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June • 2017

**Issue 4
41st Year**



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St. Petersburg Fire Dept.	893-7694	Seminole Fire Dept	394-6905
Pinellas County Sheriff	582-6200		
Florida Highway Patrol	570-5010		

Emergency - 911

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Service	(866) 745-3685
Duke Energy	727-443-2641
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Frontier Services	1-800-921-8101
Directory Assistance	411
DirecTV	1-800-531-5000
Teco Gas	826-3333

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
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St. Petersburg Main Library	893-7724
Social Security Administration	(800) 772-1213
Seminole City Clerk	398-3107
Waste Management	888-964-9744
Seminole Recreation Dept	391-8345
VA Regional Office Benefits Info.	1-800 827-1000

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Bayfront Medical Center	701 6th St. S., St. Petersburg 33701	823-1234
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Morton Plant	300 Pinellas St., Clearwater 33756	462-7000
Northside	6000 49th St. N., St. Petersburg 33709	521-4411
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St. Anthony's	1200 7th Ave. N. St Petersburg	825-1100

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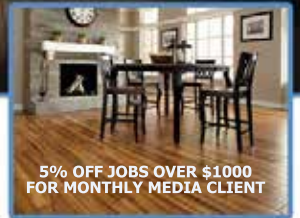
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PHONE DIRECTORY:

The 2017 – 2018 Phone Directory will be distributed in early November. Please let Diane Piscopo know if there are any corrections/additions to the information already on file. E-mail Diane at diane1022343@verizon.net or call and leave a message 727-391-1746. Deadline is early in October.



REMINDERS:

- Lock your car and house. Be observant.
- Hurricane season: Be prepared to evacuate. Make plans for your pets.
- Drink plenty of water to avoid dehydration from the summer heat.
- No glass bottles or glasses in pool area.
- No clothes lines – park will be enforcing this
- Remember our watering schedule.
- Christmas Bazaar early December.
- Remember the rummage sale coming early in February.
- Blankets collected in the Fall for migrant workers.



STILL A PROBLEM:

Dog waste is still an issue. If you have a dog please pick up after them. Waste products are being left in non-pet section as well as pet section. Why are dogs in non-pet section? They must be walked in pet section on a leash. Be a good neighbor and follow the rules.

Memorial Day:

Let us all take a minute to remember our relatives, friends, and neighbors who are no longer with us. Our memories of them will always be a part of us.

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right click with mouse to download to your computer**



A Little Humor:

Poor George Washington couldn't blame his troubles on the previous administration. I'm not overweight, I'm just easier to see.

"According to a new study, cats may have more potential than dogs to sniff out bombs. They just won't bother to tell you."

A baby sardine saw its first submarine and went swimming in terror to its mother. "Don't be frightened," she reassured him. "It's only a can of people."

THANK YOU:

Thank you Diane Piscopo for planning a wonderful Memorial Day picnic. This copy of Scuttlebutt goes to print before the picnic so more information will be available in next month's copy. I am sure all of our residents will enjoy celebrating this very special holiday together. Thank you Diane for being the summer activities chairman. Coming soon, look for information about the 4th of July celebration.

ADD:

- Hunt, Dawn - 4901 Harbor Lights Drive
- Venuti, Glenn and Betsy - 4860 92nd Street North

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- Additional Exp.....\$30 Per Day / \$900 Each Occurrence



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Quote 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 record, credit history, garaging address and type of vehicle.

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Carol Zapiecki, Clearwater, FL

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George Lordstrom, Saint Petersburg, FL



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Did you know June is also...

Adopt a Cat Month. Your local shelter has tons of cute, cuddly newborn kittens mellow older cats, and everything in between. Shelter staffers are ready to help you adopt your very first cat or bring home a friend for another beloved cat.



National Dairy Month. Start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products such as milk contain essential nutrients that can help you manage your weight and reduce your risk for high blood pressure, osteoporosis, and other health problems.

National Zoo and Aquarium Month. June is an excellent time to explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, activities, and sounds so real you'll think you're there.

PTSD Awareness Month. The purpose of PTSD Awareness Month is to raise public awareness of PTSD and effective treatments and help all those affected by PTSD. Mental health experts aren't sure why some people develop PTSD and others don't, but if stress reactions don't improve over time and disrupt everyday life, seeking help to determine whether PTSD is present is important.

