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Island in the Sun Community Newsletter

Managing Editor: Wally Riley

Managing Co/Editors: Nancy Fields, and Judy Koonter

Contributing Staff: Liza Crane #193, Rose and Richard Oliver #184, Pat Henderson #266, Judy Koonter #81

The deadline for all articles is the 9th of each month by 6:00PM. Please note the following exceptions. The November, 2015 deadline is the 7th. The December, 2015 deadline is the 4th. Please send all articles and photos via email to: iits.monthly.media@gmail.com. If you need to drop off your article, there is a white mailbox at lot #290 for you to put it in.

Island in the Sun HOA Board

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 (810) 610-6672

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 (727) 729-3441

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 (727)-726-0637

 3 Yr. Dir...Judy Koonter, #81,
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Board of Directors for IITS Corp

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2015 Committees

Activities Committee Open	LibrarianChair Marcie Shields, 727-437-7101		
Co/Chair: Open	Co/Chair: Open		
BilliardsDon Hendrixson, 812-890-8942	Lockup		
	Mah Jongg Chair Nancy Barnes, 727-799-2434		
Bingo - ChairpersonOpen			
Co/ChairSuzanne Boisvert 727-669-9137	Media Mailing Chair: Wally Riley, 727-648-4102		
Bingo Callers Dawn White, 727-266-4836	Men's Breakfast Chair Larry Taylor, 727-286-7740		
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Co/Chair Kris Taylor, #257, 727-286-7740	Co/Chair:		
Chorus Chair Wayne Cleveland, 727-600-6773	ShuffleboardChair John Mackay, 727-230-1663		
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***Other events to follow. If you want to chair or	co-chair contact the activities committee		







547-8300

ISLAND IN THE SUN SENTINEL JULY, 2015 E





- 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



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6 8

July Anniversaries and Birthdays

Submitted by Robert Newman #46 724-6283 pcfriar64@yahoo.com



July Anniversaries

- Don & Alta Keith
- Craig & Debra Walck
- 11 Dick & Carol Robertson
- 20 Frank & Margaret Arnold
- 20 Rene & Suzanne Boisvert
- 22 Wayne & Theresa Cleveland
- 23 Fred & Elizabeth Mecke



- 1 Nancy Rabe
- 2 Sally Shoop
- 4 Rose Sokolowksi
- 8 Dawn White
- 11 Lee Ecker
- 12 Ken McEachern
- 19 Bud Swinburne
- 20 Ann Troise
- 22 Keith Custy
- 24 Suzanne Boisvert
- 25 Jean Richardson
- 26 Robert Hough
- 29 Carol Robertson

PARK TELEPHONE BOOK

Changes:

Bob and Dottie Newman, #46, 724-6283, pcfriar64@yahoo.com

Addition:

Johnson Tom 34 Leeward 215-317-6769



Did You Know About These Great Monthly Media Services?

Summer Mailings - If you are heading north for the summer but still want to receive a printed copy of your monthly newsletter, just call our office and sign up for Monthly Media's Summer Mailing Service. We will ship (USPS 1st Class) a printed copy of each month's newsletter to your northern address, for as long as you're away, the cost is \$4 per month. Dozens of residents are already taking advantage. Please see our brightly colored insert for more information.

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are located the bottom of this page.

Emporium/Classified Listing - Do you have an event in your community such as a Bake



Sale or Flea Market? An item for sale like an old set of golf clubs that needs to go? Help needed or vendors wanted for an event? Maximize the people that see your listing and use the Emporium! Your listing will be printed & delivered to over 20,000 homes in Pinellas County. See the Emporium page toward the end of the newsletter for more info.

Larrer Print Newsletters - At the request of some residents we are now offering Larger Print Newsletters to those who request them. The newsletter type will be approximately 20% larger (16 pt article body type vs. 12 pt normally). There is a small service charge of \$2 per newsletter for those who request. The larger type newsletters can either be delivered to you every month like they are now or we can mail them directly to your home for an additional \$2 per issue shipping charge. Please call Monthly Media (phone number listed below) for more information.



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STRUCTURE

Your Picture

Here!

IITS Food Bank

Submitted by: Larry and Kris Taylor, Lot 257, 727-286-7740

Please remember our food, paper and cleaning pickup is the 2nd Saturday each month at 1PM by your mailbox. Thank all of you who gave so generously. Again if you or someone you know needs a little help, please let us know.

Spotlight on Residents Terry and Wayne Cleveland, Lot #183

Submitted by Margrethe Johnson, Lot #57

B orn into a military family, Wayne eventually traveled to every state except Alaska (yes, including Hawaii)—plus almost every country in Europe—PLUS Japan, living for a period of time in many of those places. His favorite place was Germany where they lived for three years. There, at the age of seven, he was introduced into his love affair with music by way of lessons in piano and blockfloete, better known to many of us as a wooden flute or recorder.



