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Lake Seminole Resort Club 10245 - 110th Avenue North Largo, FL 33773

Editor: Becky Burton, beckyjoburton@gmail.com Bulletin Deadline: The 15th of each month Please email me with the subject line: LSR Bulletin

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.Cathy Wackerman
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.Sharon Smith
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.Mike Wallace
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EARS





Est 1964

Flea Market – Friday, March 2

Gerry Near

<u>Wed., Feb 28:</u> 9am- Set Up for Flea Market starts. If you don't know which table you are on check the sign-up sheet. In front of your name you will see a number. Every table has a number and the names of the two people working there. Your job is to set up that table. Pens and labels are provided.

Thurs., March 2: 9am to noon - Finish Set Up.

If you have anything to donate to the Flea Market please bring it to the Hall Wed. or Thurs. from 9am to noon.



<u>Fri., Mar. 2:</u> Bake Sale donations should be brought to the Hall between 7:00- 8:45am. Our Parking guys will be glad to take them from your car and bring them into the Hall.

Flea Market Sellers, please be at the Hall by 8:45am. It would be appreciated if you would leave your car at home as we need every parking space for our customers. To avoid the mob at the front doors, the back doors will be open. Please do not start packing up until 1pm as all our ads say we are open from 9am to 1pm.

This is our Social Club's biggest fundraiser of the year. It also needs the most helpers. It takes almost 100 of us to make it work. If you have signed up, THANKS, If you haven't, there is still time.

There will be lots of bargains. Pick up some goodies at the Bake Sale, come over and have your lunch, and try your luck at our $50\25\25$ draw. There are 2 prizes. I hope to see you all at the Flea Market!

Pancake Breakfast – March 17

Bob Osgood

t is PANCAKE BREAKFAST time again at Lake Seminole Resort! March 17 is the day when the men of the Golf League with help from other residents of the Park become cooks, servers, ticket sellers and bottle washers. The end result is one of the tastiest breakfasts one may ever have the opportunity to eat. So mark your calendar and greet our many sales people with a smile and a \$5.00 bill and join us for breakfast.



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

Kathleen Balsamo Bereavement Note

s many of you know, I lost my lovely wife, Kathleen, to COPD and Alzheimer's Disease on January 27, 2018. I'm taking this opportunity to express my deep gratitude to my family and friends for their much-needed support during this very difficult time. Without them I would have been entirely lost.

Thank you also to all the residents of this wonderful community, who over the years have shown so much kindness and deep concern as we watched Kathy's health deteriorate. Thank you to those of you who helped Kathy find her way home, to those who stopped by with their dogs for Kathy to pet.

I was humbled at the outpouring of love and support at the gathering held at the Community Center on January 31st. Thank you for the flowers, cards, and words of encouragement and condolence. God bless you all.

Salvatore ("Sully") Balsamo

Parks to Visit

Diane Archie

There are three nice parks to visit within six miles of Lake Seminole Resort.

Walsingham Park has six miles of trails, biking or walking. There is also a picnic area and a dog park. The address is 12615 - 102nd Ave, Seminole.

The Botanical Gardens has over 25 gardens and is a very beautiful park. It's a nice way to spend an afternoon where you can take your lunch, walk around and take photos. The address is 12520 Ulmerton Road, but it also accessible from Walsingham Road.

McClough Nature Park has rescue birds, owls, hawks and eagles and you can see them up close. Other animals are turtles, tortoises and snakes. It has a boardwalk to the inner coastal way and is about six miles from our park. The address there is 11901 - 146th St N.

I hope you will enjoy these park as much as we did. I will put three new parks in next month.



