

# AKE HAPPENINGS O Manager: Karen White N

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October•2018 Issue 7 42nd Year @ Flinstones, Meet The Flinstones! (R The Grooms of Palm Hill enjoying Halloween on their golf cart! Delivered Door-to-Door by Monthly Mania Winner! Park Residents \$100 • Ben Brubaker Recreational Golf Cars FREE Every Month

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## PARADISE ISLAND UPDATE

Pat Walker, Association Secretary

Looler, the rains have vanished and the snowbirds are returning.....the season has begun, get ready to party! To help us get things started, the entertainment duo known as Happy Days will delight us with their wild and crazy antics at Park #1's Oktoberfest on Saturday, October 20. So grab your partner, or come solo, and enjoy an evening of Bavarian food, beer and music – where else could you have so much fun for a mere \$10 per person? Come and hang out with us for a few hours, we'd love to have you.

We had a great turnout for the Labor Day Cook-Out/Pot Luck; as always kudos to our Master Chef Chuck Oller for grilling the burgers and Italian sausages. And what an array of appetizers, salads and desserts to round things off. The October Pot Luck will be Saturday the 6th at 5:30PM. Denny Wolff will don the chef's hat and hand-carve a baked ham accompanied by sweet potatoes. Sign up, bring your beverage, place setting and a side dish to share, and join us for this monthly feast.

In August we hosted our fifth annual Italian Night and what a night it was. Delicious food home cooked by Carolyn Bailey, Lei Crance and myself – my taste buds reminded me that there are few if any cuisines tastier than Italian. I could eat pasta every day! Thanks everyone for supporting this traditional event. As long as you keep coming, we will keep cooking.

The bingo fans celebrated the return of weekly games. We do our best to keep the games interesting and fast moving; attendance continues to increase which makes for a larger prize pot. If you are over 18 – and I assume you are – join us every Thursday at 7PM for fun, fellowship and of course for that magical enticer "food" (the sugary variety of course). Cards are 50 cents each, play as many as you want just as long as you don't slow down the games, and we have optional cash drawings for those who wish to participate – three tickets for \$1. All monies collected are disbursed, we don't hold anything back. C'mon, give it a try.

Jennifer Proctor Simon has scheduled another painting class on Wednesday the 24th at 6:30PM in the Park #1 Clubhouse. The cost is \$25 which covers personalized instruction and all supplies. This will be her third class in Lake Haven; the mandalas created by students at the first two classes blew us away – everyone created a personalized masterpiece inspired by their internal spirit and the aura of the evening. This class will be a little different from the mandalas, but certain to be as much fun. The class is limited, so contact Lei Crance or me if you want to give it a go – you won't regret it.

The Hobby Club ladies are working at a fever pitch to finish projects for the annual Arts & Crafts Sale on Saturday, November 10, 9AM-1PM in the Park #1 clubhouse. Come to the sale and check us out; perhaps you will find an interesting item for gifting or for personal use.

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I'm certain you will be impressed with the variety of talents these ladies possess. All sales revenue is used to purchase crafting supplies and for charitable donations; the ladies donate their projects and receive no individual compensation when their items are sold. Their reward is the satisfaction derived from the creative process.

Just a reminder that food and beverages in the refrigerator and freezers are purchased with Association funds to be used for Association events – they are not free for the taking. Imagine our dismay when we were setting up for the cook-out and discovered that someone had taken the frozen hamburgers and left us the empty box as a ruse. We were not happy campers when we had to make a last minute trip to the market for additional supplies. It is our fervent hope that these items were not taken by a resident.

Monthly Association Meetings are back on schedule. Meetings are held on the first Saturday of the month. Coffee and donuts are available at 8:30AM; the meeting starts promptly at 9:00AM and normally lasts a maximum 45-60 minutes. Hope to see you all there – bring your coffee cup.

### To celebrate Halloween, I leave you with Dracula's Top Ten Songs:

- 1. You're so vein
- 2. Fangs for the memories
- 3. You've got a fiend in me
- 4. You don't bring me plasma any more
- 5. Bat's the way I like it
- 6. You light up my crypt
- 7. Tie a yellow ribbon round the old oak casket
- 8. Don't go staking my heart
- 9. Stranglers in the night
- 10. He ain't heavy, he's my donor

I know, I know... groan, groan – all puns intended.



