



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

HARBOR LIGHTS

• SCUTTLEBUTT •

September • 2015 Issue 7
39th Year

She Eagled the 7th Hole!

Madolyn McMahon got a great image of a bald eagle on the 7th hole at Fairway Village - her score was not reported!

Monthly Mania Winner!
\$100 • Merrill King
Boss Electric Corp.

Delivered Door-to-Door by Park Residents FREE Every Month

Madolyn McMahon

view this newsletter on-line at www.monthly-media.com



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

Important Phone Numbers

NON EMERGENCIES

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



Emergency - 911

UTILITIES

Bright House Customer Service	329-5020
Knology Sales	239-0211
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	
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



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

MODERN AIR CONDITIONING



& HOME SERVICES, Inc.

Special!

Expires 9/30/15

\$39⁰⁰
A/C & Heat Inspection or Service Diagnostic

Coupon required at time of service during regular business hours & cannot be combined with other offers.

- HONEST and FAIR - SAME DAY SERVICE
- FREE Estimates on A/C Installations

27 ★ **541-5541** 15

www.modernac.com

ALL BRANDS • Since 1976 • CACO 21320

ROOF OVERS Summer Rains Are Here?

SAVE 10% NOW!

0% Financing expires 9/15/15

"Our Owner Has Been Serving Pinellas County Since 1980."

NO Sub-Contractors
"Ask Your Neighbors About Us."

Lic #: C-2387

24 ★ **ASC 547-8300** 21

ASC

Lic #C-2387

ALUMINUM SPECIALTY CONTRACTORS, INC.
"A No-Nonsense Company"

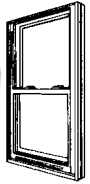
WINDOWS



FREE Installation!

(minimum 6 windows)

0% Financing expires 9/15/15



24 ★ **547-8300** VISA 21

SUNSET APPLIANCE SERVICE

sunsetappliance.com



Locally Owned & Operated



\$20 OFF
Completed Repair

- All Major Makes & Models
- Same Day Expert Service
- 28+ Years Experience
- Licensed & Insured



5 ★ **727-559-1137** 3

"Have you experienced the Sunset Appliance Difference? It's all about our Service!"

VINYL SIDING Why Paint? Vinyl is FINAL!

Give Your Home a Makeover!

We Are Not a Franchise... 0% Financing
We Are TRULY Family Owned & Operated

Visit Our Showroom Display
7420 Park Blvd. • Pinellas Park

ASC Lic # C-2387 **547-8300**
visit: www.ascaluminum.com ★

RAY DUNCAN PLUMBING, INC.



"SPECIALIZING IN MOBILE HOME REPAIRS"

- Sewer & Drain Cleaning • Washer & Dryer Hook-Ups
- All Brands Faucets & Fixtures Repaired & Replaced
- Water Heaters Repaired & Replaced

24 HOUR FAST & CLEAN SERVICE

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620 UNION STREET • DUNEDIN

www.rayduncanplumbinginc.com

Over 30 Years Experience • Master Plumber • CFC1428802



28



35



FAMILY OWNED & OPERATED

Drywood Termite - Treatments - Without Tenting

- No Roof Damage
- No Move-Out
- No Odor

10 Year Warranty

- Other Services
- Rodent Control
- Subterranean Termite Treatments
- Once-A-Year Pest Control



NATURES RESOURCE PEST CONTROL, INC.

727-785-2552 FREE Estimates
State Lic. JB6861

- Convenient • Family Owned
- Serving Pinellas County Since 1993
- 2690 Woodhall Terrace, Palm Harbor

MOBILE HOME DEPOT

YOUR MOBILE HOME PARTS WAREHOUSE!

- Mobile Home Supplies • RV Accessories • Aluminum Products

22 ★ Do It Yourself & Save! 9

- Largo - 13777 66th Street North • **535-1100**
- New Port Richey - 7118 U.S. Hwy. 19 • **849-4900**



Store Hours: M - F 8-5 • Sat. 8-12
www.mobilehomedepot.net

ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

Coverages:

Bodily Injury.....	\$100,000 Each Pers./ \$300,000 Ea. Occur.
Property Damage.....	\$100,000 Each Occur.
Uninsured Motorist.....	\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot.....	\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments.....	\$5,000 Each Person
Comprehensive.....	ACV - \$500 Deductible
Collision.....	ACV - \$500 Deductible
Road Trouble Serv.....	\$50 Each Occurrence
Additional Exp.....	\$30 Per Day / \$900 Each Occurrence
Annual Paid In Full Premium.....	\$884.99*



Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2008 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.

O & E Wilson Insurance Inc.