National Automotive Service Professionals Week, June 11-17. A weeklong celebration to honor the commitment and dedication of the automotive, truck, collision specialists and parts specialists who keep our vehicles running safely.

Men's Health Week, June 12-18. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, members of the news media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



National Nursing Assistant Week, June 15-22. Nursing assistants work in hospitals and nursing homes performing everyday living tasks for the elderly, chronically ill, or rehabilitation patients who cannot care for themselves. This week is set aside to recognize the nursing assistants who dedicate their lives to the well-being of others.

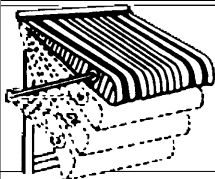
Global Day of Parents, June 1. The Global Day of Parents was proclaimed by the UN General Assembly in 2012 to honor parents throughout the world in appreciation of their selfless commitment to children.

Flag Day, June 14. Fly Old Glory with pride!



Father's Day, June 18. A day to honor fathers everywhere.

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What do the instructions say? Creativity expert

Yoram Solomon often conducts workshops that teach people to approach problems with an open mind. In one exercise (recounted on the Inc. magazine website), he asks participants to build a structure out of a sheet of paper. Some cut the paper into smaller pieces, although his instructions don't specifically say they can.

Once everyone is finished, Solomon asks, "Did the instructions allow you to cut the paper?" Most believe they've done something wrong. But one person usually pipes up with, "You didn't say we couldn't, either."



"To be creative," Solomon points out, "don't assume restrictions that don't really exist."

Beware these creativity myths

Creativity can seem magical and mysterious, but you shouldn't make assumptions that can hold your imagination back. Watch out for these misconceptions that can impede your efforts to find innovative ideas and solutions:

- **The "eureka" moment.** Many people believe that creativity is a sudden flash of insight. More often it's the result of research and persistence, immersing yourself in a subject, and then building on what you learn.
- **Inborn creativity.** You aren't necessarily born with the ability—or inability—to think creatively. You can learn the knack by asking questions, looking at things in new ways, and challenging the status quo.
- **Uniqueness.** Good ideas don't always spring from something new. Often the best ideas and solutions come from combining separate elements in different ways.
- **Lone wolves.** The stereotype of the genius working alone in an office or laboratory is misleading at best. Although some mavericks do produce good ideas totally on their own, many of the best ideas and solutions are the result of collaboration by smart, motivated people.
- **Brainstorming.** Brainstorming sessions can produce results if they're focused on a specific issue. If it's just a free-form session of throwing ideas around, chances are you won't generate practical solutions. Keep the discussion centered on the problem you're trying to solve.
- **No limits.** Creativity may seem to thrive on the concept of thinking beyond boundaries. In reality, constraints can force your thinking in the right direction. Try setting some limits to what you want to create—size, budget, deadlines—and see how that helps focus your imagination.



Flying in the face of disaster

In the 1980s and early '90s, Continental Airlines was a disaster. The organization had gone bankrupt twice and was on its way to a third (and final) catastrophe. It had gone through 10 presidents in 10 years, and employees mistrusted management.

Then in 1994 Gordon Bethune stepped in. Instead of running around willy-nilly trying to stamp out the various raging fires, Bethune took a step back to return to the basics. He identified Continental's key goals so that employees' efforts would be concentrated on them rather than diffused by the disaster of the moment. One of his areas of focus was creating a corporate culture. Without the commitment of the employees, the other goals would be impossible.

Drawing on the organization's history of excellence in service, he rallied the workforce. Bethune discovered that the employees weren't bad—they just worked in a dysfunctional organization. So they were quick to get behind his new leadership.

Senior management was a different story. Bethune knew he had to make wholesale changes, and that meant getting rid of the bureaucracy. In a couple of months, Bethune and his top executives replaced 50 of the company's 61 officers with 20 top-notch people.

The changes were dramatic. In one year's time, Continental went from being ranked the worst in customer satisfaction among major airlines to first.



The birth of 'excellence'

Tom Peters didn't exactly give birth to excellence, but he did establish the idea that companies can achieve excellence under the inspiration of a management guru—like himself.