# **Treasures Cove Going Ons**

Here we go again, another year coming and going... Fall is upon us and that means that many folks are returning from there time up North for the Summer. With that in mind, we will start our gatherings again in Park 2 clubhouse. We are planning a fall gathering in October, then a wonderful Thanksgiving & Christmas Dinner. These events will be great community gatherings and would love to see all of you there!

Also, just want to make sure that everyone is aware that we have our Swing back by the Pond behind the LHP2 clubhouse, and also have 2 picnic tables and a bench. And a big thank you to the folks that were successful in keeping all wild birds out of our pool.

We look forward to see you all out and about now that fall is approaching.

Until we see more of you and create new memories, we leave you with some famous quotes to ponder upon.....

"How wonderful it is that nobody need wait a single moment to improve the world." — Anne Frank

"The best way to find yourself is to lose yourself in the service of others." —Mahatma Gandhi

"In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing." —Theodore Roosevelt

"Love all, trust a few, do wrong to none." —William Shakespeare in All's Well That Ends Well

Written by Terri Salzburg, Treasurer



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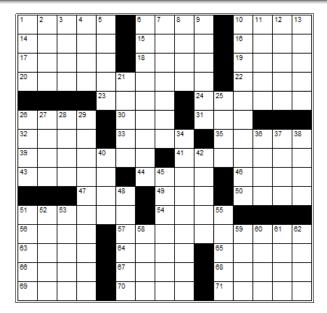
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#### ACROSS

- 1. Clearing
- 6. Behold, in old Rome
- 10. Claim
- 14. Bodies of water
- 15. Groan
- 16. False god
- 17. Wall climbers
- 18. Stopper
- 19. Arid
- 20. A decorated dart
- 22. Walking stick
- 23. Indian dress
- 24. Esophagus
- 26. Young cow
- 30. Offer
- 31. Historic period
- 32. Found in some lotions
- 33. Anagram of "Dice"
- 35. Factions
- 39. A porch
- 41. Unyielding
- 43. Busybody
- 44. Tardy
- 46. Cocoyam
- 47. Not her
- 49. Make lace
- 50. Coarse file
- 51. Adorable
- 54. Black, in poetry
- 56. Anagram of "Rave"
- 57. Repose
- 63. Curtail
- 64. Identical or fraternal
- 65. Flatboat 66. If not
- 67. Scallion
- 68. A drama set to music
- 69. Sow
- 70. Makes a mistake 71. Assail



#### **DOWN**

- 1. Smooth-tongued
- 2. Magma
- 3. Related
- 4. Accomplishment
- 5. S S S S
- 6. Experimental
- 7. Clash
- 8. Inner membrane of embryos
- 9. Captivate
- 10. Disavowal
- 11. Something to shoot
- for 12. Carried

- 13. Mixture of rain and snow
- 21. Fanatical
- 25. Constellation bear
- 26. South American
- rodent
- 27. Away from the wind 53. Line of a poem
- 28. Forsaken
- 29. Mollycoddle
- 34. Databases
- 36. Slang for Father
- 37. Concludes 38. "Cut that out!"
- 40. Found on a finger

- 42. Treat for drug dependence
- 45. Artist's workroom
- 48. An evergreen shrub
- 51. Shoestrings
- 52. Small egg
- 55. Wealthy man
- 58. Pitcher
- 59. Adhesive strip
- 60. Angers
- 61. Monster
- 62. Tidy



# October 2018

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# Did you know that October is also...

**National Apple Month.** Because apples are high in fiber and contain no sodium, cholesterol, or fat, they make a great snack. With more than 2,500 varieties grown in North America, it won't be difficult to find one you can enjoy chopped into your morning oatmeal, baked into a pie, or cored and sliced any time of the day when you want a delicious treat.



International Augmentative and Alternative Communication (AAC) Awareness Month. AAC is a set of strategies, tools, and devices used by people to overcome communication challenges. People who rely on AAC might use sign language, text, pictures, symbols, speech-generating devices or a combination of these for their basic communication. This month let's increase our awareness of the possibilities that could develop when everyone has the ability communicate effectively.

**National Work and Family Month.** In 2003 the U.S. government designated October as a time to promote sensible, flexible, and healthy work environments, as well as the benefits of work/life balance. Don't wait for your employer to create an initiative or perk to combat the daily grind. Take a day or more of PTO to decompress from your busy life and reconnect with your family.

**Positive Attitude Month.** Researchers believe people who embrace a positive outlook have less stress, an increased sense of well-being, better coping skills, and longer life spans. Purge the negativity from your life: Meditate, pray, practice positive affirmations, and surround yourself with only happy people. Do whatever you must, but always look on the bright side.