30 ★ 727-535-0524 9

Kitchen & Bath Remodeling

"Floor to Ceiling & Wall to Wall - We Do it All!"



525-7200

Lic. #CGC 1506061
4508 62nd Ave. N
Pinellas Park
Est. 1988

AMERICAN RESTORATION SYSTEMS, INC.
www.americanrestorationsystems.com

18 ★ 2

LABOR DAY PICNIC

Sunday Sept 6 - 12:30 to 2pm – BYOB – bring dish to share – if you have not called Linda Steiner -727-398-5489 or Joann Gray 727-398-6907 to let them know you are attending, please do so now. This will enable them to purchase enough food and supplies. We want to thank Linda and Joann for again organizing another summertime event. As many of you know, they also planned the 4th of July picnic.



REMEMBER OUR WATERING SCHEDULE

No watering between 10am and 4pm daily
Even addresses Thursdays and Sundays before 10am and after 4pm
Odd addresses Wednesdays and Saturdays before 10am and after 4pm
PLEASE COMPLY



PHONE DIRECTORY CHANGES

The 2015-2016 Phone Directory will be distributed in early November. If there are any corrections/additions to the information already on file, please email Diane Piscopo at diane102343@verizon.net or call 727-391-1746 and leave a message. Deadline is October 15, 2015.

Additions / Corrections:

Additions: Carl Abel 9176 47th Ave. North
John Nuebel (Rena Williams) 9252 47th Ave North
Mike and Sheila Kellett 9056 48th Ave North

Delete: Marilyn Keehle
Bill Richardson

Deceased: Don Dennison



CELEBRITY REFLECTION CRUISE – Jan 9-16th, 2016

Final payment due October 9, 2015, please contact Advantage Cruises with your payment information if you have not previously done so.



Bingo and Social Club

Check at clubhouse for start of Bingo and Social Club meetings. Remember your preparations for hurricanes if we are threatened.

Some thoughts for Fall

You can't stay young forever. But you can be immature for the rest of your life. Some menopausal humor: I kind of feel sorry for the trees in the Fall ... at least when I went through the change nothing fell off.

As you get older, your secrets are safe with your friends because they can't remember them either.

One of the hardest decisions you'll ever face in life is choosing to walk away or try harder.

Enjoy the coming of Fall,
Our snowbird friends will soon be back.



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

Multiply Your Monthly Mania!

As you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. **We pay out \$400 every month to residents** who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

Now You Have More Chances to Win!

We are now offering unlimited entries into our Monthly Mania drawing by just *SUGGESTING* a business to advertise.

Here is how it works:

1. Call our office and suggest a business to advertise in the newsletter
2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
3. The more businesses you suggest, the more chances you have to win.
(To qualify each resident can only suggest a business once)

What businesses would you like to see advertising?

We have spots available in the following categories:

- | | | |
|-------------------------------------|--------------------------------------|-------------------------------|
| • Accountant/Tax Prep | • Foot Specialist - Podiatrist | • Moving Services |
| • Assisted Living Facility | • Golf Cart Sales & Service | • Optometrist |
| • Attorney/Lawyer | • Hair Salon/Day Spa | • Painting - Inside & Outside |
| • Automotive Painting/
Detailing | • Hearing Aid/Retail | • Pet Services |
| • Automotive Repair/Sales | • Home Care | • Pharmacy |
| • Awnings | • Home Furniture & Mattress | • Remodeling/Interior |
| • Banks | • House Cleaning | • Resale Store |
| • Bathroom Remodel | • Insurance Home/Auto/Health | • Restaurants |
| • Bicycle Repair & Sales | • Investment/Brokerage | • Screen Repair |
| • Bingo | • Jewelry Sales/Design/Repair | • Storage |
| • Chiropractor | • Manufactured Home Sales | • Taxi/Shuttle |
| • Computer Services | • Massage Therapy | • Travel Agent |
| • Dentist | • Medical Doctor | • Veterinarian |
| • Driveway Coating | • Mobile Home Supplies -
Retail | • Window Film/Tinting |
| • Fitness Center/Gym | • Motorcycle/Moped Sales &
Repair | • Window Washing |
| • Floor Coverings/Retail | | • Window Treatment/Interior |



**Thanks For
The Referrals
Last Month!**

**Two
\$5 Winners
Just for
Calling In!**

Monthly Media - (727) 484-7488

INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!

LOOKED

UNDER YOUR MOBILE HOME LATELY?