It all began in the spring of 1978. John Larson of McKinsey's San Francisco office was set to give a presentation to a client. But his computer crashed and took with it his notes. He turned to another consultant, Tom Peters, to throw together a presentation that would satisfy the client.

Peters had just returned from traveling the world to compile research on best practices in business. Up until then, his research had been collecting dust after he had presented it to the McKinsey powers that be. With an opportunity to present his findings again, Peters gathered his data. In search of a sexy title to give his presentation, Peters came up with "Excellence." It was a hit.

Eventually, Peters edited the material into a manuscript. Continuing with the idea of excellence, he titled the book *The Secrets of Excellence*. But the title didn't fly with the McKinsey folks, who feared that clients would think the company was selling the secrets of client operations. In 1982, Peters and co-author Robert Waterman renamed it the more politically astute *In Search of Excellence*. And thus was excellence born.

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JUNE • 2017

Sunday	Monday	Tuesday
4	5 9:00am Aquacise 9:00am Bocce	9:00am
11	12 9:00am Aquacise 9:00am Bocce	9:00am
18	19 9:00am Aquacise 9:00am Bocce	9:00am
Father's Day		
25	26 9:00am Aquacise 9:00am Bocce	9:00am

Harbor Lights

Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00am Aquacise	2 9:00am Aquacise 9:00am Bocce 9:30am Bus to shop	3
6 9:00am Aquacise	7 9:00am Aquacise	8 9:00am Aquacise	9 9:00am Aquacise 9:00am Bocce 9:30am Bus to shop	10
13 9:00am Aquacise	14 9:00am Aquacise	15 9:00am Aquacise	16 9:00am Aquacise 9:00am Bocce 9:30am Bus to shop	17
20 9:00am Aquacise	21 9:00am Aquacise	22 9:00am Aquacise	23 9:00am Aquacise 9:00am Bocce 9:30am Bus to shop	24
27 9:00am Aquacise	28 9:00am Aquacise	29 9:00am Aquacise	30 9:00am Aquacise 9:00am Bocce 9:30am Bus to shop	JULY 2017 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

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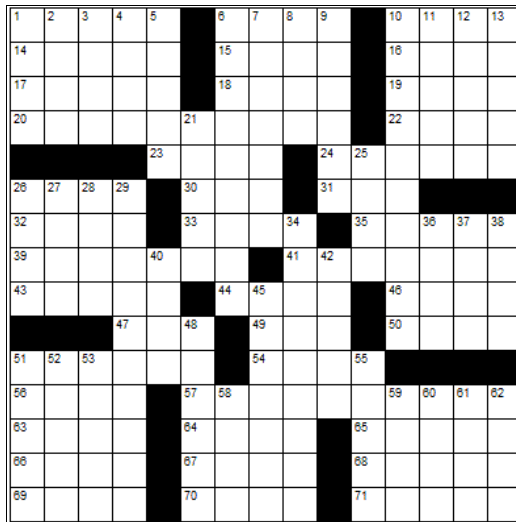
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ACROSS

1. Snippy
6. A ceremonial staff
10. Part of an ear
14. Heart artery
15. Dash
16. An aromatic ointment
17. "Received and understood"
18. Unit of land
19. Not the original color
20. New wife of your father
22. Overhang
23. Dull pain
24. Earn
26. Cease
30. Skirt's edge
31. A type of evergreen tree
32. Assistant
33. Beams
35. Thorny flowers



43. Feel
44. Unwanted email
46. Alley
47. Website address
49. Consumed food
50. Sketched
51. Yellow fruit
54. Cans
56. Auspices
57. Feelings of anxiety
63. Hubs
64. Effrontery
65. Audio communications
66. Chocolate cookie
67. Small mountain
68. What's happening
69. Alert
70. Kill
71. Dispatches

