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# HARBOR LIGHTS

• SCUTTLEBUTT •

## March • 2019

Issue 1  
43<sup>rd</sup> Year

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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		
Florida Highway Patrol	570-5010		

**Emergency - 911**

### UTILITIES

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	701 6th St. S., St. Petersburg 33701	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
St. Anthony's	1200 7th Ave. N. St Petersburg	825-1100

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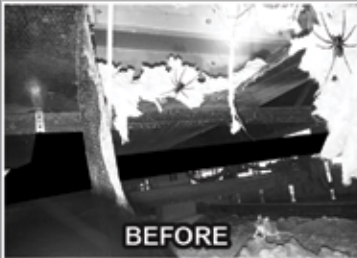
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## HOMEOWNERS BOARD ELECTION RESULTS:

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The four members elected to serve on the board for a two-year term are:

Chuck Lacrosse

Ann Foley

Dennis Antoszewski

Diane Piscopo

Congratulations to all of you.

## FUN DAY:

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**S**aturday March 23rd – Tickets \$3.00 for RESIDENTS – A fun way to spend a Saturday afternoon, play some wacky games designed by Ed Belliveau and have an included late lunch. Some of our residents will be leaving soon and this is a good way to have some fun and say good-bye. A fee of \$7.00 will be charged for guests.

## DANCE:

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**M**arch 14 – Tickets \$6.00 - Music provided by Colette Erstad.

## BINGO:

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**R**emember Bingo is held at 7PM on Tuesdays and Fridays. A great way to meet your neighbors. Refreshments are served at halftime and the evening ends about 9PM. Cost is 2 cards for \$1.00. Buy as many as you want. Pots are small but the socialization is priceless. Bingo callers needed!

## THANK YOU:

---

**M**argaret Tjoelker: Thank you Margaret for again offering your skill and talent to help with any sewing or quilting issues others may have. Margaret is available Mondays at 1pm at the clubhouse. Thank you again!

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



## **POOL ROOM:**

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**B**ILLARDS: Thursdays at 7:00PM --The pool room is now ready for play. Renovations have been made and the stairs redone and painted. Pool room keys are available to all residents, please be responsible with them. If you give your key to visitors remind them to act in a respectful way.

## **PHONE DIRECTORIES:**

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**A**vailable from Dennis and Mary Antoszewski at Social Club meetings. Any changes to your phone number please call 586-980-2121.

## **PANCAKE BREAKFAST:**

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**S**aturday March 30th 8:00AM – 9:45AM \$2.00pp  
This is the last breakfast of the year. Tickets on sale mid March. Tickets also available from Trudy and Bing Bingham.  
Please bring your own plate, cup and utensils



## **SOCIAL CLUB:**

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**W**ednesdays 9:00AM -Social Hour / 10:00AM- Meeting  
Open to all, renters and owners. Coffee is complimentary and donuts can be purchased for \$1.00. A good time to get acquainted with your neighbors and to learn of all the activities and upcoming trips available in the park. Please attend!!

## **SOCIAL CLUB ELECTIONS:**

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**T**hursday March 28 – Voting to take place in the library. Time to be announced.  
Nominations will begin early in March. Chairpersons of the nominating committee are Kevin and Pat Tompkins. Please let either Kevin or Pat know if you have an interest in any office.



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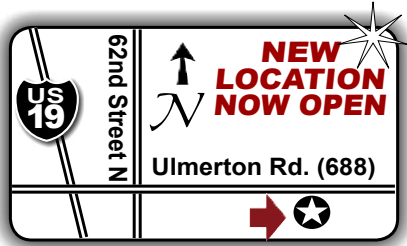
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## **BOCCE:**

---

### **R**esults of the Men vs Women Bocce Tournament:

The men were victorious, again, but just wait till next year, the women are already plotting revenge!! Remember hell hath no fury like a woman losing at Bocce. A fun day which ended with a free hot dog and drink to all members. Thank you to all the volunteers who made this tournament such a success. We look forward to the next one: USA vs CANADA.