Fire Prevention Week, Oct. 7-13. This year's motto is "Look. Listen. Learn. Be aware. Fire can happen anywhere." Look for and eliminate potential fire hazards in your home. Listen for the sound of smoke alarms. Learn two ways of exiting every room in the event of an emergency. Visit the National Fire Protection Association website at https://www.nfpa.org/Public-Education/Campaigns/Fire-Prevention-Week to access more information.

Bone and Joint Action Week, Oct. 12-20. It's estimated that more than half of the U.S. population over 18 is dealing with some sort of musculoskeletal issue. This can include arthritis, osteoporosis, back pain, injuries or other conditions causing pain, disability, and a diminished quality of life. There is hope. Visit the website for the U.S. Bone and Joint Initiative at https://www.usbji.org/ to find out about research, prevention, and initiatives targeting bone and joint issues

**National Taco Day, Oct. 4.** Have one for breakfast, lunch, dinner, or any time of the day. We celebrate the taco on this day just to give you one more reason to enjoy them.





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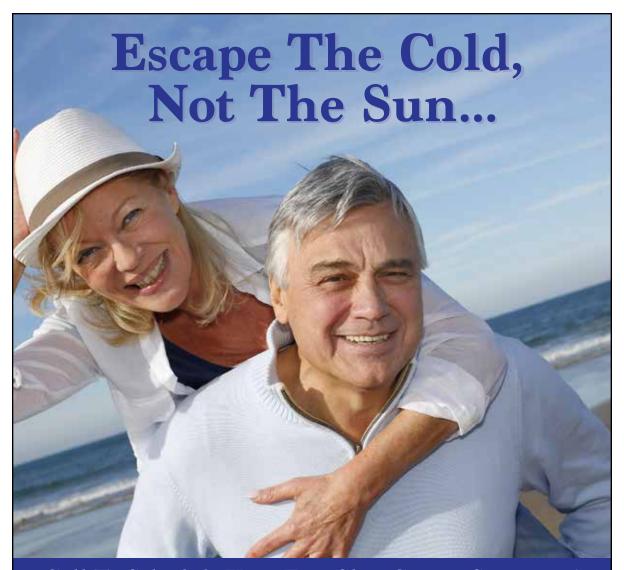
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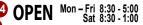
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## Favorite places to eat, 2018 edition

That's your favorite place to eat? The American Customer Satisfaction Index's Restaurant Report 2018 ranked consumer preferences based on such factors as food quality, food order accuracy, courtesy of servers, and food variety. The top full-service restaurants in the United States are:

- Texas Roadhouse
- Olive Garden
- TGI Friday's
- Ruby Tuesday
- Cracker Barrel
- Outback Steakhouse
- Applebee's
- Denny's

- Longhorn Steakhouse
- Red Lobster
- Chili's

# Trends in U.S. dining: Quick decisions and lots of delivery

iners in the United States are pretty spur-of-the-moment when it comes to deciding where to go out to eat, according to a survey cited on the Fast Casual website. Eighty-five percent make their dinner decision on the day of the meal.

Delivery is a popular option among all age groups, from Baby Boomers to Generation Z (born 1995–2010 or so). Fifty-one percent in the survey said they'd gotten food delivered in the past three months, with millennials doing the most ordering—77 percent of the age group.

What are people ordering?

- Burgers (28 percent)
- Wings (27 percent)
- Mexican (21 percent)
- Barbecue (14 percent)
- Desserts (11 percent)

Anyone who considers arithmetical methods of producing random digits is, of course, in the state of sin. For, as has been pointed out several times, there is no such thing as a random number—there are only methods to produce random numbers, and a strict arithmetic procedure of course is not such a method.

—John von Neumann

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# OCTOBER•2018

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# **Lake Haven**

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ıesday	Wednesday	Thursday	Friday	Saturday
– Hobby – – Wii Bowl-	6:45-9p Pinochle Park 2	4 8:00AM – Trash Pick-up 7:00PM – Bingo – 1*	5	8:30AM – Koffee Klatch – 1 9:00AM – Assn Mtg - 1 5:30PM – Pot Luck Dinner – 1
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16 - Hobby - - Wii Bowl-	6:45-9p Pinochle Park 2	18 8:00AM – Trash Pick-up 7:00PM – Bingo – 1*	19	5:30PM – Oktoberfest – 1*
23 - Hobby - - Wii Bowl-	24 6:30PM – Paint Party – 1* 6:45-9p Pinochle Park 2	25 8:00AM – Trash Pick-up 7:00PM – Bingo – 1*	26	Halloween Party Park 2
30 - Hobby - - Wii Bowl-	6:45-9p Pinochle Park 2			



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# October Sudoku

Difficulty level: easy.

