

OFFICE: 10245 110th Avenue North • Largo • FL 33773 • (727) 391-1840

May • 2016

Issue 3 40th Year

Remember Our Veterans This Memorial Day!
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Lake Seminole Resort Club

10245 - 110th Avenue North Largo, FL 33773

Co-Editor: Sharon Gee, sharong1@frontiernet.net

Co-Editor: Alice Jarvis, BGJALA@aol.co

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MAINTENANCE WORK SCHEDULE

Roger Gee

EFFECTIVE JAN.11TH 2016

MIKE	WORK HRS.	<u>MICHAEL</u>	WORK HRS.
MON	8	MON	OFF
TUES.	4	TUES.	OFF
WED.	OFF	WED.	OFF
THURS.	8	THURS.	8
FRI.	8	FRI.	8







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Change in Bulletin Responsibilities

ver the last 5 years, I have been your bulletin contact and have enjoyed submitting your articles but it is now time for a change. Effective next month (June), Sharon Gee has graciously volunteered to take over those responsibilities. Please forward all articles to Sharon at sharong1@frontiernet.net. Thank you everyone.

Pool Party

Jane and Pat Salituri

Te were pleased to have hosted this year's 8th annual Pool Party; a tradition that started as a celebration of heating our fabulous pool back in 2008.

This year the event was held on Saturday March 26th between the hours of 2-5pm with music provided by Nick Knowlton on the pool deck where many enjoyed dancing and simply enjoy listening to the sounds of his talent. The very warm day attracted many in the refreshing water of our pool.

Many enjoyed spiked gummy bears while getting their favorite tattoo at the tattoo parlor run by Jackie McMann and her crew of Linda Baker and Gail Waddell.

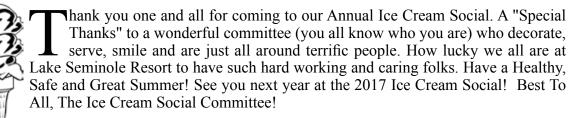
We wish to express our appreciation to our team that helped that day in preparing, Barbequing the burgers and hot dogs, serving the food and later with the clean up.

Our team included Dan Jackson, Betty and Joe Luciano, Connie and Mario Zammit and Linda and Tom Baker.

We trust that all of you that attended enjoyed the event.

Ice Cream Social

Miriam Jung



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Pancake Breakfast

Bob Osgood

ur March 2016 Pancake Breakfast is now in the past. It was very well received by the residents and guests of Lake Seminole Resort. We served 289 meals and had a record net return of \$977 which has been turned over to our Social Club. This money will help fund more fun times in the Park this month and on into 2017. This includes fun gatherings such as the Pool Party, Ice Cream Social and Pizza Party. These breakfasts have been hosted by the Park's Men's 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 March we collected blood from 10 donors. This number is close to the average of a dozen.

We attribute our success this March to Dan Jackson's procurement skills and Bill Wackerman's relaxed organizing style. To them we give a sincere THANK YOU.

Our next breakfast will be in January 2017 when pancakes will once again be the preferred breakfast of the day.

Thank You

Thanks to all who attended our Farewell Party on April 7th. It was a great Party. We appreciate all the time and effort spent to make this party such a great success and so enjoyable. Special thanks to Judi West who organized the Party and to Pat Horn who helped share with Judi, all the work and everything involved. Wonderful Friends! We will surely miss all you.

Mel & Shirley Klatt, Julie & Joe Abraham, Alice Godzich, Bill & Bernie Deer

Thank You Note

¬hank you! Thank you! Thank you!

John & Pat Matone



John and I appreciate all of your concern, cards and help at this time. Our extended family here at LSR is the greatest.