Ladies Team Champion

Jeanne Bertrand

Maryann DeCarli

Judie Zacharias

Marg Tjoelker

Mens Team Champion

Will Ayer

Dave Gentner

John Cmiel

Bob McClure

USA vs CANADA continues Fri March 1st, continuing Monday March 4th with the finals Monday March 11th. The Bocce picnic and award presentation will be held after the final games on March 11th. This is a great time to wear your country's colors and support your team. This is always a fun time, enjoyed by all. A truly Olympic event!

Bocce Picnic – March 11th, Members \$1.00, non-members \$3.00. All are welcome. As previously mentioned, picnic is after finals of USA vs CANADA Bocce tournament.

At the next Bocce meeting on March 13th, an election of officers will be held.

Sip 'n' Paint: Canceled for this year. Hopefully will be rescheduled next year.

## **RUMMAGE SALE:**

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**T**hank you Marylou Belliveau for chairing another very successful rummage sale. Thank you also to all the volunteers, over 50 of you, who made such an event possible. As often stated in the past, our park is a vibrant, active place to live because of people like Marylou and Ed and all the other chairpersons and volunteers who provide us with so many activities to enjoy. We appreciate each and every one of you.

## **SHUFFLING:**

---

**T**hank you to all our players who gave their all this season. We were in a rebuilding year and look forward to a better finish next year. Those interested in learning this exciting game please come to the shuffleboard court on Wednesdays 7PM for fun shuffling. Our courts look beautiful!



## TRAVEL:

---

**Cruise:** January 6, 2020 – Jan 11, 2020  
5 Night Caribbean Cruise  
Royal Caribbean – Brilliance of the Seas  
Sailing from Tampa to Key West and Cozumel



Brochures are available on the bulletin board in the clubhouse. For more information contact John Cmiel 727-289-4180 or Leo Girouard 727-398-4307

Day trip: Big Cat Habitat March 28, 2019 - \$85.00pp – Lunch included

## YOGA

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**B**arb Ashcroft has volunteered to lead the yoga classes which will be held Tuesday and Thursday at 10:30AM. Thank you Barb for organizing this very popular activity. Classes will be held in the club house.



## MUSIC AT THE PIER

---

**W**e have already enjoyed one afternoon of music and more are planned. We thank all of them for providing us with such a good time, Doug Berman, Colette Erstad, Paul Fortier, , and Marcel Perrault. We look forward to the next show.

## SAFETY ISSUES

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- Speed limit in the park - 15mph – cars and golf carts!!
- Golf Carts and Bikes – Lights on after dark!!
- No children driving golf carts!!
- Walkers – Carry a flashlight !!
- Stop means stop at all intersections!!



## St. Patrick's Dinner

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**L**eo and his many leprechauns, will again provide us with a delicious corned beef dinner on March 9th. Tickets are \$11.00pp and are available at Social Club or from Leo and Rita Girouard. Please bring your table settings and decorations to the clubhouse between 12Noon and 1PM. Get your tickets now!



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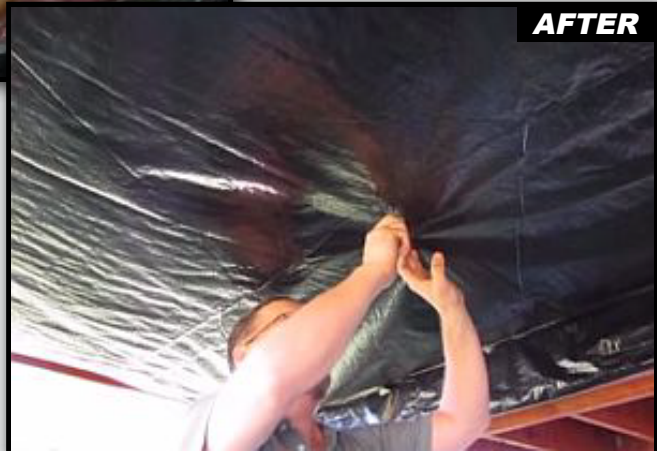
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## **Chairpersons announced for next season**