Upon being diagnosed with asthma as a teenager, the prescription given to him was, "Develop your lungs by blowing a horn!" That led him to the trombone. Three of his teachers included the first chair player in the Army Band, first chair in the Air Force band, and soloist in the Navy band. Not a bad résumé, don't you agree? In college when there was no instrumental group he tried out for the choir. The director was thrilled to discover that he had a phenomenal range and could sing anything from first tenor to second bass. And that's just part of his musical background. Obviously, music has played an important role in his life.

Then there was the great variety of jobs over the years including working at a gas station, being a maintenance man where he learned the trade by way of on-the-job training. The list continues: electronics, car sales, manufacturing, driving a tractor trailer, insurance, welder—and finally, his last and favorite job which brought together his love for music and people—being a salesman in the music department of the Best Buy right around the corner from Island in the Sun. He is, to his knowledge, the only person ever to retire from Best Buy in the Southeast Region. In our community, he is the current co-choir director of Island in the Sun Chorus where he continues to share his love of people and music. He also serves on the Board of Directors for the IITS Coop.

Terry's work background, too, is varied. Upon graduation from high school, she immediately joined the work force in a secretarial pool through which she got on-the-job training in various jobs. Because of her excellent work which was noticed by her boss, she rapidly advanced to

being sole person in charge of trust accounts in the bank where she worked. Other jobs included being a proof reader for court reporter, secretary in a Department of Education, and secretaryclerk for Jewish Family Services. For seven years she served as editor of our Monthly Media. Even now, she still works part-time. Her former employers just won't let her retire!

Terry and Wayne met in a most interesting, unusual way—online by way of ICQ, a chat room which focuses on one-on-one conversations. That, happily, led to their marriage, now going on sixteen years. They've lived here since 2002 and Wayne's sister, Mari Sorrell now also lives in the Park. Between Terry and Wayne, they have two sons, two daughters, nine grandchildren, two cats named Jin and Tiglet, and their current baby, a very lovable dog, Bella, short for Isabella. You might meet Terry and Wayne when they take a morning walk in the park with Tiglet and, in Terry's words, "look for new visitors from our natural world."

The World is Mine

Submitted by Pat Henderson, #266

Oday, upon a bus, I saw a very beautiful woman and wished I were as beautiful. When suddenly she rose to leave, I saw her hobble down the aisle. She had one leg and used a crutch. But as she passed, she passed a smile. Oh, God, forgive me when I whine. I have two legs; the world is mine.

I stopped to buy some candy. The lad who sold it had such charm. I talked with him, he seemed so glad. If I were late, it'd do no harm. And as I left, he said to me, "I thank you, you've been so kind. It's nice to talk with folks like you. You see," he said, "I'm blind." Oh, God, forgive me when I whine. I have two eyes; the world is mine.

Later while walking down the street, I saw a child I knew. He stood and watched the others play, but he did not know what to do. I stopped a moment and then I said, "Why don't you join them dear?" He looked ahead without a word. I realized, he couldn't hear. Oh, God, forgive me when I whine. I have two ears; the world is mine.

With feet to take me where I'd go. With eyes to see the sunset's glow. With ears to hear what I would know. Oh, God, forgive me when I whine I've been blessed indeed, the world is mine.

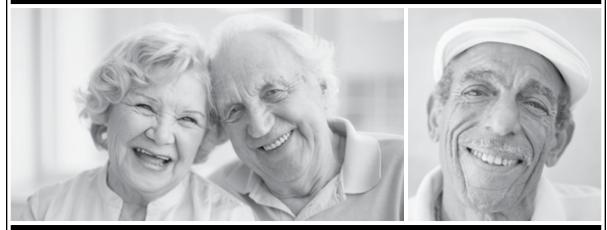


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ISLAND IN THE SUN SENTINEL JULY, 2015 E

Memory Disorders Clinic



Your CONNECTION to Memory Disorders Treatment

The Madonna Ptak Center for Alzheimer's and Memory Loss provides comprehensive care to patients with Alzheimer's and other memory loss disorders. Our multidisciplinary approach allows us to offer a variety of services with the goal of reducing the long-term impact of memory disorders and helping the patient live a better functioning life. The elements of the program include:

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403 Morton Plant St. Suite 402 Clearwater, FL 33756

BayCareNeuro.org

Questions we might ask ourselves— How Well Do We Really Know Our Neighbor? What Kind of Neighbor Are WE?

submitted by Margrethe Johnson, Lot #57

How delightful it has been to learn about our neighbors in the Park through the "Spotlight on IITS Residents" series of articles. Speaking for myself, I love being able to connect stories with faces. What has come through loud and clear is what interesting, beautiful folks live here. The whole series reminds me of the following story. There once lived a man whose life reflected the maxim, "We teach by what we are, not by what we say." They say he was a wonderful listener. One little-known story about him stands out as a parable epitomizing the inner beauty which he radiated. A word of clarification which, to me, makes the story all the more tender, loving and beautiful: To the best of my knowledge, this man is not a smoker though I know not and it matters not.

