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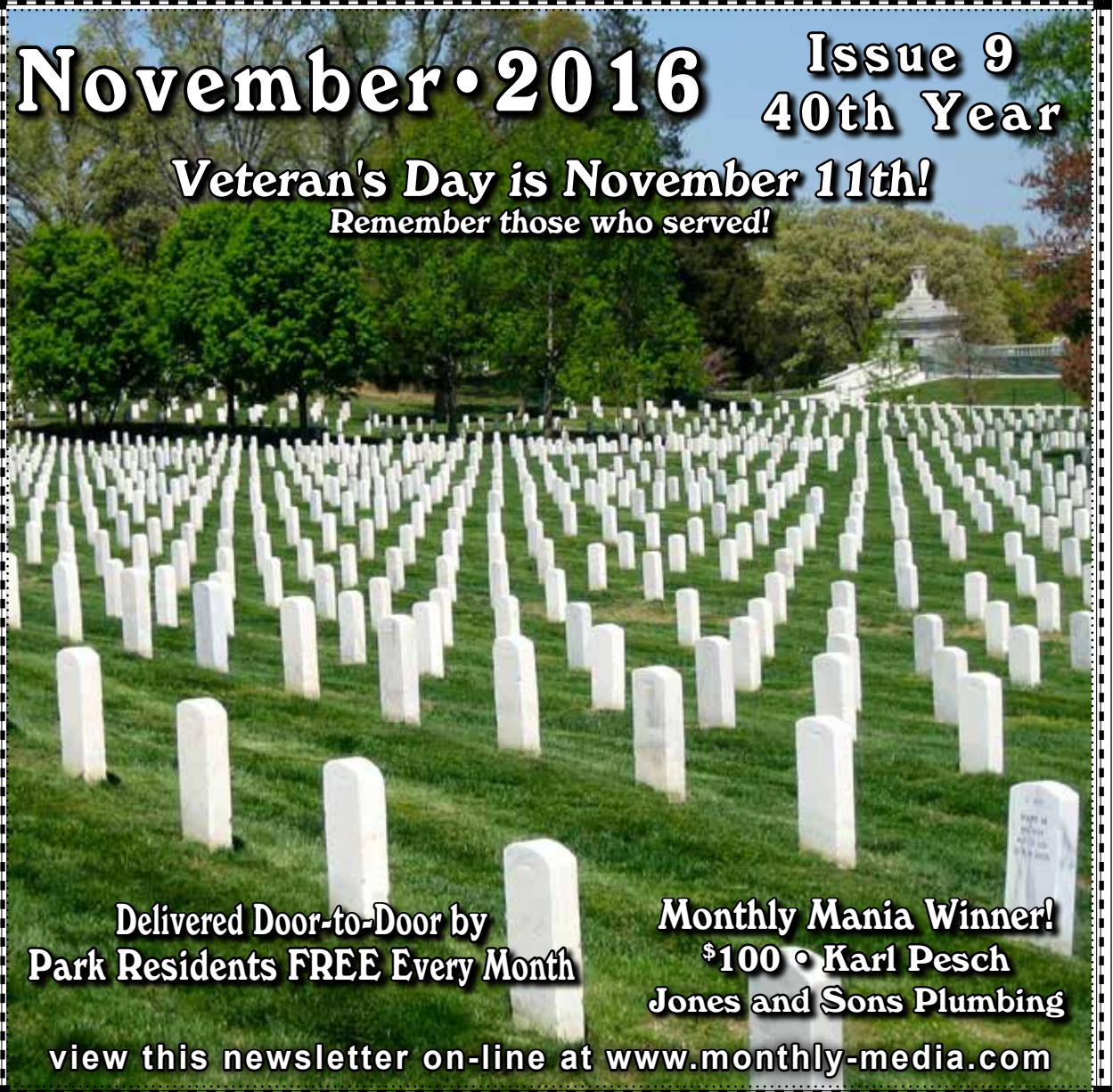
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November • 2016

**Issue 9
40th Year**

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

Emergency - 911

UTILITIES

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 Service (866) 745-3685
 Progress Energy Service (800) 700-8744
 Power Outage (800) 228-8485
 Verizon Service (800) 483-4000
 Directory Assistance 411

PUBLIC OFFICES

DMV-Tags, Driver's License 464-7777
 1800 66th St. N., St. Petersburg
 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

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

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

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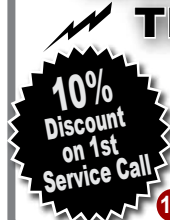
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LABOR DAY PICNIC ADDITIONAL THANK YOU:

Judy Halker would like to thank Andrea Festa and Don Halker for all their help during the Labor Day picnic. Their names were not mentioned in last month's Scuttlebutt, and Judy wanted to be sure and mention them this month. It is volunteers like Andrea and Don that make all our activities possible. Thanks again to Andrea, Don, and all our volunteers. A big thank you to Judy for chairing this event.