---

### **Christmas Eve Cocktail Party:**

Tim and Sheila Arlene Adams – chairpersons - assisted by Jim and Janet Wagner

### **New Year's Eve:**

Tim and Sheila Arlene Adams – chairpersons – assisted by Jim and Janet Wagner  
Theme for next year's party, The Roaring 20's. Order those "flapper" dresses early.  
Music will be provided by Bandstand

## **CORRECTIONS**

---

### **ADD:**

Fury, Amy - 4904 Harbor Light Drive  
Phillips, Douglas and Valerie – 4902 91st Lane North

### **PHONE:**

Schwacke, Steven and Beth 410-984-9361  
Kucinski, Lorraine and Charles 201-618-3201

### **DELETE:**

Carroll, Bert  
Strampe, Homer

### **DECEASED:**

Steven Fee



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# March 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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**CONCRETE WIZARD**

# MARCH • 2019

Sunday	Monday	Tuesday
<p>APRIL</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>		
	<p>3 Bocce - 9:00AM 4</p> <p>Sewing and Quilting Class - 1PM</p> <p>USA vs CANADA Bocce Tournament continues</p>	<p>Aquacis Power V Yoga - 1 Bingo -</p>
	<p>10 Bocce - 9:00AM 11</p> <p>Sewing and Quilting Class - 1PM</p> <p>Finals - USA vs CANADA Bocce Tournament - Bocce picnic</p> <p>Daylight Savings Begins @ 2am</p>	<p>Aquacis Power V Yoga - 1 Bingo -</p>
	<p>17 Bocce - 9:00AM 18</p> <p>Sewing and Quilting Class - 1PM</p> <p>St. Patrick's Day</p>	<p>Aquacis Power V Yoga - 1 Bingo -</p>
	<p>24 Bocce - 9:00AM 25</p> <p>Sewing and Quilting Class - 1PM</p>	<p>Aquacis Power V Yoga - 1 Bingo -</p>
	<p>31</p>	

# Harbor Lights

Tuesday	Wednesday	Thursday	Friday	Saturday
			Bocce - 9:00AM 1 Bus to Shop - 9:20AM Bus leaves sharply at 9:30 from the clubhouse Bingo - 7:00PM USA vs CANADA Bocce Tournament continues	Power Walk - 10:00AM 2
e - 9:00AM 5 Walk - 10:00AM 0:30AM 7:00PM ardi Gras	Social Club - 6 Social Hour 9AM - Meeting 10AM HLA Inc, Board Meeting after Social Club meeting Funshuffling - 7:00PM	Aquacise - 9:00AM 7 Power Walk - 10:00AM Yoga - 10:30AM Billiards - 7:00PM - Pool Room above the Library Country Western Show at clubhouse - tickets \$10.00	Bocce - 9:00AM 8 Bingo - 7:00PM	Power Walk - 10:00AM 9 Corned Beef Dinner - \$11.00pp
e - 9:00AM 12 Walk - 10:00AM 0:30AM 7:00PM	Social Club - 13 Social Hour 9AM - Meeting 10AM Bocce meeting after Social Club meeting Funshuffling - 7:00PM	Aquacise - 9:00AM 14 Power Walk - 10:00AM Yoga - 10:30AM Billiards - 7:00PM - Pool Room above the Library Dance - Music provided by Colette Erstad	Bocce - 9:00AM 15 Bus to Shop - 9:20AM Bus leaves sharply at 9:30 from the clubhouse Bingo - 7:00PM	Power Walk - 10:00AM 16
e - 9:00AM 19 Walk - 10:00AM 0:30AM 7:00PM	Social Club - 20 Social Hour 9AM - Meeting 10AM Funshuffling - 7:00PM  First Day of Spring	Aquacise - 9:00AM 21 Power Walk - 10:00AM Yoga - 10:30AM Billiards - 7:00PM - Pool Room above the Library	Bocce - 9:00AM 22 Bingo - 7:00PM	Power Walk - 10:00AM 23 Fun Day
e - 9:00AM 26 Walk - 10:00AM 0:30AM 7:00PM	Social Club - 27 Social Hour 9AM - Meeting 10AM Social Club Board meeting - after Social Club meeting Funshuffling - 7:00PM	Aquacise - 9:00AM 28 Power Walk - 10:00AM Yoga - 10:30AM Billiards - 7:00PM - Pool Room above the Library Big Cat Habitat trip Election of Officers and Board Members for Social Club	Bocce - 9:00AM 29 Bingo - 7:00PM	Pancake breakfast - tickets \$2.00 30 Power Walk - 10:00AM

