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Lake Seminole Resort Club

10245 - 110th Avenue North Largo, FL 33773

Co-Editor: Pat Horn, <u>pojwhorn@frontiernet.net</u> Co-Editor: Alice Jarvis, BGJALA@aol.co



EXECUTIVE COMMITTEE - SOCIAL ACTIVITIES

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Vice President	
Treasurer	.Joann Davis
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Director	
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MAINTENANCE WORK SCHEDULE

Roger Gee

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MIKE	WORK HRS.	MICHAEL	WORK HRS.
MON	8	MON	OFF
TUES.	4	TUES.	OFF
WED.	OFF	WED.	OFF
THURS.	8	THURS.	8
FRI.	8	FRI.	8

















IMATES • 539-0852

Flea Market

Gerry Near

ur 22nd Annual Flea Market will be held on Friday, March 4th from 9 to 1. Set-up will be Thursday, March 3rd starting at 9:00AM to Noon. Thursday, March 3rd - Please be at the hall by 9AM. If you don't know which table your working on, look at the sign-up sheet. Beside your name you will see a number. Every table has a number and the names of the 2 people working on that table. Your job is to help set-up that table. Pens and labels are provided for pricing. If you have donations for the flea market, please bring them to the hall between 9:00AM and Noon so we have time to get them on the right table and price. Friday, March 4th - Please bring your Bake Sale donations to the hall between 7:00 and 8:30AM so there is time to price everything before the doors open at 9:00. Our Parking guys will be glad to take your baked goods from your car and bring them in for you. Flea Market sellers, please be at the hall by 8:45. It would be appreciated if you would leave your cars at home as we need every parking space for our customers. To avoid the mob at the doors, use the back doors. Please don't start packing up until 1:00PM as our ads say the sale is 9-1. The Goodwill truck will be here by 1:30PM to pick up what is left over.

Thanks to all the volunteers who have signed up to help. This is our Social Clubs biggest fund raiser, but it also takes about 100 of us to make it work. Hope to see you at the Flea Market. There will be lots of bargains. Pick up some goodies at the Bake Sale. Come over and have your lunch. Find Crazy Jane & Jolly Joyce and try your luck on our 50/25/25 (2 prizes) draw. Let's all pitch in, have some fun and at the same time raise money for our Social Club.

Lake Seminole Residents

Sharon Smith

Prad Dykens, a Seminole City fireman, will return to our park on Monday, March 21st, after coffee, to discuss storm preparedness. This seems to be an important topic for all of us, those living here permanently and those of us who are seasonal. Hope to see you there



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Ladies Fashion Show

Kim Grierson

The ladies' fashion show luncheon was held on Wednesday, February 3rd and had 132 in attendance. The theme this year was 'Mexican Fiesta' so guests were served chips & salsa, taco salad, fried ice cream, 'sombrero' cookies and had chocolate "cactus" suckers to take home. Our models were Ellie Stefanko, Margot Thomas, Sherry Brown, Pat Horn, Dianne Majewski and Bernice Lenneville. They did a fantastic job modeling the fashions and accessories provided by Macys. Thank you for all of your hard work before, during and after the show. I also want to thank the committee consisting of Mandy Bruce, Marilyn Koeth and Cheri Watkins. You are the best!! A lot of labor goes into the fashion show luncheon and we appreciate the kind notes of appreciation we received from many of you who attended. A special thank you to our husbands that helped also: Scott Bruce, Bud Koeth, Guy Watkins and Gregg Grierson.

Notice to All Residents Wishing to Sell in L.S.R.

In order to sell your unit either through a Realtor or on your own, you MUST ensure that the new potential buyer has been vetted by the Board. That means having an interview with at least two Board members and having a background check done on the potential buyers.

Our Park is a resident owned Park and selling your property requires the acceptance of the Board, since in reality, you are selling a share plus your unit.

The Board is responsible to ensure that new residents are the persons you want as neighbors. We administer the sale of the share and control the issuance of the Occupancy Agreement. This is not to restrict your potential buyers but rather to maintain the Park standards.

It is not by coincidence that our Park is viewed as a desirous location and sales of quality units is generally quick.

In the last several weeks, we have had sales in which the new potential buyers have not been processed by the Board. In these cases, the seller and new buyer can be in a serious situation. Unless the new buyer is interviewed and we obtain a clean background check, the buyer will not be issued a Share or Occupancy Agreement. Legally they should not occupy the unit but more importantly without a Share the unit cannot be resold since the buyer has no title to the property.

