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SIAND IN ELO



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Island in the Sun Community Newsletter

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July 2019 Media Deadline: June 16, 2019

Please send all articles and photos via e-mail to: iits.hoa.media@gmail.com

Please drop articles not sent via e-mail at Lot #301.

Representative to the Federation of Manufactured Home Owners (FMO):

Kenn Brody Lot #84

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From the IITS Media Editor:

May 17, 2019

I am looking for people to submit articles of interest to our IITS community – humor, current events around our area, perhaps a review of an exceptional restaurant or event you may have attended, etc. A few people submitted ideas and articles, but we really need volunteer writers for every month, so feel free to step up, as otherwise I will be randomly roaming the community asking for contributions.

We need someone to volunteer to do spotlight articles on our residents. Would like for this to be an ongoing series every month.

NOTE that I inadvertently mis-named the title of the article on Nancy Barnes in the May media. My apologies to both Betty Mecke and Nancy Barnes, and to Karen Custy, who submitted the article.

Editorial notes:

If you notice something that is incorrect, whether on the calendar or in any of the media articles, please let me know, and we will find the correct information and rectify ASAP. Our goal is to send you, our IITS residents, the most updated and correct information pertaining to activities and articles of interest to our community.

NOTE: Calendar and monthly activities information is provided by the HOA and the activities committee. I will publish data as it is provided to me, but keep in mind that events are subject to change, and I encourage everyone to watch the sign board, sign up for the various FB sites, and the RoboCall phone messaging service.

Please submit articles to: iits.media.magazine@gmail.com or if you prefer to submit via handwritten articles, please place them on top of the chest by the slider door in the carport, or hand to Jim or me personally.

Thank you to those who continue to contribute articles for the monthly media!

President's Corner

Kenn Brody, Lot #84

We've had a few events, the cookouts, the Kentucky Derby Duck Race, the outdoor movie, that have seen less than three dozen attendees each. To be fair, they were always intended to be minor events, experiments, really, to punctuate a succession of meal-and-entertainment galas. They were also either lacking hosts or lacking some sort of volunteer activity. Our sign board person quit, our robocall system hung up, there were vacation schedules for the usual officials, etc.

Whatever happens, if the event players do not perform, the burden tends to fall on the Directors, especially the President and Vice President. We don't like to disappoint our residents, but neither are we capable of filling all those volunteer roles.

What are those officers supposed to be doing? Their duties are described in general terms in the HOA Bylaws. Meetings, agendas, preparation, follow-up, membership, dues, selling

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tickets, MHP Liaison, and the never-ending quest for volunteers would be enough. But we also have legal duties as representatives of ALL the IITS residents, members or not. We have many incidents of conflict between the MHO and the residents that need resolution, or documentation for a possible legal action. We have ongoing HOA legal procedures.

As I have said so often in the past, the HOA is not just about parties. We are not a social club. Just the same, we really try to keep all the balls in the air.

June Fun Facts

Submitted by Nancy Wooten, Lot 231

Tt's June and National Day Calendar has some fun facts you should know about this month.

- 1. Julius Caesar changed the Roman Calendar and added two months to the calendar shifting

 June from the fourth to sixth month of the year.
 - 2. The word June is believed to originate from the goddess and wife of Jupiter, Juno.
 - 3. The birth flowers of June are Honeysuckle and Rose which symbolize love, devotion and generosity.
 - 4. The birthstones for June are Alexandrite, Moonstone and Pearl.
 - 5. June Beetles are only seen during the month of May and June in the United States.
 - 6. June is sweet! This month is National Candy Month along with National Dairy Month, National Seafood Month and National Ice Tea Month.
 - 7. Worldwide celebrations that take place in June are World Environment Day on June 5 and World Father's Day on June 20.
 - 8. The longest day of the year the Summer Solstice is in June.
 - 9. Gemini and Cancer are two Zodiac signs that fall in the month of June.

Custom of marriage: Ever heard the term "June bride"? It refers to the fact more people get married in June than any other month. Contrary to popular belief, this tradition did NOT come about because of the dependable weather. Actually, there are a number of interesting reasons J-U-N-E spells "marriage."

For instance, some classical scholars believe the month of June is actually named after Juno, the Roman goddess of marriage. Fast-forward a few centuries and you'll find another good reason to book a banquet hall for June: according to one old wives' tale, "Marry in the month of May, and you'll surely rue the day. Marry when June roses grow, over land and sea.

As the flowers are blooming may positivity bloom!