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## These drawing games can spur your brain

---

**D**rawing can spur your creativity. You don't have to be a Picasso. Just try some of these games with your friends (from the My Modern Met website):

- **The Exquisite Corpse.** In this game, developed by the 20th-century Surrealist artists, one person begins a drawing at the top of a sheet of paper, then folds it over or covers it up so only a bit of the bottom is showing. The next person continues the drawing, folds it down, and so on. Unfolding it to reveal the completed drawing should produce surprises, laughs, and even some ideas.
- **Paper Telephone.** One person writes a short, descriptive phrase on a piece of paper, then passes it to the next. He or she then draws a picture based on the phrase. The next person looks only at the picture and then writes a phrase or sentence describing it. The following person then draws a picture of that phrase, and so on. By the end, the final picture and the original phrase may have nothing to do with each other.
- **Blind Contour.** In this exercise you (and a partner) draw something around you, but without looking at the paper—just the subject of your drawing. Keep your pen or pencil on the paper at all times. You might be surprised at what you see.
- **Scribbles.** One person scribbles on a piece of paper, eyes closed. The next person has to turn that doodle into a drawing. This forces your mind to make sense of nonsense.



## A simple exercise for imagination

---

**Y**our subconscious mind can help you exercise your imagination. Try this technique (used by Thomas Edison):

Ten minutes before you go to sleep, organize your thoughts. Think about a problem you're trying to solve, or ask your brain a question. Keep thinking about this as you drift off to dreamland. Then, during the first 10 minutes after waking up, write down whatever pops into your head. You'll often find that your brain has answered your question during your sleep. In the morning your mind is looser, and you're more likely to remember dreams and connect them to your daytime reality.

***INVENTION, STRICTLY SPEAKING, IS LITTLE MORE THAN A NEW COMBINATION OF THOSE IMAGES WHICH HAVE BEEN PREVIOUSLY GATHERED AND DEPOSITED IN THE MEMORY; NOTHING CAN COME FROM NOTHING.***

**—SIR JOSHUA REYNOLDS**



## Watch these risk factors while you're driving

---

**S**taying safe on the road means being aware of the risks. According to the Knowledge at Work website, these factors can increase the chance of an accident while driving:

- Driving while fatigued or sleep-deprived—six hours of sleep or less triples your risk.
- Driving long distances without taking sufficient breaks for rest.
- Driving through the night, during a midafternoon energy dip, or when you would normally be asleep.
- Driving under the influence of sedating medications like antidepressants, cold tablets, antihistamines, and the like.
- Working more than 60 hours a week. This can raise your risk by 40 percent.
- Drinking alcohol, even in small amounts.
- Driving alone.
- Driving along a long, dark, or boring road.



## Mystery of the missing Martian methane

---

**I**t's a mystery—what happened to the methane on Mars? Science Magazine reports that in 2004, the Martian Express orbiter detected signs of methane in Mars' atmosphere. In 2014, the Curiosity rover observed a methane spike in Gale crater that lasted several months, and a few years later Curiosity detected a small seasonal cycle of methane eruptions in the Martian northern hemisphere.