If you are selling or planning on selling, please come to the office and pick up a package of information outlining the procedure and talk to one of the Directors. They will be more than happy to help.

Do not arbitrarily post a sign or contact a realtor to sell for you until you are knowledgeable of the Park requirements.

Your cooperation in this process will make it simple for both of you and the new potential buyer.



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Your Board of Directors

Bob Baxter is our Webmaster. He created the website and now monitors it daily for inquiries which he responds to with answers to their specific questions. Just an example of how well it works, in January alone, we had 2,394 people visit and browse it. Through this information request feature; over the last year, Bob has answered numerous emails for information about our Park and we know there have been many of the recent buyers who checked us out on the site before visiting and eventually buying or renting. This is a very important way for us to promote the Park and we are grateful to Bob for his original efforts in building the website and now, the continuing attention it requires. Those who haven't checked out the website, will find it pretty interesting and a nice way to educate your friends on what we have to offer.

Dance March 12

The Koeths and Griersons

ark your calendar! Double M Band will be coming to LSR on Saturday, March 12th, 7:30 to 10:30. Tickets will be \$5

Finger Food & Game Day

Vera Papp

Thanks to the 88 ladies who made finger food and game day a success. It is so nice to see everyone having a fun time. Again, you out did yourself with such different delicious yummy food. It was nice to see new faces. Thanks for helping, Donna Peterson, Julie Laughland and selling tickets Joyce Corley and Betty Ashford. Thanks to Butch Thomas and Duncan Brown for stepping in and setting up the tables.

From your Search Committee.....

s of this writing we currently have 7 candidates that have submitted their letters of intent to run for the Board of Directors. They are: Dan Blackburn, Judy Bielicki, Andy Fournie, Roger Gee, Ron Golly, Jack Good and Dick Mantelli. Plan to meet the candidates on Monday, March 7th, immediately following Monday coffee.

Multiply Your Monthly Mania!

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

Now You Have More Chances to Win!

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

Here is how is works:

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

What businesses would you like to see advertising? We have spots available in the following categories:

- Accountant/Tax Prep
- Assisted Living Facility
- Attorney/Lawyer
- Automotive Painting/ Detailing
- Automotive Repair/Sales
- Awnings
- Banks
- · Bathroom Remodel
- Bicycle Repair & Sales
- Bingo
- Chiropractor
- Computer Services
- Dentist
- Driveway Coating
- Fitness Center/Gym
- Floor Coverings/Retail

- Foot Specialist Podiatrist
- Golf Cart Sales & Service
- Hair Salon/Day Spa
- Hearing Aid/Retail
- Home Care
- Home Furniture & Mattress
- House Cleaning
- Insurance Home/Auto/Health Restaurants
- Investment/Brokerage
- Jewelry Sales/Design/Repair
- Manufactured Home Sales
- Massage Therapy
- Medical Doctor
- Mobile Home Supplies -Retail
- Motorcycle/Moped Sales & Repair

- Moving Services
- Optometrist
- Painting Inside & Outside
- Pet Services
- Pharmacy
- Remodeling/Interior
- Resale Store
- · Screen Repair
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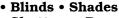
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Gardening

Alice & Bobby Jarvis

Russell and I dug up everything and replanted flowers, bulbs and ground coverings in the beds. It is all growing nicely and very pretty. Bud Kloth worked really hard cleaning our entry sign. It was not easy to clean but he did a great job. Jim McQuiston is up early and cleans the boardwalk. Great job keeping those dirty birds messes cleaned up. Clara Cicco has her little spot to weed around the concrete table. Looks good and only takes a little while out



of her and Jasmine's morning walk. Thanks Clara. Joann Davis has planted flowers in back of the laundry in the flower beds. Looks good Joann. Mary Jo Luzius is new in the community but not new to gardening. She swims like a fish and gardens every Tuesday morning. Everyone is welcome to come join us. It is really nice to work hard and see things grow. It only takes a couple of hours to change things for the better. Thanks to all.

Hola Hola Hola

The Fashion Show is one of the premiere ladies' events of the year and it did not disappoint! Kim Gierson, Mandy Bruce, Cherie Watkins and Marilyn Koeth did a fabulous job as always. The models under the supervision of Macy's looked absolutely stunning as always. Thanks to all who worked on this very special event.