**Insulation Under Your Home Falling Down?
Holes and Tears in Your
Vapor /Moisture Barrier?**



FREE
UNDER HOME INSPECTION
Only with this COUPON



**Photographs
Taken of
Damaged Areas**



Insulation and Vapor Barrier Repairs



- **Lifetime Vapor Barrier** • **Guaranteed for Life**
- Prevent Soft Floors • Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House! • Lower Your Electric Bills

FREE ESTIMATES

Licensed by the
State of Florida
#IH/102549/1

727-330-7821
Toll Free - 800-681-3772

**MILITARY
& SENIOR
DISCOUNTS**

**Family Owned
& Operated**



- Insured • Bonded • Workman's Compensation Insurance
- Member: National Association of Mold Professionals

FLORIDA ANCHOR AND BARRIER COMPANY

6 ★ 11590 U.S. Highway 19 North • Clearwater • FL 33764 **6**

AIR MASTERS

of Pinellas, Inc.

• A Name Worth Repeating •

AIR CONDITIONING & HEATING

Comfortmaker

Air Conditioning & Heating

MOBILE HOME SPECIAL \$3295⁰⁰

3 Ton Package Unit

- * 14 Seer * 10kw Heat Strip
- * New Digital Thermostat
- * 10 Year Limited Warranty On All Parts

Savings Available on Other Sizes.
Call for Free Estimate

Incl. Tax

1562-D South Missouri Avenue • Clearwater
Lic. # CAC 1814176



586-6969



ROYAL "We Keep Your Castle Clean"

MOBILE HOME WASH N' WAX

- Apply Soap to exterior
- Hand brush mobile home
- Then light power rinse thoroughly
- No High Pressure
- No Bleach • No Chlorine



\$75⁰⁰

Any Size Mobile Home

394-7351

16

★

16

Owner Operated - Over 25 Years Exp. • Licensed & Insured

FREE A/C CHECK

Most Cars - Freon Extra

With this coupon. Not valid with other offers. Exp. 9/30/14

FREE! 4 Wheel Tire Rotation
with Lube, Oil & Filter **Only**
Up to 5 Quarts **\$15⁷⁶**



Must present this coupon at time of purchase.
Most cars. Plus \$2.00 environmental fee.
Not valid with other offers. Expires 9/30/14

TRANSMISSION FLUSH & FLUID EXCHANGE

with **BG** **\$119⁹⁵**

Most Cars. With this coupon. Reg. \$129.95
Not valid with other offers. Expires 9/30/14

4 WHEEL ALIGNMENT

With this coupon. Some cars & trucks extra. Not valid with other offers.
Expires 9/30/14 **Only \$69⁹⁵**



11 ★

520-1148

9

Hours: Mon.-Fri. 8 - 5 • Sat. 8 - noon
6777 Haines Road • St. Pete

www.suncoastautoandtire.com

- Family Owned & Operated
- Appointments May be Necessary
- All Repairs Guaranteed • Full Service Repairs



September Is...

Baby Safety Month. Drowning, falls, chemicals, and other hazards can endanger the life and health of any small child. During September, take a good look around your house and eliminate any threats to babies' safety that might be hiding in plain sight.



Library Card Sign-Up Month. A time to remind parents and children that a library card is the most important school supply of all. If you don't already have a library card, get one in September; if you do, visit your local library and use it.

National Bourbon Heritage Month. A celebration of bourbon as America's "Native Spirit." The U.S. Senate declared September National Bourbon Heritage Month in 2007, calling on those who enjoy bourbon to do so responsibly and in moderation.

National Campus Safety Awareness Month. College campuses are not immune to destructive behaviors and violence due to high-risk drinking, drug abuse, sexual assault, fire safety, and more. As your kids head to college this month, talk to them about safety and investigate the resources their school offers.

Week to Week

National Suicide Prevention Week, Sept. 8-14. An annual campaign to inform and engage health professionals and the general public about suicide prevention and warning signs of suicide. Awareness events are held throughout the week around World Suicide Prevention Day, Sept. 10.

National Truck Driver Appreciation Week, Sept. 13-19. Sponsored by the American Trucking Associations, a federation of state associations, affiliated conferences, and individual members committed to developing and advocating policies that promote highway safety, security, environmental sustainability, and profitability.

Pollution Prevention Week, Sept. 21-27. The best way to protect the earth and its people is to stop creating pollution in the first place. Less waste and pollution means fewer hazards to public health and the environment. Pollution Prevention Week highlights the efforts of the EPA, its state partners, industry, and the public in preventing pollution right from the start.



Banned Books Week, Sept. 27-Oct. 3. Sponsored by the American Library Association to promote the importance of ensuring the availability of books to all who wish to read them.