Some scientists doubted the findings. The European Space Agency sent the Trace Gas Orbiter up, arriving in the red planet's orbit in 2016. Although some issues with the readings remain to be cleared up, researchers report that they haven't found any methane at all.

What happened? No one knows, but the Trace Gas Orbiter will keep reporting data until 2022, so maybe scientists will be able to solve the mystery after all.

**Science is the key to our future, and if you don't believe in science, then you're holding everybody back.**  
—Bill Nye



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## Exercise puts the brakes on aging, study suggests

It's no secret that exercise keeps you healthy, but new evidence suggests that it can actually keep your body young as the years roll on. NPR reports that a recent study indicates that people in their 70s who have been exercising regularly for decades appear to have halted the aging process.

A study at the Human Performance Laboratory at Ball State University, looked at individuals in three groups. Two groups consisted of people with an average age of 75, some of whom had exercised strenuously throughout their lives and some who'd performed only mild exercise such as golfing or hiking. The third group was made up of people with an average age of 25, all of whom worked out as strenuously as their older counterparts.

Comparisons of oxygen intake, which tends to decline as people age, showed a strong similarity between the young and older high-energy exercisers. Observations of muscle health were similarly consistent.



You might not be able to go back in time and persuade your younger self to start working out, but aerobic exercise at any age can do wonders for your overall health as you age.

## Sleep: Get just the right amount

Getting enough sleep is essential to good health. Now it turns out that getting too much sleep may be detrimental to your health.

An article on the Medical News Today website notes that six to eight hours of sleep is considered necessary for most adults. Sleep deprivation can contribute to such chronic health problems as diabetes, cardiovascular disease, depression, and other unhealthy conditions.



However, data from more than 116,000 people participating in the Prospective Urban Rural Epidemiology (PURE) study found that people who sleep more than eight hours a night are at advanced risk of cardiovascular disease and premature death. The risk is 5 percent higher for those who slept eight to nine hours per night, the study found. For those who slept nine to 10 hours, the risk of heart and blood vessel problems rose to 17 percent, and those who reported sleeping more than 10 hours were 41 percent more likely to develop cardiovascular problems and die early.

One more reason to get a good night's sleep—but not too much sleep.



**ACROSS**

- 1. Minute floating marine tunicate
- 5. A Semitic people
- 9. Bowel cleansing
- 14. Blacken
- 15. A South American hare-like rodent
- 16. A small 3-masted boat
- 17. Automatic (abbrev.)
- 18. Ends a prayer
- 19. Consent
- 20. Characterized by vigor
- 22. Emotional states
- 23. Pinfish
- 24. Financial inspection
- 26. Chief Executive Officer
- 29. Conundrum
- 33. One piece work clothes
- 38. Approached
- 39. African river
- 40. Farewell
- 42. Goodbye (slang)
- 43. Enrol
- 45. Savior
- 47. Spiritualist meeting
- 48. Away from the wind
- 49. Disappeared gradually
- 52. Rhythmic ways of speaking
- 57. A colorless inert gas
- 60. The throne of God (2 words)
- 63. Sheared
- 64. Make indistinct
- 65. Minor Western Samoan monetary unit
- 66. Tranquility
- 67. Anagram of "Neat"
- 68. Impulse
- 69. Satisfied
- 70. Coarse file
- 71. Anagram of "Pose"