A Parable

There lived in a certain country a (relatively) young man whose heart was filled with a beautiful, non-judgmental love which he radiated everywhere he went. And there lived in that same country a ninety-some-year-old woman whose time on earth was drawing to a close. The younger man was a dearly cherished friend to her. He came to see her regularly to take her to a place of beauty and peace. Each time, as they quietly communed together, she would reach into her purse, pull out, unwrap from its cellophane, and light . . . a CIGAR (!!!) which she shared with her friend, each taking a few puffs and passing it to the other. (Let me explain, dear reader, that this brought the woman special joy and peace because she lived in a retirement home where smoking—especially cigars—was definitely, definitely not acceptable!) After a time, he would step out of the car, extinguish the light of the cigar in the gravel, hand it back to her, and she would rewrap it, place it carefully back in her purse— until their next visit when the loving ritual was repeated. And so it was that the lady experienced a quiet, gentle love— and knew that she was accepted for who and what she was.

And she was greatly blessed. And so we think of those friends, family, neighbors and —yes, even strangers—who love and accept us—just as we are—and, at the same time, celebrate us for what they see we can be and are becoming. And so we are greatly blessed, and we give thanks!

Additions to IITS Services List

Submitted by: Karen White #259, 727-698-1003

D lease be aware of the following additions to the IITS services list. These will be added to the next published services list.

Yard, Power-washing, Driveway & Gutter services: Chuck Nolfo #277 727-599-5580 Laundry, Housekeeping & Gardening Karen White #259 727-698-1003

MOTHER'S DAY TRIBUTE AT ISLAND IN THE SUN

Submitted by Helen Dennison

I twas Special, it was Heartfelt, it was Lovely, the way Cal-Am made our ladies feel so appreciated this past Mother's Day. Actually, the date was May 8, just one day before Mother's Day. The clubhouse was delicately decorated for the occasion, and we were surprisingly greeted by harpist, Rebecca Cosas, who played relaxing music to the delight of us all. There were several tables from which we helped ourselves to treats provided by our host.



At the front left side of the hall, stood two massage therapists, ready to accommodate anyone who desired their services. I can personally attest to their ability to relieve stress and make you feel very relaxed. Just when I thought it was time to leave, our Park Manager, Julie Sanders, announced that there was to be a drawing for door prizes. Four lucky ladies were presented with thoughtful gifts. I believe that everyone who attended really felt a little "Special", and we send our "Thanks" to Cal-Am for remembering us on "Our Day".

For all my "Golden" year Friends & Residents

Submitted by Nancy Fields

Sometimes looking back at years gone by, our first love, our first kiss, marriage, our first child, baby's first tooth, first home, first fight, first loss and so many memories lost with time. Looking into the mirror and seeing that shy girl who wanted to be a woman so much, but never wanted to grow old. Here we are, they call it the "golden years"... golden with friends, golden with life and golden with knowing "I've got a mansion just over the hilltops, in that great Land where we'll never grow old and one day yonder I will never more wonder but walk on streets that are purest Gold." Well, I believe this poem tells us just how beautiful our "golden" years are. When I read it I just knew that we are all beautiful. Enjoy!

"Old things are more beautiful"

Old things are more beautiful than many things brand new because they bring fond memories of things we used to do. Old photographs in albums love letters tied with lace recapture those old feelings that new ones can't replace. Baby shoes, a teddy bear, a ring that Grandma wore, are treasures waiting there behind a door marked "Nevermore". Old things are more beautiful, more precious day by day. Because they are the flowers we planted yesterday. Author: Clay Harrison

12





Submitted by: Bob Newman

The biggest lie I tell myself is... "I don't need to write that down, I'll remember it."

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinklefree and three sizes smaller!

Last year I joined a support group for procrastinators. We haven't met yet!

I don't trip over things, I do random gravity checks!

I don't need anger management. I need people to stop pissing me off!

Old age is coming at a really bad time!

Lord, grant me the strength to accept the things I cannot change, the courage to change the things I can and the friends to post my bail when I finally snap!

I don't have white hair, I have "wisdom highlights". I'm just very wise.

My people skills are just fine. It's my tolerance to idiots that needs work.

If God wanted me to touch my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".

I'm going to retire and live off of my savings, Not sure what I'll do that second week.

When did it change from "We the people" to "screw the people"?

Even duct tape can't fix stupid... but it can muffle the sound!

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

Of course I talk to myself, sometimes, I need expert advice.

Oops! Did I roll my eyes out loud?

At my age, "Getting lucky" means walking into a room and remembering what I came in there for.



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Favorite Quotes Corner

Liza Crane #193, lizac@tampabay.rr.com

"Life is really simple but we insist on making it complicated." Confucius

"In the end, it's not the years in your life that count. It's the life in your years." Abraham Lincoln

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." Buddha

"I have found that if you love life, life will love you back." Arthur Rubinstein

"The privilege of a lifetime is being who you are." Joseph Campbell

"I have a simple philosophy: Fill what's empty. Empty what's full. Scratch where it itches." Alice Roosevelt Longworth (One of my favorite quotes and one of my heroes.)

