

OFFICE: 1264 Teahouse Drive • Clearwater • FL 33764 • (727) 531-4476



August · 2016

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

Aloha!

Joyce Cooper was "Hanging loose" in Hawaii at one of the famous luaus found on the Hawaiian Islands.

Monthly Mania Winner! \$100 • Virginia Rouleau All Weather Roofing

Issue 6

40th Year

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

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

EditorAssistanNoreen AdamsFlorence2659 Teakwood Dr.2644 Pa727-776-3151Email: theredheadedgranny@yahoo.com

Assistant Editor Florence Miller 2644 Pagoda **Consultant For Card Games** Pat Pimm 2612 Butterfly

AUGUST 27th, 2016 pool party ...Saturday AUGUST 20th, 2016 Ball Game .. Saturday call Connie

Karaoke - Second Saturday of every month, 7:00pm doors open 6:30pm contact Bill Roberts 813-335-1114

Men's Cards - Every Thursday 6:00pm til 9:00pm;

contact Larry Richman 539-8330

We still have impromptu card games, stop by the Library at 12:30pm or 7:30pm and you may be that extra person we need to make a game complete... or contact Connie Hobbs, Florence Miller, or Sue Gang for details. Just think of it as one of our Summertime activities.

Our entire park and its activities do not stop during the Summertime, when our northern friends leave, then return for the Winter, there is still always something to do.

Resident's Services

Noreen

B e sure to thank our **DOMEI DELIVERY DRIVERS**. They are strictly volunteers, even in the heat and humidity. They are our neighbors and friends, so take a few minutes to stop and chat, get to know them and tell them how much we appreciate them.

Lil Abbott & Kathy Karlau; Charlotte Thompson; Connie Hobbs; Elke Sjoberg; Becky Collins; Gail Madeiros; Beverly Jacques; Janet Episcopo; Judy Bossie & Margo Hill; Roy Ward; Sophia Gargano; and our newest driver, Mel Moen.

Social Club Membership...... Ed Lee... 727-531-3776 Social Club Event TicketsGail Connell.... (summer=Becky Collins727-459-5185)

We CareAnnette Wilson 727-236-0228 (let her know of residents who are deceased or hospitalized)



Ask About Our Other Services

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FIND A PLACE INSIDE WHERE THERE IS JOY AND THE JOY WILL BURN OUT THE PAIN

Presidents Letter

Kathy Troll

It's hard to believe that we are in the midst of Summertime. The heat and humidity are here in full swing as well as the use of our air conditioning. We celebrated the 4th of July with a great turnout. Unfortunately, we had to move it into the clubhouse due to the extreme heat. Half in attendance spent it by the pool while the rest enjoyed being inside. A great time was had by all. Mr. Bill (Bill Roberts) entertained us with his music.

Don't forget to take advantage of our pool; the water may be warm, but it is a great reprieve from the scorching sun.

We have some upcoming events, so keep your eyes on the Social Club bulletin board,

Remember to keep hydrated and check on your homebound neighbors.

Behind every successful woman, is a surprised man.

Addendum:

Noreen

Could not agree with our President, more.

▲ During this unbearable heat climbing over 95 degrees, and humidity beyond measure, it is of utmost importance to check on our homebound and elderly neighbors. This weather is difficult on the "younger crowd" as the sweat drips from their chin or nose. Imagine how the heat affects your neighbors. Besides as you pop in to say "Hello", you just might be regaled by their tales of youth. You can bide your time til things cool down. Probably, around 6:00pm or 7:00pm.

If tears could build a stairway, and memories a lane, I'd walk right up to heaven and bring you home again.

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

JAPANESE GARDEN DOMEI AUGUST, 2016 C



65 Years Of Marriage

By Dorothy Ravener

JAY, AUGUST 10, 2015

I did not know this morning that God was going to call you home. In life I loved you dearly, in death I do the same. It broke my heart to loose you, you did not go alone For part of me went with you, the day God called you home. You left me beautiful memories, your love is still my guide.