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Men's Breakfast/Ladies Luncheon

Men's Breakfast

To write up for the March men's breakfast – Bob Disney will be taking this over.

Ladies Luncheon - April

Submitted by Sudie Borders, #145

pril's Ladies Luncheon was held on the 18th at a perennial favorite establishment...

Johnny's Italian Restaurant on Rt.590 in Clearwater. We had 13 Belles in attendance.

Honestly Johnny's cannot be beat for excellent service and quality food. Our blonde waitress was a dynamo...I remember her from years past and she is amazing to watch...she absolutely holds a PhD in customer service. Every table was graced with "Johnny Bread" along with seasoned oil for dipping. Yum!! Of course "Italian" says it all...choices from shrimp linguini to meatballs with red sauce...all good!

We were still blessed with some Northern friends who lingered a little longer than most. We are missing our Northern Belles already.

Door prizes donated by the 3 sisters in #97 and myself were won by Donna in #114 and Nancy in #157.

Please remember to sign up for Ladies Luncheon the 3rd Thursday of every month at 12 noon. The sign-up sheet is in the Activities Book in the Clubhouse. If you have questions, please call me @256-399-7478.

Free Life Jackets

Submitted by Barbara Mattis, Lot #212

id you know that you can get life jackets for your visiting grandkids or great-grandkids for free? That's right - FREE! Boat US created a program to provide life jackets free for children. Towboat US-Tampa Bay in Largo is one of the locations that participates in this program. All you have to do is call them the day before you want to pick them up, let them know what size(s) you need (youth or child) and they will have them ready for you. Just provide your ID, sign their loaner agreement and you are on your way! Patty Ann is a joy to work with.

Towboat US is located at 13621 Walsingham Rd, Largo. Their phone number is 727-347-3532.

MHP Legal Happenings

Submitted by Kenn Brody, Lot #84

H Village advertises for 38,338 mobile home parks. There are 8,425 mobile homes listed for sale in Florida. This is a big and growing market. Restrictive zoning, higher construction costs and other factors are creating a booming industry for manufactured ...continued on page 10



homes and a high demand for sites to plant them.

A casual review of prices listed in MHP Village in the Tampa area reveals a median price of about \$50,000. Top of the range is about \$115,000, still less than a third of the cost of a site-built home. Well cared-for homes in IITS have had a modest price appreciation in the last five years. As a long-term place to live, a manufactured home in an MHP in Florida is a very attractive option.

It is also a very lucrative real estate investment for the MHP owner. Many of these owners are also invested in multiple dwelling units, apartment houses and rental developments. To them, an MHP is like an apartment house where the tenants have made an average rental deposit of \$50,000. That deposit is at risk if they tenant decides to skip rent.

However, the actual situation is that the equity the residents have in their houses is on par with the equity the MHP owner has in the land and fixtures. Without the houses, the park has no revenue and is just a high-maintenance albatross. Without the park, the houses have no place to go. Based on these simple facts the arrangements ought to be more of a partnership than a tenancy.

Slowly but surely, state and local governments are realizing these facts and producing a trickle of mediating legislation. Here are a few of the relevant areas getting attention:

Loans

Banks have long discriminated against manufactured homes. Unless the owner of the home also owns the land under it, there are no mortgages available. The home is then financed under a chattel loan, like a car or a boat. However, the Federal Housing Authority, which exercises overview of Fannie Mae and Freddie Mac, has instructed those agencies to have a Duty to Serve lower cost housing. These federal agencies are banker's banks. When you apply for an FHA mortgage, the lending bank backs up their risk with a loan from Fannie Mae or Freddie Mac, or they won't make the loan.

Most of the new loan direction is under Freddie Mac and intended for multiple dwellings (read: low cost housing projects), but at least a paragraph in their directives is specifically for MHPs like ours. They will create, over the next few years, programs to allow real mortgages on manufactured homes on leased lots.

To qualify for these loans, the MHP has to abide by rules, called FPLP's. These rules require the MHP's to allow houses to be sold without interference, to include reasonable rent escalation clauses, to have long-term leases. This is on the national level.

Conversions:

Senate Bill 2234, sponsored by state Sen. Mike Fasano, R-New Port Richey, and House Bill 743, sponsored by state Rep. Nancy Detert, R-Venice, would give mobile home residents the right to buy their parks even when the owner receives an unsolicited bid. Currently, state law only entitles mobile home residents to make an offer on their parks if the owner publicly puts it up for sale (good luck proving this in court). But if the owner has received an unsolicited bid for the park, the residents don't get the option to buy.