Pancake Breakfast

Bill Wackerman, Dan Jackson, Bob Osgood

ur January pancake breakfast is now in the past. It was very well received by the residents and guests of Lake Seminole Resort. We served 274 meals and had a net return of \$827 which was turned over to our Social Club. This money will fund more fun times in the Park. These breakfasts have been hosted by the Park's Mens' Golf League supported by men and women of the Park for more than 35 years and the profits are a major contribution to the social life of the Park.

The blood mobile has also been part of these breakfasts for many years. This January we collected blood from 18 donors. This number is above the average of a dozen or so.

We attribute our success this January to the fine guidance we received from the former committee of Jerry Gillis, Jim Doran and Don New. To them we give s sincere THANK YOU. We now look forward to March 19th when pancakes will once again be the preferred breakfast of the day.



Social Club News

Lynne Sheridan

Then we presented the Strategic Plan to all of you a few weeks ago, one of our recommendations was that the by-laws of the Social Club be revised. We are moving forward with that and Betty Luciano is chairing a committee. Having by-laws that meet the needs of an organization is one of the key roles of a board. And our by-laws are badly in need of a few changes. Let me give you a few examples. Our current by-laws state that the social club will meet 12 months of the year...and we know that meetings take place five months of the year. They state that those meetings will be held on Thursdays each month...and we know that meetings always follow morning coffee on Mondays. They state that the Executive is not authorized to spend more than \$300 without approval of our membership, and yet we sign contracts with musicians and entertainers for \$800 or \$1500 as was the case New Year's Eve. They state that a new nominating committee will be approved at a meeting in February, yet we need to start deliberating on nominations in January in order to get the job done before many of us go home in late March or early April. Clearly they need work. When our by-laws are not kept current they are no longer meaningful and are fertile grounds for conflict within an organization. Betty has lots of experience with By-Laws. She was a senior leader of Girl Guides of America for several years and I know she will do a great job of leading the revisions process. An ad hoc committee comprised of Betty Luciano, Judy Bielicki, Duncan Brown and Lynne Sheridan will draft a document for your consideration. We hope to have this ready for your consideration in March.

Pizza Party

Joanne and Jeff Davis

o one went away hungry from the Pizza Party on January 31. We served up 69 pizzas provided by Pizza Your Way located at Pinecrest Golf Course. I would like to thank Lois and Dan Jackson, Cathy and Bill Wackerman, Connie and Mario Zammit, Vicky and Marty Williams, Cheri and Guy Watkins for helping us make this event a success.







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50's 60's Dance

Dan & Lois Jackson, Bob & Claire Osgood

hat a great time everyone had at the dance again this year. Many thanks to the people who made this all happen. Connie and Mario Zammit with their decorating ideas, Joanne Davis, who received many door prizes from very generous local business



people. Please make an effort to support these businesses. Bill and Cathy Wackerman, Marty and Vicky Williams plus so many others helped with the decorations, setting up and then putting everything back in order afterward. Without this combined effort these events would not be possible. Remember, many hands make little work. It is so much fun to see the brave people who came dressed for the occasion and what wonderful costumes they had. Hugh Lenneville won \$84.00 on the 50/50 draw. Thanks again everyone!

NFL Championship 2016

Jackie McMann

obbin Hawley and I would like to thank all the people who helped us with the NFL Championship.

We served 117 people chili and hot dogs. Had chili left over and it was actor up at the Overtor Shuely. We turned in \$102.00 to the Social

it was eaten up at the Oyster Shuck. We turned in \$103.00 to the Social Club. Thanks to Don New who always does a fantastic job of M.C and for giving out 10 free pool tickets for correct answers to his quiz. Thanks to Joyce and Gerald Harroun for selling tickets; Jerry Gillis for signs and tickets;

Richard Hawley for printing the pool tickets. Dan Jackson and Nelson Slansky for selling the pool tickets and handing out the money to the lucky winners of \$25 each. The hall was set up by Jeff Davis and crew of Dan Jackson, Bill Wackerman, Marty Williams & Mario Zammit.

Bill Anderson, Richard Hawley and Mario Zammit set up the TV's and the big screen.

Last, but not least, are the cooks, veggie choppers, chili tasters, chili stirrers and cleaner uppers!