Although I cannot see you, you are always by my side. Our family chair is broken and some things are not the same,

COS

But as God calls us one by one, the chain will link again.

For Ever, Dorothy

Japanese Garden Night At The Ballpark (Threshers) July 2, 2016 Connie Hobbs

Thank you to everyone who bought tickets and helped me arrange car pools to save on parking. Everyone seemed to have a really good time. From 5:00 pm to 7:30 pm we had all the food we could eat; hot dogs, slider burgers, BBQ pulled chicken, popcorn, peanuts, chips, ice cream sandwiches, soft drinks and bottled water. 16 oz. draft beer was \$2.50. Liquor service was available. The servers were great at coming around to make sure we had everything we could possibly consume. We had an elevator to the party deck, covered seating from the elements -- it poured rain twice before the game started and we were dry and comfortable. The sun came out and the Threshers even won the game. Then, there was a fabulous fireworks display!

Another event is planned for August 20th. See me for tickets!



Hard times come and go and are relative, even health or finances... but they pass, one way or another

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CollisionACV - \$500 Deductible
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Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*
Juote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 yea

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 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.







JAPANESE GARDEN DOMEI AUGUST, 2016 C





When Was The Last Time You.....

Noreen

My last baseball game was when my son was 13 years old, and I stood and

screamed every time he was at bat.

He is 40 years old now and has been busy with school, college, marriage, starting his own business, and a family.

He still plays baseball. I can't wait until we at Japanese Garden go to another baseball game.

If you can't be a good example - -then you'll just have to be a horrible warning!

New Residents

Noreen

e welcome you to our community and look forward to meeting you soon. EVERY Saturday 8:30am we have Koffee Klatch.

ONE FREE COFFEE AND ONE FREE DONUT to each NEW RESIDENT for their first, (yes it has to be your first) SATURDAY KOFFEE KLATCH!!

tell them you are a new resident and charge it to CONNIE HOBBS!!.. (REMEMBER.. we know the regulars!...)

Pool Party - August 27, 2016

Connie Hobbs



Ome join us for some water fun in the evening at the pool at 6:00 pm. We have some fun games planned at no cost to you. Music will be provided by "Mr. Bill" (Bill Roberts). We will have chips and dips, ice, soft drinks and bottled water. Bring any other snacks you would like to share and BYOB. **No glass please!** We will be having a 50/50. Plan on getting wet and joining in on the fun!

Life is not about waiting the storm to pass, it's about getting out there and dancing in the rain!



"YEAR ROUNDERS" ..

it won't be long before our Northern friends start to trickle in, and the activities increase, so mark your calendars.

Snippets

Noreen

TEW RESIDENTS, yes we want you to feel welcome and informed.

If you notice anything out of order, tell our Manager Steve at the Park Office. He is always at the ready to resolve any resident issues.

When you finalize the paperwork to move in, be sure to obtain the MOST IMPORTANT paperwork, for reference later.

These are an abbreviation/example:

a. Rules for Park Living (a brief outline of a RETIREMENT COMMUNITY of residents over 55 years of age.

Only outside varieties of furniture shall be used out side a mobile home.(i.e. on the carport) The park is a retirement community age 55 plus.

No resident may have a minor child or children reside at the park for more than 14 days per year.

Roomers are not guests. Roomers are not allowed!

Residents may sell their mobile homes without services of management.

Adult guests are allowed to stay 14 days during any 90 day period.

Vehicles are not permitted to park on the streets after 11:pm, in the park.

b. Prospectus for Japanese Garden Mobile Estates

(a detailed summary of the operations and procedures of Japanese Garden Mobile Estates) c. Community Emergency Planning & Response

This is a survival instruction kit. It could be hurricane, tornado, or the infamous Florida monsoons.

We all need to know the evacuation route and how to care for our pets.