NEIGHBORHOOD WATCH MEETING:

November 17th at 6:30pm in the clubhouse. A police officer will be speaking about a neighborhood watch for our park. As many of you know we have had issues here in the park including stolen vehicles. Come and learn how we can be more vigilant and how to respond to an incident if you notice one. Learn who to call. Let's all help to keep our park safe.



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THANKSGIVING DINNER:

Thanksgiving dinner will be offered again on Thanksgiving Day, Nov 24th in the clubhouse. Leo and his wonderful kitchen crew will prepare a traditional menu. Tickets available the first of November \$10.00pp.



BYOB cocktail hour at 4:00pm, dinner at 5:00pm. Bring tablesettings for dining between Noon and 1:00pm (plates, silverware, glasses).

PHONE DIRECTORY FOR 2016-2017 –

Will be available soon at Social Club meetings.

REMEMBER THE MIGRANT WORKERS:

Harriet Ha-sidi will again be collecting blankets and comforters to be distributed to the migrant workers in Plant City. Their housing has no heat and the coming winter nights can be very cold. She will start collecting in mid-November. If you would rather donate money she will purchase blankets for you with her tax-exempt certificate so your donation will go further. For more information about this worthy cause please call Harriet at 398-7012.

CRUISERS:

Nov 28th to Dec 3rd , Make sure all paperwork is completed. Have a great time.

TRAVEL:

Day trips are posted on the bulletin board in the clubhouse. For latest information please attend the Social Club meetings. Popular trips sell out fast. Don't be left out.

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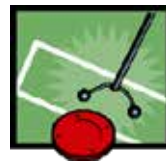
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SHUFFLERS:

Season starting, all are welcome. Doug Berman chairperson for Nov-Dec, will announce practice times at Social Club Meetings. Doug can be reached at 388-6638. Think about learning to play this exciting sport.



BOCCE:



Mondays and Fridays - 9am- Come to Bocce court and play this fun game. No set teams, sign up at court, team members will help you understand the few rules. Very simple game, meet your neighbors, have a few laughs, it seems we always find something to smile about on the bocce court.

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FUTURE DATES TO REMEMBER: MORE INFO AT SOCIAL CLUB MEETINGS

- December 1st – First dance – Level 3
- December 17th – Christmas parade – Don Halker - Chairman
- December 24th – Christmas Eve cocktail party – Chuck Lacrosse and Jo Stead - Chairpersons
- January 14th – Fashion with a Twist – Dorothy Archibald and Judi Farmer - Chairpersons
- January 21 – Pancake breakfast – Bing Bingham- Chairman

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

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EVENTS & PROGRAMS

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

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

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

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

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

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

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

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

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

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

CRAFT SALE: Saturday, December 3rd, 2016, 8:30 am - 1:30 pm. Sugar Creek MHP @ Clubhouse, 10265 Ulmerton Road, Largo (Behind Pier One Store). Bake Sale and Lunch. Tables \$10.00. Call Sally 727-584-4204

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

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

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

ANNUAL CRAFT SALE AND CARPORT SALE. 11/12/16 Lincolnshire Estates 1071 Donegan Rd, Largo. Hand made crafts, jewelry and art in the Clubhouse, food available Carport sale, furniture, nick nacks, glassware and more.

CRAFT SALE! CRAFT SALE! Expertly handmade crafts of all kinds. Raffle. Bake Sale. Refreshments for sale. Something for everyone! Sunday, Dec. 4, from 12 P to 4P. Down Yonder Village Mobile Home Park, 7001 – 142nd Ave. N., Largo, FL. 33771.

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

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MEMORY

Courtesy of Diane Piscopo

B rains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains. The brains of older people do not get weak, they simply know more.

ADDITIONS/CORRECTIONS

Canham, Lynn - 9151 47th Ave N. bought from Gary Hadfield

Dillard, Ray and Weber, Joyce - 9062 48th Ave. N. bought from James Gallagher

HAVE A WONDERFUL HAPPY THANKSGIVING





Get more creativity with a clear focus

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

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

Don't be afraid to ask questions

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

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

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

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

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



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A lesson in determination

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

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

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

“Yes, I do,” Redmond replied.