Tampa Bay Car Cash

*Sell your vehicle to us.
We'll give you CASH TODAY!*



**We will buy your Vehicle Today and Pay Up To
\$1,000 MORE
THAN CARMAX GUARANTEED**

**Get CASH
for your car TODAY!
727.580.9580**

Since 1983 we have bought and sold over
100,000 vehicles in Pinellas County



*Call for
Appointment*

We Buy Cars, Trucks, SUV's & Vans



EZGO AUTHORIZED DEALER

3 Convenient Locations

Palm Harbor

1015 Illinois Avenue

Largo

11788 66th Street North

Oldsmar

4070 Tampa Road

**Best Pricing
in Pinellas County!**

**FREE pick up and delivery
with any battery and service repairs**

**Sales Parts Service Rentals Accessories
WWW.CAPITALGOLFCART.COM**

727-772-8833

Come Visit Our Showrooms!

Monday thru Friday Saturday
9:00am-5:00pm 9:00am-3:00pm



MOBILE HOME WASHING

- No harsh bleach or chlorine!
- Our cleaning products are:
environmental friendly &
eco-safe



Also Ask About:

**Gutter Cleaning • Window Washing
& Other Minor Home Repairs**

Licensed
& Insured

Call Steve Today!

(727)

479-2674

LEVEL 5
FLOORING, WINDOWS
& DOORS, INC.

ROYAL "We Keep Your Castle Clean"

**SHATTERPROOF
YOUR WINDOWS**

**SOLAR
FILM**

- 16 • Heat Reflection
- Old Film Removal & Replacement

16

394-7351
FREE ESTIMATES

Owner Operated - Over 25 Years Exp. • Licensed & Insured
Ask About Our Other Cleaning Services



FLOOR REPAIR

MOBILE HOME SPECIALIST

- Any kind of damage to any kind of floor system.
- Small areas or whole homes.
- Replacement or deckover.

Ask About Our Other Services

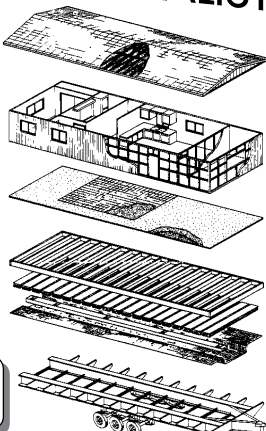
**OWNER OPERATOR
NO SUB-CONTRACTORS**

Perfect Repair & Construction, Inc.

22 ★ State Certified Building Contractor 18

FREE ESTIMATES • 539-0852

Licensed and Insured • State License # CBC050061



ROD RUNNERS, INC.

Custom Window Fashions & Interiors

7671 Starkey Road • Seminole

Visit our showroom or call today for an appointment

394-9534

WWW.RODRUNNERSINC.COM

32



MONTHLY MEDIA DISCOUNT 10% OFF Orders Over \$200.00

22



- Blinds • Shades
 - Shutters • Drapes
 - Valances • Sheers
 - Factory Direct Vertical Blinds
 - Bedding and More
- ALWAYS ON SALE!**

FREE In-Home Estimates



GOLF CARTS

CLEAN USED & NEW CARTS

• Buy • Sell • Trade • Repair • All Brands

Specializing in...



Sorry, we do not buy or sell RXV's due to very high cost of repair parts.



YAMAHA

EZGO

WANTED DEAD OR ALIVE

Carts Any Condition • Highest Prices Paid

We service ALL makes of carts including EZ Go RXV at **LOWEST LABOR Rates** in Pinellas County!

Exclusive 100% / 6 Month Parts Warranty on Electrical Parts, Batteries, Controllers, F & R Switch & Solenoids on All Refurbished Used Carts

Golf Carts for Every Budget!

Let us Build a Custom Cart for You!
CALL TODAY

All Club Cars Have Lifetime Bumper-to-Bumper Main Aluminum Chassis Warranty (excluding battery cradle)

- Check Our Labor Rates Against the Competition
- 12 Years This Location • We Repair Chargers
- Charger Check-Up FREE at Our Store

RECREATIONAL GOLF CARTS, LLC.

10 8801 66th Street North • Pinellas Park

★ Open Monday - Saturday (2.8 miles south of Ulmerton Rd.)

548-8460 8

City life? Not for all young adults

The TV sitcom *Friends* depicted a group of young New Yorkers enjoying life in the big city—but in the end, at least two of them chose to move to a house in the suburbs. Young adults in real life appear to be making the same choice (without the laugh track). A survey of more than 1,500 people born since 1977, released by the National Association of Home Builders, found that few of them want to remain in the city for their entire lives.