These pamphlets are supplied when you move in. If you have not received these, the office will be glad to supply them to you.





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Black And White And Now 50 Shades Of Grey!!

Submitted by Myrna Whitehead

y mum used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning..

Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting e.Coli. Almost all of us would have rather gone swimming in the lake or at the beach instead of a pristine pool (talk about boring), no beach closures then.

We all took PE And risked permanent injury with a pair of Dunlop sandshoes instead of having cross-training athletic shoes with air cushion soles and built in light reflectors that cost as much as a small car. I can't recall any injuries but they must have happened because they tell us how much safer we are now.

We got the cane for doing something wrong at school, they used to call it discipline yet we all grew up to accept the rules and to honour & respect those older than us. We had 50 kids in our class and we all learned to read and write, do maths and spell almost all the words needed to write a grammatically correct letter....., FUNNY THAT!!

We all said prayers in school irrespective of our religion, sang the national anthem and no one got upset.

Staying in detention after school caught all sorts of negative attention we wish we hadn't got.

I thought that I was supposed to accomplish something before I was allowed to be proud of myself. I just can't recall how bored we were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations. We weren't!!

Oh yeah ... And where was the antibiotics and sterilisation kit when I got that bee sting? I could have been killed!

We played "King of the Hill" on piles of gravel left on vacant building sites and when we got hurt, mum pulled out the 2/6p bottle of iodine and then we got our backside spanked. Now it's a trip to the emergency room, followed by a 10 day dose of antibiotics and then mum calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that?

We never needed to get into group therapy and/or anger management classes. We were



obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac!

How did we ever survive?

LOVE TO ALL OF US WHO SHARED THIS ERA.

AND TO ALL WHO DIDN'T, SORRY FOR WHAT YOU MISSED.

I WOULDN'T TRADE IT FOR ANYTHING!

Happy IVGLDSW Day!

submitted by Noreen

oday is International Very Good Looking Damn Smart Women's Day.

This is a motto to live by: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, wine in the other, body thoroughly used up, totally worn out and screaming

WOO HOO!! WHAT A RIDE!!

(Harley, boat, or golf cart, you can guess what I will ride)

Sarcasm At Its Best

submitted by Joe Walker

woman takes her 16-year-old daughter to the doctor.

The doctor says "Okay, Mrs. Jones, what's the problem?"

The mother says, "It's my daughter, Debbie. She keeps getting these cravings. She's putting on weight, and is sick most mornings."

The doctor gives Debbie a good examination, then turns to the mother and says, - "Well, I don't know how to tell you this, but your daughter is pregnant - about 4 months, would be my guess."

The mother says, "Pregnant?! She can't be. She has never ever been with a man! Have you Debbie?"

Debbie says, "No mother! I've never even kissed a man, I'm still a virgin!"

The doctor walked over to the window and just stood there staring out of it. About 5 minutes pass and finally the mother says, "Is there something wrong out there doctor?"

The doctor replies, "No, not really, it's just that the last time anything like this happened, a star appeared in the east and 3 wise men came over the hill. And there's no way I'm going to miss it this time!"





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Universal Mankind

Noreen

may not be politically correct, and not look at others as "less than", for whatever reason.

But the loss of a family member or dear friend is painful, regardless of their lifestyle choice.

We cannot pick our family, we can pick our friends, that eventually we see as family members.

Many of us have lost family members, and the pain of absence and loss is excruciating.

So the loss related to the family members in the recent Orlando attack, is all the more overwhelming.

It could have been a relative of ours. How would you deal with the pain of such loss. (Mother, father, brother, sister, cousin, the list is endless.)

Personally, I identify with anyone's loss, and send my condolences to anyone who has had to deal with such loss. Such intense pain of mankind, knows no boundaries, or age.

