy McClure

CANADA TEAM CHAMPIONS

MaryLou Belliveau Tom King Freda Leger Mike McGrath



BOCCE OFFICERS FOR 2017-2018

President – Joel MacPhee Vice-President – Russ Ayer Secretary – Debbie Howland Treasurer – Carol Denall

Tournament dates for next season : 2018 Men vs Women – Jan 22, Jan 26, Finals Jan 29 (Hot Dog Day) USA vs CANADA – Feb 23, Feb 26, March 2, March 5 (Bocce Picnic)

Thank you to retiring officers Bob and Joy McClure, and Mary MacDonald for their dedication, hard work and service to the Bocce Club. It has been a pleasure for all of us to work with you. Enjoy your retirement!



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TRAFFIC:

Pinellas Sheriff's Dept would recommend a right turn only, to go left, go to the traffic light and make a u-turn. If you insist on a left turn out of the park, make sure all lanes are clear, do not remain in the median unless you have a small vehicle. Remember, over 75% of all accidents nationally are from making left-turns. Keep safe.

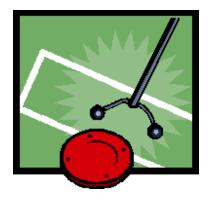
SHUFFLEBOARD:

successful building year! Our shuffling team came in 4th place this year. Inter-park competition has ended for the season and we wish to congratulate our team for a great finish. Fun shuffling has been very well attended this year and will continue into April. This is a good time to try this very enjoyable game. Wednesday evenings - 7pm – Will end April 12th

Thank you Gaetane Berman for preparing the wonderful lunches for the shufflers when the league played here at Harbor Lights. Her artistry with the food presentation was amazing, there were watermelons carved as a frog and shark to hold fruit, and a train made of peppers for cars and cucumbers for wheels to hold vegetables. Her lunches also consisted of mini sandwiches and home-baked desserts. Regardless of the score we were winners here at Harbor Lights. Some of the teams wanted our court to be their home court so they could have lunch here. They only have cookies and coffee to offer visiting players. Thanks again Gaetane!

2017 - 2018 Shuffleboard Board Members

Chairman: Doug Berman CO-Chairmen: John Roberts Secretary: Ann Foley Treasurer: Ed Belliveau Director: Court Maintenance: Bing Bingham Training: Fredea Leger Special Activities: Fern Miller Team Captain: Doug Berman Team Co-Captain: John Roberts





Music at the Fishing Pier:

hank you to Doug Berman, Paul Fortier, Marcel Perrault, and Pat Fuller for a wonderful afternoon of music at the fishing pier. Last concert was held March 30th. Let's hope our group will again be able to schedule Harbor Lights on their world tour next season.

Cruise Jan 7th-21st, 2018



14 Night Exotic Southern Caribbean Cruise

Sailing roundtrip from Miami to St.Maarten, Antigua, Aruba, Bonaire, Curacao, Barbados and St. Lucia

See bulletin board in clubhouse for brochure and for more information contact John Cmiel at 727-289-4180 or Leo Girouard at 727-398-4307.

REMEMBER:

PET OWNERS !!! PICK UP WASTE!!! If you have guests with dogs, make them aware the dogs must be walked on a leash in the pet section. You must pick up their waste! Many complaints about this!! Let's try and be good neighbors. ANOTHER REMINDER!! STILL A PEOBLEM!!!

<u>SPEED LIMIT IN PARK ---15 mph- CARS AND GOLFCARTS – Look OUT!!!</u> <u>Walkers, Golf Carts and Bikes: Lights on after dark!!</u>

WATER RESTRICTIONS:

ear-round conservation measures limit lawn watering to twice per week. No watering between 10am and 4pm

Even number address: Thursday and Sunday-- (2am to 10am- 4pm to 11:59pm) Odd number address: Wednesday and Saturday –(2am to 10am - 4pm to 11:59pm)



HARBOR LIGHTS SCUTTLEBUTT APRIL, 2017 D



ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

Coverages:

Bodily Injury\$100,000 Each Pers./ \$300,000 Ea. Occur.
Property Damage\$100,000 Each Occur.
Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible
CollisionACV - \$500 Deductible COMPARE
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*