The most recent case was the sale of Anchor North Bay in West Oldsmar. More than 100 residents were told this month that they have until September to find new homes. The new owners, Alex Sullivan and Adam Schoenbaum, have said they hope to transform the park into luxury townhomes or condominiums. The 7.8-acre park on Old Tampa Bay sold for \$3.35 million.





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The new legislation was initiated by the Bay Indies Mobile Home Park Homeowners Association in Venice. At 1,300 homes, Bay Indies represents one of the largest mobile home parks on Florida's West Coast. Bay Indies homeowner's association president Anthony V. Pinzone sought help from Detert and Fasano after failing to change sections of the law in 2000.

In the years since, Pinzone has sparked a grass roots movement with mobile park homeowners' associations across the state. Pinzone's association hired a lobbyist this year. I will contact him.

Even under the existing law, more than 600 mobile home parks have been purchased by residents since the law was enacted in 1984. There are many companies who specialize in assisting residents to purchase their park. While IITS has had a dismal experience with this in the past which lead to the acquisition by Cal-Am, this is not the usual pattern.

I'll try to survey the progress in other states in this area as a guide to push legislation here in Florida.

Neighborhood Pets

Submitted by Linda Walker, Lot #301

Te are trying out a new series of articles this month. The goal is to focus on a few of the pets in the community each month and telling their stories more from the pet's perspective. If you would like to have your pet included, drop me a note, and I will be happy to include them in a future article.

Lovey, Lot 290 – I am owned by Wally and Chrissie Riley. They got me from 'Mama Rose' when she was sick, and she wanted my 'Second Mommy', Chrissie to have me. I became Lovey Bear Riley! I sleep in the bed, I go on vacation, stay in hotels, fly on airplanes. My food is delicious, and when I get tired of it, a new menu presents itself.

I was born to ride! On the golf cart, in the car, hotel luggage cart, and grocery cart. But most of all, I love going for a ride with my Daddy

on the scooter! We go to the beach or just a ride around the neighborhood and surrounding areas. I love the breeze in my hair and have even had my picture taken by strangers!

<u>Baxter, Lot 215 and Angel, Lot 215</u> – We are owned by Judy Scott and Marlo Wilson.

Angel is a Bischon Frise and is 1 ½ years old. Marlo is her Mom and has had her since she was 12 weeks old.

<u>Angel</u> is very smart and talented; in fact you may have seen her playing the piano on FB. She always looks for other dogs to interact with and will seek them out when she is taken out for one of her daily walks. She has play dates with other dogs in the community, Abby and Chanel being just a few of them. She also has lots of 'boyfriends', but is not naming names! She loves her brother Baxter!

Unfortunately, Angel's health is not the best, and she has to have



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surgery for hip dysplasia in the near future. This will require lots of extra care from her parents as she goes through the healing process.

We wish Angel a full recovery after her surgery!

Baxter is Angel's older brother. He is a 3-year-old Boxer mix, and was rescued by Judy and her son Conrad from the Humane Society. When they found him, he was too young to be adopted, so they had to wait a few weeks to get him.

Baxter loves meeting new people more than anything. Although he is a little on the large side, he thinks he is a lap puppy, and will try to crawl up. He also likes to weave between your legs – maybe he could be an agility dog! He is very well-behaved and loving, and rarely barks.

He hates dump trucks, he finds them to be scary, with their loud noises!

Thanks to Wally/Chrissie/Judy and Marlo for sharing the stories of their pets. It seems like everybody knows the names of our pets, but not so much the names of their owners!

6 EASY EVERYDAY ROUTINES FOR STRENGTH

Excerpted from "SENIOR PLANET"

oving through our days gets harder as we age. Bending and stretching, stepping off curbs, even navigating the furnishings in a room – many of us don't perform these movements as efficiently or gracefully when we're older, and some of us end up hurting ourselves. We might even fall.

But with the right exercises, you can protect your body and enjoy moving more.

"It isn't just about getting in shape. It's about issues of vitality and survival," Dancer-fitness expert Celeste Carlucci says.

Carlucci was running a fitness program for young moms when she decided to offer the tagalong grandparents a class of their own. She quickly discovered that routines geared to the issues dancers are most concerned about – alignment, strength, balance and coordination – can open up a whole new world of movement for people over 60 and also help prevent falls later.