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



220 Bahama St. • Venice, FL 34285 info@monthly-media.com • 727-484-7488



Your

Jicture

TIPS BEFORE YOU LEAVE

- Fill out Departure Notice and leave keys to home at the park office.
- Fill out Emergency Contact Notice and leave at park office.
- Call the Sherriff's office 727 582-6200 for regular property checks.
- Have trusted neighbor check home and leave them a key.
- Notify post office to have mail forwarded.
- Put telephone, internet and TV services on hold.
- Stop newspaper delivery.
- Call Duke Energy and request service changed to seasonal.
- Unplug all electrical equipment.
- Leave A/C on cool at 84 deg. change A/C filter and batteries in thermostat.
- Cover all drains to deter insects.
- Set out roach and ant bait stations.
- Set out Damp-Away in rooms and closets to reduce humidity.
- Clean out fridge. If fridge will be turned off, prop open doors.
- Check cupboards and throw out any open foods.
- Washing machine unplug, turn off taps and prop open door.
- Leave dishwasher propped open.
- Plastic wrap toilets.
- Put away all outdoor planters, and furniture and anything that could become a projectile in high winds.
- Turn off power to hot water tank and turn off water.
- Are you leaving some lights on timers?
- Lock all windows, shutters and outside doors.

ENJOY YOUR TIME AWAY KNOWING YOUR HOME IS SECURE.



March Birthdays

- 1 Sherry Brown Paul Hassett
- 3 Patricia Myers
- 4 Margaret Hay Margaret Steward
- 5 Randy Dodd
- 6 Ed Danseaeu
- 7 Tom Hayes Lowell Knauss
- 8 Kent Hall
- 10 Dick Mantelli
- 12 Sylvia Hardy
- 13 Bonnie Stack Linda Stanicki
- 14 Deborah Bergstrom
- 15 John Matone

Goodwill

Barbara Fix



- 17 Larry Sherman
- 18 Maryann Hills
- 20 Marjorie Brewer
- 21 Eleanor Murphy
- 23 Sheryl O'Kane
- 24 Roger Leduc
- 25 Nancy Balsamo Barbara New James Reed Peter Verrier
- 27 Kathleen Allen Gerald Wallace
- 31 Gerald Abbott Terri Forward Linda Knauss

Tursing Homes, Rehab Centers or Retirement Homes

- Marilyn Stepon, The Barrington, Room 100, 901 Seminole Blvd., Largo FL 33770 / Ph. 727-265-0077
- Betty Bragg, Oak Tree Manor, 7770 B 128th St., Seminole FL 33776
- Phyllis Allen, Palm Gardens Health & Rehab Center, Room 133D, 200 16th Ave SE, Largo FL 33771
- Fred Pupke, Palm Garden of Largo, Room 100, 10500 Starkey Rd, Seminole, FL 33777
- Myra Kerner, Bay Winds Senior Living, Apt 229, 200 Kidd Castle Way, Webster NY 14580 / Ph. 585-670-7229. (She would love to hear from her friends at LSR.)
- Jean Sloan, Freedom Square Rehabilitation Center, Room 222, 10801 Johnson Blvd., Seminole FL 33772



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Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible
CollisionACV - \$500 Deductible
Road Trouble Serv \$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*

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 AirBags, 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.







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Homes For Sale

Address	Bed/bath	Phone	Contact Price*
11043 100 Way N.	2/2	727-423-1470	Realtor/Paul Douglas \$144,900
11153 100th Way N.	2/2	727-458-5001	Realtor/Carolyn Holton \$ 79,900
11062 100th Way N.	2/2	727-423-1470	Realtor/Paul Douglas \$169,900
			(Waterfront)
11107 101st Street N.	1/1.5	727-458-5001	Realtor/Carolyn Holton \$ 78,500
11264 101st Way N.	1/1	727-240-6001	Owner/Bob \$ 65,000
			(UPDATED)
11221 101st Way N.	2/2	727-399-1857	Owner/Gary Eskerod \$139,500
11120 102nd Street N.	2/2	727-458-5001	Realtor Carolyn Holton \$136,900
11077 102nd Way N.	1/1	727-466-7487	Owner/Wrightsman \$ 50,000
11157 102nd Way N.	1/1.5	727-458-5001	Realtor/Carolyn Holton \$ 53,900
11177 102nd Way N.	2/1.5	727-393-6213	Owners Doreen & Bob \$ 85,900