Ouote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving



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Carol Zapiecki, Clearwater, FL



recommend your company. It has been a very satisfying George Lordstrom, Saint Petersburg, FL

> VISA visit: www.ascaluminum.com

Services Directory

AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc.	
E & E Gliddon, Inc	
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	
Bob's Appliance Repair	.727-637-4789
Sunset Appliance Service	
AUTO REPAIR	
National Auto Service Center	. 727-546-6165
Peterson Auto Care Center	. 727-343-4242
Suncoast Auto & Tire	
AUTO SALES / PURCHASING	
Stingrays Inc.	.727-798-2921
AWNINĠS	
Bay Area Aluminum Services, Inc	
Century Awnings Co.	. 727-559-8811
BATHRÓOM REMODEL	
BathMasters	. 727-333-7997
BLINDS & DRAPERIES	
Rod Runners	. 727-394-9534
CARPET CLEANING	
Bill the Carpet Guy	. 727-521-4163
COMPUTER SERVICES	
Discount Computer Repair	. 727-320-2965
Largo Tech Services, LLC	. 727-474-4285
DUCT / VENT CLEANING	
Velocity Air	
World Class	.727-447-5101
DRIVEWAY COATING	
Concrete Wizard, Inc.	. /2/-/89-5444
ELECTRICAL CONTRACTOR	707 444 0404
Haseney Electrical Services, Inc	. 727-441-8434
Imperial Electrical Service	. 727-535-0708
	707 000 4000
Flatworks	. 727-288-4680
Florida Anchor & Barrier Co.	
Perfect Repair & Construction, Inc	
GOLF CARTS SALES & SERVICI	
Capital Golf Carts, Inc Recreational Golf Cars of Florida	777 540 0400
INSURANCE/AUTO	. 121-040-0400
O. E. Wilson	707 525 0504
	. 121-535-0524



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MANUFACTURED HOME SALES	
Citrus Homes/Meadowood Homes	. 727-535-5262
MEDICAL FACILITY	
Morton Plant Hospital	. 855-448-2583
MOBILE HOME SUPPLIES - RET	
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 Roofing1	-800-297-3758
AMS Advanced MH Systems	. 727-471-0820
ASC Aluminum Specialty Contr	. 727-547-8300
ROOM ADDITIONS	
Bay Area Aluminum Services, Inc	. 727-585-4442
TIE DOWNS/MOBILE HOMES	707 000 7004
Florida Anchor & Barrier Co	. 727-330-7821
Tommy Tie Downs	.941-628-6840
VAPOR BARRIER	707 000 7004
Florida Anchor & Barrier Co.	. 727-330-7821
Florida Underhome Solutions	. 121-492-1884
Underhome Armor	. 121-282-2045
VINYL SIDING	707 474 0000
AMS Advanced MH Systems	
ASC Aluminum Specialty Contr	. 121-541-8300





APRIL•2017

Sunday	Monday	Г
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2	3 8:30-9:00a Bocce 9a Aquacise - Weather Permitting	9a Aqua Permitti 11a Pow Exercise 7p Bingo
9	10 8:30-9:00a Bocce 9a Aquacise - Weather Permitting	9a Aqua Permitti 11a Pow Exercise 7p Bingo
16 Easter	17 8:30-9:00a Bocce 9a Aquacise - Weather Permitting	9a Aqua Permitti 11a Pow Exercise 7p Bingo
23 30	24 8:30-9:00a Bocce 9a Aquacise - Weather Permitting	9a Aqua Permitti 11a Pow Exercise 7p Bingo