Choreographing Your Everyday Life

Carlucci's older students were having some movement issues; their old ways of doing things no longer worked. They needed to learn new sequences for everyday challenges like getting up off of the ground after playing with their grandkids or picking up something that had fallen on the floor and putting it on a high shelf. Some had trouble with arthritis in their shoulders or knees.

"I had to figure out how my movement background could make them more graceful and efficient in their daily lives," said Carlucci.

She enlisted the help of an occupational therapist friend, and together they designed targeted exercises and movements that use a dancer's formula for choreographing life's routine movements, as well as building the strength, alignment, coordination and balance to prevent falls.

Continued on page 17

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Ten years later, Carlucci works with about 200 students a week in her program Fall Stop...MOVE STRONG in New York City. Younger students in their 50s join the class as a preventative method so that by the time they're in their 90s they're at less risk for falling.

We asked Carlucci to show us some of the exercises she teaches in her program.

6 Move Strong Exercises

All of these exercises are great for alignment, strength, coordination and balance.

If you're concerned about your balance, start the standing exercises while holding on to a sturdy chair or counter. Talk to your physician before beginning any other exercise program.

Stepping Over The Suitcase

A strength, balance and coordination exercise. Repeat 10 times, then switch sides and do 10 reps with you left foot. Be sure to lift your knees up high.

- 1. Stand with your feet together, hands on hips.
- 2. Lift your right foot up, to the side, and...
- 3. down as if you're stepping over a large suitcase. (Move slowly to maintain your balance!)

Windshield Wiper

A seated leg-strengthening exercise for the adductors and abductors. Repeat each movement 10 times.

- 1. Sit tall with your buttocks on the edge of the chair, legs together, hands on the outside of your knees. Pull your navel toward the spine to engage your abdominal muscles.
- 2. Open your knees and legs to the sides, resisting with your hands.
- 3. Move your hands to the inside of your knees and squeeze knees close together while resisting with hands.

Reach Down and Reach High

A placement and coordination exercise. Use this balletic movement every time you have to bend down and pick something up or reach up to a high shelf.

- 1. Put one foot behind the other and reach down to pick something off the floor. This provides a strong stance. The front foot will keep you from losing your balance and the back foot will catch you to prevent a dangerous fall.
- 2. Bend both knees as you bend down.
- 3. Now reach high to place something in a cupboard: Place one foot behind the other when reaching up with straight legs to provide balance.

Pump The Gas

Try this when you get up in the middle of the night or when you've been sitting for a long period of time.

- 1. Sit up tall on the edge of your bed or chair.
- 2. Point and flex your feet 5 times to get your blood flowing to prevent dizziness and possibly fainting.

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Stop it

A sharp staccato lunge forward with a mental picture of stopping activates muscles that help to stop a fall. Repeat 10 times, alternating legs. Each time you stop, say "STOP" out loud. This trains your muscles and mind to catch you if you trip.

- 1. Hold onto a firm surface for support with one hand (a kitchen counter or sturdy chair works).
- 2. Lunge forward with one foot and arm extended forward..
- 3. STOP, return to starting position.
- 4. Repeat with the other leg.

Strike a Pose

If it's good enough for Madonna, it's good enough for us!

- 1. Do 10 sharp and strong freestyle moves in different directions. Anything you want to do is fine.
- 2. Make them big to allow you to move with expression and regain confidence. Have fun!

IITS Monthly 'Good - Will' Drive

Jamie Brogley, Lot 87 - 727-744-5177

NOTE: We are discontinuing the Good – Will Drive in its current format. For those residents who need special assistance, some of their friends/neighbors have volunteered to help them on an individual basis. Thanks for the contributions you have made in the past!

Contact me if you know of someone who is in need or if you would like to make a donation.

IITS Games - April 2019

Thanks to Nancy Barnes and Rick World for submitting.

DOMINOES:

Submitted by Nancy Barnes, Lot 157, 727-799-2434

April 1	Rick World
April 8	Betty Mecke
April 15	Nancy Barnes
A	I 4 C 4 /T

April 22 Janet Coates/Rose Leduc

April 29 Betty Mecke

RUMMIKUB:

Nothing submitted for this month.