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My PAPA

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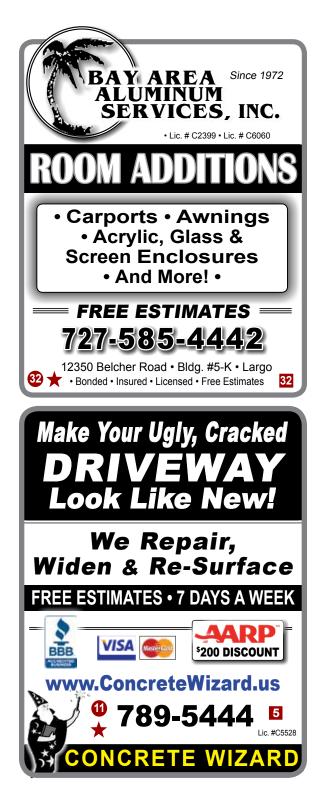


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AUGUST•2016

Sunday	Monday]
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Japanese Gardens

		Т	Ent dans	Catandar
Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 6:00pm - 9:00pm Men's Cards; contact Larry Richman 539-8330	5 8:30am Golf Tee Off time; (per Ziggy) contact Ziggy 559-1304	6 9:00am Koffee Klatch (doors open 8:30am)
9	10	11 6:00pm - 9:00pm Men's Cards; contact Larry Richman 539-8330	12 8:30am Golf Tee Off time; (per Ziggy) contact Ziggy 559-1304	13 9:00am Koffee Klatch (doors open 8:30am) 7pm Karaoke Doors open 6:30pm
16	17	18 6:00pm - 9:00pm Men's Cards; contact Larry Richman 539-8330	19 8:30am Golf Tee Off time; (per Ziggy) contact Ziggy 559-1304	20 9:00am Koffee Klatch (doors open 8:30am) Ball Game Call Connie
23	24	25 6:00pm - 9:00pm Men's Cards; contact Larry Richman 539-8330	26 8:30am Golf Tee Off time; (per Ziggy) contact Ziggy 559-1304	27 9:00am Koffee Klatch (doors open 8:30am) pool party
30	31			SEPTEMBER 2016 S M T W T F S 1 2 3 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





Watch for the dangers of carbon monoxide

arbon monoxide (CO) is a colorless and nearly odorless gas created by the incomplete burning of solid, liquid, and gaseous fuels. It's poisonous to people and pets, so be careful. Symptoms of the poisoning are:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

To prevent CO poisoning, take these precautions at work and at home:

- Buy and install a CO alarm. Make sure it meets safety requirements, and follow the directions for proper placement and installation.
- Install appliances properly. Most of them should be installed by a professional.
- Check your appliances. Have your heating system inspected and serviced every year.
- Only burn charcoal outdoors. Never burn it in a tent, home, garage, vehicle, etc.
- Make sure you turn off fuel-burning engine equipment when you are inside a garage or basement. Just having the doors open does not ensure your safety.
- Always follow the manual directions when servicing fuel-burning equipment.
- Do not use gas appliances, such as ranges, ovens or clothes dryers, to heat your home.
- If you use a fuel-burning appliance that is approved for indoors, make sure it is vented to the outside following the manufacturer's instructions.
- Install and use exhaust fans over gas stoves.
- Open flues when you use your fireplace.
- Choose the proper size wood-burning stove for your home.
- Have a professional inspect, clean and tune up your central heating system (furnaces, flues, and chimneys) annually.



Lost in translation

Henry was visiting a distant country where he didn't know the language. He managed fairly well with the help of a guide, but on Sunday he wanted to go to church, and his guide had the day off. So he found a small church in the village where he was staying and followed a friendly-looking man inside.

The man greeted him and smiled, so Henry took a seat next to him and decided to copy his every action. When his new friend rose with the congregation to sing a hymn, Henry did the same, finding the hymn by looking at the man's hymnal. When the collection plate came around, Henry put in the same amount of money as the man next to him.

Toward the end of the service, the minister made some kind of announcement. The man next to Henry stood up, so Henry did too. The congregation gasped in shock.