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

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

Keep learning at any age

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

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

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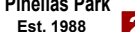
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Sunday	Monday	Tuesday
		Water Aerobics - Weather Permitting Bingo 7:00am
6 Early in the morning - 2am - move your clocks back 1 hour	7 Bocce 9:00am Water Aerobics 9:00am - Weather Permitting	Water Aerobics - Weather Permitting Bingo 7:00am Elephant Remembrance
13	14 Bocce 9:00am Water Aerobics 9:00am - Weather Permitting	Water Aerobics - Weather Permitting Bingo 7:00am
20	21 Bocce 9:00am Water Aerobics 9:00am - Weather Permitting	Water Aerobics - Weather Permitting Bingo 7:00am
27	28 Bocce 9:00am Water Aerobics 9:00am - Weather Permitting	Water Aerobics - Weather Permitting Bingo 7:00am Western Caribbean

Harbor Lights

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
1 Aerobics 9:00am Weather Permitting 10:00pm	2 Social Club – Social hour 9:00am – Meeting at 10:00am HLA Inc. Board Meeting after Social Club Meeting	3 Water Aerobics 9:00am - Weather Permitting	4 Bocce 9:00am Water Aerobics 9:00am - Weather Permitting Bus to shop 9:30am Bingo 7:00pm	5																																										
8 Aerobics 9:00am Weather Permitting 10:00pm Infection Day Abstinence Day - Canada	9 Social Club – Social hour 9:00am – Meeting at 10:00am	10 Water Aerobics 9:00am - Weather Permitting	11 Bocce 9:00am Water Aerobics 9:00am - Weather Permitting Bus to shop 9:30am Bingo 7:00pm Veteran's Day	12																																										
15 Aerobics 9:00am Weather Permitting 10:00pm	16 Social Club – Social hour 9:00am – Meeting at 10:00am	17 Water Aerobics 9:00am - Weather Permitting Neighborhood Watch Meeting – 6:30pm	18 Bocce 9:00am Water Aerobics 9:00am - Weather Permitting Bus to shop 9:30am Bingo 7:00pm	19																																										
22 Aerobics 9:00am Weather Permitting 10:00pm	23 Social Club – Social hour 9:00am – Meeting at 10:00am Social Club Board Meeting after Social Club	24 Water Aerobics 9:00am - Weather Permitting Dinner at Clubhouse – tickets \$10.00pp – 5pm Thanksgiving	25 Bocce 9:00am Water Aerobics 9:00am - Weather Permitting Bus to shop 9:30am Bingo 7:00pm	26																																										
29 Aerobics 9:00am Weather Permitting 10:00pm	30 Social Club – Social hour 9:00am – Meeting at 10:00am			<p>DECEMBER 2016</p> <table border="1"> <tr> <td>S</td> <td>M</td> <td>T</td> <td>W</td> <td>T</td> <td>F</td> <td>S</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> </tr> </table>	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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Did you know that November is also...

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



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

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

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

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

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

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



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

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

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



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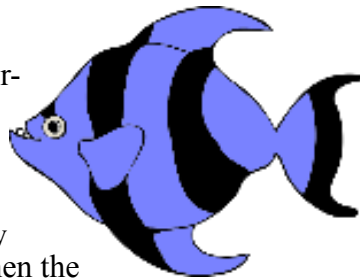
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Your fish may know what you look like

Dogs and primates can recognize human faces, but can fish? Apparently so. Scientists at the University of Oxford and Australia's University of Queensland have discovered that the archerfish can be trained to differentiate between faces with a high degree of accuracy, even though they don't have the type of brain other animals use for visual recognition.

As reported on the Reuters website, scientists chose the archerfish for their experiment because of its ability to shoot a jet of water from its mouth, usually to hunt down insects above the water's surface. They introduced the images of two human faces and trained the fish to shoot water at a specific one. In later tests, the fish were able to recognize a learned human face from 44 new ones and hit their original target 81 percent of the time—even when the color and shape of the head were changed.

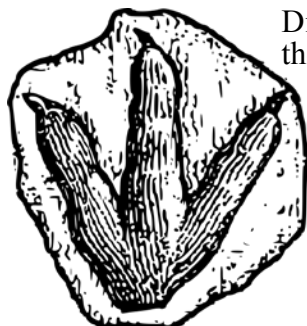


Because fish have no neocortex in their brains, and presumably no evolutionary need to recognize and distinguish between humans, the discovery is unexpected—and interesting to scientists studying brains of all kinds.