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OTHATCES DIFFICION	
AIR CONDITIONING SALES/SERV	
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FURNITURE & MATTRESS AJ's Beds & Furniture	
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Citrus Homes/Meadowood Homes	727-535-5262
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Mobile Home Depot, Inc	
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Modern Pest Control, Inc	727-410-1466
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Denny's Plumbing, Inc	/2/-530-1391
Jones & Sons Plumbing, Inc	/2/-/99-028/
Largo Plumbing Co	/2/-596-0525
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ASC Aluminum Specialty Contr	727-547-8300
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WINDOW REPLACEMENT	707 474 0000
AMS Advanced MH Systems	/2/-4/1-0820
ASC Aluminum Specialty Contr	/2/-54/-8300





JUNE-2019

Sunday	Monday	7
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		
1-5pm Royal Rummy 7pm Texas Holdem	10am 2 mile walk w/ Sansone 12:45 Dominoes 7pm Pickleball	10am Po Aerobics 12:45 Ru 7pm HC Meeting
1-5pm Royal Rummy 7pm Texas Holdem	10 10am 2 mile walk w/ Sansone 12:45 Dominoes 7pm Pickleball	10am Po Aerobics 12:45 Ru POOL O
16 1-5pm Royal Rummy 7pm Texas Holdem POOL CLOSED Father's Day	17 10am 2 mile walk w/ Sansone 12:45 Dominoes 7pm Pickleball POOL CLOSED	10am Po Aerobics 12:45 Ru POOL C
23 1-5pm Royal Rummy 7pm Texas Holdem	24 10am 2 mile walk w/ Sansone 12:45 Dominoes 7pm Pickleball	10am Po Aerobics 12:45 Ru
1-5pm Royal Rummy 7pm Texas Holdem		

Island In The Sun

 Tuesday	Wednesday	Thursday	Friday	Saturday
lucsuay	vvcuncsuay	Thursday	Tilday	1
4 ool Noodle s ımmikub DA Members	5 10am Body Groove Workout 7pm Texas Holdem	6 7pm Bingo	7 10am Pool Noodle Aerobics 1pm Mahjongg 7pm Texas Holdem	8 1pm Outdoor Cookout
11 ool Noodle s ımmikub CLOSED	10am Body Groove Workout 7pm Texas Holdem POOL CLOSED	7pm Bingo POOL CLOSED	14 10am Pool Noodle Aerobics 1pm Mahjongg 7pm Texas Holdem POOL CLOSED	8-10am Community Breakfast POOL CLOSED
ool Noodle s ummikub CLOSED	19 10am Body Groove Workout 7pm Texas Holdem POOL CLOSED	8:30am Men's Bkfst 12pm Ladies Lunch 7pm Bingo POOL CLOSED	10am Pool Noodle Aerobics 1pm Mahjongg 7pm Texas Holdem POOL CLOSED First Day of Summer	Time TBD - Golf cart drive in movie. Popcorn.
25 ool Noodle s ımmikub	26 10am Body Groove Workout 7pm Texas Holdem	pm Bingo	10am Pool Noodle Aerobics 1pm Mahjongg 7pm Texas Holdem	10am Activities Meeting Time TBD - Meet & Greet \$50 Gift Certificate

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Carol Zapiecki, Clearwater, FL





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George Lordstrom, Saint Petersburg, FL



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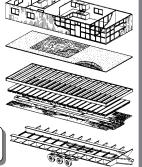




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June Anniversaries and Birthdays

Bob and Dottie Newman Lot #46 - 727-724-6283 - pcfriar64@yahoo.com

If you would like to have your anniversary or birthday published in the Media please give us a call or drop us an E-Mail.

June Anniversaries

- 17 Jonathan & Nancy Lee
- 18 Ed & Helen Dennison
- 22 Larry & Kristie Taylor
- 23 Dick & Karen Nesco
- 29 Mike & Cindy Malliet



June Birthdays

- 1 Bobby Ray Bower Charles Nolfo
- 2 Marjorie Ellis Bruce Logan Juana Rich
- 3 Karen Custy
- 5 Marion Playchak
- 7 Laura Vlismas
- 8 Helen Dennison
- 9 Frank Arnold Thomas Stone Helen Straka
- 10 Judith Goldsberry
- 12 Anthony Kijonka
- 16 Joyce Pertinaci Diana Twomey
- 22 Larry Taylor

30 Debbie Frier

If you would like to have your anniversary or birthday published in the Media please give us a call or drop us an E-Mail.

Exercise Classes:(Subject to change)

here are several exercise classes going on each week at IITS to help us get/stay in shape. Listed below are the current offerings (see calendar for details). Note there are sometimes changes to the schedule, these will usually be posted on the various FB sites.