Harbor Lights

Wednesday	Thursday	Friday	Saturday	
			11a Power Walk - Exercise Class	1
			April Fool's Day	
5 Social Club – Social hour 9:00am – Meeting at 10:00am 7p Fun shuffling HLA Inc. Board Meeting after Social Club meeting – last meeting till Fall	6 9a Aquacise - Weather Permitting 11a Power Walk - Exercise Class Dance – Nick Knowlton	7 8:30-9:00a Bocce 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p Bingo	11a Power Walk - Exercise Class	8
12 Social Club – Social hour 9:00am – Meeting at 10:00am (Last Social Club Meeting till Fall) 7p Fun shuffling (Fun shuffling will end)	13 9a Aquacise - Weather Permitting 11a Power Walk - Exercise Class	14 8:30-9:00a Bocce 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p Bingo	11a Power Walk - Exercise Class	15
19	20 9a Aquacise - Weather Permitting 11a Power Walk - Exercise Class	21 8:30-9:00a Bocce 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p Bingo	11a Power Walk - Exercise Class	22
26	27 9a Aquacise - Weather Permitting 11a Power Walk - Exercise Class	28 8:30-9:00a Bocce 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p Bingo	11a Power Walk - Exercise Class	29
	5 Social Club – Social hour 9:00am – Meeting at 10:00am 7p Fun shuffling HLA Inc. Board Meeting after Social Club meeting – last meeting till Fall 12 Social Club – Social hour 9:00am – Meeting at 10:00am (Last Social Club Meeting till Fall) 7p Fun shuffling (Fun shuffling will end) 19	Social Club - Social hour 9:00am - Meeting at 10:00am 7p Fun shuffling HLA Inc. Board Meeting after Social Club meeting - last meeting till Fall9a Aquacise - Weather Permitting 11a Power Walk - Exercise Class Dance - Nick KnowltonSocial Club - Social hour 9:00am - Meeting at 10:00am (Last Social Club Meeting till Fall)13 9a Aquacise - Weather Permitting 11a Power Walk - Exercise ClassSocial Club - Social hour 9:00am - Meeting at 10:00am (Last Social Club Meeting till Fall)13 9a Aquacise - Weather Permitting 11a Power Walk - Exercise Class199a Aquacise - Weather Permitting 11a Power Walk - Exercise Class20 9a Aquacise - Weather Permitting 11a Power Walk - Exercise Class21 22 2326 9a Aquacise - Weather Permitting 11a Power Walk - Exercise Class	Social Club - Social hour 9:00am - Meeting at 10:00am Tp Fun shuffling HLA Inc. Board Meeting after Social Club meeting - last meeting till Fall9a Aquacise - Weather Permitting Dance - Nick Knowlton8:30-9:00a Bocce 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p BingoSocial Club - Social hour 9:00am - Meeting at 10:00am (Last Social Club meeting till Fall)9a Aquacise - Weather Permitting 1a Power Walk - Exercise Class13 8:30-9:00a Bocce 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p BingoLob Meeting till Fall) 7p Fun shuffling (Fun shuffling will end)9a Aquacise - Weather Permitting 1a Power Walk - Exercise Class8:30-9:00a Bocce 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p Bingo19 9 a Aquacise - Weather Permitting 11a Power Walk - Exercise Class20 8:30-9:00a Bocce 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p Bingo26 9 a Aquacise - Weather Permitting 11a Power Walk - Exercise Class27 9:30a Bus to shop 7p Bingo26 9 a Aquacise - Weather Permitting 11a Power Walk - Exercise Class8:30-9:00a Bocce 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p Bingo	2 2 2 2 2 2 11a Power Walk - Exercise Class Social Club - Social hour 9:00am - Meeting at 10:00am - Meeting after Social Club Rearcise - Nick Mowiton 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Dance - Nick Knowiton 8:30-9:00a Bocce 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Dance - Nick Knowiton Social Club - Social Club - Social Club Social Club - Social Club - Social Club - Social 12 Power Walk - Exercise Class - Nick Knowiton 8:30-9:00a Bocce 14 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo Social Club - Social Club - Social Club Meeting till Fall 9a Aquacise - Weather Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Power Walk - Exercise Class - Permitting 9:30a Bus to shop 7p Bingo 11a Pow

Help for Severe Aortic Stenosis



Severe aortic stenosis is a narrowed aortic heart valve that doesn't open and close properly, reducing blood flow to the rest of the body.

Morton Plant Hospital is now enrolling eligible patients in the Medtronic Evolut R low-risk trial, which investigates the safety and effectiveness of a transcatheter aortic valve replacement (TAVR) system in patients with severe aortic stenosis who are at a low surgical mortality risk. TAVR is a minimally invasive alternative to open-heart surgery used to treat failing aortic heart valves in patients with severe aortic stenosis. Morton Plant Hospital was chosen as the first hospital in Tampa Bay to offer the TAVR procedure for patients with severe aortic stenosis who were at an intermediate or high surgical mortality risk. Our team has completed more than 700 TAVR procedures over the last five years.

