

OFFICE: 9191 Bay Pines Boulevard • St. Petersburg • FL 33708 • (727) 392-8858

June • 2018

Issue 4 42nd Year

Summer is Herel

Rita Drolet and her art class having fun at Sugar Creek MHP!



\$100 • Thomas Miller The Plumbing Patrol, Inc.

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Important Phone Numbers

NON EMERGENCIES

St. Petersburg Police Dept.	893-7780	Seminole Police Dept 595-5414
St. Petersburg Fire Dept.	893-7694	Seminole Fire Dept 394-6905
Pinellas County Sheriff	582-6200	1
Florida Highway Patrol	570-5010	Emergency - 911

UTILITIES

CITETIES	
SPECTRUM	1-855-222-0102
Knology Sales	239-0211
Service	(866) 745-3685
Duke Energy	727-443-2641
Power Outage	1-800-228-8485
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
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
Seminole Recreation Dept	391-8345
VA Regional Office Benefits Info.	1-800 827-1000

HOSPITALS

Bay Pines VA	10,000 Bay Pines Blvd., St. Petersburg, 33708	398-6661
Bayfront Medical Center		823-1234
Largo Medical Center	201 14th St. SW, Largo 33770	588-5200
Morton Plant	300 Pinellas St., Clearwater 33756	462-7000
Northside	6000 49th St. N., St. Petersburg 33709	521-4411
St. Petersburg General	6500 38th Ave. N., St. Petersburg 33710	384-1414
. •	1200 7th Ave. N. St Petersburg 825-1100	

Harbor Lights Club Office 392-8858 • Marina 392-4933

ROOF-OVERS--727-547-8300

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Prepare for Summer Rains!

expires 6/15/18

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28

24



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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

Road Trouble Serv. ...\$50 Each Occurrence

Additional Exp......\$30 Per Day / \$900 Each Occurance

Annual Paid In Full Premium...... \$994.55*

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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REE ESTIMATES

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SAVE TIME AND MONEY BY CALLING US TODAY TO GET YOUR PROJECT STARTED



4th of July Picnic

ore information will be coming in June. Look for announcements.

PHONE DIRECTORY:

he 2018 – 2019 Phone Directory will be distributed in early November. Thank you to our new volunteers who have accepted this important position, Harriet Ha-Sidi and Dennis Antoszewski. Please make sure any changes to your phone number are given to them as soon as possible. Their phone numbers can be found in the current directory. Thank you again!!

THANK YOU:

hank you to Diane and all those who made the Memorial Day picnic such a success. Looking forward to the next picnic to celebrate 4th of July.

BINGO:

volunteer has offered to call Bingo on Friday evenings . Come, play, socialize , and keep cool. Remember 7pm Fridays.

Hot humid days are here, remember to drink plenty of water. Keep hydrated!

No glass bottles or glasses in pool area. Keep area clean.



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



ANOTHER REMINDER: WATCH THE WEATHER!!

HURRICANE SEASON JUNE TO NOVEMBER: WEATHER SERVICE SAYS MORE HURRICANES IN 2018 THAN LAST YEAR:

Prepare by registering with Pinellas County to be eligible for transport to a shelter, especially for disabled persons.

This very important information was submitted by Diane Piscopo. Diane is the park liason for hurricane preparedness. Call her with any questions, 716-479-9133.

Take a few minutes and stop in our clubhouse. As you enter the front door, to your left there is information on hurricane preparedness: pet registration forms, ID forms for those individuals that may need assistance from emergency personnel, what to take with you when evacuating, and steps to prepare ahead of time <u>WITH FAMILY</u>. Literature also available in the library.

We live in mobile homes, therefore we <u>MUST EVACUATE</u>. Our clubhouse is not a shelter. Do not plan to go along the routes toward the ocean, but follow the blue and white "evacuate route" signs leading inland. Be aware, the shelter will accommodate you, but they may not have beds/cots, blankets or pillows. A chair or inflatable mat would be recommended.