Pool Noodle Aerobics – Tuesdays and Fridays 2 mile walk with Sansone – Mondays Body Groove – Wednesdays Aqua Aerobics – most Saturdays





REMEMBRANCE CORNER - June

Dottie Newman Lot #46 724-6283 pcfriar64@yahoo.com or dlnewman823@gmail.com

• Joan Ottinger, #141, had a broken wrist after being hit by a car. I'm sure there were also many bruises and scrapes. Good luck with your recovery.

• Rocco Gudin, #13, passed away from cancer. Our condolences to Patricia. Please call or email me when someone you know is ill or has passed away. 'Til next time – stay safe!

NOTE: I do not participate on any social media (my choice), so I depend on friends, family and neighbors to alert me to a resident's passing or sickness so that an appropriate card can be sent. Please contact me the old fashioned way by calling me@ 724-6283 or the more up-to-date way of emailing @ pcfriar64@yahoo.com or dlnewman823@ gmail.com.

Island in the Sun HOA Upcoming Activities and Events

Submitted by Molly Johnson Lot 135

Activities Meeting

April 27, 2019

The Activities Meeting will be held the last Saturday of every month at 10:00 in the morning, in the clubhouse. We want to assure the following months' events have sufficient coverage and support.

Pot luck dinners will continue throughout the summer, on the 2nd Tuesday of every month. **June. 2019**

As of the publication date, I have very little information on June activities, except the recurring events.

Please review the media calendar for details on recurring activities.

PARK TELEPHONE BOOK – June Media

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

Corrections for June, 2019

Add:

Thostenson, Tom & Margaret 148 Caribbean T: 253-1021

M: 804-2729

Delete:

Bedard, Sharon 148 Caribbean 953-3057

Burton, Debbie 265 Kingston 705-749-8438 Gudin, Rocco 13 Nassau 678-4305

Please check the new park phone book and notify us if there are any additional changes necessary.



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UPDATE ABOUT BOB

He has had a couple of strokes and still depends only on donations for support for him and his family.

BOB NEEDS OUR HELP!

Our delivery driver, Bob Davis (whom many of you know and have liked over the years), had a **SERIOUS FALL** while trimming a tree for a needy person on Sunday, August 5th. He broke bones in his neck plus other injuries. He has NO insurance and he is the sole provider for his family. ANY donation you may be able to help with will be GREATLY APPRECIATED!!!

Tax deductable donations may now be given through **New Day of Love Inc.** (501C3) Cash • Check • Credit Cards Call for more information

THANK YOU SO MUCH for anything you may be able to do!

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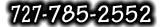
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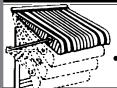
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ا Sign up now to participate in our Island in the Sun Telephone ا ا Messaging Service!

essages pertaining to activities or events are now being delivered to your telephone. This service is being provided free to IITS residents by the IITS HOA. Messages are being delivered to telephones throughout the US and Canada, on landlines or cell phones. This service is limited to one telephone number per lot.



For our part time residents, during your time away from IITS, you may forward the messages to another phone or discontinue receiving messages until your return.

Some of the features of the telephone messaging service include:

- US and Canadian numbers
- Special groups (i.e. Chorus, pool noodlers, etc.) can receive messages related to their members
- Polls/Counts

The telephone messaging service is being used to:

- Remind residents of HOA meetings
- Announce/Remind/Poll activities and events
- Communicate information to specific groups (Chorus, Shuffleboard, etc.)
- Announce safety concerns in the community and surrounding area
- Make you aware of the unfortunate loss of one of our neighbors
- Other uses as recommended and approved by the IITS HOA Board of Directors.

Please return this form to the box located in the Club house. If you are unable to return this form to the Mailbox, please call. The information requested below will be used strictly for the telephone messaging service and will not be shared with anyone else.

Lot #	Telephone Number	
Name(s):		





Early birds versus night owls—who's better off?

The early bird gets the worm, and early risers enjoy other benefits, according to a story on the *New York Post* website. A survey of sleep habits involving 2,000 people found that, among other things, self-identified early birds have more sex on a weekly basis than their night owl counterparts.

The survey also found that early birds generally make more money, are more likely to work in an office setting, and describe themselves as happy. They're also more likely to be married with children in their home. On the other hand, night owls are typically shy and sarcastic, likely to believe in ghosts and cryptids, and more often single.

They tend to sleep about the same amount—seven hours a night for early birds and six hours for night owls. However, early birds are light sleepers, and they feel more well-rested when they get up than night owls.