"Beware the barrenness of a busy life." Socrates

"Life is not always fair. Sometimes you get a splinter sliding down a rainbow." Terri Guillemets

"Life loves to be taken by the lapel and told: I am with you kid, let's go!" Maya Angelou

I am closing my "Life" quotes and want to close remembering the 4th of July.

"May the sun in his course visit no land more free, more happy, more lovely, than this, our own country!" Daniel Webster

See ya! Liza

Cauliflower Salad

Submitted by Shirley Fennell #240

1 large cauliflower 3 hard cooked eggs Celery Red, yellow and green peppers Olives Miracle Whip

Cook cauliflower in glass bowl in microwave for 5 to 6 minutes. Break apart and put back in microwave for another 5 minutes until tender. When cool, break into small pieces. Cool and mix with diced ingredients. Mix with Miracle Whip and chill.

Presidents Message

Submitted by Larry Taylor, Lot 257, 727-286-7740

want to thank those that came to our June HOA meeting, rain and all. We are trying to keep the meetings and activities going all summer. Remember the HOA for all of the residents and your opinions are very important to the Board. So, please participate and volunteer when you can. Have a great summer!



Larry Taylor HOA President

Speeding in the Park

Submitted by Larry Taylor, #257, 727-286-7740

t the May HOA meeting, I was criticized for bringing up speeding in the park again! Well, this is a very important issue or should be anyway to each of us in the Park. It is a matter of life and death or injury. So, I beg each of you and the delivery trucks to please slow down. Thank You! Larry

A BIRTHDAY CELEBRATION THANK YOU

From Helen Hayden

am so fortunate that I have such wonderful friends in Island in the Sun that helped me celebrate my birthday. Even though I am no longer a resident, I can still come and enjoy the parks activities and know that I am welcomed by my friends of many years. This is just a special "thank you" to all of those who helped me celebrate my birthday and for the wonderful cake Doris gave me. You all have a special place in my life. Helen Hayden



Donations Needed

Submitted by: Gerry Fisk, #250

S afehaven at 450, 49th Street is an organization that helps men and women that are homeless. They are in need of any type of clothing. If you have items you would like to donate and cannot take them yourselves, please contact Gerry Fisk #250, 727-797-1230. He will pick them up and deliver them. Please call me, they sleep on pads.

Services Directory

AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc.	727-5	86-6060
E 9 E Cliddon Inc.	707 5	46 4242
E & E Gliddon, Inc	727-5	40-4343
Modern A/C Service Co.	/2/-5	41-5541
APPLIANCE REPAIR		
Appliance Specialty, Inc	727-5	20-6002
Bob's Appliance Repair	727-6	37-4789
Sunset Appliance Service	727-5	59-1137
AUTO BODY & PAINTING		
Auto Painters Plus, Inc	727-5	04-6891
AUTO REPAIR	121 0	04 0001
AllTech Auto Repair	707 E	
	727-5	59-9500
Browns Automotive	121-5	31-7372
Garza Motors	727-2	40-0790
AUTO SALES / PURCHASING		
Tampa Bay Car Cash	727-5	80-9580
AWNINGS		
Bay Area Aluminum Services, Inc	727-5	85-4442
Century Awnings Co.	727 5	50 8811
BATHROOM REMODEL	121-5	55-0011
		~~ ~~~
BathMasters	/2/-3	33-7997
CARPET CLEANING		
A1 Dry Carpet Cleaning	727-7	29-0547
Bill the Carpet Guy	727-5	21-4163
Doll Brothers Carpet/Upholstery Clnrs.	727-5	96-2249
CLEANING/INTERIOR		00 22 10
Dy & Liz's Cleaning & Services	707 0	12 1507
Kathula Olaaning Oaniaa	707 0	42-4097
Kathy's Cleaning Service	./2/-8	604-1116
COMPUTER SERVICES		
Largo Tech Services, LLC	727-4	74-4285
Notebooks Plus, Inc	727-5	07-0533
DRIVEWAY COATING		
Concrete Wizard Inc	727-7	89-5444
Concrete Wizard, Inc. DUCT / VENT CLEANING Velocity Air ELECTRICAL CONTRACTOR		00 0 1 1 1
Velocity Air	707 7	FA 7056
	121-1	54-7950
ELECTRICAL CONTRACTOR		
Boss Electric Corp	727-7	91-1308
Haseney Electrical Services, Inc	727-4	41-8434
Palm Harbor & Dunedin Electric	727-7	73-1622
FLOOR COVERINGS/RETAIL		
Affordable Floor Covering	727-6	41-1301
FLOOR REPAIR	•	
Affordable Floor Covering	707 6	11 1201
Alloluable Floor Covering		
	727-0	00 4000
Flatworks	727-2	88-4680
Perfect Repair & Construction. Inc	727-2	88-4680
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Perfect Repair & Construction, Inc FOOT SPECIALIST - PODIATRIST Mason, Dr. Peter M FURNITURE & MATTRESS AJ's Beds & Furniture GOLF CART REPAIR Pinellas Golf Carts, LLC GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc Recreational Golf Cars of Florida HEARING AID/RETAIL Knoblach HEaring Care, Inc INSURANCE/AUTO O. E. Wilson	727-2 727-5 727-5 727-5 727-7 727-7 727-5 727-5 727-5 727-5	88-4680 39-0852 35-1919 88-0406 54-2923 72-8833 48-8460 30-3533
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Shonna Bender, LMT 727-424-0115