BE PREPARED! BE SAFE! REMEMBER TO ARRANGE A SITE FOR YOUR PET!!

TRAVEL:

Final payment due October 15, 2018

Cruise: 12 day Western Caribbean cruise leaving from Ft.Lauderdale, January 28th, 2019 – February 8th, 2019

Ports of call include Grand Cayman, Columbia, Panama, Costa Rica and Mexico.

Brochure is posted in the Clubhouse with more information concerning transportation to Ft. Lauderdale and ports of call.

Contact Advantage Cruises and Tours toll free 866-824-1613.

Day Trips:

ave not been arranged as yet. More information will be available in the fall. Some trips which may be scheduled: Kennedy Space Center, (very popular last year), Giraffe Farm, and Ringling Bros. Circus.

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PHONE:

• Gentner, David 727-685-0184

CHANGE:

• Bush, Kathy (was Van Nostran)

ADD:

- Levasseur, Robert and Adeline, Nelligan, Jerome and Kathy 4855 91st Lane North
- Mahoney, Brian and Denise 9218 50th Ave. North

DELETE:

- Bowman, Dick and Darlene
- Dell, Frank and Bonnie
- Fuller, Pat
- Gormley, K and McGraw P
- Zahand, D

DECEASED:

- Barney Carson
- Pat Longo



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A deal is a deal

onald made a deal with his dad that if he improved his grades by the end of the school year, pitched in around the house, attended church on Sunday with the rest of the family, and cut his now shoulder-length hair, he could have access to the car throughout the summer. Ronald began to focus on his schoolwork more, took on responsibility in the home, and was the first person in the house ready for church each Sunday.

"I knew you could do it," his dad said as looked over Ronald's final grades for the school year. "I'm very proud of how responsible and focused you've been these last few months."

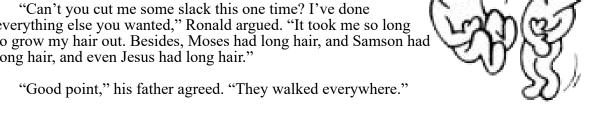
"Hand over those keys, old man," Ronald said to his father with a laugh.

"Not so fast," his father said. "Remember our deal? Grades, church, chores, and hair."

"Do I really have to cut my hair?" Ronald protested.

"That was our deal," his father said.

"Can't you cut me some slack this one time? I've done everything else you wanted," Ronald argued. "It took me so long to grow my hair out. Besides, Moses had long hair, and Samson had long hair, and even Jesus had long hair."



Timeless wisdom

uring the celebration of his 100th birthday, a man was asked about the secret of his longevity.

"I never smoked, drank, or ate fried foods," replied the man. He continued, "and I exercised every day for 30 minutes."

"Well, a lot of people observe those same practices but don't live to be 100," someone in the crowd observed. "Why do you think that is?"

The old man said, "My guess would be they didn't keep at it long enough."



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HARBOR LIGHTS SCUTTLEBUTT JUNE, 2018 D



Ancient humans cared for others

Popular culture paints our Neanderthal ancestors as brutish and cruel, but that picture is changing, according to the Sci-News website.

Neanderthals are known to have cared for their injured people, and new findings suggest that they took care of individuals who were suffering regardless of whether their peers could repay them in any way.

For example, the remains of one male Neanderthal 25-40 years old at time of death shows that he had a variety of diseases, including tooth loss, periodontal disease, arthritis, and other long-term health conditions. His care would have required fever management, hygiene maintenance, and helping him stay with the group when it moved its camp. For the last 12 months of his life he would have been unable to contribute much to the group, but he was carefully buried after his death.

The evidence suggests that "organized, knowledgeable, and caring health care is not unique to our species but rather has a long evolutionary history," one scientist states.

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- 3. Get your community newsletter mailed to your northern address every month!