To see if you or a loved one with severe aortic stenosis may be eligible for this trial, or for more information on the trial, call the Center for Advanced Valve and Structural Heart Care at Morton Plant Hospital at (855) 44-VALVE (855-448-2583) or visit MortonPlantValveTrial.org.



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MortonPlantValveTrial.org





HARBOR LIGHTS SCUTTLEBUTT APRIL, 2017 D

Additions/Corrections

- John Schmidtlein added Joseph Schmidtlein to residence at 4805 92nd Lane North
- Constantine "Tino" and Penny Mastry 9249 50th Ave.North
- Karen Donovan bought Stephen Hill's mobile at 9225 49th Terr North

To all the Snowbirds, drive carefully, see you next season.



April Sudoku

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







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8	2	G	6	٢	З	L	9	4
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2	6	L	8	9	ç	ε	4	r
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SUB-FLOOR & FLOORING EXPERTS!







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How doctors stay healthy

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octors are exposed to germs and diseases every day, so how do they avoid getting sick themselves? Follow their rules for staying healthy when surrounded by illness:

• Wash your hands often. Use soap and water, and take your time. Try singing "Happy Birthday to You" twice in your head as you wash. Wash your hands before eating, after using the bathroom, and before touching your face and mouth. If washing is inconvenient, use a hand sanitizer.

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- Eat a healthy diet. A good mix of fruits and vegetables will provide the vitamins your immune system needs to fight off infections early—before they balloon into major health issues.
- Get sufficient sleep. Lost sleep can damage your ability to fight off disease. Get seven to nine hours a night to stay healthy and alert.
- Clean off surfaces. Wipe down your phone and keyboard often to get rid of germs and bacteria. Wash or sanitize your hands after touching doorknobs or shaking hands. Remember that some viruses and bacteria can live for days on surfaces that haven't been cleaned.

Be on the lookout for 'sick building syndrome'

Is your home or workplace making you sick? "Sick building syndrome," also known as "multiple chemical sensitivity," is a condition in which people become ill due to prolonged exposure to mold, formaldehyde, or other dangerous substances that can spread through a building's ventilation system virtually undetected. Everyone should watch for signs that their environment may be hazardous to his or her health. Here are some symptoms:

- Frequent headaches
- Persistent fatigue
- Dizziness and nausea
- Difficulty with concentration
- Problems with memory
- Frequent muscle pain, stiffness, or cramps
- Dry skin or itchiness
- Chest pain or heart palpitations
- Persistent sore throat and/or coughing



Did you know that April is also...

** ** ** ** ** ** ** ** ** ** ** **

ASPCA Month. The American Society for the Prevention of Cruelty to Animals was the first humane society established in North America, and today it's one of the largest in the world. The ASPCA's mission, as stated by founder Henry Bergh in 1866, is "to provide effective means for the prevention of cruelty to animals throughout the United States."

Global Child Nutrition Month. Sponsored by the Global Child Nutrition Foundation, whose mission is to expand opportunities for the world's children to receive adequate nutrition for learning and help them achieve their potential. "We envision a future where school meals sustainably nourish all children and help them, their families, communities, and nations to thrive," reads its vision statement.

National Autism Awareness Month. Launched by the Autism Society nearly a quarter-century ago, this event is a nationwide effort to promote autism awareness, inclusion and self-determination for all, and assure that each person with autism spectrum disorder is provided the opportunity to achieve the highest possible quality of life.

National Kite Month. Every year in April, kite enthusiasts across North America celebrate the history and the future of the world's favorite pastime by letting their kites fly. April was chosen as National Kite Month because as the first month in spring, it's when most kite fliers are starting to bring their kites out of the closet and prepare for warm weather and summer fun.

National Youth Violence Prevention Week, April 3-7. A campaign to raise awareness and educate students, teachers, school administrators, counselors, school resource officers, school staff, parents, and the public on effective ways to prevent or reduce youth violence.