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



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May Sudoku

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May Birthdays

- 1 Charles Wisner
- 3 Marvin Bielicki Sheila Wright
- 4 Jim Henry
- 6 Doris Landay
- 8 Eleanor Rinas
 Betty Bragg
 Bill Cruickshank
 Linda Holbrook
 Debra Fuller
- 9 Diane Leedy
- 11 Lynne Martin Dennis Steward
- 12 Donna Polin
- 14 Kim Anderson Evelyn Benjamin Lois Jackson Jim North
- 16 Frankie Henry Vernon Smith

- 17 Oma Redden
- 18 Katherine Jaklewicz Tom Teal
- 19 Wendy Burke Mel Klatt Hank Nunes Sue Reed
- 20 Ed Clifford
 Justine Lubkeman
- 21 Clara Cicco Brian Kerr
- 24 Pat Gibbons
- 26 Anna-Marie Blackburn Ela Schneider Javonne Wrightsman
- 27 Jim Doran
- 28 Ethel Hoadley
- 30 Bob Baxter

Goodwill

Barbara Fix

Nursing Homes, Rehab Centers or Retirement Centers

- 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. 33771
- Marjorie Romine Heron House, 2050 East Bay Dr., Largo, FL. 33770

Hospitalized

Deceased









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11200 101st Way N.	2/1	423-1470 Paul Douglas/Realtor	\$61,900
11077 102nd Way N.	2/1	466-7487 Wrightsman/Owner	\$50,000
11148 102nd Way N. *Lot only.		600-1862 Johnny Bosko Realtor*	\$50,000
11157 102nd Way N.	2/1-1/2	600-1862 Johnny Bosko Realtor	\$59,500
11178 102nd Way N.	2/1-1/2	630-347-7907 Sue Taddeucci/Owner	\$62,000
11168 102nd Way N	2/1	420-6427 Mary Lee Rades Realtor	\$50,000
10225 110th Place N.	. 2/2	398-9753 Walter Coddington/Owner	\$113,000
10155 113th Place N.	. 1/1	584-3588 Carolyn Holton/Realtor	\$53,900
11090 102st st N	1/1	423-1470 Paul Douglas Realtor	\$56,900





Did you know that May is also...

ALS Awareness Month. ALS, also known as Lou Gehrig's disease, is caused by the death of neurons, leading to stiff muscles, twitching, and gradually worsening weakness. No cure is known, but this month is an opportunity to spotlight and support research to fight this deadly disease.

Better Hearing Month. Approximately 36 million Americans suffer from some form of hearing loss—and more than half are under 65. Visit an audiologist today to learn how to protect your hearing and ensure that your ears stay healthy throughout your life.

National Military Appreciation Month. As designated by Congress, National Military Appreciation Month celebrates the history of our armed forces and recognizes the brave people who have served in every branch of military service. It also allows Americans to educate each generation on the historical impact of our military through community participation.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling and encourage more folks to giving biking a try.



Children's Mental Health Awareness Week, May 1-7. A yearly event aimed at raising awareness of the issues and causes integral to the children's mental health field nationwide. Sponsored by the National Federation of Families for Children's Mental Health, this year's theme is "Healthy Families, ResilientChildren: Mental Health is a Family Affair."

National Nurses Week, May 6-12. One of the nation's largest health care events, National Nurses Week ends on the birthday of Florence Nightingale, the mother of modern nursing, and recognizes the contributions nurses make. It also educates the public about the significant work they perform.

American Craft Beer Week, May 16-22. American craft brewers are small, independent, and traditional. The average American lives within 10 miles of a brewery, and the United States now has more beer styles and brands to choose from than any other market in the world. Enjoy a cold one (responsibly) all month long.

May Day, May 1. An ancient northern hemisphere spring festival celebrated in many cultures. Dances, singing, and cake are usually part of the activities.

Mother's Day, May 8. Don't forget to tell your mother (and mothers everywhere) how much she means to you.

Memorial Day, May 30. A U.S. federal holiday honoring those who have given their lives while serving in the armed forces.





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Sunday	Monday	П
1	10:00A Monday Coffee	7:30A
8	9 10:00A Monday Coffee	7:30A
Mother's Day	17	
15	16 10:00A Monday Coffee	7:30A
22	10:00A Monday Coffee	7:30A
29	10:00A Monday Coffee	7:30A
	Memorial Day	