They include: Gary & Dorina Eskerod for cooking 31 lbs. of hamburg. Janet Westbury Joanne Davis, Vicki Williams, Jane Salituri, Lois Jackson, Cheri Watkins and Lynda Baker.

When you chair an event, there is always lots of help. Thank you EVERYBODY.

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

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MARCH • 2016

Sunday	Monday	Т
		7:30A C 9:30A S 10:00A W 11:15A S
6	9:30A Ladies Golf 10:00A Monday Coffee 10:30A Swedish Weaving 2:00P Cribbage – Rec Hall 6:50P Bingo	7:30A C 9:30A S 10:00A W 11:15A S
Ice Cream Social	9:30A Ladies Golf 10:00A Monday Coffee Social Club Meeting after Coffee 10:30A Swedish Weaving 2:00P Cribbage – Rec Hall 6:50P Bingo	7:30A C 9:30A S 10:00A W 11:15A S
20	9:30A Ladies Golf 10:00A Monday Coffee 10:30A Swedish Weaving 2:00P Cribbage – Rec Hall 6:50P Bingo	7:30A C 9:30A S 10:00A W 11:15A S 11:30AM Shufflebo
27 Easter Sunday	9:30A Ladies Golf 10:00A Monday Coffee 10:30A Swedish Weaving 2:00P Cribbage – Rec Hall 6:50P Bingo	7:30A C 9:30A S 10:00A W 11:15A S

Lake Seminole

`uesday	Wednesday	Thursday	Friday	Saturday
1 Fardening huffleboard Vater Aerobics huffleboard	Lawn Mowing 9:00A – 1200P Quilting – Card Room 9:00A Men's Golf 1:00P Flea Market Set-up Tables	3 8:00A Men's Golf Meeting 9:00AM – 12:00PM Flea Market Set-up 6:30 P Cards	9:00AM – 1:00PM Flea Market 10:00A Water Aerobics	5 10:00A Line Dancing 1:00PM - Gil Watkins Poker Tournament
8 Fardening huffleboard Vater Aerobics huffleboard	9 Ladies Luncheon 9:00A – 1200P Quilting – Card Room 9:00A Men's Golf	10 8:00A Men's Golf Meeting 10:00AM - Board Meeting – Town Hall Meeting to Follow 6:30 P Cards	11 10:00A Water Aerobics	12 10:00A Line Dancing 7:30PM – 10:30PM – Dance with Double M
15 Pardening huffleboard Vater Aerobics huffleboard	Lawn Mowing 9:00A – 1200P Quilting – Card Room 9:00A Men's Golf	BULLETIN DEADLINE 8:00A Men's Golf Meeting 6:30 P Cards St. Patrick's Day	18 10:00A Water Aerobics	19 10:00A Line Dancing 8:00AM – 11:00AM Pancake Breakfast
22 Pardening huffleboard Vater Aerobics huffleboard – 2:00PM ard Banquet	9:00A – 1200P Quilting – Card Room 9:00A Men's Golf	24 8:00A Men's Golf Meeting 6:30 P Cards 7:00PM – AGM Meeting	25 10:00A Water Aerobics	10:00A Line Dancing Pool Party
29 Fardening huffleboard Vater Aerobics huffleboard	30 Lawn Mowing 9:00A – 1200P Quilting – Card Room 9:00A Men's Golf	8:00A Men's Golf Meeting 6:30 P Cards		APRIL 2016 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

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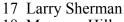
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March Birthdays

- 1 Paul Hassett Josephine Verrier
- 3 Pat Meyers
- 4 Margaret Steward
- 5 Randy Dodd
- 6 Don Anderson
- 7 Tom Hayes Lowell Knauss
- 10 Dick Mantelli
- 12 Sylvia Hardy
- 13 Bonnie Stack Jean Rank Linda Stanicki
- 14 Deborah Bergstrom
- 15 John Matone



- 18 Maryann Hills
- 20 Marjorie Brewer
- 21 Eleanor Murphy
- 23 Sherry O'Kane
- 24 Roger Leduc
- 25 Barb New Nancy Balsamo James Reed Peter Verrier