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Imperial Electrical Service	/2/-535-0/08
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Comprehensive Supply Company	/2/-/48-4/40
FLOOR REPAIR	707 000 4000
Flatworks	
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	17	8:30a Aquacise	8:30a A
Father's Day			
	24	8:30a Aquacise 25	8:30a A

Harbor Lights

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uesday	Wednesday	Thursday	Friday	Saturday
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26 quacise	8:30a Aquacise	8:30a Aquacise	8:30a Aquacise 7p Bingo	30



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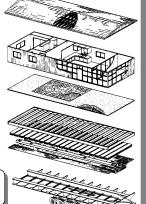


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ACROSS

- 1. Rascal
- 5. Wharf
- 9. Travels on a wind-propelled boat
- 14. Adoration
- 15. Singer Fitzgerald
- 16. Strange or spooky
- 17. An Egyptian deity
- 18. Ale
- 19. Sporting venue
- 20. Downpour
- 22. What a model does
- 23. Empower
- 24. Skewered cubes of meat
- 26. Product of human creativity
- 29. Gave a speech
- 33. One who defaults
- 38. Capital of Canada
- 39. Hindu princess
- 40. Pile
- 42. A distinct part
- 43. Land
- 45. Parts of a freight train
- 47. Flunky
- 48. Mexican (abbrev.)
- 49. Church deacon
- 52. Picture
- 57. Strike
- 60. Incites
- 63. Loaded
- 64. Ancient Biblical kingdom
- 65. Puts on clothing
- 66. State of watchfulness
- 67. A low tide
- 68. Initial wager
- 69. Found in windows
- 70. Spots
- 71. Untidyness

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69						70					71			

DOWN

- 1. Make a strident sound
- 2. Ancient empire
- 3. Evade
- 4. An emperor of Japan
- 5. Amount owed
- 6. Margarine
- 7. Salesperson
- 8. Fate
- 9. Harbor
- 10. Pertaining to stunt flying
- 11. Anagram of "Sire"
- 12. Connects 2 points
- 13. Oceans

- 21. Mop
- 25. Bet taker
- 27. Transmit again
- 28. Tit for
- 30. Bye-bye
- 31. Pitcher 32. Weirs
- 33. Squirrel's nest
- 34. Lack of difficulty
- 35. Picnic insects
- 36. Widths of a circle
- 37. Asphalt
- 41. Gear

- 44. Innate skills
- 46. Sixty-four in Roman numerals
- 50. Make improvements to
- 51. Cowbov sport
- 53. Refined woman
- 54. Make amends
- 55. Not ladies
- 56 SSSS
- 57. Dross
- 58. Shopping center
- 59. Concept
- 61. Just right (2-1-1)
- 62. Gremlins





une 2018

Exercise boosts immunity in older adults

xercise is good at any age, but scientists now think that regular exercise as you get older may help boost your immune system and prevent infections.

An article on the BBC website reports that scientists in the United Kingdom tracked 125 long-distance cyclists, some in their 80s, and discovered they had immune systems comparable to those of 20-year-olds.

The researchers examined the cyclists' blood for T-cells, which aid the immune system in fighting off infections. The long-distance riders had the same level of T-cells as adults in their 20s, but a similar group of older adults who were less active produced fewer T-cells.

The research suggests that increased physical activity can also help older people respond better to vaccines for such infections as the flu.

These foods keep your brain healthy

ome foods help keep your heart in shape. Others help your bones. What keeps your brain and memory healthy? The CNN website offers this list of what to eat to maintain a healthy brain as you grow older:

- Berries. Studies suggest that eating at least a half-cup of blueberries, or one cup of strawberries, on a weekly basis may help stave off cognitive decline. Berries have anthocyanidins, whose antioxidant and anti-inflammatory effects may keep the brain in shape.
- Green leafy vegetables. One study of almost 1,000 adults found that a daily serving of spinach, kale, collard greens, or arugula appeared to maintain cognitive health to the extent that participants were considered to be 11 years younger than people who rarely or never consume such veggies.

against dementia.