MASSAGE THERAPY





Sunday	Monday	Г
5 7.000 Toyos Holdom	6	9:00 A F
7:00P Texas Holdem 2:00P Bocce Ball	10:00A Pool Noodle Aerobics Class 12:45P Dominoes 7:00P Pickle Ball	Clubhou 12:45P F 9:00A La Bunch 7:00P H
12 7:00P Texas Holdem 2:00P Bocce Ball	13 10:00A Pool Noodle Aerobics Class 12:45P Dominoes 7:00P Pickle Ball 7:30-9:30 Awake Pinellas	9:00 A H 10:00A V Clubhou 12:45P F Pot Luck 5:30P So 6:00P So 6:30P D
19 7:00P Texas Holdem 2:00P Bocce Ball 6:00P Sundae Sunday	20 10:00A Pool Noodle Aerobics Class 12:45P Dominoes 7:00P Pickle Ball	9:00 A B 10:00A V Clubhou 12:45P F
26 7:00P Texas Holdem 2:00P Bocce Ball	27 10:00A Pool Noodle Aerobics Class 12:45P Dominoes 7:00P Pickle Ball	9:00 A B 10:00A V Clubhou 12:45P F 7:00P H Meeting

Island In The Sun

uesday	Wednesday	Thursday	Friday	Saturday
	1 7:00P Euchre 7:00P Pickle Ball	2 10:00A Pool Noodle Aerobics Class 7:00P Bingo	3 10:00A Sit an Fit Ex- ercise 1:00P Mahjongg 7:00P Texas Holdem and Poker	4 7:00 Pickle Ball 12:00- 2:00 July 4th Party
Bocce Ball 7 Walking in the ise Rummikub idies Breakfast IOA Meeting	8 7:00P Euchre 7:00P Pickle Ball	9 10:00A Pool Noodle Aerobics Class 7:00P Bingo	10 10:00A Sit an Fit Ex- ercise 1:00P Mahjongg 7:00P Texas Holdem and Poker	Independence Day 11 7:00 Pickle Ball 10:00A Activities Meet- ing 1:00P Food Drive Col- lection
Bocce Ball 14 Walking in the ise Rummikub Supper ocial alad Bar inner	15 7:00P Euchre 7:00P Pickle Ball	16 10:00A Pool Noodle Aerobics Class 7:00P Bingo 8:30A Men's Breakfast. See the signup book 12:00 Noon Ladies Luncheon	17 10:00A Sit an Fit Ex- ercise 1:00P Mahjongg 7:00P Texas Holdem and Poker	18 7:00 Pickle Ball 6:00P Mid Summer Madness Party
21 occe Ball Walking in the ise kummikub	22 7:00P Euchre 7:00P Pickle Ball	23 10:00A Pool Noodle Aerobics Class 7:00P Bingo	24 10:00A Sit an Fit Ex- ercise 1:00P Mahjongg 7:00P Texas Holdem and Poker	25 7:00 Pickle Ball
28 occe Ball Walking in the ise kummikub OA Board	29 7:00P Euchre 7:00P Pickle Ball	30 10:00A Pool Noodle Aerobics Class 7:00P Bingo	31 10:00A Sit an Fit Ex- ercise 1:00P Mahjongg 7:00P Texas Holdem and Poker	$ \begin{array}{cccccccccccccccccccccccccccccccccccc$

Just Saying *Submitted by a loving resident*

You know the best of intentions sometimes is not enough. We have a great community here. When we came here, we thought everyone here was pleasant. I never realized the undercurrent that was rumbling. To my knowledge, function workers are volunteers. No money paid, just people that start out with good intentions. The work is over and beyond ones expectations, all done freely. Sometimes it is overwhelming. Is it really worth the disagreements and giving up people who could remain friends? The Golden Rule says we should "treat others as you would like to be treated". I like everyone here. We all have something to offer. Separation of great minds never works unless understanding comes with it. I'm outside all of the cliques (I hate that word). Yes, walking in to a big room and some never smile or say hello; yes, it kind of hurts but I always try to forget it and spread happiness around. I haven't met anyone here I don't like; I realize we'll never be close friends like back in the day. But a smile goes such a long way. I'm just saying, Love goes a long way. Sometimes love is just that little smile.

Remember, I'm just saying!



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SENIOR OR MILITARY DISCOUNTS

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6

Lunch Bunch

Submitted by Rose Montgomery Oliver 301-332-9358 or 727-726-0637

S ally Shoop was a wonderful hostess on May 21st as she had the Lunch Bunch at her lovely home. All 12 ladies had a great time. The following are some of the comments made at this event.

Nancy Fields, #279. What a wonderful hostess Sally was for our May ladies luncheon. Thank you Sally for having us at your home for lunch.