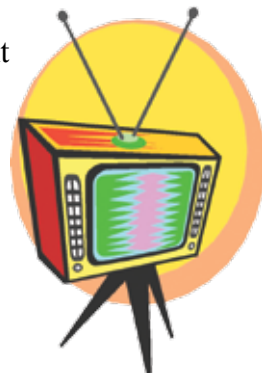
Sixty-six percent indicated they'd like to live in the suburbs, and 24 percent have their hearts set on a rural residence. Only 10 percent want to live in the center of an urban area. They're mostly looking for space: Eighty-one percent said they want three or more bedrooms wherever they end up living.



Online videos bigger than TV these days

Video has taken over the Internet, especially among the younger generation. A survey of 13- to 24-year-olds by Defy Media found this evidence of the influence of YouTube and other video providers on youthful fans:

- Millennials watch an average of 11.3 hours of free online video a week, and 10.8 hours of subscription video—but only 8.3 hours of scheduled broadcast TV.
- Videos are more popular than online TV content. Seventy-six percent of young people in the survey said they find YouTube more entertaining than TV programs (more popular with 55 percent of participants).
- They're tolerant of advertising on the Internet. Fewer than half—41 percent—said online videos have too many advertisements, but 63 percent feel TV does.



Mathematics is the art of giving the same name to different things.

—Henri Poincaré

Get the full impact from these healthful foods

Certain foods have definite health benefits, but you have to eat them the right way to get their full impact. Here are some common foods you might be eating “wrong,” according to the CNN website:

- Flaxseed. Full of fiber and omega-3, these little seeds may improve your heart health—as long as you grind them up first. Sprinkling them whole over your cereal or yogurt will keep their nutrients locked inside.
- Broccoli. Eat this raw or steamed, not cooked, to receive the full dose of vitamin C, chlorophyll, and antioxidants this vegetable offers.
- Strawberries. Slicing this delicious fruit exposes its healthful nutrients to light and oxygen, which can dilute their effects. Eat them whole, or hold off cutting them until the last minute.
- Garlic. The enzyme allicin, found in garlic, may help ward off cancer, but its benefits are more pronounced when it’s exposed to air. Let garlic sit for about 10 minutes after chopping to release this enzyme fully.
- Tomatoes. Fresh tomatoes are tasty, but you’re better off cooking them. The antioxidants in them increase in potency when they’re heated to about 190 degrees Fahrenheit.



Stone tools point to early use by primitive humans

Humans have been using tools for longer than we’ve known. As reported by the journal *Nature*, a team of archeologists in Kenya have found stone tools dating back 3.3 million years, some 700,000 years older than the oldest tools previously discovered.

Before this find, the oldest known stone tools came from sites in Ethiopia and were believed to have been used some 2.6 million years ago. Still, evidence of earlier tool use suggested that humans may have been using stone for longer than that—fossils of animal bones, also in Ethiopia, show signs of cutting some 3.4 million years ago.

The Kenyan tools were dated with an analysis of the sedimentary layer where they were uncovered. Scientists speculate they may have been used to open nuts or fruits with hard surfaces. Weighing in at about 6.6 pounds, the tools are 10 times heavier than any stone tools discovered so far.



SERVICES DIRECTORY

AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc. 727-586-6969
 E & E Gliddon, Inc. 727-546-4343
 Modern A/C Service Co. 727-541-5541

APPLIANCE REPAIR

Bob's Appliance Repair 727-637-4789
 Sunset Appliance Service 727-559-1137

AUTO REPAIR

Suncoast Auto & Tire 727-520-1148

AUTO SALES / PURCHASING

Tampa Bay Car Cash 727-580-9580

AWNINGS

Bay Area Aluminum Services, Inc. 727-585-4442
 Century Awnings Co. 727-559-8811

CARPET CLEANING

Bill the Carpet Guy 727-521-4163

COMPUTER SERVICES

Largo Tech Services, LLC 727-474-4285

DUCT / VENT CLEANING

Velocity Air 727-754-7956

DRIVEWAY COATING

Concrete Wizard, Inc. 727-789-5444

ELECTRICAL CONTRACTOR

Haseney Electrical Services, Inc. 727-441-8434
 Imperial Electrical Service 727-535-0708

FLOOR REPAIR

Flatworks 727-288-4680
 Florida Anchor & Barrier Co. 727-330-7821
 Perfect Repair & Construction, Inc. 727-539-0852

GOLF CART REPAIR

Pinellas Golf Carts, LLC 727-754-2923

GOLF CARTS SALES & SERVICE

Capital Golf Carts, Inc. 727-772-8833
 Recreational Golf Cars of Florida 727-548-8460