• Eggs. Eggs contain choline, which is an important brain nutrient. In a study of 1,400 people, participants with high intakes of choline scored better of visual and verbal memory tests than those who ate less foods with choline. In addition, people with a high intake of choline over the long term seem to have better MRI brain scans, suggesting that choline may protect people

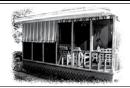


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Millennials leading in home purchases

illennials are buying more homes than Gen Xers, baby boomers, and other age groups, according to the Builder Online website, citing a survey by the National Association of Realtors.

Thirty-four percent of all home purchases in the United States in 2017 were made by millennials, followed by Generation X (28 percent), baby boomers (30 percent), and people born from 1925-1945 (6 percent).

In 2018, the typical millennial home buyer has a higher household income than last year (\$88,200 vs. \$82,000). He or she bought the same size home, 1,800 square feet, for more money at a higher price—\$220,000 versus \$205,000 in 2017.

Millennials in 2018 have higher student debt balances than those in previous years, and more of them say that saving for a down payment is the most difficult task in buying a home.

Rentals up in the U.S.

ore Americans are living in rented homes than at any point since 1965. That's from the Pew Research Center, which says that the total number of U.S. households increased by 7.6 million from 2006-2016. However, the number of households headed by homeowners has remained flat, partially because of the aftereffects of the housing crisis late in the last decade.

On the other hand, the number of rented households rose during the same time frame, from 31.2 percent in 2006 to 36.6 percent in 2016. In 1965, the rate of rented households was 37 percent.



Yoga pants stretch sales

Yoga pants are in—whether you wear them for yoga or not. According to the Quartz website, imports of yoga pants have grown an average of 25.7 percent a year since 2010. At the same time, imports of jeans have declined by close to 4 percent a year.



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June Sudoku

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			9		7			2
5				4				
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3							5	7
	1						6	9
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Month of June

Adopt A Cat Month. They're cute, smart, affectionate, cuddly, and sometimes dismissive. Find a shelter in your area, and make a connection with a furry friend you can take home.



National Rose Month. With 150 different species of roses and more than 11,000 hybrid varieties, you should be able to find one or two to cultivate and appreciate this time of the year.

National Migraine and Headache Awareness Month. Wear purple this month to show your support for those who suffer from headaches and migraines. To increase your awareness about these conditions, go to www.headaches.org.

Sports America Kids Month. Summer is here, so let's keep our youngsters active, healthy, and outdoors.

Lemonade Days, June 2-10. In 2004, Alexandra Scott lost her battle with cancer at age 8. During the last few years of her life, she raised \$1 million to fund pediatric cancer research with the help of a lemonade stand. This week families and businesses across the United States will set up lemonade stands to raise money for a cure to childhood cancers. To learn more, go to alexslemonade.org.

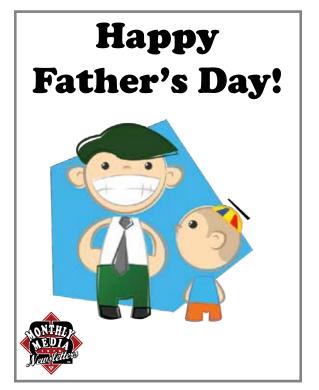
National Business Etiquette Week, Jun. 3-9. This year's theme is "Toxic Workplaces: How to Resurrect Civility in Business." In case you've been slacking off, strive to conduct yourself with common sense and professionalism in the workplace and everywhere else this week and beyond.

National Week of Making, June 11-17. Individuals and organizations highlight the creativity, innovation, and accomplishments in technology, arts, and design of "makers" of all ages.

Men's Health Week, June 11-17. The days leading up to Father's Day raise awareness of men's health issues and the need for screenings and treatments. Spend time this week encouraging the men in your life to take ownership of their health and well-being.

Lightning Safety Awareness Week, June 17-23. The third full week of the month is devoted to educating the public about the danger of lightning. To learn more, go to www.lightningsafety.noaa.gov.





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-Monthly Media Staff

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 No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.