Lake Seminole

uesday	Wednesday	Thursday	Friday	Saturday
3 Gardening	4 Lawn Mowing 9:00A Men's Golf	8:00A Men's Golf Meeting 6:30 P Cards	6	7 10:00A Line Danc- ing
10 Gardening	11 Lawn Mowing 9:00A Men's Golf	8:00A Men's Golf Meeting 6:30 P Cards	BULLETIN DEADLINE	14 10:00A Line Danc- ing
17 Gardening	18 Lawn Mowing 9:00A Men's Golf	8:00A Men's Golf Meeting 6:30 P Cards	20	21 10:00A Line Danc- ing
24 Gardening	25 Lawn Mowing 9:00A Men's Golf	26 8:00A Men's Golf Meeting 6:30 P Cards	27	28 10:00A Line Danc- ing
31 Gardening				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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Doll Brothers Carpet/Upholstery Clnrs.	121-390-2249	Largo Plumbing Co	121-390-032
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Kathy's Cleaning Service	/27-804-1116	ROOF COATING	707 474 000
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Caregiving has its rewards

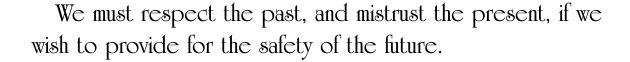
s Americans live longer, families are feeling a heavier burden in the caregiving area. The Bureau of Labor Statistics estimates that some 40.5 million Americans are acting as unpaid caregivers for older family members. Most just help one person, but 22 percent are responsible for two people and 7 percent provide help to three or more. Most caregivers are between the ages of 45 and 64 (23 percent), but 17 percent of people older than 65 act as caregivers as well.

The demands may be high, but many Americans find the work worthwhile. Yes, 32 percent describe caregiving as stressful, but 88 percent say helping out an elderly loved one is a rewarding experience.

Try these year-round common cold remedies

ou can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- Honey. Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- Zinc. Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- Hot liquids. Hot tea or water can loosen up congestion in your chest and sinuses.
- Salt water. Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- Vitamin C. Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.



—Joseph Joubert

Salt



Einstein: A genius with a human touch

A lbert Einstein was a scientific genius, and stories about him are legendary. Three stories illustrate that he was as human as the rest of us:

- When Einstein went to Princeton University in 1953, someone asked what he would need for his office. His reply: "A desk, some pads and a pencil, and a large wastebasket to hold all of my mistakes."
- A student visited Einstein in his Princeton office one day
 with a copy of this year's final exam in his hand. "Professor,
 all the questions on this year's test are the same as last year!"
 "Yes," Einstein replied, "but this year all the answers are different."



• After finishing a paper, Einstein and his assistant could find only one paper clip in his office to hold the pages together. Unfortunately, it was bent out of shape and impossible to use. They searched the desk for something to use as a tool to straight the clip, and found a full box of paper clips in one drawer. Instead of taking one of those clips, Einstein used one as a tool to straighten out the bent clip.

The assistant asked why he didn't just use one of the fresh clips. Einstein answered, "Once I am set on a goal it becomes difficult to deflect me."

Too much of a good thing

farmer went to church one Sunday. To his surprise, he and the minister were the only people there.

"This is a little embarrassing," the minister said. "Since you're the only one here, would you really like to hear my sermon?"

The farmer said, "Well, I'm not too smart, but if I went to the barn to feed my cattle and only one showed up, I'd still feed him."

So the minister began his sermon. He spoke passionately for an hour and a half. When he finished, he asked the farmer what he thought.

The farmer answered, "Well, I'm not very smart, but if I went to feed my cattle and only one showed up, I sure wouldn't feed him all the hay."

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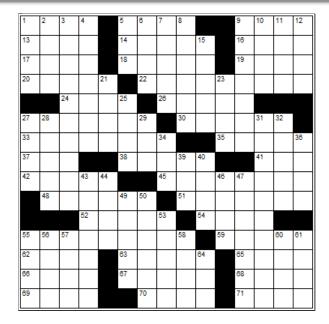
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ACROSS

- 1. City in Peru
- 5. At one time (archaic)
- 9. Biblical kingdom
- 13. Norse god
- 14. Clairvoyants
- 16. Connecting point
- 17. A style of design
- 18. Pontifical
- 19. One who accomplishes
- 20. Our planet
- 22. Secretariat was one
- 24. Buckeye State
- 26. Pariah
- 27. Merit
- 30. Stoppage
- 33. Addition
- 35. Slowly, in music
- 37. Prefix meaning
- "Modern"
- 38 Bloodsucker
- 41. Coniferous tree
- 42. Not full
- 45. Giggling
- 48. Ventilate
- 51. Punishment
- 52. Tapestry
- 54. Sodium chloride
- 55. Remember
- 59. Body
- 62. Portent
- 63. Coral island
- 65. Effrontery
- 66. Chomp
- 67. Compacted
- 68 Decorative case
- 69 Sun
- 70. Marsh plant
- 71. Roman emperor