After the service, the minister approached Henry. So Henry's surprise, the minister spoke English. "You don't know a word of our language, do you?" the minister asked kindly.

"Uh, no." Henry was nervous. "Is it that obvious?"

"Well, when I was announcing the birth of a new child and asked the father to stand up..."

The real problem

A little girl was running a high fever with a bad cough and an aching feeling throughout her body, so her father took her to see the doctor. After waiting for an hour, the doctor finally took them into her office for an examination.

"Now, Christina," she said after checking her heartbeat and looking down her throat, "What's bothering you the most?"

"My brother Sam," she replied honestly. "He breaks all my toys!"

High stakes

man walked into a bar and ordered a beer. As he drank, he noticed slabs of beef hanging from the ceiling on hooks. "What's this about?" he asked the bartender.



The bartender smiled. "Well, if you can jump up and pull one of them, we cook it up and give you free beer all night. If you miss, though, you have to put \$100 into the charity jar we keep back here for orphans. What do you say?"

The man looked up, then shook his head. "Sorry. The steaks are just too high." JAPANESE GARDEN DOMEI AUGUST, 2016 C



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ACROSS

- 1. Accumulate
- 6. Wanes
- 10. Coffee dispensers
- 14. Ringworm cassia
- 15. Flippant
- 16. Person, place or thing
- 17. Floral leaf
- 18. Bright thought
- 19. Carpenter's groove
- 20. Daughter of a step-parent
- 22. Therefore
- 23. Against
- 24. Girdle
- 26. Chick's sound
- 30. Flee
- 31. In what way
- 32. Cap
- 33. Former lovers
- 35. Choice
- 39. Red wine
- 41. Business executive
- 43. Body
- 44. A period of discounted
- prices
- 46. Small city
- 47. Best seller
- 49. Calypso offshoot
- 50. If not
- 51. Domestic breed of rabbit
- 54. Certain ball-and-socket
- joints
- 56. Storage cylinder
- 57. A type of semiconductor
- 63. Chair
- 64. An indefinite period
- 65. Nigerian monetary unit
- 66. Behold, in old Rome
- 67.1111
- 68. To untwist
- 69. Clairvoyant
- 70. Probabilities
- 71. Trades

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DOWN

- 13. Snob
- 21. Arm of the sea
- 25. Klutz's cry
- 26. Agreement
- 27. Reflected sound
 28. Arab chieftain
- 29. A toy that fires
- pellets
- 34. Sleekness
- 10. Protect by insurance 36. False god
 - 37. Kittens' cries
- 11. Lion sounds 12. Prod

1. Vipers

3. Stake

4. Break

5. Chip dip

6. Nosebleed

7. Time to go to sleep

8. Broth (Scottish)

9. Polysaccharide

2. Encounter

Sea eagle
 French for "Black"

- 45. Disgraced 48. Skin pattern 51. Donkava
 - 51. Donkeys

42. Some tides

- 52. Daughter of a
- sibling
- 53. Candied 55. Nasal passage
- 55. Nasai pa 58. Peel
- 58. Peel
- 59. Rational
- 60. Cultivate
- 61. By mouth
- 62. Beams









Act of compassion

In these days of political polarization, this story about acceptance seems appropriate: When former Vice President Hubert Humphrey died, hundreds of political figures from around the world came to his funeral. One was former President Richard Nixon, who resigned from office in the wake of the Watergate scandal. Everyone wondered how the disgraced expresident would be received.

When then-President Jimmy Carter arrived, he noticed Nixon standing alone. Instead of heading for his seat, Carter walked toward Nixon, held out his hand, and then gave Nixon a hug, saying, "Welcome home, Mr. President, welcome home!"

Despite belonging to a different political party, Carter decided to show compassion toward someone whom many ignored. It was an extraordinary gesture of acceptance.









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Did you know that August is also...