Picnics are part of the fun of summertime, but thousands of people become ill every year from picnic food that's not safely prepared or stored. Here are some tips for making sure you have a safe picnic in the park:

- Always wash your hands thoroughly—before you prepare food and after you handle raw meats.
 - Clean your food. You don't know where fruits and veggies have been.
 - Wrap all foods. Keep the foods separate so drippings don't contaminate each other.
- Keep food chilled. Don't take cold foods out of the fridge until it's time to go. Pack them in a cooler as soon as you take them out of the fridge.
- Keep coolers under a tree. When you're packing the car, try keeping the cooler inside the car, rather than in a hot trunk.
- Try to plan just the right amount of food to take. Then you won't have to worry about the storage or safety of leftovers.

Work safely in the heat

s the warm days of summer set in, keep these safety tips in mind to avoid overstressing your body as you work outdoors:

- Perform your heaviest tasks during the morning. If you have work that will require you to exert a lot of energy, it's best to do it in the cooler hours of the morning.
- **Build your tolerance.** It usually takes a good two weeks for your body to acclimate itself to working in the heat, so give your body time to adjust to higher temps.
 - Use the buddy system. That way you can keep an eye out and get help if needed.
 - **Drink water.** Health experts say you should drink a small cup every 15 to 20 minutes when you're working in the heat to stay hydrated and cool.
 - Take breaks. Give your body a chance to cool down by heading off to a cool area for a few minutes.
 - Eat lightly. Try not to eat heavy or big meals before you have to work in the heat.

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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

(Allow + o weeks it		
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Sandi Sylves	\$10 .	Community Roofing of Florida, Inc.
Rosalie Ganno	\$10	Master Plumbers and Septic Inc.
Paul Abraham	\$10 .	Palm Harbor & Dunedin Electric, Inc,
Fred Abare	\$10	Bill the Carpet Guy
Ruth Williams	\$10 .	Florida Anchor and Barrier
Ken Trotter	\$10 .	. ASC Aluminum Specialty Contractors
Dolores Elice	\$10	1st Class Handyman Service, Inc.
Joyce Noto	\$10 .	Royal Enterprises
Dennis Daley	\$10 .	
Trish Zampitella	\$10	Appliance Specialty, Inc.
Rich Viel	\$10	Boss Electric Corp.
Clay Larochelle	\$10 .	Imperial Electric Service of Pinellas
Ronald McDonald	\$5	Bill the Carpet Guy
Jane Day	\$5	
Roxaine Wood	\$5	
Carol Barnes	\$5 F	Ron Wyngarden Mobile Home Washing
Jim Campbell	\$5	Appliance Specialty, Inc.
		Shona Bender, LMt
		Natures Resource Pest Control, Inc
William Kjergaard	\$5	Recreational Golf Cars of FL, LLC
Richard Dailey	\$5	Royal Enterprise
Bob Eggers	\$5	Boss Electric Corp.

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Mary Cole	\$5	Battleline Termite & Pest Control, Inc.
Debbie Rott	\$5	Bob's Mobile Home Washing
David Buckley	\$5	Heller's Mobile Home Washing
Doris Fairobent	\$5	Discount Computer Repair
		Jones & Sons Plumbing, Inc.
		Air Masters of Pinellas, Inc.
Judy Smith	\$5	Shonna Bender, LMT
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		Doll Brothers Upholstery Cleaners
Patricia Forrest	\$5	Ron Wyngarden Mobile Home Washing
Robert Newman	\$5	Air Masters of Pinellas, Inc.
Jim Garthwaite	\$5	Recreational Golf Cars of FL, LLC
		Royal Enterprise
Alice King	\$5	Buggin Out Termite & Pest Control
Diane Holroyd	. \$5	Bill the Carpet Guy
		Boss Electric Corp.
Phil Martin	\$5	Battleline Termite & Pest Control, Inc.
Dennis Korte	\$5	Buggin Out Termite & Pest Control
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Shirley Moreland	\$5	Appliance Specialty, Inc.
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