Disconnecting may not lead to the benefits you're looking for

ver feel the need to disconnect from your devices for a "digital detox"? The Yahoo Finance website reported on a survey by Mojo Vision (Saratoga, California), which found that people tend to use technology as much, if not more, after distancing themselves from their smartphones and tablets for a while.

The survey of 1,000 Americans found that 67 percent agree that technology makes life easier, but 55 percent believe that all that tech is a distraction, with one-third worrying that it hurts people's ability to connect with one another. Still, 54 percent said that abstaining from their devices didn't produce the positive benefits they'd hoped for—or at least were unsure whether it had a beneficial impact.

The most common strategies for "subtracting" tech are setting devices to send fewer notifications, putting them on a "Do Not Disturb" setting, scheduling times to not use their devices, or simply turning them off for a period of time.



A good decision is based on knowledge, and not on numbers.

-Plato

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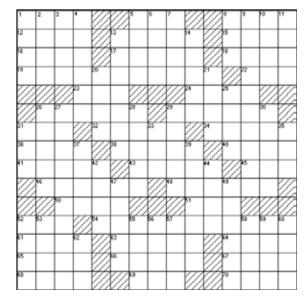
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ACROSS

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- 5. Which person?
- 8. Store
- 12. A river in central Europe
- 13. A perennial used for seasoning
- 15. Underside of footwear
- 16. Bobbin
- 17. Lubricated
- 18. Tall woody plant
- 19. An opening to shoot arrows through
- 22. Personification of the sun (Roman mythology)
- 23. Supplement with difficulty
- 24. A pear-shaped stringed instrument
- 29. Long brightly-colored Mexican shawl
- 31. An expression of surprise
- 32. City in Florida
- 34. Repent
- 36. Bacterium
- 38. Occasion
- 40. Generates profound wonder
- 41. Fertile areas in deserts
- 43. One less than nine
- 45. Scottish for "Uncle"
- 46. Disinherit
- 48. A chain of mountains
- 50. Festivity
- 51. Earned Run Average
- 52. Utmost degree
- 54. The act of noticing
- 61. Products of human creativity
- 63. Negate
- 64. House
- 65. Lyrical writer
- 66. Sharp high-pitched dog cries
- 67. Female sheep
- 68. Ripple or current
- 69. Dance step
- 70. Tirade

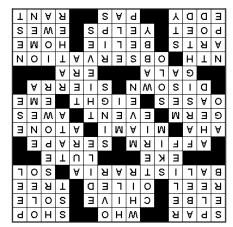


DOWN

- 1. A Slavic people
- 2. Humble request
- 3. Cain's brother
- 4. Respite
- 5. Sound of something in rapid 27. The opposite of myopia motion
- 6. Anagram of "Hail"
- 7. Concluded
- 8. Supersonic transport
- 9. A unit of power
- 10. Margarine
- 11. Skin of a fruit
- Republic
- 13. Clique 14. A magistrate of the Roman 39. Robbers

- 20. Examine hastily 21. Subtle emanation
- 25. Goodbye (slang)
- 26. In the front
- 28. Someone who is highly
- 29. Makes melodious sounds
- 30. Bowel cleansing
- 31. In the past
- 33. Japanese apricot
- 35. East southeast
- 37. Plateau

- 42. Alone
- 44. Prefix indicating 1 trillion
- 47. A loon
- 49. On the contrary
- 52. Anagram of "Pane" 53. Stepped
- 55. Ooze
- 56. Singer
- Fitzgerald 57 Tears
- 58. Mid-western state
- 59. Portent
- 60. Where a bird lives
- 62. Pigpen





June Crossword



Watch for these hidden causes of high blood pressure

any factors affect your blood pressure, including genetics, diet, and even your sleeping patterns. The Healthline website advises you to be mindful of these possible contributors to high blood pressure, as well:

- Over-the-counter medications. Common medications used to address everyday aches and pains can increase one's blood pressure. These include anti-inflammatory drugs like Aleve, Advil, and Tylenol, as well as decongestants. You don't have to stop taking them, but check with your doctor.
- Caffeine and alcohol. Both of these can heighten your blood pressure. Limit yourself to less than 300 milligrams of caffeine a day—two to three cups of coffee—and one alcoholic beverage a day for women and two for men.



• **Food ingredients and supplements.** Some herbal supplements, for example, use licorice, which can raise blood pressure. In addition, some cheeses, cured meats, and also soy products contain high levels of tyramine, which can interact with medications like antidepressants, causing a spike in blood pressure.