National Robotics Week, April 8-16. The purpose of National Robotics Week is to celebrate the United States as a leader in robotics technology development, educate the public about how robotics technology affects society, advocate for increased funding for robotics technology research and development, and inspire students of all ages to pursue careers in robotics and other science, technology, engineering, and math-related fields.

Animal Care and Control Appreciation Week, April 9-15. A week of appreciation and recognition for the hard-working men and women who risk their lives and devote huge amounts of personal time and resources while serving the public as well as animals in need.



Autism Awareness

Money Smart Week, April 22-29. Money Smart Week began as a coordinated effort of the Money Smart Advisory Council, a diverse group of more than 40 Chicago-area organizations working together to promote personal financial literacy.







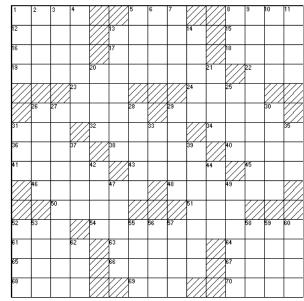
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ACROSS

- 1. Waistband
- 5. Genus of macaws
- 8. A young woman
- 12. Cavity
- 13. Burn with a hot liquid
- 15. To the windward side
- 16. Dwarf buffalo
- 17. Gossiper
- 18. Leaf of the talipot palm
- 19. Concavities in a surface
- 22. Contingencies
- 23. Collection or series
- 24. Where the sun rises
- 26. Person who peels skins from fruits
- and vegetables
- 29. Stableboy
- 31. Facsimile
- 32. Smudge
- 34. Strange or weird
- 36. Native of Peru
- 38. Voiceless consonants
- 40. Valley
- 41. Ales
- 43 Horse
- 45.10
- 46. Penstock
- 48. Increases
- 50. Teller of untruths
- 51. Seated oneself
- 52. Before
- 54. Digested
- 61. Grandmothers
- 63. Parlor
- 64. Connecting point in a network
- 65. Cubes with 1 to 6 spots on the
- faces
- 66. Rips
- 67. Leg joint
- 68. Killed
- 69. Confederate general Robert E
- 70. Dispatch



DOWN

20. Snake-like fishes 42. Thailand 21. Satisfy 25. Sleigh 26. Sheets of glass in windows 49. Smells 27. The quality of being first- 52. Concludes class 28. Utilize again 29. Command 30. Annoys 31. Lie 33. Product of human creativity 35. Even

37. Wild sheep of northern

Africa

- 44. Found on rotary phones 47. The top line of a hill

 - 53. A horizontal bar 55. East Asian unit of weight
 - 56. Wings
 - 57. Drill
 - 58. Area or region
 - 59. Biblical garden
 - 60. Accomplishment
 - 62. Stitch
- 39. There are 4 in a year C N S S KNEE N O D E IZED ٦



1. Herring-like fish

3. Cause to overflow

5. Cards with just one symbol

13. Groups of interconnected

4. Funeral car

6. Hindu princess

9. Unable to read

10. Ego

units

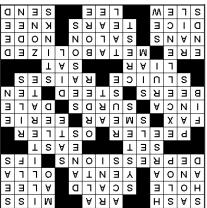
11. Oceans

7. Male singing range

8. Chinese revolutionary

14. Citizens of Denmark

2 A1



S S

W

Watch for these heart attack symptoms

Heart disease is the leading cause of death for both men and women in the United States. Stay on the lookout for these basic signs of a heart attack:

** ** ** ** ** ** ** ** ** ** ** ** **

- Chest pain. The classic signal of a heart attack is an uncomfortable feeling of pressure or squeezing in the chest.
- Jaw or arm pain. This tends to be more common in women, but don't ignore it.
- Heartburn/upset stomach. Don't write off stomach problems as just a minor ailment. Nausea and vomiting can occur during a heart attack.
- Shortness of breath. Again, more common among women, but seek assistance if you're having trouble breathing.
- Dizziness. You may feel lightheaded or on the verge of passing out.
- Sweating. Breaking out in a cold sweat is an additional symptom of a heart attack.