				5	4		2	1
							8	
4	2			8		6		
		6				5		
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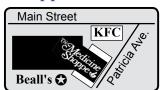
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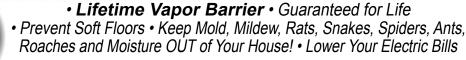
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# Thinking of a fast? Try these approaches

any people practice intermittent fasting—going without food for a limited period of time. Benefits include fat loss, greater longevity, and better overall health. The Medical News Today website offers these strategies for fasting:

• Twelve hours. Some researchers say that fasting for 10–16 hours can cause your body to start burning fat and turning it into energy. The easiest way to do a 12-hour fast is to start at night. Fasting from 7 p.m. to 7 a.m., for example, means you won't spend all day reminding yourself that you're not eating, so you avoid the temptation to give in when hunger pangs start to rise.

• Two-day fast. You don't have to go completely without food, but under this plan, men should eat only 600 calories a day and women should consume 500. Separate the days—don't go two days in a row. Instead, plan at least one non-fasting day between your efforts. Studies suggest that this can help reduce weight and also improve insulin levels.

• Every other day. Again, limit yourself to 500–600 calories per day on your fast, but eat as much as you want on non-fast days.

One study found that this is effective for weight loss and heart health. It's a little extreme, though, and may not be suitable or sustainable for long periods of time.

- Twenty-four hours. Once a week, abstain from eating for a full 24 hours—maybe from one breakfast to the next. You can drink coffee, tea, or other calorie-free beverages during your fast. Return to your normal routine afterward. Be aware, though, that this fast can cause fatigue, headaches, and/or irritability.
- Skip a meal. This type of fast is good for beginners. Instead of fasting for long periods of time, simply skip breakfast, lunch, or dinner. Just remember to eat nutritious and healthful foods during your other meals.

It's important to stay hydrated during your fast, with lots of calorie-free drinks. Try not to obsess about food—plan distractions, like going to the movies or catching up on chores. Finally, avoid strenuous activity when you fast. Rest and relaxation will help you maintain your motivation.

# Nanotubes in your clothes may power your phone

omeday you may not have to remember to plug your smartphone in to recharge it. Scientists are working on clothes that will charge your phone for you, according to the Science Daily website. The fabric contains carbon nanotubes, replacing polyester and other artificial fibers. At present the nanotubes are too expensive to mass produce, but researchers are looking at military applications that may allow soldiers' equipment to recharge—lights, communication gear, and night-vision capabilities.

inter

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## **Game changer**

It was the bottom of the fourth inning, and the home team was getting slaughtered. The pitcher might as well have been playing for the other team. The bases were loaded, and the visiting team's best hitter was up at bat. Just then a horse walked into the dugout wearing the home team's jersey.

"Put me in," he said to the manager. "Your bullpen is done. I can pitch. I can hit. Just give me a chance!"

"Why not," the manager replied. "It couldn't get any worse."

The horse trotted to the mound and relieved the pitcher. He threw a series of fastballs and quickly struck out the player at bat—and the next one and the one after that. He repeated this performance for the next two innings.

When he finally took his turn at bat, the horse hit a fly ball to centerfield that almost made it out of the park, but it hit the wall and fell to the ground.

The centerfielder grabbed the ball, tripped, and dropped it before picking it up again and throwing it toward the infield. The ball flew over the head of the second baseman and almost knocked out the catcher, who caught it and threw it past first base. The first baseman ran into the field, retrieved the ball, and sauntered back to the base.

The horse was out by five feet. He trotted back to the dugout and took a seat on the bench.

"You're the best pitcher I've had all season," said the manager. "You're a pretty good hitter, too. Not much of runner though, are you?"

The horse looked at the manager and said, "Do you think I'd be here if I was?"

## **Road rules**

Then Jane's car stalled in the middle of a busy intersection, no amount of wishing and praying could get the engine to turn over.

Just as she turned on her hazard lights, the guy in the car behind her began to lay on his horn, and he continued to honk even as other cars began to pull around.

Jane walked back to the other driver and said: "My car won't start and I'm waiting for a tow, but if you think you can get it started, have at it. I'll sit in your car and honk at you."