INSURANCE/AUTO

O. E. Wilson 727-535-0524

MANUFACTURED HOME SALES/NEW

Citrus Homes/Meadowood Homes ... 727-535-5262

MEDICAL CARE

Bay Care ER www.BayCareER.org

MOBILE HOME SUPPLIES - RETAIL

Mobile Home Depot, Inc. 727-535-1100
 Southeast Mobile Home Supplies 727-522-2090

MOBILE HOME WASH/WAX

Heller's Mobile Home Washing 727-667-8110
 Level 5 Cleaning 727-479-2674
 Royal Enterprises 727-394-7351

MOBILE HOME WINDOW FILM

Royal Enterprises 727-394-7351

PAINTING/INSIDE & OUTSIDE

Payless Painting Services 727-470-5876

PEST CONTROL

Buggin Out Termite & Pest Control ... 727-535-2629
 Modern Pest Control, Inc. 727-410-1466
 Nature's Resource Pest Control 727-785-2552

PLUMBING SERVICE

Jones & Sons Plumbing, Inc. 727-799-0287
 Ray Duncan Plumbing, Inc. 727-733-0968
 Enos Plumbing 727-804-9105

REMODELING/INTERIOR

American Restoration Systems, Inc. 727-525-7200

ROOF COATING

Community Roofing of FL, Inc. 1-800-511-2517

ROOF REPLACEMENT

AMS Advanced MH Systems 727-471-0820
 ASC Aluminum Specialty Contr. 727-547-8300
 Bay Area Aluminum Services, Inc. 727-585-4442

ROOF WASHING

Heller's Mobile Home Washing 727-667-8110

ROOM ADDITIONS

Bay Area Aluminum Services, Inc. 727-585-4442

TIE DOWNS/MOBILE HOMES

Florida Anchor & Barrier Co. 727-330-7821

VAPOR BARRIER

Florida Anchor & Barrier Co. 727-330-7821
 Florida Underhome Solutions 727-492-1884
 Underhome Armor 727-282-2045

VINYL SIDING

AMS Advanced MH Systems 727-471-0820
 ASC Aluminum Specialty Contr. 727-547-8300

WINDOW REPLACEMENT

AMS Advanced MH Systems 727-471-0820
 ASC Aluminum Specialty Contr. 727-547-8300
 Community Roofing of FL, Inc. 1-800-511-2517

WINDOW TREATMENTS/INTERIOR

Rod Runners 727-394-9534



ENOS PLUMBING
 & SERVICES, INC.
 Honest and Dependable
 with Lowest Rates
 6 ★ 804-9105 State Lic. CFC 1426222 2



UNDERHOME ARMOR (727)
 282.2045
 Under-home Encapsulated Insulation

For Advertising Info
 Call or email:
 727-484-7488
 sales@monthly-media.com



Harbor Lights

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
Aquacise 1	2	9A Aquacise 3	9:30A Bus to Shop 4	5																																										
Aquacise 8	9	9A Aquacise 10	9:30A Bus to Shop 11 Patriot Day	12																																										
Aquacise 15	16	9A Aquacise 17	9:30A Bus to Shop 18	19																																										
Aquacise 22	23 First Day of Autumn	9A Aquacise 24	9:30A Bus to Shop 25	26																																										
Aquacise 29	30	<p>*Bingo will start Tuesdays and Fridays late September – look for notice at clubhouse as to the date.</p> <p>*Social Club meetings to begin sometime in October, look for date.</p>		<p>OCTOBER 2015</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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Keep relationships healthy over long distances

Ten years ago, some 2.9 percent of all marriages were long-distance relationships. Today that number has grown. Maintaining any kind of relationship takes work; when partners are separated, the effort grows. Keep your relationship steady and solid with these tips:

- Set ground rules. The secret to success in a long-distance relationship is managing expectations. Talk over how you'll handle the separation—who will be responsible for bills, child care, and other household issues. Do this ahead of time so nothing falls through the cracks. Set up a schedule for regular phone calls so you can plan conversations effectively.
- Communicate—but not too much. Regular contact is essential to the health of any marriage, so make a point of getting in touch as often as you need to. Just don't overdo it. If one partner feels crowded or badgered by insistent demands, he or she may back off, making the relationship even more complicated.
- Vary your channels. Don't rely on the telephone alone. Use e-mails and texts to send quick messages without interrupting the other person at work or at an awkward moment. Variety helps strengthen any relationship, so look for different ways to connect.
- Plan positive visits. You'll want to get together with your partner as often as you can. Don't put too much pressure on yourselves to make each visit spectacular, though. Give yourselves time to relax so no one feels personally responsible for the visit's success. You both need some downtime to get used to being with each other again.
- Be flexible. Travel plans can change at a moment's notice. An emergency may delay or interrupt a phone call. Although you're disappointed, do your best to respond positively and patiently when other demands disrupt your planned activities. Getting into a fight over every minor crisis won't keep your relationship strong.



Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

—John F. Kennedy

Keeping up with current events

How much do you know about current events? The Pew Research Center News IQ survey examined the knowledge of more than 3,000 U.S. residents in an interactive quiz that asked them to identify a series of photographs, charts, and maps. Here's how the participants measured up when asked to ...

- Identify a photo of Martin Luther King Jr.: 91 Percent
- Identify the country led by Kim Jong-il from a photo (North Korea): 82 percent
- Identify the location of Guantanamo on a map (Cuba): 78 percent
- Name the country the U.S. recently re-established relations with (Cuba): 76 percent
- Identify the proposed route of the Keystone Pipeline on a map: 73 percent
- Identify Malala from a photo (2014 Nobel Prize winner): 93 percent
- Identify Pope Francis's home country on a map (Argentina): 52 percent
- Give the correct number of female Supreme Court justices (three): 33 percent

Have you taken your fish oil today?

Natural dietary supplements are big business in the U.S. As part of the National Health Interview Survey, researchers looked at the use of natural supplements other than vitamins and minerals. Comparing figures from 2002, 2007, and 2012, the trends they found include:



- Fish oil. This was the top product used by adults in 2012, as well as among children (though in 2007, Echinacea was the most popular supplement among children).
- Melatonin. This sleep aid came in second for children in 2012, increasing significantly from 2007.
- Glucosamine/chondroitin. Use of this decreased between 2007 and 2012, along with a drop in the use of Echinacea and garlic.
- Ginseng. This showed another large decline from 2002 to 2007, along with the use of Gingko.
- Green tea and milk thistle. Use of these held steady (though low) between 2007 and 2012.

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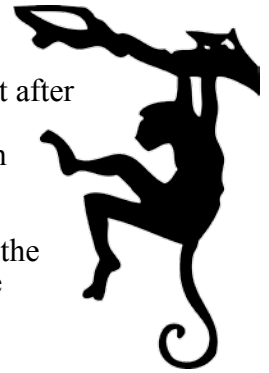
Monkey see, monkey do, monkey—cook?

Humans and chimpanzees share many genetic traits, and scientists have recently discovered one that may surprise fans of the Cooking Channel and the Food Network: a basic understanding of how to cook food.

Chimps have long exhibited a preference for cooked food over raw. A team from Harvard and Yale decided to see if they could be taught to “cook” food on their own. Observations have shown that chimps are willing to give up something like a slice of raw sweet potato if they expect to receive a cooked one in a short time. To test their hypothesis, the scientists devised a process to mimic cooking (since they didn’t want the apes to use actual heat): two plastic bowls that fit closely together, with a bit of pre-cooked food hidden in the lower bowl.

The scientists would put a piece of raw potato into the bowl, then switch it after a few minutes for the cooked one. After a while, the chimpanzees began doing the same thing—placing a piece of food into the bowl, waiting, then looking for the tastier result.

The researchers believe this shows a basic cognitive ability to understand the cooking process, as well as the patience to carry out—traits that may have driven crucial changes in human evolution.



Follow the right FORM for effective innovation

Innovation may seem spontaneous, but it generally succeeds because the groundwork has been methodically laid ahead of time. To spark creative thinking in your organization, follow consultant Charles Day’s acronym FORM:

F: Focus. Start by deciding what’s important to your team and organization. What were you created to achieve? Identify the key goals of your vision so you have something to work toward.

O: Organization. Decide on a structure for developing and implementing ideas. Who is responsible for specific tasks? What jobs should be shared? How will you make decisions?

R: Resources. Gather what you’ll need to implement your plans. This includes not just tools and materials, but people. Identify the types of talents you’ll need to bring an idea to reality.

M: Measurement. Look to the end as you begin. Determine how you’ll know whether you’ve succeeded or failed. Goals should be specific and clear to everyone, and they must be relevant to your organization’s vision.

September Sudoku

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: medium.

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

Back to School!



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

Difficulty level: medium.