31 Linda Knauss



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- Marilyn Stepon, The Barrington, 901 Seminole Blvd., Largo, Fl. 33770, Room 100, Phone 727-265-0077
- Marilyn Hillig Oak Tree Manor, 7770 128th St. Seminole, FL., 33776
- Betty Bragg Oak Tree Manor, 7770 128th St, Seminole, Fl., 33776
- Jean Faucett Palm Gardens of Largo, 10500 Starkey Road, Room #149D, Largo, FL.
- Marjorie Romine Heron House, 2050 East Bay Dr., Largo, FL. 33770
- Beverly Bruce 200 Lake Ave. NE, #407, Largo, FL 33771, 727-444-0168

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Deceased



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11214 100th St. N.	2/2	393-7695 Alice Godzich/Owner	\$89,000
11207 101st St. N.	1/1	860-444-0580 Cruickshank/Owner	\$50,000
11154 101st Way N.	2/1-1/2	423-1470 Paul Douglas/Realtor	\$67,900
11200 101st Way N.	2/1	423-1470 Paul Douglas/Realtor	\$63,900
11225 102nd St. N.	2/1-1/2	542-9960 Beth Pickett/Owner	\$59,900
11077 102nd Way N.	2/1	466-7487 Wrightsman/Owner	\$50,000
11148 102nd Way N.		215-598-3842 Kerker/Owner*	\$50,000 *Lot only
11157 102nd Way N.	2/1-1/2	705-765-5032 Pat Gibbons/ Owner	\$60,000
11178 102nd Way N.	2/1-1/2	630-347-7907 Sue Taddeucci/Owner	\$62,000
10225 110th Place N.	. 2/2	398-9753 Walter Coddington/Owner	\$113,500
10155 113th Place N.	. 1/1	584-3588 Carolyn Holton/Realtor	\$53,900



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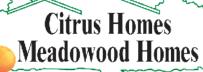
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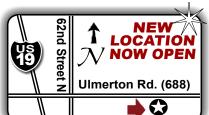
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merican Red Cross Month. The American Red Cross was founded by Clara Barton in 1881. Today its supporters, volunteers, and employees provide compassionate care in five vital areas: People affected by disasters in America; support for members of the military and their families; blood collection, processing, and distribution; health and safety education and training; and international relief and development.

Music In Our Schools Month. An annual celebration sponsored by the National Association for Music Education, Music In Our Schools Month engages music educators, students, and communities from around the country in promoting the benefits of high-quality music education programs in schools.

Social Work Month. The goal of Social Work Month is to educate the public about how social workers bring about positive social change and improve the lives of individuals and families. It's sponsored by the National Association of Social Workers, which works to enhance the professional growth and development of its 132,000 members, to create and maintain professional standards, and to advance sound social policies.

Women's History Month. Women's History Month has its origins as a national celebration in 1981 when Congress authorized the president to proclaim the week beginning March 7, 1982, as "Women's History Week." Since 1995, Presidents Clinton, Bush, and Obama have issued a series of annual proclamations designating March as "Women's History Month."

Weekly

Tational Cheerleading Week, March 1-7. National Cheerleading Week recognizes cheerleading athletes around the world. Its goal is to build a more positive image of cheerleading by engaging in group activities, community service, and fundraising projects.

NO MORE Week, March 6-12. NO MORE is a movement to raise public awareness around ending domestic violence and sexual assault. NO MORE Week is a national effort to engage individuals and organizations to say "No more" to abuse, and to make domestic violence and sexual assault awareness and prevention a priority year-round.

Brain Awareness Week, March 14-20. A global campaign to increase public awareness of the progress and benefits of brain research, Brain Awareness Week unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages. Activities include open days at neuroscience labs, exhibitions about the brain, and more.



Teed off

olf courses typically have two sets of tees, one for women and one farther back for men. One day at the first tee a man was stepping up to his ball when a voice came over the clubhouse loudspeaker: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The golfer looked up, surprised, then addressed his ball again. The voice on the loudspeaker repeated, "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

Irritated now, the golfer backed away, took a deep breath, and once again approached his ball. For a third time, the loudspeaker blared: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The man flung his golf club down. "Will the announcer please shut up and let me hit my second shot?"

An exciting finish

I wo bass players performing Beethoven's Ninth Symphony realized that for some time at the end of the piece, the bassists play nothing. They decided to sneak out of the auditorium for a quick drink at the bar in the lobby.

After a few quick shots, one of them checked his watch. "Uh-oh, we have to get back in two minutes."

"Don't worry." His friend ordered another round. "I tied down the last page of the conductor's score, so they'll keep playing the same part over and over. No one will notice."