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**DOWN**

- 1. Sings in a particular jazz style
- 2. Title for benevolent deities (Zoroastrianism)
- 3. Not now
- 4. A pointed projection
- 5. Nursemaid
- 6. Avatar of Vishnu
- 7. Sporting venue
- 8. A family of African languages
- 9. Analyze closely
- 10. Bargain
- 11. Anagram of "Bore"
- 12. A fitting reward (archaic)
- 13. Cards with just one symbol
- 21. A source of cocaine
- 25. Lay bare
- 27. Jubilant
- 28. Not young
- 30. Metric unit of weight
- 31. Anagram of "Teem"
- 32. Hebrew month
- 33. 1 1 1 1
- 34. A climbing plant
- 35. Singer \_\_\_\_\_ Fitzgerald
- 36. Make stronger
- 37. Term of address for a man
- 41. Anagram of "Lee"
- 44. Examined quickly
- 46. Resembling snake-like fishes
- 50. A piece of hot glowing coal
- 51. 4th letter of the Greek alphabet
- 53. Publish a magazine
- 54. Looks lasciviously
- 55. Latin-American ballroom dance
- 56. Having a sharp inclination
- 57. Vipers
- 58. Goddess of fertility (Greek mythology)
- 59. Anagram of "Toga"
- 61. Hurries on foot
- 62. A ludicrously false statement

P	O	S	E		P	R	A	S		D	E	S	A	T	S		
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March  
Crossword



## Monthly

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**Credit Education Month.** Know your credit score, review your budget, and make a plan to pay off debt. This month, focus on your personal and professional finances while you research the tools and services that can help you manage your credit.

**Employee Spirit Month.** The holidays are over, but cold and flu season is still here, tax time is around the corner, and the weather leaves much to be desired. Boost workplace morale and engagement by giving employees a reason to celebrate this month. Cater lunch or provide a tasty snack to show workers how much they mean to you. Spread good news and encourage others to do the same. Whatever you decide, do something. Your staff deserves it.

**International Mirth Month.** Keynote speaker, author, and self-proclaimed “Jollytologist” Allen Klein developed this month’s theme as a way of encouraging others to find humor in the mundane and stressful occurrences of life. Beat back the end-of-winter doldrums by infusing a healthy dose of mirth to your home and workplace.

**Spiritual Wellness Month.** Shift the focus to yourself to keep your spirit nurtured, and encourage others to do the same. It can be as simple as pushing back from your desk each day at 3 p.m. to observe a minute of quiet reflection and deep breathing, or creating a meditation station in an unused cubicle where you can retreat to enjoy a few minutes of quiet and space.



## Weekly

---

**National Write A Letter of Appreciation Week, March 1–7.** When was the last time you wrote a letter to let someone know just how much they mean to you? Now is the time to do just that. You don’t have to limit yourself to writing only one.

**Girl Scouts Week, March 10–16.** Show your support for girls and young women in your community as they take on projects and tasks to develop their leadership and stewardship skills.

**Welllderly Week, March 18–24.** They say age is nothing but a number, so don’t let those digits be an excuse for slowing down. Staying active and engaged is the key to healthy life regardless of your age. Encourage seniors in your family and community to keep busy and move about. Help them find activities and resources to promote a greater sense of well-being.

**International Week of Solidarity with People Struggling Against Racism and Discrimination, March 21–27.** Attend programs and lectures in your area to elevate your awareness of problems and inequities created by prejudice.

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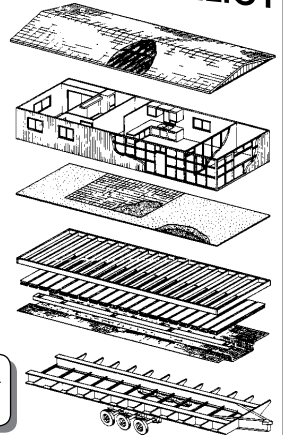
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## Learn to bounce back from setbacks

---

**E**very career comes with a few—or more—setbacks. You can't avoid them, so you have to learn how to deal with them and bounce back. From the CNBC's Make It website comes this advice for recovering from even the toughest failures:

- **Learn and adjust.** When a disaster strikes, even a small one, take the time to figure out what happened. Then you can adjust your strategy so it doesn't happen again.
- **Help other people.** If you're generous with your time and expertise, people will willingly help you out when you fail. Make a point of assisting your co-workers and friends so they'll feel inclined to return the favor when you need them.
- **Focus on what you can control.** Obviously, some things are beyond your reach. Don't worry about them, and keep your mind on what's in your control. This will help you move forward.
- **Keep the faith.** Remember that you've succeeded before and will again. Think of the setbacks you've survived, and remind yourself that you didn't give up then. Next, commit yourself to action.
- **Find allies.** Surround yourself with people who not only help you, but encourage you. A circle of positive people who believe in you can give you the confidence to keep going in spite of failure.
- **Accept responsibility.** Don't blame others for your failure. Maybe they broke promises, but in the end, the responsibility for fixing things is up to you. Own up to your mistakes honestly, and share what you're doing to rectify them today and avoid them in the future.

## Small asteroid holds big, wet surprises

---

**A** tiny asteroid 1.2 billion miles away is covered with boulders and is moister than previously was thought, NASA reports. An article on the U.S. News & WorldReport website relates that the Osiris-Rex space probe has taken orbit around Bennu, an asteroid only about three city blocks wide and weighing about 80 million tons.

Readings and photographs from Osiris-Rex show that Bennu is surprisingly studded with hundreds of small boulders across its surface. Scientists expected only a handful. Although there's no liquid water, plenty of moisture is evident in wet clay. Researchers speculate that Bennu broke off from a larger asteroid that could have contained water.

Osiris-Rex will orbit Bennu for a year, then dive close to its surface in 2010. A robotic arm will shoot puffs of nitrogen into Bennu's soil and collect grains of dirt from the asteroid; Osiris-Rex will return them to Earth in 2023.



## Scientists grow artificial venom glands from snake stem cells

---

**M**ilking venomous snakes probably isn't on anyone's list of most desirable jobs. Venom is needed to create antidotes for deadly snake bites, though. Now scientists are working on a process for creating that venom in the laboratory.

The Science News website reports that researchers in the Netherlands have successfully grown copies of the glands that produce venom in snakes. The scientists dissected the eggs of Cape coral snakes and used stem cells to create different types of tissues, called organoids, that could create the venom. The team has since grown venom glands from seven or so species of snakes, which have survived in the laboratory for up to two years.



Some 2.7 million people around the world are bitten by venomous snakes each year. Many die, and many others lose limbs or suffer other disabilities. The artificial process to create antivenom could save lives and prevent lots of suffering.

## Ancient plant virus dug up in Arizona

---

**S**cientists have discovered a 1,000-year-old plant virus in corncobs from an Ancestral Puebloan ruin in Arizona, the Sci-News website reports. It's the oldest plant virus discovered so far.



The Ancestral Puebloans who lived at the Antelope House subsisted on planted crops of maize, squash, and beans, with maize being a major food source. Researchers excavated Antelope House in the 1970s and uncovered more than two tons of food refuse.

Recently analysis using carbon-14 found the corncobs and other refuse to be 1,000 years old. The analysis also isolated three almost complete genomes of a previously unknown RNA virus.

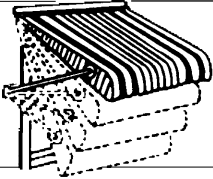
Dubbed ZMCV1, it's a chrysovirus, part of a family of viruses that infect plants and fungi, transmitting from generation to generation through seeds—but which cause no disease in humans and are rarely detected.

**Science means constantly walking a tightrope between blind faith and curiosity; between expertise and creativity; between bias and openness; between experience and epiphany; between ambition and passion; and between arrogance and conviction—in short, between an old today and a new tomorrow.**

—Heinrich Rohrer



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## EVENTS & PROGRAMS

**PARADISE ISLAND ANNUAL FLEA MARKET**, March 9th, 1001 Starkey Rd., Largo, FL 33771, at the Clubhouse 9am-1pm. 60+ vendors and a huge room of community donations. Furniture, clothing, household, tools, collectibles, Treasures for sale! Canteen open for food. Early entry @ 8am \$1.