Pill offers an alternative to insulin injection

People with type 2 diabetes may have a new alternative to insulin injections, according to the Science Daily website. A research team at MIT has developed a capsule that patients can take orally to receive their insulin through the stomach.

The blueberry-size pill contains a tiny needle filled with compressed, freeze-dried insulin. The needle itself is made of a biodegradable substance and is attached to a compressed spring held in place by a disk of sugar. The capsule is designed to orient itself so the needle can contact the lining of the stomach. When the needle is injected, the insulin dissolves at a controlled rate and then passes harmlessly through the digestive system.

Tests in animals found that the device can deliver sufficient insulin to lower blood sugar at a rate comparable to injections through the skin. The device can also be adapted to deliver other medications.

Calm mind brings inner strength and self-confidence, so that's very important for good health.

—Dalai Lama





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EVENTS & PROGRAMS

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-Monthly Media Staff

JULY AD DEADLINE - JUNE 10, 2019

Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
 Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit.
 No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.





For over 3 decades, we have made it our aim to provide the highest quality mobile home roofing services in our community. You can always count on us to give you an honest assesment of your roof. Not only will you get the best experience at a fair price, you'll also get the best warranty coverage available on the market! Don't risk getting a cheap job or being taken advantage of by another company, call us today!



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

THOUSANDS manufactured home residents have won over \$148,000 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 • 220 Bahama St. • Venice, FL 34285. 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.

's cash winners are:

(Allow 4-6 weeks for	r mailin	ig of check). This month's cash
Steve Ray	\$100	Dunedin Transmission
Phil Houpt	\$10 .	Bob's Mobile Home Washing
Edith Winter	\$10 .	Community Roofing of Florida
Nancy Underwood	\$10 .	George's Mobile Home Service, Inc.
Eric Vogel	\$10.	All Weather Roofing
Anne Burr	\$10 .	Air Masters of Pinellas, Inc.
		Ron Wyngarden MH Washing
Edward Bates	\$10 .	Natures Resource Pest Control, Inc.
Jean Cahill	\$10 .	Doll Brothers Upholstery Cleaning
Earl Foster	\$10 .	Debbie's Cleaning Services
Sally Ericson	\$10 .	Tarpon Pest Control
Victor Bartlett	\$10 .	E & E Gliddon Air Conditioning, Inc.
John Knippel	\$10 .	Palm Harbor & Dunedin Electric, Inc.
Jackie O'Dell	\$10 .	Appliance Specialty, Inc.
Thomas Miller	\$5	The Plumbing Patrol
		1st Class Handyman Service, Inc.
Peggy Gronek	\$5	Royal Enterprise
James L. Cates	\$5	Jones & Sons Plumbing, Inc
Mary Wuest	\$5	Ron Wyngarden MH Washing
Helen Blond	\$5	.Battleline Termite & Pest Control, Inc.
Paul Boone	\$5	Natures Resource Pest Control, Inc.
		Royal Enterprise
Delmar Haynes	\$5	Bob's Mobile Home Wash
Iris Broce	\$5	Doll Brothers Carnet Cleaning

\$5	Debbie's Salon
\$5	Buggin out Termite Inc.
\$5	Community Roofing of Florida
\$5	Air Masters of Pinellas, Inc.
	Bob's Mobile Home Wash
	Boss Electric Corp.
\$5	Jones & Sons Plumbing, Inc
\$5	
\$5	Battleline Termite & Pest Control, Inc.
\$5	Heller's Mobile home Washing
\$5	O.W. Wilson Insurance
\$5	Battleline Termite & Pest Control, Inc.
\$5	All Weather Roofing
\$5	Jones & Sons Plumbing, Inc
\$5	Bob's Mobile Home Wash
\$5	
\$5	J. Timothy Doerner, D.D.S., P.A.
	Heller's Mobile home Washing
\$5	Discount Computer Repair
	Doll Brothers Upholstery Cleaning
\$5	Jones & Sons Plumbing, Inc
	Air Masters of Pinellas, Inc.
	1st Class Handyman Service, Inc.
\$5	Debbie's Cleaning Services
	\$5 \$5 \$5 \$5 \$5 \$5 \$5 \$5 \$5 \$5 \$5 \$5 \$5 \$

- · 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 •Tickets available at participating Monthly Media advertisers.

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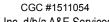
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Have You Looked UNDER YOUR HOME Your Home Lately?

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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.



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<u>00 A/C INSPECTION</u> or Repair Call (Mon.-Fri. 8AM - 4:30PM)