## Take up a hobby

Tant to be more creative? Find a hobby. According to the Nature website, hobbies boost inspiration in scientific researchers, and they can spur your imagination, too. Here's how to do it:

- Set aside some time. No matter how busy you are, commit to spending a certain amount of time every day or week on your hobby. It doesn't have to be excessive, but schedule enough time so you can concentrate fully on what you're doing without interruption.
- Consider exercise. Getting your blood pumping can be good for your mind as well as your body. Committing to an exercise routine, even a modest one, forces you to take time out of your day. Focus on things other than work as you work out. You may find the solution to a sticky problem after you're done.



• Look outside your field. Pick a hobby that's not related to your work. Painting, for example, can help you see the world in different ways. Select something that will challenge your thinking, and you may find connections to the issues you're working on.

# Making a difference

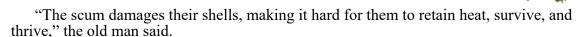
very Sunday while jogging through the park, Roderick noticed an elderly gentleman sitting at the pond with a small metal cage next to him.

One Sunday, Roderick decided to satisfy his curiosity and approach the man to find out what he was up to. As Roderick moved closer he realized what he thought was a cage was actually a trap. Inside were three small turtles, unharmed. A fourth turtle sat on the old man's lap and he gently scrubbed its shell with a brush.

"What are you doing?" Roderick asked.

"I'm cleaning the algae off the shells of these turtles," the old man replied.





"Is that what I see you out here doing every Sunday?" asked Roderick.

"Yep," the old man replied. "Rain or shine, I come here every week to take care of these turtles."

"Interesting," Roderick said. "Why do you do it?"

"It's my way of making a difference," the old man replied.





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Paradise Island Annual Craft Fair, Sat. Nov. 3, 2018. Tables, \$10 and \$15. Call Delores at 727-754-5569 CRAFT SHOW, Saturday, October 13th, 9am – 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL. 98 Vendors/98 Prizes. Indoor & Outdoor Show. Food Court & Pumpkin Patch. \$1.00 Admission goes toward the homeless.

Art/Craft Sale: Park Royale Mobile Home Park 10611 66th street. 11/17/18 9am-2pm Vendors 727-545-5430

Welcome one and all to our Japanese Garden Art sale and Craft Bazaar. 12/1/18. We still have room for painters as well as crafters. Call: Charlotte, 727-531-3651, for details. A raffle, coffee, and lunch will be available.

Holiday Craft Fair: 11/10/18 Clearwater Cascade MHP 9790 66th St N. - clubhouse Pinellas Park 9am-2pm.

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## Honoring those who have died

The Mexican celebration of Día de Muertos (Day of the Dead) is often mistaken for a Spanish version of Halloween. It is actually a way for families to honor loved ones who are no longer living.

Scholars believe the tradition is rooted in ancient Aztec culture. Thousands of years before Columbus ever set foot in the New World, Aztec people honored the lives of their deceased ancestors in celebrations that spanned what is now the month of August. Indigenous populations throughout central and southern Mexico maintained these practices for centuries.

With the arrival of Spanish settlers in Mexico in the 16th century and the influence of Christianity that followed, the practice transformed into a three-day celebration paralleling the Allhallow-tide of All Saint's Eve, All Saint's Day, and All Soul's Day taking place Oct. 31 through Nov. 2.

In the 21st century, the observance of Día de Muertos begins at midnight on Oct. 31, when it is believed that the souls of the dead are allowed to return to be with their loved ones. Día de los Angelitos (Day of the Little Angels) or Día de los Inocentes (Day of the Innocents) falls on Nov. 1, when the souls of deceased children and infants are believed to return. Día de los Muertos follows on Nov. 2, when the spirits of the ancestors are honored.

During this time families will create altars in their homes or at the cemetery, where they tidy and decorate the graves of their loved ones. Ofrendas (offerings) of food, sweets, toys, trinkets, marigolds, and beverages are left on these altars. Family and friends share stories of their loved ones, sing songs, offer prayers, and feast as a tribute to the departed.

To dance, especially at the gravesite, is a way to awaken the spirits and invite them to join the family once more. The parades and large festive gatherings in cemeteries are just another way to show respect and celebrate the lives of those who have passed on.

Día de Muertos is observed throughout Mexico, most of North and South America, and around the world. Will you honor your late ancestors this year?

People carry their loved ones with them. They are forever present.

—Tove Jansson





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