Annual Penny, Bake, Jewelry, Craft Sale: Saturday, March 9th, 9:00am-noon. Golden Acres R.O. Park, 1040 Main Street, Dunedin, Florida.

**COMMUNITY RUMMAGE AND BAKE SALE**: Saturday, March 9th, 8:00 a.m.- 1:00 p.m. Blue Jay Estates, 2755 Curlew Road, Palm Harbor.

**TOGETHERNESS SALE**: Saturday, 3/16/19, 8am-2pm. Faith Lutheran Church, 1620 Pinehurst, Dunedin. Café, Bake Sale, Household Items, Collectibles, Clothing, Books, Jewelry, Furniture, Plants.

March 2nd, 8am-1pm. **ANNUAL BAZAAR - BRIAR CREEK II MHP**

Lot 583, Acorn MHC 16th Ave SE, Largo. Sat. March 23rd. **HUGH SALE!**

**COMMUNITY YARD SALE**: Curlew United Methodist, 2210 Cathedral Drive, Palm Harbor. **FRIDAY 3/22 & SATURDAY 3/23**, 8am-3pm both days. To rent space call Jerry (260-348-5559) or church (727-784-3424). \$10 (your table), \$15 (ours). There will be food sales and a bake sale.

Oak Crest/Acorn MHC (over 600 units) Semi Annual Carport Sale, Saturday, March 23rd, 8:00am-3:00pm. 9925 Ulmertone Rd. or second entrance (off Seminole) 16th Ave SE, Largo.

**ART/CRAFT FAIR**. Saturday, March 23, 9AM-1PM. Lake Highlander MHP. 1500 County Road 1, Dunedin. Something for everyone!

**SPRING SALE - Lake Haven MHP** Park 3, 1415 Main St, Dunedin, Florida (behind Subway). Gift items, appliances, clothing, and much more. Saturday March 9th, 8am-1pm. The best Bake Sale in town! Lunch available.

Caribbean Isles Rummage Sale: March 16th 8-1. Food and baked goods. Tables \$10, two for \$15. Call Brenda 262-331-0030

**WHITE ELEPHANT SALE**. Saturday 3/2, 9AM-12PM. Americana Cove, 7201 1st St NE, St. Pete. Antiques, collectibles, jewelry, furniture, kitchenware, electronics, books, paintings, records, CDs, DVDs, VCRs, linens, bakery, plants.

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

Rick Fortin .....	\$100 .....	Boss Electric Corp.	Genny Johnson.....	\$5 .....	Debbie's Cleaning Services
Linda Breault .....	\$10 .....	J. Tomothy Doerner, D.D.S., P.A.	Robert Shiel .....	\$5 .....	Air Masters of Pinellas, Inc
Dale Herrmann.....	\$10 .....	Modern AC & Appliance Service	Don Piotter.....	\$5 .....	Bill the Carpet Guy
Don Nowers .....	\$10 .....	The Plumbing Patrol, Inc	Betty Pattisno.....	\$5 .....	Imperial Electric Service
Janet Larson .....	\$10 .....	Royal Enterprise	Alex Scaranda.....	\$5 .....	Appliance Specialty, Inc
Don Johnson.....	\$10 .....	West Bay Clippers	Jan Schuneman .....	\$5 .....	Buggin Out Pest Control, Inc
James Zoltek .....	\$10 .....	Sherman's Painting, LLC	Sheila Whyte.....	\$5 .....	Community Roofing of Florida, Inc
Diane Piscopo .....	\$10 .....	Jones & Sons Plumbing, Inc	Ilah Meddles.....	\$5 .....	Heller's Mobile Home Washing
Roy Outhouse.....	\$10 .....	Heller's Mobile Home Washing	John Borella.....	\$5 .....	Discount Computer Repair
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Trisha Donze .....	\$10 .....	Community Roofing of Florida, Inc	Carol Robertson .....	\$5 .....	Jones & Sons Plumbing, Inc
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