Back to School Month. As summer draws to a close, back-to-school season is in full effect. Remember to safely share the roads with school buses, pedestrians, and bicyclists, and provide children with the necessary knowledge to stay safe at school. Whether children walk, ride their bicycle, or take the bus to school, they—and the motorists around them—should remember to take proper safety precautions .



National Black Business Month. During August, individuals, institutions, and businesses are encouraged to visit at least one black-owned business per day. The increased sales resulting from that traffic could result in more than 40,000 additional jobs during the month and as many as 450,000 new jobs if the habit is continued over the course of a year.

National Immunization Awareness Month. National Immunization Awareness Month (NIAM) provides an opportunity to highlight the value of immunization across a person's lifespan. Activities focus on encouraging all people to protect their health by being vaccinated against infectious diseases.

Clown Week, Aug. 1-7. Celebrations take on a variety of forms, such as putting on shows in malls, child care centers, hospitals, and nursing homes, and clown appearances in parades, grand openings, and other places.

National Fraud Awareness Week, Aug. 7-13. Businesses and government agencies around the world lose an estimated 5 percent of their annual revenues to fraud. National Fraud Awareness Week seeks to educate everyone on the dangers of fraud and how to protect themselves from criminal activities.

Motorcycle Week, Aug. 14-20. For the motorcycle rider and lover, a week dedicated to the vehicle that millions of Americans enjoy. Ride, celebrate, and make new friends on the road.



National Aviation Week, Aug. 14-20. A celebration of flight, observed during the week of Orville Wright's birth, Aug. 18. Along with his brother Wilbur, Orville Wright built and flew the world's first successful airplane in Kitty Hawk, N.C., in 1903.

International Beer Day, Aug. 5. Enjoy your favorite beer, or try a new one—responsibly, of course.

World Elephant Day, Aug. 12. Asian and African elephants are loved, revered, and respected around the world, yet we teeter on the brink of seeing the last of these magnificent creatures.

National Dog Day, Aug. 31. Celebrate your dog—and dogs everywhere.

New moon discovered around distant dwarf

The solar system is a little bit larger these days. The Hubble Space Telescope has found a new moon orbiting the dwarf planet Makemake in a region of space beyond the planet Neptune known as the Kuiper Belt, where many other small planet like objects have been found. Makemake is slightly smaller than Pluto, another dwarf planet, and is covered by a layer of frozen methane.

According to the Sci-News website, the moon, nicknamed MK2, is approximately 100 miles around and orbits close to 13,000 miles above Makemake. Astronomers discovered it after examining observations from the Hubble made in 2015. Astronomers believe that it is the product of a collision between Makemake and another celestial object or was captured by Makemake billions of years ago.

Wookie alert! New species sited on Earth

hewbacca has been sighted—not a long time ago in a galaxy far, far away, but in Papua New Guinea. It's the name of a newly discovered species of flightless beetle, dubbed Trigonopterus Chewbacca because of its distinctive pattern of scales.

As reported on the (e)Science News website, Chewbacca is one of four new black weevils discovered by an expedition of scientists looking for examples of the Trigonopterus beetles. The website notes that unlike its fictional namesake, this Chewbacca doesn't depend on size and brawn to scare enemies off, because it measures only 2-3 millimeters in length.

New evidence changes theory about dinosaur extinction

For years scientists and dinosaur enthusiasts have accepted the theory that a giant asteroid caused the mass extinction of the dinosaurs 66 million years ago. Now that theory has undergone some tweaks, as reported on the Science News website.



The asteroid probably didn't help matters, but evidence now suggests that the dinosaurs had begun dying out long before it struck. Dinosaur species began disappearing faster than new ones evolved some 40-50 million years before the asteroid's impact—a loss in diversity that made surviving the event more difficult.

Many species of birdlike dinosaurs kept going, ultimately evolving into the birds we see today. Scientists speculate that because much of the diet of today's birds consists of seeds, earlier flying reptiles may have relied on the same food source, which can last for decades.