*Price Includes \$50,000 Share

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Services Directory

AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon. Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
ADDI JANCE REDAIR	
Appliance Specialty Inc	727-520-6002
Appliance Specialty, Inc.	121 020 0002
Auto Painters Plus	727-504-6891
AWNINGS	121 001 0001
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co	727-559-8811
Century Awnings Co.	121 000 0011
BathMasters	727-333-7997
BLINDS & DRAPERIES	121-000-1001
Rod Runners	727-304-0534
	121-004-0004
Bill the Carpet Guy	727-521-4163
Doll Brothers Carpet/Upholstery Clnrs.	727 506 22/0
CLEANING/INTERIOR	121-000-2240
Betty's Cleaning & Custom Services	777 200 4041
COMPUTER SERVICES	121-200-4041
Discount Computer Repair	707 200 2065
Largo Tech Services, LLC	707 474 4005
	121-414-4200
Dental Walk-In Clinic	707 500 0400
	/27-533-9199
DERMATOLOGIST	707 540 0400
Florida Dermatology & Skin Cancer	/27-548-9196
DOCTOR - INTERNAL MEDICINE	
Mahajan Medical Center	727-518-0822
DRIVEWAY COATING	
Concrete Wizerd Inc	707 700 5444
	121-189-5444
Concrete Wizard, Inc.	/21-189-5444
DUCT/VENT CLEANING Velocity Air	727-754-7956
DUCT/VENT CLEANING Velocity Air ELECTRICAL CONTRACTOR	727-754-7956
DUCT/VENT CLEANING Velocity Air ELECTRICAL CONTRACTOR Boss Electric Corp.	727-754-7956
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DUCT/VENT CLEANING Velocity Air ELECTRICAL CONTRACTOR Boss Electric Corp. Haseney Electrical Services, Inc. Palm Harbor & Dunedin Electric ENTERTAINMENT	727-754-7956 727-791-1308 727-441-8434 727-773-1622
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DUCT/VENT CLEANING Velocity Air ELECTRICAL CONTRACTOR Boss Electric Corp. Haseney Electrical Services, Inc. Palm Harbor & Dunedin Electric ENTERTAINMENT Paint Party In Your Home FLOOR COVERINGS/RETAIL	727-754-7956 727-791-1308 727-441-8434 727-773-1622 727-434-8308
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MOBILE HOME WASH/WAX

MOBILE HOME WASH/WAX	
Michael Simoneau Maintenance	727-735-2380
Royal Enterprises	727-394-7351
Wyngarden Mobile Home Wash	727-587-0876
MOBILE HOME WINDOW FILM	
Royal Enterprises	727-394-7351
MOVING SERVICE	
Shawn & Shawn Moving Company .	727-234-7204
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$MARCH \cdot 2018$

Sunday	Monday	Т
APRIL 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		Visit Ou www.lakes
4 Pavilion 100 Way Street Party 1PM	10:00 am - Monday 5 Coffee After coffee: Swedish Weaving 11:00 am - Water Class 6:30 pm - Bingo 6:30 pm - Card Game	7:30 am 8:30 am Pav 3PM
11 2PM - 4PM Ice Cream Social Daylight Savings Begins @ 2am	10:00 am - Monday 12 Coffee After coffee: Swedish Weaving Social Club Meeting 11:00 am - Water Class 6:30 pm - Bingo 6:30 pm - Card Game	7:30 am 8:30 am Pav 4PM Karen O
18	10:00 am - Monday 19 Coffee After coffee: Swedish Weaving 11:00 am - Water Class 6:30 pm - Bingo 6:30 pm - Card Game	7:30 am 8:30 am First I
25 Pool Party Palm Sunday	10:00 am - Monday 26 Coffee After coffee: Swedish Weaving 11:00 am - Water Class 6:30 pm - Bingo 6:30 pm - Card Game	7:30 am 8:30 am