How did dinosaurs travel across the oceans?

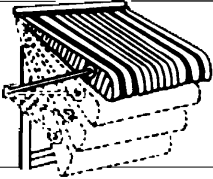
The remains of similar species of stegosaurus and other dinosaurs have been found on both sides of the Atlantic Ocean, prompting scientists to speculate about how some dinosaurs, along with mammals and other land animals, made their way across oceans after the breakup of the supercontinent Pangaea hundreds of millions of years ago.

The latest theory suggests that North America and Europe were joined together by two strips of land that existed during the late Jurassic period—some 151 million to 154 million years ago—and the early Cretaceous, approximately 129 million to 131 million years ago. One land bridge connected Canada to the Iberian peninsula, and the other provided a route between North America and Scandinavia.



Dinosaurs like the stegosaurus and allosaurus could have moved along the land bridge along with turtles and early mammals. According to the Science News website, tectonic activity could have caused ocean shelves in relatively shallow water to rise above sea level. The bridges would have been narrow strips some 80-160 kilometers across—before they sank back into the sea.

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Ease the pain of nighttime leg cramps

Sudden, uncontrollable cramping of the calf muscle at night is a painful condition that afflicts about 70 percent of adults over the age of 50. These nocturnal leg cramps are often sharp enough to interrupt a deep sleep and can last anywhere from a few seconds to 10 minutes.

What causes the condition? Researchers don't have a definitive answer, but dehydration, prolonged sitting, and overexertion of the muscles all appear to contribute to the problem. Doctors can prescribe medication to relieve acute cramping that regularly interferes with sleep, but if you suffer from just occasional symptoms, try the following:



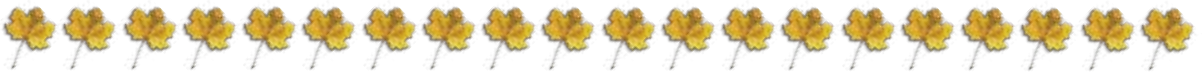
- **Drink water.** Try a few ounces of prevention: Drink six to eight glasses of water during the day. Water is the best choice for keeping the body well hydrated.
- **Stay loose.** Don't wrap blankets tightly around your body, especially your feet. Don't point your toes downward while you sleep—this can also affect circulation.
- **Stretch.** Throughout the day, periodically stretch your calf muscles.
- **React the right way.** If you wake up with a cramp in the middle of the night, flex your foot so that your toes point upward. You can also stand up, placing all your weight on the affected leg, and bend at the knee to stretch out the muscle. Applying a heating pad or ice pack can also relieve the pain.

Acupuncture, supplements, and other treatments add up to big money

Americans spend a lot of money on traditional health care, but we also spend a large amount on so-called “complementary” approaches to curing what ails us. According to an analysis by the National Center for Complementary and Integrative Health (NCCIH) and the Centers for Disease Control and Prevention, non-traditional treatments like herbal supplements, meditation, chiropractic, and yoga add up to \$30.2 billion a year in the United States. Here's how it breaks down:

- Chiropractic, acupuncture, and massage therapy account for \$14.7 billion, an average out-of-pocket expense of \$433.
- Natural dietary supplements add up to \$12.8 billion, an average of \$368 per user.
- Other self-care products like books, CDs, and other resources total \$2.7 billion, an average of \$257.





Pay attention to these factors to prevent stroke

Stroke is a leading cause of disability and death around the world. The good news is that it's highly preventable. Scientists and physicians believe that 90 percent of all strokes are caused by 10 risk factors, according to the Philadelphia Inquirer website. These factors can be controlled, cutting one's chances of stroke by these percentages:

- | | |
|-----------------------|------------|
| • High blood pressure | 48 percent |
| • Physical inactivity | 36 percent |
| • Lipids (blood fats) | 27 percent |
| • Poor diet | 23 percent |
| • Obesity | 19 percent |
| • Smoking | 12 percent |
| • Diabetes | 4 percent |
| • Alcohol use | 6 percent |
| • Stress | 6 percent |



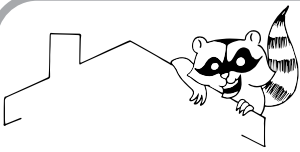
Keep your fireplace safe this winter

The winter months are perfect for snuggling up in front of a nice cozy fire. Just make sure your fireplace doesn't pose a hazard to your home with these tips from the Hearth, Patio & Barbecue Association:

- Clear the area around the fireplace and chimney. Debris too close to your fireplace can ignite.
- Always use a fireplace screen.
- Don't overload your fireplace with logs.
- Don't try to burn your Christmas tree or other refuse in your fireplace.
- Always keep a fire extinguisher nearby.
- Equip your home with smoke detectors and check your batteries on a regular basis.
- Place your logs on a grate at the rear of your fireplace.
- Never leave the fire unattended. Make sure the fire is fully extinguished before you go to bed.
- Keep fireplace wood stacked, covered and out of doors—away from the house and off the ground.
- Have your fireplace and flue inspected and cleaned annually by a certified chimney sweep.

If you're not prepared to be wrong, you'll never come up with anything original.

—Ken Robinson



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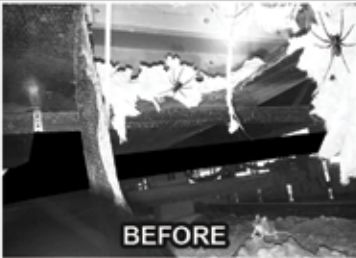
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Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

THOUSANDS manufactured home residents have won over **\$135,000** since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or [mail your paid receipt](#) to us at **Monthly Media • PO Box 1023 • Venice, FL 34284**. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

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

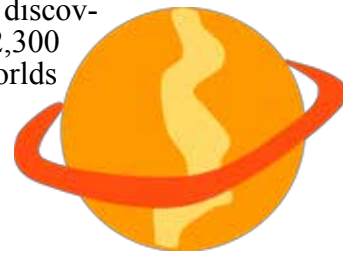
Karl Pesch..... \$100	Jones & Sons Plumbing, Inc.	Cynthia M. Thomas..... \$5	Natures Resource Pest Control
Richard Ulring..... \$10	Bill The Carpet Guy	Kathleen Wieder..... \$5	Modern AC & Appliance Service
Lois P. Pierce..... \$10	Royal Enterprises	Joe Palmer..... \$5	Battleline Termite & Pest Control
Ann Postich..... \$10	Ron Wyngarden MH Washing	Sheila Carrier..... \$5	Boss Electric Corp.
Jean Harrington..... \$10	Jones & Sons Plumbing, Inc.	Evelyn R. Huegel..... \$5	Appliance Specialty, Inc.
Linda Wagler..... \$10	Debbie's Salon	Patricia Kiick..... \$5	O.E. Wilson Insurance
W. Orlander Brown..... \$10	Sunset Appliance Service	Ruth Charron..... \$5	Kathy's Cleaning Service
Joanne Hehl..... \$10	Doll Brothers Carpet Cleaners	Brenda Gordon..... \$5	Jones & Son's Plumbing Inc.
Galen Biddle..... \$10	Heller's Mobile Home Washing	Alesia Lee..... \$5	Palm Harbor & Dunedin Electric, Inc.
Bob Gornicki..... \$10	Battleline Termite & Pest Control	John Scott..... \$5	Imperial Electric
Maureen Koebel..... \$10	Appliance Specialty, Inc.	Nancy R. Idoux..... \$5	Appliance Specialty, Inc.
David Suderman..... \$10	Barron's AC & Appliance Service	Carolyn Cornwall..... \$5	Heller's Mobile Home Washing
Shari Olsen..... \$10	Florida Anchor & Barrier Company	Ruth Jeanne Marmarose \$5	Air Masters of Pinellas, Inc.
Steve Pieckiel..... \$10	Boss Electric Corp.	Paul Fadden..... \$5	Natures Resource Pest Control
Dixie Brownstein..... \$5	Bill The Carpet Guy	Jean Carney..... \$5	Jones & Sons Plumbing, Inc.
Ray Melvin..... \$5	E & E Gliddon Air Conditioning	Chris Shuman..... \$5	Sunset Appliance Service
Ronald Cirincione..... \$5	Bay Area Aluminum Services, Inc.	Dot Bunting..... \$5	Doll Brothers Carpet Cleaners
Beverly Hayes..... \$5	Debbie's Salon	George W. Hayes..... \$5	Debbie's Salon
Emile Laflamme..... \$5	Heller's Mobile Home Washing	Jim Zoltek..... \$5	Air Masters of Pinellas, Inc.
Jean Postel..... \$5	Debbie's Salon	Rita Drolet..... \$5	Betty's Customized Cleaning Services
Jewell Johnson..... \$5	Battleline Termite & Pest Control	Barbara Seavey..... \$5	Air Masters of Pinellas, Inc.
Jim Riggs..... \$5	Denny's Plumbing, Inc.	Sally Stratton..... \$5	Doll Brothers Carpet Cleaners
Wayne Mowry..... \$5	Royal Enterprises	William Kjecgaard..... \$5	Denny's Plumbing, Inc.
Cobie Swets..... \$5	Jones & Sons Plumbing, Inc.	Jim Forrester..... \$5	E & E Gliddon Air Conditioning

• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • No purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers.