DOWN

- | | | |
|---|--------------------------|-------------------------------|
| 1. Taverns | 13. More peculiar | 42. Portents |
| 2. Part of a plant | 21. Fall color | 45. Kneecap |
| 3. Desire | 25. Relating to aircraft | 48. Chuckles |
| 4. Stair | 26. Back talk | 51. Under |
| 5. Fate | 27. Kid | 52. Ancient Greek marketplace |
| 6. Fools | 28. Norse god | 53. More pleasant |
| 7. A pseudoscience | 29. Exhortation | 55. Fathers |
| 8. Concern | 34. With regard to space | 58. Found on a finger |
| 9. Power | 36. Char | 59. Central area of a church |
| 10. Hades | 37. Feudal worker | 60. Biblical garden |
| 11. A family of American Indian languages | 38. Goulash | 61. A region of SE Pakistan |
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Try ginger for its health benefits

Looking to get over a cold a little more quickly, or ease muscle soreness? A little ginger may help. Check out this list of ginger's healthy benefits from the Huffington Post website:

- **The common cold.** Some research suggests that ginger helps your body sweat out a cold, as well as producing a germ-fighting agent called dermicidin, which can protect you from bacteria and fungi.



- **Muscle aches.** One study by the American Pain Society found that taking two grams of ginger for 11 days can significantly reduce aches and muscle soreness caused by exercise. That's because ginger contains anti-inflammatory compounds known as gingerols, which prevent the transmission of pain from inflammation. Try adding a few slices of ginger every time you drink a glass of water.

Watch out for 'masked' hypertension

Being diagnosed with high blood pressure may be scary, but thinking your blood pressure is normal when it's not? Scarier still.



The Live Science website reports that almost one in eight Americans who believe their blood pressure is just fine may really have a masked form of hypertension that doesn't show up when they visit their doctors. Instead their blood pressure is elevated during their daily activities, so they may be at increased risk of heart disease without realizing it.

To diagnose masked hypertension, researchers suggest wearing 12-hour blood pressure monitors that take readings through the day.

The flip side of this phenomenon is so-called "white-coat hypertension," in which patients' blood pressure increases at the doctor's office (possibly from nervousness?) but is normal the rest of the time. Unlike masked hypertension, these people don't appear to be at a higher risk of heart disease.

Cleaner air = longer life

Take a deep breath. Lots of them. You'll be breathing longer these days, thanks to improved air quality. Researchers at Brigham Young University and the Harvard School of Public Health, writing in the *New England Journal of Medicine*, say that since the introduction of the Clean Air Act in 1978, Americans' life expectancy has increased by 2.72 years. Although changes in smoking habits and better socioeconomic living conditions are a major factor in our increased longevity, the scientists note that as much as five weeks of our lengthened lifespans are due to better air because of cuts in auto emissions, steel mills, diesel engines, and coal-fired power plants.

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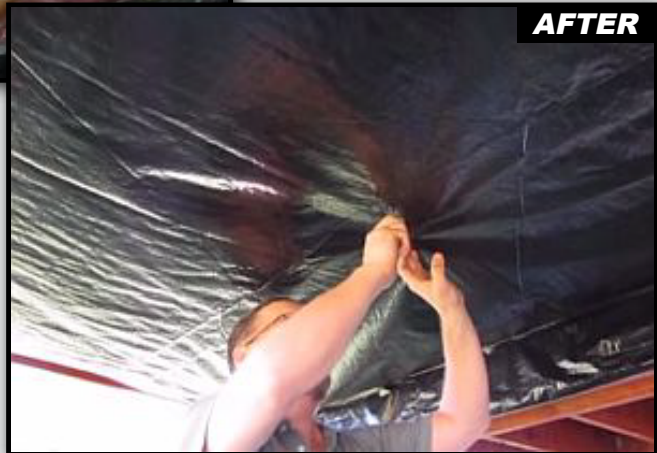
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Ancient life hints at life on Mars

Life on Earth may have begun more than 4 billion years ago, according to scientists studying a new discovery of microfossils from the ocean floor. The fossils were found in rocks from Quebec, and probably lived in ancient hydrothermal vents.

Scientists are cautious about identifying the bacteria-size fossils as evidence of life, though. The most obvious cellular bits and other flags of life are often stripped away in fossils of microbes billions of years old. Researchers use chemical tests and analyses of patterns and textures to determine whether they're looking at ancient life.

Still, the discovery raises a tantalizing possibility: life on Mars. The Guardian website theorizes that similar microfossils might be found on the red planet someday because Mars had oceans and an atmosphere similar to Earth's billions of years ago.