Lake Seminole

uesday	Wednesday	Thursday	Friday	Saturday
r Website - eminoleresort.com		1 8:00 am - Men's Golf Meeting 8:30 am - Walking Class Flea Market 6:30 pm - Cards	2 8:30 am - Yoga 10:00 am - Water Class 8:00 am - Men's Golf Flea Market	3 10:00 AM Line Dancing
6 - Gardening - Yoga I 102 St. Party	8:30 am - Walking 7 Class 9:00 am - Quilting 9:00 am - Men's Golf 10:00 am - Water Class Hall & Pavilion Mardi Gras K. Grierson	8 8:00 am - Men's Golf Meeting 8:30 am - Walking Class 10 AM LSR Bd Mtng/Twn Hall 6:30 pm - Cards	9 8:30 am - Yoga 10:00 am - Water Class 8:00 am - Men's Golf	10 10:00 AM Line Dancing Set-up for Ice Cream Social Pav 6PM Shufflers Appetizer Party
13 - Gardening - Yoga I gilvie	14 8:30 am - Walking Class 9:00 am - Quilting 9:00 am - Men's Golf 10:00 am - Water Class	15 8:00 am - Men's Golf Meeting 8:30 am - Walking Class 6:30 pm - Cards	16 8:30 am - Yoga 10:00 am - Water Class 8:00 am - Men's Golf	17 Pancake Breakfast St. Patrick's Day
20 - Gardening - Yoga Day of Spring	21 8:30 am - Walking Class 9:00 am - Quilting 9:00 am - Men's Golf 10:00 am - Water Class Ladies Coffee	22 8:00 am - Men's Golf Meeting 8:30 am - Walking Class 6:30 pm - Cards 7 PM LSR ANNUAL MTNG	23 8:30 am - Yoga 10:00 am - Water Class 8:00 am - Men's Golf 6PM Shufflers Awards Banquet	24 10:00 AM Line Dancing
27 - Gardening – Yoga	28 8:30 am - Walking Class 9:00 am - Quilting 9:00 am - Men's Golf 10:00 am - Water Class	29 8:00 am - Men's Golf Meeting 8:30 am - Walking Class 6:30 pm - Cards	30 8:30 am - Yoga 10:00 am - Water Class 8:00 am - Men's Golf Good Friday	31 10:00 AM Line Dancing







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Coffee may cut risk of death, studies say

tarting the day with a cup of coffee helps many of us wake up. New evidence suggests it may help us live a longer life, too.

In one study written up in the journal Annals of Internal Medicine, researchers at the University of Southern California's Keck School of Medicine surveyed more than 185,000 Americans for 16 years. Their results: People who drank one cup of java a day were 12 percent less likely to die than those who didn't, and people who drank two to three cups were less likely to die by 18 percent—regardless of whether the coffee was caffeinated or not.

In another study reported in the same journal, researchers analyzed data from more than half a million people across Europe, and found that higher levels of coffee drinking were associated with a decrease in the risk of death from many causes, including circulatory and digestive tract diseases.

So enjoy your cup of coffee. It may add years to your life.

Keep your muscles strong at any age

s we grow older, we often lose muscle mass. Muscle mass decline typically starts in the 40s but increases after age 50. One study of about 200 men and women ages 64-93 found that it affected 22.6 percent of the women and 26.8 percent of the men.

Take these steps to keep your muscles intact:

- Strength training. Lifting weights has been shown to increase muscle mass and may even reverse the most debilitating effects of muscle loss.
- Aerobic exercise. Healthy muscle tissue needs capillaries to infuse it with blood. Regular exercise, like a brisk half-hour walk every day, can provide this.
- Protein. Inadequate protein in the diet, or difficulties digesting and absorbing protein, may be a factor in susceptibility to lost muscle mass. Older adults may need to increase their consumption of protein to maintain their lean body mass.

Facts are stubborn, but statistics are more pliable.