DOWN

- 1. Prospector's find
- 2. Bright thought 3. Used to see small
- things
- 4. Some other
- 5. Clairvoyant's gift
- 6. Back
- 7. Flower part
- 8. Vestiges
- 9. Approve of
- 10. A swinging barrier revelry
- 11. Poems
- 12. No more than
- 15. Napped

- 21. Employ
- 23. Make well 25. Egg-shaped
- 27. Eat
- 28. Colonic
- 29. East southeast
- 31. Penetrate
- 32. Scrimp
- 34. Snake-like fish
- 36. Unrestrained
- 39. Type of hat
- 40. Colors
- 43. Coach

- 44. Tale
- 46. Annoying insect
- 47. A grouping of elements
- 49. Threesome
- 50. A Christian celebration
- 53. British biscuit
- 55. Steals
- 56. Send forth
- 57. Anagram of "Meat"
- 58. If no
- 60. Asp
- 61. Hod
- 64 Dire

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Exercise: More isn't necessarily better

osing weight is just a matter of exercising, right? Actually, that may not be the case, according to a study of exercise and weight loss reported on the CNN website.

Researchers looked at 332 adults in the U.S., Jamaica, and Africa, measuring their activity level over a week. The volunteers displayed a variety of exercise levels from sedentary to active. Although those who exercised and were active more burned away more calories than the others, their activity tended to hit a plateau—after a certain level, more exercise didn't produce more weight loss.

Switching exercises helped a little, since using different muscles can make your body use more energy. But in the long run, a combination of exercise and a reduced-calorie diet may be your best bet for losing those unwanted pounds.

Don't get zapped at work (or home)

lectrical hazards at home and in the workplace injure thousands every year from burns and shocks. Faulty or overloaded wires cause the majority of accidents, so protect your family and your co-workers by following these guidelines:

- Get inspected. If your electrical panel hasn't been inspected for more than 10 years, get a qualified electrician to look it over.
- Unplug heat appliances after use. At home, that includes toasters, hair dryers, and irons, among others. In the office, unplug space heaters or anything else that can cause a fire.
- Use the correct wattage. Putting a 75-watt bulb in a 60-watt light socket is asking for trouble
- Don't overuse extension cords. They're meant for short-term use, not as way to plug in as many appliances as possible into one outlet.
- Use surge protectors. They'll keep computers and other appliances safe from overloaded circuits
- Keep appliances away from water. If an appliance that's plugged in falls into water or gets wet, unplug it before you reach for it.
- Don't yank cords. When unplugging an appliance, always grip the head of the cord. Yanking and tugging can damage the cord's wire and insulation, which can lead to an electrical shock or fire.



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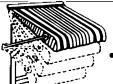
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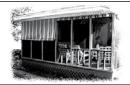
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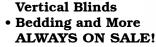
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Space Station experiment points to possible life on Mars

Lungi from the dry, frigid environment of Antarctica took a trip to the International Space Station to determine their ability to survive under the harsh conditions of the planet Mars. Their endurance suggests that primitive life may indeed be viable on the red planet's surface.

As reported by the NBC News website, scientists took samples of the fungus from the McMurdo Dry Valleys in Antarctica, then had them sent up to the ISS, where the crew placed them on a sealed platform outside and exposed them to various types of conditions, including one which simulated the sparse atmosphere and the exposure to radiation present on Mars.

After a year and a half, the fungi had retained 60 percent of their cells, providing evidence that simple forms of life can survive under the toughest conditions in space and on distant planets.