Choosing a doctor? Consider this study

hoosing a doctor is an important decision. Here's one factor to keep in mind: A study by the Harvard School of Public Health has found that patients who are treated by female doctors are less likely to die of the illness they're being treated for, and they're less likely to return to the hospital after discharge.

The study examined records of more than 1.5 million elderly Medicare patients admitted to hospitals for reasons other than surgery from 2011 to 2015. Patients treated by female physicians had a lower 30-day mortality rate than those treated by men, and over the course of four years, approximately 11 percent of patients treated by women died within one month of being hospitalized, compared with slightly more—11.5 percent—of patients treated by men.

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-Monthly Media Staff

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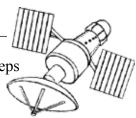
Take these steps to innovation

nnovation is a journey that depends on continuous improvement. Expert James O'Loghlin suggests following these steps to get started:

- Focus on value. Look for inefficiencies in whatever kind of work you do. Challenge assumptions about processes, products, services, and customers. Search for ways to save time or money and increase the value of what your organization does.
- Gather ideas. Brainstorm some possible solutions, and share them with your colleagues. Ask for feedback. Be prepared for criticism, and stay ready to adapt your ideas as necessary, but don't give in too quickly. Be persistent.
- Present your ideas. Learn how to pitch your innovative ideas without jargon or needless detail. Focus on the story you want to tell—how your idea will help the organization. Anticipate likely questions and objections to show you've thought everything through.
- Implement your solution. Be prepared to get to work. Don't try to do everything yourself; assemble a team to help you with test projects and full implementation.
- Repeat. Follow the same steps for your next project. Once people see your commitment to innovation, they'll be eager to join in.

Lost in space

S cammers are some of the most creative people around. Finding new and innovative ways of separating fools and their money is what keeps them in business. The famous "Nigerian scam letter" sent by email or fax is perhaps the best known: The sender claims to be a deposed president or king in need of assistance to liberate several million dollars from a foreign bank account. All the recipient has to do is forward some



money, and possibly give the sender access to a bank account. The target eventually realizes he or she's been had, but usually not after losing lots of money.

A new twist on the con game, as reported on the Mother Nature Network website, takes the target into outer space: Victims receive an email from a scientist who claims that in 1989, a Nigerian astronaut went on a mission to a secret Russian space station—and was stranded there when the Soviet Union collapsed. The poor space traveler is still up there, more than 25 years later. He's been resupplied from the ground all this time, and he's in good health, but he'd really like to come home. Fortunately, he has back pay coming to him in the amount of about \$15 million dollars. All the target has to do is . . . well, you can probably guess.

No one seems to know if anyone has fallen for this variation of the scam, but it's certainly a testament to the crooks' ingenuity—and possibly faith in the gullibility of their victims.

Try 'creative procrastination' to find ideas

Time management experts warn about the dangers of procrastination, but some creativity specialists actually encourage it—as long as you do it right.

* * * * * * * * * * * * * * * * * *

When you're trying to solve a problem or develop something new, don't dive right in. Work on something else while letting your mind work, consciously and unconsciously. Let your ideas mature on their own. Don't be afraid to wait for the last minute. Sometimes the pressure of an imminent deadline can

force your mind to generate something exciting and creative that you wouldn't have come up with earlier.

Adjust your outlook for success

uccess depends in large part on having the right attitude. You can make an impact with three basic habits:

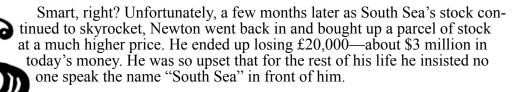
• Focus on the bright side. Emphasize what you enjoy about your job and the people you work with, and express your enjoyment as much as you can.

• Turn negatives into positives. Don't obsess over obstacles and setbacks. Treat failures as an opportunity to spot mistakes and move forward.

• Move quickly. Don't waste time when you've got a problem to solve or an idea to put into action. A rapid response gets attention and builds excitement.

What goes up . . .

saac Newton may have formulated the laws of motion and the theory of gravity, but on the stock market, he was just as fallible as anybody. As reported on the Business Insider website, the famed mathematician owned shares in the South Sea Company, at the time (1720) the hottest stock around. When he got worried that the market was getting out of control, he sold his shares for a 100 percent profit of £7,000.









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