—Mark Twain

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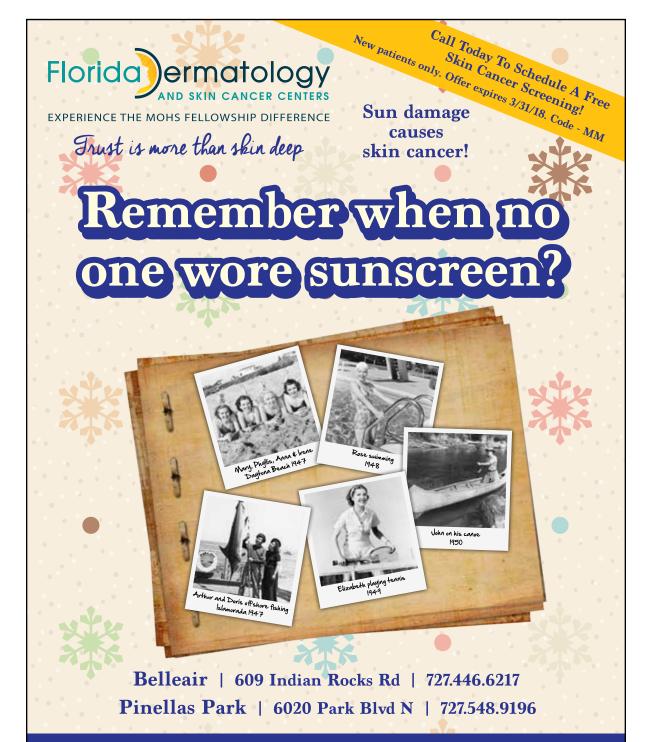


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Families growing in size as remarriage rises

R amily relationships can be complicated these days. The Bloomberg website reports that almost a third of U.S. households headed by adults under 55 have at least one stepchild, and among couples over 55 with adult children, 33 percent have at least one stepchild. Counting stepchildren boosts the size of a family by 55 percent among Americans with grown children.

Divorce and remarriage are driving the growth. The divorce rate for older Americans has almost doubled in the last 20 years, with almost 30 percent of people over 50 having been married more than once.

Life it is not just a series of calculations and a sum total of statistics, it's about

experience, it's about participation, it is something more complex and more interest-

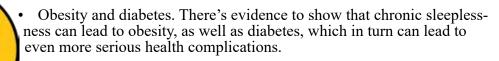
ing than what is obvious.

—Daniel Libeskind

Beat sleeplessness through awareness of the risks

Insomnia is becoming a problem in our society, and it's attributable to complex interactions among dozens of factors. One in three American adults don't get enough sleep every night, and that number may rise if we don't work collectively to try and improve our sleep patterns. As health care writer Anna Johansson points out, the effects of sleep deprivation are dangerous, both in the short and long term:

- Lack of focus and memory. As both a short-term and long-term effect, losing sleep can interfere with your ability to create new memories, and may make it more difficult to focus during the day. This makes it difficult to perform in most professional roles.
- Declining cognitive abilities. Sleep loss also hinders your cognitive capacity, making it more difficult to think critically or solve problems. This gets more intense with more sleeplessness over time.



• Heart disease and mortality. Chronic lack of sleep may even increase the likelihood and severity of heart disease, and decrease your lifespan.