August Word Search

т	U	М	В	L	Е	С	I	Т	I	Ζ	Е	Ν
М	U	Μ	В	L	Е	L	L	F	L	Α	Κ	Е
М	Е	С	Н	Α	Ν	I	С	Α	0	т	Н	V
L	В	Α	Ζ	0	М	С	Х	Т	Т	С	Y	Е
G	R	Α	۷	Е	т	Κ	Ν	Н	Ν	т	U	R
L	Α	W	Y	Е	R	Е	G	T	R	0	Е	s
А	s	т	В	Н	L	I	L	T	J	Ν	Е	R
D	Н	Y	С	L	F	F	D	Κ	0	W	Т	U
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brash	easter	fight	hotel	never
bruise	eave	flake	hues	
	electricity	flinch	humble	raid
cease	ethics	focus		reason
citizen	ewes	funny	lawyer	runner
clatter	excellent		lime	
click		glade		touch
		grave	maybe	tumble
dire			mechanic	
dirty			mumble	winch

JAPANESE GARDEN DOMEI AUGUSI, 2010 C



Like a good neighbor . . .

We depend on our neighbors to water our plants and walk our dogs when we're out of town—or do we? A study from the Pew Research Center found that only a little more than half of Americans—52 percent—say they trust all or most of their neighbors, and 48 percent they trust only some of their neighbors, or none at all.

The Pew Center found that among households with incomes of \$75,000 or more, 67 percent of residents trust all or most of their neighbors, but in households earning less than \$30,000, only 37 percent feel the same.

Race may also be a factor, although the connection is unclear: Sixty-two percent of white Americans say they trust their neighbors, just 31 percent of African-Americans do, and only 27 percent of Hispanics.

The Zika virus: Protect yourself with the facts

The Zika virus is spreading in the headlines and around the world, but you don't have to panic. The best defense is information. Here are some basic facts about the virus from the NBC News website:

- Origins. Zika comes from the continent of Africa. It was first observed in 1947, but didn't seem dangerous. That changed when it migrated across the South Pacific and ultimately arrived in Brazil, where immunity against the virus is low.
- Effect. The virus itself doesn't seem to cause major health problems in most people beyond a rash, headaches, and fever. But it can in some cases cause paralysis, nerve damage, encephalitis, and miscarriages, as well as birth defects and deaths in newborn children.
- **Transmission.** The Zika virus is mostly spread by mosquitoes native to tropical regions. It can also be sexually transmitted.
- **Reach**. Zika has already arrived in the United States, where approximately 700 people have been infected after traveling to foreign countries. Mosquitoes that carry the disease are common in many areas, even as far north as New York, so localized outbreaks could occur in several states.
- **Prevention.** Air conditioning and windows screens are both good defenses against the mosquitoes. In addition, officials advise that people wear long clothing and insect repellant when going outside.

The night shift takes a bigger toll on women

W orking the midnight shift is hard on everyone, but it may be more detrimental to women's health than men's, according to a study by a sleep research center at the University of Surrey.

The center put 16 male volunteers and 18 females in a controlled environment where each day lasted 28 hours without natural day-night light levels. Every three hours during "daytime" the volunteers performed a range of tasks that measured brain function, alertness, motor control, and memory. Both men and women were affected by the lack of natural circadian rhythms, but the impact was greater on women, who exhibited more problems than men during the early hours of their awake period. The information is useful for everyone contemplating work on the so-called graveyard shift.

Loneliness is bad for the heart

oneliness and isolation may be bad for your mental health, and they can also have a negative impact on your physical health. That comes from a British study reported on the CBS News website, which found that in addition to high blood pressure and compromised immune systems, loneliness can apparently lead to problems with the heart.



The British researchers looked at data from more than 180,000 people. They found that adults with few friends or social relationships were 29 percent more likely to suffer a heart attack or angina, and also 32 percent more likely to have a stroke.

The cause and effect relationship remains unclear, but the findings suggest that strong relationships can influence your health in many ways.