Kepler telescope keeps finding new worlds

The planets just keep coming: The Kepler space telescope has discovered 104 new exoplanets around distant stars, adding to the 2,300 it has already spotted from 2009-2013. Most of these new worlds are less than three times the diameter of Earth, although close to a dozen are about the same size or smaller. A handful of them receive as much sunlight and solar energy as Earth, making them possibly suitable for life to develop.



The discoveries come in the wake of a series of malfunctions to Kepler and a new mission that has the telescope watching a section of the galaxy aligned with Earth's orbit, observing one location for about 80 days before moving on to new frontiers.

Exercise! It's good for your memory

A good memory is useful for creativity; remembering something you've just learned helps you make connections and see possibilities. A new study reported on the Science Daily website suggests that one way to boost memory and retention is exercise.

In the study, conducted by the Donders Institute at the Radboud University Medical Center in the Netherlands, 72 subjects learned a series of picture/location associations. They were then randomly separated into three groups—one worked out on exercise bikes immediately after the session, another exercised four hours later, and the third group didn't exercise at all. Two days later, all the participants were tested on what they'd learned while undergoing an MRI.

The subjects who had exercised four hours after the session retained their knowledge better than those in the two other groups, the researchers found. The brain images indicated that delayed exercise appeared to be associated with activity in the hippocampus—where learning and memory take place—whenever a participant answers a question correctly.

The experiment suggests that exercise isn't just good for your health—it strengthens your memory as well.

Science can only ascertain what is, but not what should be, and outside of its domain value judgments of all kinds remain necessary.

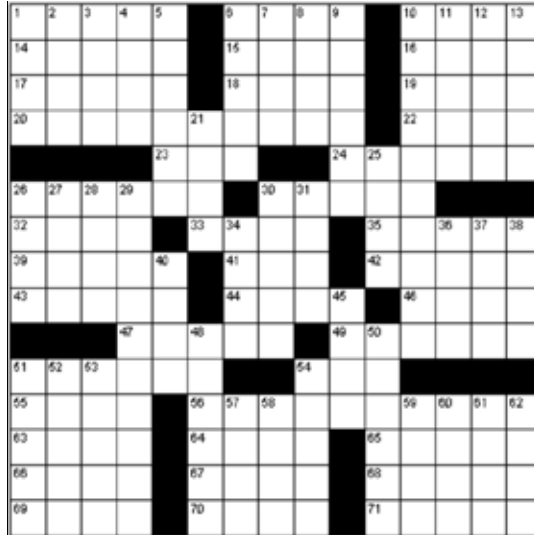
—Albert Einstein



November

ACROSS

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



DOWN

- | | | |
|---------------------------------|---|---------------------------------|
| 1. Wise men | 21. Territory | 45. Entice |
| 2. Roasting appliance | 25. Vipers | 48. Instruction |
| 3. Honk | 26. Circle fragments | 50. Ambrosia |
| 4. Neap, high or low | 27. Sassy | 51. French for "Queen" |
| 5. A city in the Ukraine | 28. A type of fruit | 52. Relative of the birch tree |
| 6. Film | 29. Having unsuitable feminine qualities | 53. Song of joy |
| 7. Chief Norse god | 30. Liberates | 54. He plays roles |
| 8. Fail to win | 31. A Freudian stage | 57. A native of Poland |
| 9. Found at the end of a pencil | 34. Consequence | 58. Operatic solo |
| 10. Once in a while | 36. Identical | 59. Anger |
| 11. Flora | 37. Goddess of discord (Greek mythology) | 60. Fabrics made from goat hair |
| 12. Flavor | 38. The Caribbean and Adriatic, for example | 61. Dart |
| 13. Contemptuous look | 40. One of two | 62. Bronzes your skin |





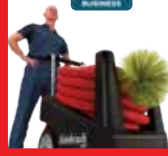
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		8	7				2



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