After a few more drinks, they staggered backstage and made their way back to their chairs as the conductor struggled to untie his music score with one hand while conducting the orchestra.

One usher at the rear of the auditorium whispered, "What's going on?"

The other usher answered, "Well, it's pretty exciting. It's the bottom of the Ninth, the score is tied, and the bassists are loaded!"

I guess I laugh to keep from crying. And I guess if you ever get me crying, I might not stop. This is the way I look at tragedy or else I'll cry.

—Bob Newhart





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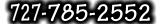


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ACROSS

- 1. A-line line
- 5. Wings
- 9. Ordered by the pope
- 14. Encourage
- 15. Pesters
- 16. Really love
- 17. Protective ditch
- 18. Bypass
- 19. Care giver
- 20. Deserving of the highest esteem
- 22. Adjust
- 23. Stop
- 24. Construct
- 26 American Medical
- Association
- 29. Required
- 33. Ranking above all others
- 38. Seldom
- 39. Biblical garden
- 40. Hindu loincloth
- 42. Lack of difficulty 43. A small node
- 45. Registered in a permanent form
- 47. An unchanging intonation

1. Poison plant

2. Chip away at

4. Mixed-blood

5 Dwarf buffalo

6. Young sheep

7. Nimble

9. Cure-all

3. A type of small lizard

8. Aromatic compound

10 A husband who cheats

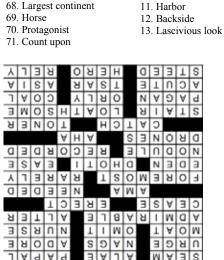
- 48. "I knew it!"
- 49. Nab
- 52. Laser printers need this
- 57. Step
- 60. Offensive
- 63 Heathen
- 64. Parisian airport
- 65. Bituminous fuel
- 66 Critical
- 67. Russian emperor
- 68. Largest continent

16 19 20 22 21 26 43 44 46 46 52 62 60 64 67 66

DOWN

- 21. 500 sheets of paper 25. Make wealthy
 - 27 Humble
 - 28. Residue from a fire
 - 30. Not alive
 - 31. Alternatively
 - 32. Not the original color
 - 33. Manage
 - 34. Smell 35. Start over
 - 36. Express or state clearly
 - 37. Crag
 - 41. Orange pekoe or Earl Grev

- 44. Found out
- 46. Pledge
- 50. Fabric
- 51. Steed
- 53. Movie prize
- 54. Hangman's knot 55. Electronic messages
- 56. Pass-the-baton race
- 57. Resorts
- 58. Diplomacy
- 59. Chills and fever
- 61. Winged
- 62. Apprentice







Keep the speed up when you walk

brisk walk is good for your health, especially as you grow older. A study reported on the LiveScience website found that older adults who maintain a speed of 3 miles per hour when they walk have a 50 percent lower risk of heart disease than people with a pace of two miles per hour or slower. And folks who walk an average of seven blocks a day have a 47 percent lower chance of developing heart disease than those whose walks add up to just five blocks a day or less. So put your shoes on and get walking.

Help your brain stay healthy

eeding and stimulating your brain well can keep it healthy throughout your life. The American Academy of Family Physicians offers these tips for keeping your mind in tip-top shape:

- Eat a healthy diet. Choose nutritious foods like antioxidant-rich vegetables, fruits, and whole grains, and omega-3 fatty acids, and cut out saturated fats. Avoid fad diets that offer only short-term results.
- Watch your weight. Maintain a healthy weight and pay attention to your blood pressure, cholesterol, and blood sugar, which are all associated with an increased risk of dementia.
- Exercise your brain. Keep learning new things all the time. Puzzles and games that stretch your mind can help you maintain good brain health. So can staying active socially, so keep up your friendships and strive to meet new people.

Mission to gravity: Space probe searches for waves

European space probe will try to confirm a theory about gravity developed by Albert Einstein, according to the Reuters website. Launched late last year, the LISA (Laser Interferometer Space Antenna) Pathfinder will assume an orbit between the Earth and our sun, collecting data about gravity waves.

Einstein predicted the existence of ripples of gravity that bend space and time some 100 years ago, but finding those ripples on Earth has been impossible. The space-based experiment will monitor two cubes of a gold-platinum alloy to determine whether they maintain their distance from each other in free fall. The results will allow scientists to observe minute oscillations caused by gravity waves.