Robot cockroaches could save lives

Evaluation when the spaces are as maligned as the lowly cockroach. But scientists have found something worth emulating about them—their ability to squeeze into even the tightest spaces. Cockroaches on the run are about ½ inch tall, but they're able to compress their bodies to a 10th of an inch when they're trying to hide. Scientists at the University of California-Berkeley have been able to adapt that flexibility in a small, soft, multi-legged robot dubbed CRAM (Compressible Robot with Articulated Mechanisms). Constructed with an "origami-like" manufacturing technique, CRAM is seven inches long, three inches tall, and 1.6 ounces, and it's able to compress itself just like a cockroach to get inside tiny spaces. The scientists hope that CRAMs could be deployed in swarms to search for survivors inside collapsed buildings.

Antilock brakes: Use them properly

ntilock braking systems in cars are designed to improve safety, but they won't do the job unless drivers know how to use them correctly. Here's the right way to use the ABS when you need to stop quickly:

- Apply steady, firm pressure. Never pump or "feather" your brakes. The ABS regulates the braking pressure so the brakes don't lock up. If you pump or slightly release pressure on the pedal, it confuses the computer system and shuts it off.
- Don't let up. The grating noise you may hear is the sound of the ABS working.
- Don't yank the wheel. You can steer your car safely, but if you yank the wheel, you could lose control.



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EVENTS & PROGRAMS

HUGE YARD SALE! Abundant Life Ministries, 1550 Belcher Rd. S., Largo, FL 33771. Saturday, May 14th 8AM-4PM. Refreshments and Lunch available. ALL proceeds will benefit Missions.

Moving Sale: Doral Village, 29250 US Hwy 19 N. Lot #19, 33761. Bassett Furniture, S/S Gas Grill, King & Twin beds, Sleeper Sofa, Tools, Fishing Poles, Bikes, Housewares & Tons More. May 6th & 7th.

Carport Sale LaPlaza 6700 150th Ave N. #335 Clearwater, FL 33764. May 14th & 15th 8am

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

(Allow 4-6 weeks lot	IIIaIIII	ig of check). This months cash
		Bill the Carpet Guy
		Florida Anchor and Barrier
		Air Masters of Pinellas, Inc.
John Dodge	\$10	Faling Construction, Inc.
Jean Richter	\$10	Bob's Appliance Repair
Beverly Duhlen	\$10	Jones & Sons Plumbing, Inc.
		Appliance Specialty, Inc.
Dorothy Kraus	\$10	Denny's Plumbing, Inc.
		Professional Plumbing Inc.
		AMS West Coast
Beverley Blattner	\$10	Barrons AC & Appliance Service, Inc.
		Heller's Mobile Home Washing
Leroy Berg	\$10	Community Roofing of Florida, Inc.
Linda Reed	\$10	A1 Appliance Repair
Vince Malorni	\$5 .	Modern AC & Appliance Service, Inc.
Richard Rueger	\$5 .	Dunedin Plumbiing, Inc.
Hal Gray	\$5 .	Imperial Electric Service, Inc.
Terry LaCasse	\$5 .	The Plumbing Patrol, Inc.
Robin Gosnell	\$5 .	Natures Resource Pest Control
Mary Lange	\$5 .	
		Buggin Out Pest and Termite Control
		Ron Wyngarden MH Washing
		Sunset Appliance Service
Norbert Natzke	\$5 .	Southeast Mobile Home Supplies

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Martha Blake	\$5	Royal Enterprises
Danice Leal	\$5	Boss Electric Corp.
		Battleline Termite & Pest Control, Inc.
		Denny's Plumbing, Inc.
Charles Smith	\$5	
Carol Knotts	\$5	Debbie's Salon
Helen Hicks	\$5	Boss Electric Corp.
		Jones & Sons Plumbing, Inc.
		Marti's Hair Salon
Maria Mayo	\$5	Bill the Carpet Guy
Kathleen Juneau	\$5	Knoblach Heariing Care
		Appliance Specialty, Inc.
Joy Leap	\$5	Community Roofing of Florida, Inc.
Stuart Mater	\$5	Barrons AC & Appliance Service, Inc.
		Sunset Appliance Service
		Air Masters of Pinellas, Inc.
Tony Protano	\$5	Bill the Carpet Guy
Joy Olson	\$5	Battleline Termite & Pest Control, Inc.
		Modern AC & Appliance Service, Inc.
Sandra Obi	\$5	Largo Plumbing Co.
		Mobile Home Depot, Inc.
		Notebooks Plus
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Denis Mullen	\$5	Largo Plumbing Co.

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