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ARTICLES FOR SALE 2 Crypts in Sylvan Abbey, choice Locations side by side extras. 727-243- 4100 Suzie	HUGE Rummage Sale at St. Paul United Methodist Church, March 2nd & 3rd. 1199 Highland Ave., Largo, Florida, 33770. (Corner of Highland and Rosery.) Early Bird Friday,	Craft Clearence Carport Sale at Hillcrest MHP, 2346 Druid Rd. Clearwater, lot 1009 on Saturday March 3rd from 8am. Books, beads, fabric, components and finished items and more!	
2001 Cadillac Deville 83,000 miles. Runs perfect, A/C. \$3,500. 727-542- 1002	5-8pm; \$1 admission. Free admission Saturday, 8am–2pm. Jewelry Sale: FRI/SAT. MARCH 2/3,	Hillcrest Spring Craft fair: Saturday, March 10th, 9-1pm. Handmade items: Jewelry, Soaps, Quilts and more! 2346	
Computer desk with hutch, Copy & fax machine, scanner. 727-437-7250	9-3. Preowned; Values to \$100. Modern styles. Sterling, Gemstones. Hundreads of items! No price over \$10! Cash only.	Druid Rd Clearwater located between Belcher & US19N.	
PLATES: Sandra Kuch beautiful collectables. Largo Doll collection. Details: 727-586-6699	599 Rosa Ct., Doral MHP, between Main & Curlew between U.S. 19N. And Belcher.	Trinkets & Treasures Saturday, March 3rd - 9AM - 12PM. Americana Cove. 7201 St NE. St. Pete. Antiques, collectibles, jewelry, furniture,	
For Sale: Large Corner Lot #38 in Bel- Aire Park Largo, FL. Call 724-586- 6699	Sat. March 3rd, 8-1 White Elephant & Bake Sale, Lamps, Small Appliances, Dishes, Linens, Jewelry, etc. Lake Highlander 1500 County Road 1,	kitchenware, electronics, books, paintings, plants, records, CDs, DVDs, VCRs, furniture, linens, bakery.	
About 75 brand new stuffed animals. Call 309-825-2636 Largo.	Dunedin.	Park Royale Art & Craft Sale: Saturday, March 24, 2018, 8am to 2pm. 10611	
EVENTS & PROGRAMS	Huge Church Garage Sale: 3/8 Presale 5pm-7pm \$5.00 entry fee. 3/9 8am-4pm. 3/10 8am-2pm. Clothing,	66th St N. Pinellas Park. Benefits Pinellas Park K-9 police officers.	
BC MART in Briar Creek, 100 Briar Creek Blvd off McMullen Booth! Used goods of all kinds; just a fun place	Household Items, Small Furniture, Items, Christmas. Connect2Christ Church 9398 Oakhurst Road Seminole,	Annual Community Yard Sale: Holiday Shores Park, 10289 Paradise Dr, Largo. Sat, March 24, 8-1pm.	
to hunt for all kinds of treasures; just	FL 33776	Caribbean Isles Rummage Sale: March	
follow the red arrow. Open Wed & Sat 10-Noon! Paradise Island Annual Flea Market	ART/CRAFT FAIR. Friday, March 9th, 9-1. Lake Highlander MHP, 1500 County Road 1, Dunedin. Something	17th 8-1. Food and baked goods. Tables \$10 two for \$15. Call Brenda 262-331- 0030	
March 3, 2018, 9 AM to 1 PM. Tables	for everyone!	Spring Sale Lake Haven MHP 1517	
available call Marcia 727-953-3616. Over 60 Vendors, food, bake sale and more. Early entry 8am \$1.	ART/CRAFT FAIR. Friday, March 9th, 9-1. Lake Highlander MHP, 1500 County Road 1, Dunedin. Something	Main St. Behind Subway off of 580. Appliances, gift items, clothing, gift card raffle, over 50 local businesses,	
FRIDAY, MARCH 2nd, 9am-1pm, Flea Market/Bake Sale Lake Seminole	for everyone!	and more PLUS the BEST Bake Sale in town. Lunch available. Sat. March	
Resort MHP Clubhouse, 10245 110th Ave. North, East off Seminole Blvd. Refreshments, Lunch.	Annual Penny, Bake Jewelry, Craft Sale: Saturday, March 10th, 9:00am- noon. Golden Acres R.O. Park 1040 Main Street Dunadin Elogida	10th 8-1	
	Main Street Dunedin, Florida.		

Paradise Island Annual Flea Market

March 3, 2018, 9 AM to 1 PM. Tables available call Marcia 727-953-3616.

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Palm Hill Country Club Bazaar Sat.