Choose the right food to combat stress

e all have our go-to foods when we're stressed out—chocolate cake or a bowl of ice cream. But certain foods can actually help you relax without blowing your diet. Consider these alternatives:

- Leafy greens. Spinach, lettuce, and other leafy vegetables can help your brain produce dopamine, which can calm you down.
- Turkey. The tryptophan in turkey boosts serotonin levels, relieving depression.
- Salmon. Salmon is high in omega-3 fatty acids, which can inhibit hormones that cause stress.



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(Allow 4-0 weeks for maining	y ul check). This months cash	williers are.	
Virginia Rouleau \$100 .	All Weather Roofing	Marilyn Holmes \$5 .	Florida Anchor & Barrier
John Elliot \$10	Citrus/Meadowood Homes		Jones and Sons Plumbing
Nancy Spangler \$10	Master Plumbers and Septic Inc.		Heller's Mobile Home Washing
Jackie Lehocky\$10	Appliance Specialty	Michael Sandlin \$5 .	Battleline Termite & Pest Control
Max Powell \$10	Ray Duncan Plumbing		Largo Plumbing
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Don Cihasky\$10	Royal Enterprise	Kathy Molinaro \$5 .	Dunedin Plumbing
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Arlene Bero \$10	Jones and Sons Plumbing		Battleline Termite & Pest Control
	Bob's Appliance Specialty		Air Masters of Pinellas
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Glen Daw \$10	Buggin Out Termite and Pest control		Bill The Carpet Guy
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Agnes Basel\$5	Bill The Carpet Guy		Boss Electric
Marion Mein\$5	Rod Runners	Patricia Coughlin \$5.	Air Masters of Pinellas
	Boss Electric		Modern AC & Appliance
	Heller's Mobile Home Washing		Doll Brothers Carpet & Upholstery
	Battleline Termite & Pest Control		Battleline Termite & Pest Control
	Royal Enterprise		Jones and Sons Plumbing
Shirley Frew\$5	Florida Anchor & Barrier		Recreational Golf Cars of Florida
Peggy Long\$5	Air Masters of Pinellas		Boss Electric
Linda Fogle\$5	Jones and Sons Plumbing		BugginOut Termite and Pest control
Herbert Hendershot \$5	Heller's Mobile Home Washing	Earl Foster\$5.	Air Masters of Pinellas

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Brit astronaut runs marathon in space

stronauts in the International Space Station travel thousands of miles around the Earth each day, but one man has added to that total on his own: British astronaut Tim Peake ran an actual marathon while in orbit, running 26.2 miles strapped to a treadmill as more than 37,000 runners participated in the London Marathon 250 miles below.

Running in zero gravity, Peake completed his marathon in three hours, 35 minutes and 21 seconds—an impressive figure, though about 15 minutes more than his time running an actual marathon on Earth in 1999, when he finished at 3:18:50.

Try these tips when deadlines are tight

B eing creative is hard enough when you've got time to sit and think, but when you're on a deadline, inspiration can feel impossible to summon. Don't give up, though. Try these tips for creativity when time is tight:

- Eliminate distractions. Find a quiet room, or put up a "Do not disturb" sign where everyone can see it. If you play music, keep it low and soothing so it doesn't disturb your concentration.
- **Don't watch the clock**. You'll only increase the pressure on yourself if you obsess about every passing second. Concentrate on your task, not on how much time you have to complete it.
- **Take a break**. Sometimes you need to let your mind relax. Take a short walk or get a cup of coffee and clear your mind by chatting with a co-worker or just thinking of a different subject.



• Have a drink. Of course you don't want to start drinking at work, but some studies suggest that a small amount of alcohol can loosen up your mind and help you develop new ideas. Just remember not to drink so much you can't get back to the task at hand.

Every discovery in science is a tacit criticism of things as they are. That is why the wise man is invariably called the fool. —Martin H. Fischer