A journey to the center of the Earth would be very hot

The interior of the Earth is hot—very hot. As reported on the Fox News/Science website, scientists using synthetic materials to simulate mantle rock have determined that temperatures in the Earth's mantle, which sits beneath our crust (lying beneath the oceans), reach 2,570 degrees Fahrenheit, almost 100 degrees hotter than was previously believed.



This new finding will help researchers model our planet's geodynamic processes and plate tectonics more accurately, possibly explaining how tectonic plates move on top of the upper layer of the mantle.

30-year search uncovers trove of ancient Celtic coins

A horde of 68,000 Celtic coins and jewelry has finally been cleaned and separated after being buried since 30-50 B.C. on the island of Jersey in the English Channel.

The cleaning job took three years, but finding the treasure trove took two amateur archeologists 30 years of searching. According to the Smithsonian magazine website, metal detector enthusiasts Reg Mead and Richard Miles began searching for coins after being told by a local friend that her father had found some silver Celtic coins in a pot near her Jersey home. The current owner of the field allowed the pair to search—but only once a year after harvesting his crops.

Ultimately they uncovered a chunk of earth containing the coins in 2012, then called in an archeological team to bring them up. The trove turned out to consist of at least 68,000 coins, along with many gold neck torcs, glass beads, a leather purse, and a bag with silver and gold decoration. It's valued at 10 million British pounds.

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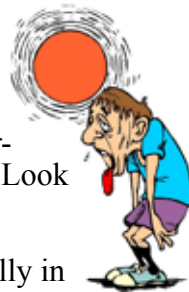
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Stay safe when working in the heat

When heat and humidity combine to reduce the amount of evaporation of sweat from the body, outdoor work can become dangerous even for those in good shape. The key rules for coping with heat are to drink plenty of water to avoid dehydration and slow down and cool off when experiencing fatigue, a headache, a high pulse rate, or shallow breathing. Overheating can cause serious, even life-threatening conditions such as heatstroke. Look out for these symptoms of heat illness:



- Heat cramps. Working in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.
- Heat syncope or fainting. Anyone not used to working in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the best approach is to take it easy.
- Heat exhaustion. Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but shouldn't exceed 102 degrees. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.
- Heatstroke. In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion, and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.

Stay awake on the road

Fatigue can be a killer, especially when you're driving on the open highway for long periods of time. Here are a few tips for staying safe at the wheel:

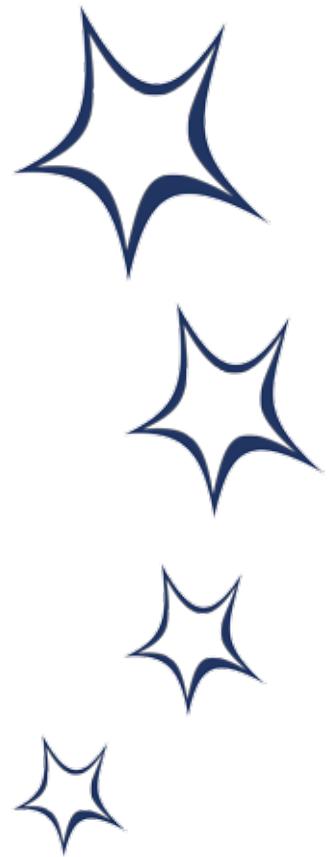
- Get enough rest. Try not to start a trip late in the day. Long-distance driving is tough enough in the daytime. Be ready and awake.
- If possible, don't drive alone. Passengers can take turns driving, or at least help you stay awake if you need stimulation.
- Adjust your car's environment. Use your controls to keep you awake and alert. Keep the temperature cool, with open windows or air conditioning in the summer and frugal amounts of heat in the winter.





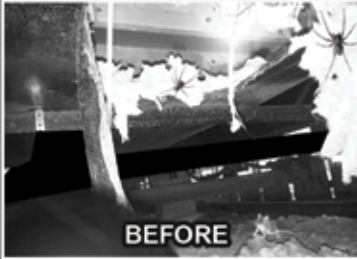
June Sudoku

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



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

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Ronald R. Chauncey... \$10	ASE - Auto Service Experts	Edward Molyneux..... \$5	Heller's Mobile Home Washing
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