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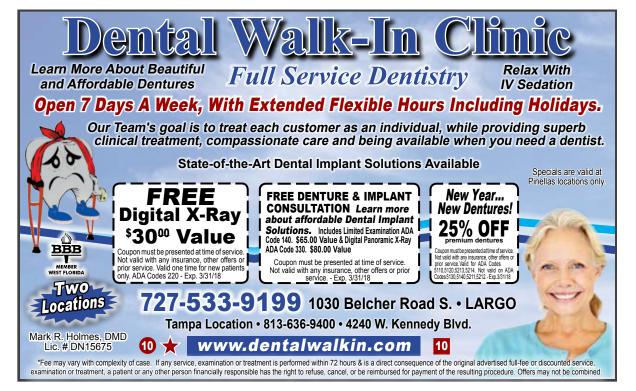
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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

(Allow + o weeks for maning of check). This month's cash	winners are.
Paul Fadden \$100 Natures Resource Pest Control	Kellye Petty \$5 Buggin Out Termite & Pest Control
Richard Gossrlin \$10Battleline Termite & Pest Control, Inc.	Sandy Ravelin \$5 Battleline Termite & Pest Control, Inc
Bob Hitchcock \$10 Imperial Electric Service of Pinellas	Harry Fake Jr \$5 Perfect Repair & Construction, Inc.
Clay Madsen \$10 Ron Wyngarden Mobile Home Wash	Gwen Schultz \$5 Recreational Golf Carts, LLC
Sally Ervin \$10 Recreational Golf Carts, LLC	Margaret O'Connell \$5 Natures Resource Pest Control
Ken Ouellette \$10 Rod Runners, Inc	Robert McClure \$5 Jones & Sons Plumbling, Inc
Bill Iverson \$10 The Plumbing Patrol, Inc.	Shirley Thompson \$5 Boss Electric Corp.
Gary Johnson	Jessie Marshall \$5 Air Masters of Pinellas, Inc.
Brian Preston \$10 Mobile Home Depot, Inc.	Joyce Ondish \$5 Ron Wyngarden Mobile Home Wash
Lawrence Idoux \$10 AMS	Tom McNally \$5 Jones & Sons Plumbling, Inc
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Everett Wardell \$10 Buggin Out Termite & Pest Control	Al SmithShonna Bender, LMT
Dee Elice \$10 Hellers Mobile Home Washing	Lesley Zuckerman \$5 Discount Computer Repair
Rocco Alestra \$10 Haseney Electrical Services, Inc	Kathy Jennings \$5 Doll Brothers Carpet Cleaners
Elaine Brittain \$5 Shonna Bender, LMT	Lynda Porter \$5 Appliance Specialty, Inc.
Jim Huck \$5 Hellers Mobile Home Washing	Berkley Reynolds \$5 Boss Electric Corp.
Roy Ward \$5 Appliance Specialty, Inc.	Nancy Karhoff \$5 Bob's Mobile Home Washing
Brenda McEvoy \$5 Doll Brothers Carpet Cleaners	Gail Turner \$5 Appliance Specialty, Inc.
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Nancy Ellis	Gloria Dille \$5Battleline Termite & Pest Control, Inc
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 LAKE SEMINOLE RESORT NEWS BULLETIN MARCH, 2018 E

Living in a healthy state

Does the state where you live affect your health? Some U.S. states appear to be dramatically healthier than others, based on rates of infectious disease, obesity, smoking, infant mortality, air pollution, and other factors. United Health Foundation looked at the figures and identified the

healthiest—and unhealthiest—states in the country:

Healthiest

- Massachusetts
- Hawaii
- Vermont
- Utah
- Connecticut

Unhealthiest

- Mississippi
- Louisiana
- Arkansas
- Alabama
- West Virginia



He who cures a disease may be the skillfullest, but he that prevents it is

the safest physician.

— Thomas Fuller

Protect your eyes when dealing with car batteries

Any people don't know that vehicle batteries contain acid and produce hydrogen and oxygen gases, making them lethal if improperly handled. It's particularly important to understand the dangers when jump-starting a dead battery. A spark or lighted cigarette can ignite the gases and turn the battery into a bomb of flying fragments and acid.

The first line of protection is to wear safety goggles when dealing with car batteries. If battery acid does splash into your eyes, though, don't panic. Flush your eyes with any "drink-able" liquid close at hand. It can be water, milk, juice, or even soda. Remember that every second counts. The longer acid sits in the eyes, the more damage it can do.