Sarah Pree, #313. It was so nice to be at Sally's and what a great time we had and such wonderful food!

Rose Leduc, #160. This was an enjoyable luncheon at Sally's.

Janet Coates, #292. The party at Sally's was so nice. We had a wonderful time with good friends.

Cindy Grow, #315. THANK YOU! Nice to have good friends.

Shirley Fennel, #249. Delightful afternoon with good food and friends.

Helen Dennison, #210. Loved, loved, loved the luncheon at Sally's.

Altka Keith, #177. Delicious food and a great group of ladies, especially Sally! Thank you for having such a wonderful lunch!



Pat Henderson, #266. "Hats off" to Sally Shoop for hosting a wonderful ladies luncheon in her home. Beautiful day, lovely ladies and scrumptious food!

Mary Jane Baxter, #180. Needless to say, it has been a very enjoyable day and the lunch was very delicious and what wonderful company. Thanks Sally. What a lovely hostess.

Rose Oliver, #184. This has been delightful. Sally is not only a gracious hostess but she also takes the time to schedule all the Lunch Bunch places. You are wonderful Sally!

Men's Breakfast

Submitted by Richard Oliver, #184, 727-726-0637

n May 21st, the "Men of the Hood" met at Farmer Boy Restaurant for their monthly breakfast gathering. The restaurant was as nice as the last time we met there. The menu imitates



the name, "Farmer Boy" as the meals were large enough to satisfy the appetites of any farm hand, gearing up for a day's work in the north 40. The food was exceptional and cooked so that all the meals were served at the same time. The waitress was a jolly lady who was quick with retorts. She made us laugh. The conversation centered around Larry's broken arm and the hot day weather. Larry said he had to wait until all swelling went down. Once it did, the





ISLAND IN THE SUN SENTINEL JULY, 2015 E

doctor could do his thing in repairing the break. Of course, this led to stories at how others had broken limbs, etc. Some were funny, some not so.

The heat brought tales of childhoods spent in the climes of the frozen north. The stories encompassed such topics as: Ice skating and how it differs from roller skating, cutting block ice on ponds for the ice man. Yes, the Ice Man did cometh in those days; ice fishing through holes cut in the ice and ice boating.

There were 10 in attendance, Larry, Wayne, Ed, Jim, Bill, Gene, Paul, John P., John O. and Richard.

As you can see men, there are no heavy metal-physical topics discussed, just good old light talk and lots of camaraderie. Come and join us the next time. We meet the third Thursday of the month. You will find a sign-up sheet in the club house.

Remembrance and Concerns

Submitted by Rose Montgomery Oliver, #184 301-262-3057 or 727-726-0637

Ur president, Larry Taylor, #257, tripped and fell over a water hose on May 12th. The fall resulted in a broken arm. The arm has been fixed by his doctor but the pain is still making him uncomfortable.

Liza Crane had surgery on June 8th. She is at home and healing now.

Jim Rull, #192, has taken care of his wife, Lillia for over three years now. Lillia has reached the point with Parkinson's disease that she can no longer talk. Please keep the two of them in your prayers. What a display of true love for a husband to take such devoted care of Lillia.

We should also have special thoughts for George Aday, #225, as his health returns.

David and Janice Vargas, #182 have had a sudden death in the family. Janet's dad died on May 20th.

Joyce and Roger Nauheimer, #185, returned home Sunday, May 1st after a long stay in the hospital and a nursing care facility. They now have help in their home.

Nancy Rabe had an emergency trip to the emergency room on May 25th as the result of a dental problem causing severe bleeding.

Marcia Shiels, #133, had cataract surgery in May. She is at home feeling much better.

On June 3rd, Bob Newman, #46, had a heart attack. He needed three stints put in his heart. Please remember him in your prayers.



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Birthday Celebration for Curtis Juffs

Submitted by: Richard Oliver

n May 29th, six neighbors gathered at 132 Caribbean, the home of Curtis Juffs. Rose and Richard Oliver, Bill and Marcia Shiels, Gene and Lee Ecker were there for a surprise birthday party. It was Curtis'98th birthday. Curt's caregiver, Elaine, had orchestrated the whole party unbeknownst to him.

For those that do not know him, Curtis has lived here for over 28 years. He is a soft spoken, erudite, stately gentleman. Upon his wife's death, his home became

his haven. The only time he could be seen around the park was at 5:00 AM. At that time, he would take his solitary walk around the perimeter of the park.

Twenty-one months ago, he fell in his home and broke his hip. His rehab was extensive. Upon release from rehab, he needed assistance at home. Elaine became his care giver. What a wonderful job she has done with him. She has him out walking and talking to the neighbors, going to the men's breakfast, and even went to the Halloween Party. He was dressed as a priest and Elaine was dressed as a nun.

His surprise party was a success! Everyone had a grand time. Needless to say, we all wished him well and many more birthdays to come.