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-Monthly Media Staff

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

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Steve Vague.....\$10Shawn & Shawn Moving	Marilyn Ventura.....\$5Kathy's Cleaning Service
Gary Nowlyn.....\$10Air Masters of Pinellas	Al Taufiq.....\$5Modern Pest Control
Mary Lon Robinson....\$10Buggin Out Termite & Pest Control	Sharon Rop.....\$5Knobloch Hearing Care
Madeline Narkewicz...\$10Ron Wyngarden MH Washing	Edward Hendricks.....\$5Dr. Peter M. Mason
Barry Kelly.....\$10Heller's Mobile Home Washing	Marilyn Stringham.....\$5Jones & Sons Plumbing, Inc
Bob Andreas.....\$10E & E Gliddon Air Conditioning	Richard Williamson.....\$5Dunedin Plumbing, Inc.
Thelma Payne.....\$10Largo Plumbing	Margie & Bud Barr.....\$5Chambers Specialties, Inc.
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Probe your personality to achieve lasting results

People who succeed at their jobs, in their careers, and at the game of life are generally aware of their strengths and honest about their weaknesses. If you want to achieve greatness, focus on these key elements:

- Identity. Who are you? Don't think about your job, but your values and deepest beliefs about people and life.
- Accomplishments. What have you already done in your career? Examining your past successes can help you move forward to new victories.
- Reputation. How do others see you? Get some honest feedback. If you're not happy with the answer, improve your attitude so people see a more positive you.

The Best Antidote

A young wife lived with her husband's mother. Although she loved her husband, she found her mother-in-law impossible to deal with. In her desperation, she decided to poison the woman and get her out of her life.

She found a doctor willing to help her. As he gave her the poison, the doctor said, "Just so that no one suspects you, treat your mother-in-law as nicely as you can. Give her a little bit of this poison every day, and in a month your problems will be over."

The wife followed his instructions, treating her mother-in-law with special kindness as she slipped the poison into her food every day. Toward the end of the month, she went back to the doctor.

"Something strange happened," she said. "Ever since I've been nice to her, she's been nicer to me. Now she seems more like a friend than a mother-in-law. Can you give me an antidote for the poison before she dies?"

The doctor smiled. "I gave you ordinary vitamins. The only poison was in your own mind."

The world is shaped by two things—stories told and the memories they leave behind.
—Vera Nazarian



Two-minute walks may improve your health

Exercise keeps you healthy. Fortunately for busy people, exercise doesn't have to mean working out at the gym or running a marathon. A study reported on the Science Daily website found that adding just two minutes of walking per hour to your routine can extend your life expectancy.

Scientists at the University of Utah School of Medicine discovered that taking a two-minute walk once an hour was associated with a 33 percent lower risk of dying. Even brief walks add up to a substantial benefit when taken often during the day. The scientists emphasize that these walks should be an addition to a moderate exercise habit, not a replacement for one. It's a step in the right direction.



Protect your hearing

Excessive noise in the workplace (or anywhere else, for that matter) can damage your hearing. The Medicine Net website warns that you risk hearing loss under these noisy conditions:

- You need to shout so that people an arm's distance away can hear you.
- Your ears begin to hurt from the volume.
- Your ears are ringing.
- You suffer temporary hearing loss after being subjected to constant loud noise.



All you need is love. But a little chocolate now
and then doesn't hurt.

—Charles Schulz



September Facts and Trivia

September History

- According to the Georgian calendar, September is the ninth month. But, on the Roman calendar, it was the seventh month. September has had 29 days, and 31 days; but, since the time of the emperor Augustus, it has had only 30 days.

The Autumn Equinox is September 22

- To many ancient people, the waning of the light signaled death. For example, in Welsh mythology, this is the day of the year when the God of Darkness, Goronwy, defeats the God of Light, Llew, and takes his place as King of the world.
- To this day in Japan, the equinox is celebrated by visits to the graves of family members, at which time offerings of flowers and food are made and incense is burned. The three days preceding and following the equinox are called "higan," or the "Other side of the River of Death."
- Folklore

Harvest Moon

- The definition of a Harvest Moon is: the full moon closest to the fall equinox. The Harvest Moon was thus named because it rises within a half-hour of when the sun sets. In early days, when farmers had no tractors, it was essential that they work by the light of the moon to bring in the harvest.



- This moon is the fullest moon of the year. When you gaze at it, it looks very large and gives a lot of light throughout the entire night. No other lunar spectacle is as awesome as the Harvest Moon.



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Have You Looked **UNDER** Your Home Lately? **PROTECT YOUR HOME**

Fix Small Problems Today Before They Cause Serious Damage!

We will inspect and photograph any issues, showing you pictures of the underside of your home. Damaged & worn vapor barriers can create high energy costs and allow mold & mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture & Animals out of your Home.



Repairs will be made quickly and include a **20 Year Transferable Warranty!**



Call Us for a **FREE NO-PRESSURE No-Obligation Estimate**



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