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Going the store? Why leave the house?

hopping online has exploded in recent years. One example: A survey conducted by 72 Point Inc. and commissioned by Door to Door Organics, an online organic grocer, found that shoppers increased their online grocery purchases by an average of 29 percent in the past year, and those shoppers do about 19 percent of their weekly grocery shopping via the Internet

Extra sleep may not lead to longer life

ost of us look forward to sleeping late on the weekend. After a hard week of work, we deserve a few extra hours, right? But a study from the Journal of Clinical Endocrinology & Metabolism suggests that sleeping in may contribute to a higher risk of diabetes and heart disease

Researchers tracked more than men and women age 30-54, using devices that recorded their movement to determine when they fell asleep and woke up for a one-week period. Close to 85 percent went to bed later and got up later on their days off from work, and those people tended to experience lower levels of HDL cholesterol (the good kind) along with higher triglycerides, greater resistance to insulin, and a higher body mass index, even after controlling for factors like physical activity, calorie consumption, and alcohol use.

The implications are clear: Maintaining a consistent sleep schedule, even on weekends, is better for everyone's long-term health.

Aspirin prevents skin cancer?

spirin is known to cure our aches and pains and improve heart health. It may also be useful in preventing certain kinds of skin cancer, according to an article on the Discover magazine website.

Non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin and ibuprofen are already known to help prevent cancers in the colon, lungs, prostate, and breasts. A meta-analysis of studies, some previously unavailable to researchers, turned up evidence that non-aspirin NSAIDs can reduce the risk of developing squamous cell carcinoma by 15 percent, and that when aspirin is added to the mix, the risk drops to 18 percent. NSAIDs are known to inhibit

COX-2, an enzyme produced by skin cells in response to ultraviolet light.

Talk to your dermatologist about aspirin, and otherwise limit your exposure to UV light to stay safe from skin cancer all year round.

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Fun Night with Silent Auction, March 10th 7pm, Sugar Creek MHP, Largo, North at 101st.

PARADISE ISLAND ANNUAL FLEA MARKET, March 12, 2016. Paradise Island MHP 1001 Starkey Rd. Largo. EARLY ENTRY \$1 @ 8am. Very Large Market with over 65 vendors and Treasures Galore. Food from the canteen. For Tables call Marcia 727-953-3616

ART/CRAFT FAIR. Friday, March 11, 9am - 1pm. Lake Highlander MHP. 1500 County Road 1, Dunedin.

Annual Blue Jay Rummage Sale: Sat. March 19th 8:00am-1pm. 2755 Curlew Road Palm Harbor.

FRIDAY, MARCH 4TH, 9am-1pm, Flea Market/Bake Sale Lake Seminole Resort MHP Clubhouse, 10245 110th Ave. North. East off Seminole Blvd. Refreshments, Lunch.

Nova Scotia Picnic March 24th 10065 Park Blvd Seminole State Park, Site 13. 727-475-9470

HUGE Rummage Sale at St. Paul United Methodist Church March 4 & 5. Address: Christian Life Enrichment Center, 1498 Highland Ave, Largo, FL 33770. Early Bird Friday, 4-8 pm; \$1 admission. No admission fee Saturday, 8am-2pm. Food available.

Community Yard Sale. Lake Tarpon Village, 36299 U.S. 19 North. Saturday, March 5. 8am - 3pm.

COME ONE, COME ALL!!! It's that time of year again!!! The 2016 Palm Hill Bazaar is on March 5th 2016. Early bird admittance \$1.00 at 8:30am. Regular Admittance 9:00am till 1pm. Everything must go!!!

1800 Seminole Blvd. Largo, FL 33778

White Elephant Sale. Lake Haven MHP 1415 Main St. Dunedin. Huge Bake Sale, Lunch Availble. Saturday March 12th 8am-1pm Park 3 (Behind Subway)

WHITE ELEPHANT SALE. Saturday March 5, 9AM-12PM. Americana Cove. 7201 1st Street NE, St. Petersburg. Jewelry, antiques, treasures, collectibles, electronics, housewares, furniture, linens, books, DVD's, CD's, Tapes, LP'S, Xmas decos.

March 5th, 8am-1pm. ANNUAL BA-ZAAR - BRIAR CREEK II MHP Clubhouse (Near Mease Countryside Hospital)

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

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