Remembering Mama

Submitted by Sharron Hendrixson

remember being young and watching Mama in the mirror. She was putting on lipstick. Then she would take a finger and run it over her lips. Mama had black hair and dark eyes. I thought I'd never see anyone any prettier. She worked in a factory every day and when she got home, work was never ending. Years passed and I left home with the man of my dreams. Then we had 2 babies, both boys. The miles between Mom and us was far, but they managed to come and visit. They loved their grandchildren with all their hearts. As time went on, Dad became ill and Mama needed us, so we left our home and business and went to Indiana. Dad had Alzheimer's and Mama was such a little thing, she couldn't handle him by herself. We put him in a nursing home. It took almost 5 years for Dad to pass on. It was so hard for Mama. She married him when she was seventeen. They loved each other so. Then 5 years later, Mama got a rare kind of Leukemia and it was moving fast. All we could do was be with her. I stayed with her for 3 weeks. The pain was so bad she had to go to the hospital where she was put on stronger pain medication in a drip. She finally found some peace and could rest. She kept saying she had to ponder what the Bible said and nothing was as important as love. It was there when she took her 3 little breaths of air and it was over. The tears fell and I realized I had never been on this earth without a Mama. It makes you feel so lost. My best friend was gone. Life wasn't as good as it was, but remembering that beautiful woman will never leave my mind and her message of love will live on.

July Is...

Eye Injury Prevention Month. Eye injuries occur at a rate of more than 2,000 per day, with an estimated 1,000 eye injuries occurring in American workplaces alone. In addition to wearing proper safety eyewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision throughout your life.

Independent Retailer Month. Celebrate independent retailers across the country. Support and shop independent merchants all through the year, and use July as a time to unite for the independent retailers in local communities that help build our economy.

National Hot Dog Month. What better month to enjoy a delicious hot dog? The National Hot Dog and Sausage Council estimates that Americans eat over 7 billion hot dogs between Memorial Day and Labor Day, with 150 million consumed on the Fourth of July alone. Do your part.

Parks and Recreation Month. This year marks 30 years of Parks and Recreation Month, highlighting the enduring importance of parks and recreation for the world. From the start, parks were created to give us a place to appreciate nature, exercise, socialize, and have fun—a mission that lives on into the future.

July Daily News...

World UFO Day, July 2. Have you had a close encounter? Spread the word on this day that explores the unexplained.

Independence Day, July 4. The United States declared its independence from Great Britain on this day in 1776.

Global Forgiveness Day, July 7. "To forgive is to offer opportunity for a new beginning to the offender, and provides a process of healing for the victim."

Shark Awareness Day, July 14. As much as we enjoy being frightened by this predator of the sea, remember that the shark has a key role to play in keeping marine ecosystems in balance.

World Ranger Day, July 31. Sponsored by the International Ranger Federation to commemorate rangers killed or injured in the line of duty and to celebrate the work rangers do to protect wildlife around the world.





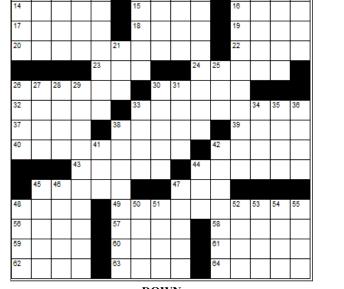






ACROSS

- 1. Daisylike bloom
- 6. Bygone era
- 10. Doing nothing
- 14. Rental agreement
- 15. Matured
- 16. Mangle
- 17. Collection of maps
- 18. Formally surrender
- 19. Rumple
- 20. Shield
- 22. Initial wager
- 23. Bran source
- 24. Shabby
- 26. In a forward direction
- 30 Sudden burst
- 32. Crystal-lined rock
- 33. A guest cabin
- 37. Space
- 38. Without company
- 39. Hawkeye State
- 40. Gift
- 42. Stares
- 43. Poverty-stricken
- 44. Assault sexually
- 45. Extraterrestrial
- 47. Average
- 48. Blockhead
- 49. Astounded
- 56. Hindu princess
- 57. Razzes
- 58. France's longest river
- 59. Chocolate cookie
- 60. Stringed instrument
- 61. Move forward suddenly
- 62. Small slender gull
- 63. Hearing organs
- 64. Eagerness



- 1. Wings
- 2. Collections
- 3. After-bath powder
- 4. Brother of Jacob
- 5. Repair
- 6. Luxury boat
- 7. Curved molding
- 8. Start over
- 9 Without teeth

- 12. Vigorously
- passionate

DOWN

- 21 Knave
- 25. Consumed food
- 26. Monster
- 27. A noble gas
- 28. Comes from trees
- 29 Rebuke
- 30. Obdurate
- 31. Breathe hard
- 33. Sleigh
- 34 Exude
- 35. Is endebted to
- 36. Spar
- 38. Willing to comply
- 52. Not sweet 53. Posterior

41. Tiny

covering

walk

47. Models

42. Big ape

44. Adult male

45. Cognizant

46. A protective

48. Gait faster than a

51. Unit of pressure

50. Kind of bean

- 54. Therefore
- 55. Bambi was one



Happy July 4th!

July Prossword

- 10 Extraneous
- 11. Intimidate
- 13. If not

Trust in others rises as people grow older

In a cynical world, trust can seem hard to come by. But new research suggests it may grow as we get older. The World Values Survey, collecting data from more than 200,000 people in 83 nations, found that more than a third of people 80 years old or older agreed with that most people can be trusted, although just a quarter of 20-year-olds said the same.

The results were consistent regardless of nationality, gender, education, and income.

A similar study, analyzing data from the General Social Survey of 1,230 U.S. citizens over time, also found that our willingness to trust increases as we grow older.

One possible explanation: As time goes on, most people tend to simplify their lives and spend more time with their families, resulting in a more positive and generous attitude about the world.



That morning cup of coffee may be really good for you

A lot of us depend on a cup of coffee or two to get going in the morning. But coffee may have even more significant health benefits. Here's a quick look at what it may do to improve your life:

- Melanoma. A study by the National Institutes of Health and the AARP found that the more coffee people drink during the day, the lower their chances of developing melanoma over a 10-year period. Four cups of coffee a day was associated to a 20 percent drop in melanoma risk.
- Multiple sclerosis. An analysis of two studies of people diagnosed with MS (one in the U.S. and one in Sweden) found that consuming at least four cups of coffee a day appears to delay the onset of symptoms. The caffeine, researchers say, seems to have neuroprotective properties that inhibit MS development.
- Liver cancer. Drinkers of three or more alcoholic beverages a day may be able to cut their risk of liver cancer by drinking coffee, according to a recent World Cancer Research Fund report. Coffee and coffee extracts appear to have a preventative effect on the expression of genes involved with inflammation—an effect that's most prevalent in the liver.



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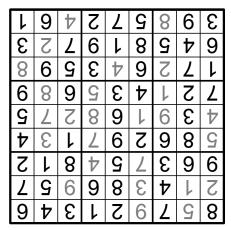


July Sudoku

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

Happy 4th of July!







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Thanks!

-Monthly Media Staff

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ISLAND IN THE SUN SENTINEL JULY, 2015 E

Ancient bones offer clues to evolution

S cientists may have discovered a new human ancestor to go along with "Lucy," the 3.2 million-year-old Australopithecus afarensis female from eastern Africa. Dubbed "Little Foot" because of his small bones, this specimen was unearthed in South Africa in the early 1990s. His skeleton was almost completely preserved after falling down a narrow cave shaft and dying there. Whether Little Foot was a relative of Lucy's or a different pre-human species has been a subject of debate among anthropologists, but a new dating process suggests that Little Foot lived and died some 3.67 million years ago, close to the same time as Lucy.

Although some scientists dispute the accuracy of the dating technique, if it holds up it suggests an evolutionary link between different species of Australopithecus in ancient Africa, as well as evidence of where in Africa modern humans began to develop.

Birds do it, bees do it, and so do amorous mice

From time immemorial, men have wooed their lady loves with romantic (if sometimes off-key) music. Now scientists from Duke University believe that love songs aren't just for humans. Mice also sing to females they hope to attract, although they aren't likely using Barry White.



Instead, mice rely on high-pitched sounds outside the range of human hearing, using specific tunes when they smell a potential mate and different ones when they finally set eyes on her. The songs are louder and composed of more complex sounds when they smell a female scent, and get simpler—but longer—when they finally meet face to face. The complex songs seem to attract females, although what specifically draws them close is still uncertain.

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(Allow 4-6 weeks for mailing of check).	This month's cash winners are:
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(Allow 4-0 weeks lol	manning of check	y. This month's cash			
Roy Martin\$	S100.00Pe	erfect Repair & Construction	Eric Lynn	\$5.00	Knoblach Hearing Care
		Čommunity Roofing	Shirley Reish	\$5.00	Ron Wyngarden
Bill Janes	\$10.00	Jones & Sons Plumbing	Everett Wardell	\$5.00	Perfect Repair & Construction
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		Jean Satterfield			Doll Brothers
		Mobile Home Depot	Sandy Anderson	\$5.00	Battleline Termite
Philip Scott	\$10.00	Knoblach Hearing Care			Doll Brothers
Agnes Meyer	\$10.00	Largo Plumbing			Mitchell's Siding
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Nancy Eickenberg	.\$5.00E	Bob's Mobile Home Washing			Boss Electric
		Buggin Out			Debbie's Salon
Connie Beauer	.\$5.00	Kathy's Cleaning	Peggi Dubendorfer	\$5.00	Bob's Mobile Home Washing
George Klett	.\$5.00	Largo Plumbing			Dr. Peter Mason
		OE Wilson	Terrence King	\$5.00	sShonna Bender, LMT
		Bill The Carpet Guy	Al & Donna Hartin	\$5.00	Dunedin Electric
John Lee	.\$5.00	Air Masters			Air Masters
Harriette Reimer	.\$5.00	Debbie's Salon			Sunset Appliance Service
		Jones & Sons Plumbing	Thomas Cooke	\$5.00	Natures Resource Pest Control
Arthur & Jane Perley	.\$5.00	Kathy's Cleaning			

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