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Pointe West Recreation Assn., Inc. Board Of Directors 2017-2018

OFFICERS

Joanne Kiefer...President Janice Thiede... Vice President

Joyce Mistovich	Secretary
Ed Dawe	Treasurer

1 Year Term Ed Dawe......474-7837 Joanne Kiefer. 586- 3398

2 Year Term Jovce Mistovich..330-503-4599 Warwick Taylor...585-0282 Melanie Pangburn.....953-6184 Janice Thiede 203-535-5146 Glen Ravenscraft 518-0891

3 Year Term Judy Master....708-602-3144 Paul Stapleton...727-437-7829

Pointe West Resident Owned Community, Inc.

President......Art Swagler Treasurer Joe Brophy Vice President Mike Turner Secretary Myrna Cashman

1 Year Term **Directors:** Art Swagler Julie Smits Dee Hall Gil Himes

2 Year Term Joe Brophy Myrna Cashman Mike Turner Barb Reese Michael Meade



Pointe West H.O.A. Inc. Board Members - 2017

President:	John O'Brien4-M	727-474-5474
Vice President:	Denise Beckett11-M	207-322-9190
Secretary:	Janice Thiede12-0	203-623-9643
Treasurer:	Wilma Beckett17-H	207-456-6115
Director:	Harry Hamlyn10-I	727-953-3769
Representative:	Kay McGuire22-M	727-812-2443

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









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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







Pointe West General Information

Park Office (5-L)	
EMERGENCY NUMBER:	
	www.pointewestroc.com
Office Hours: Monday thru Thursday	9 AM - 2 PM / Friday: 9 AM - 12 PM
Office Manager:	JoAnn LaManna
Park Manager:	Michael Davis

- 1. All renters/visitors required to register and apply for background check at the office. Show proof of age. <u>Owners check-in and also leave departure date. Update your information.</u>
- 2. Permit required for overnight parking in **designated** areas. <u>Overnight street parking is not permitted</u>. Obtain permit at office (5-L) during office hours.
- 3. Speed Limit in park: 10 MPH. Be aware of other cars when parking on streets. They are very narrow. Emergency vehicles should be able to pass easily.
- 4. Information on possible sales or rentals available at office.
- 5. Children must be accompanied by resident adult to use Pool & Clubhouse. <u>All residents are to</u> <u>wear cover-up or Tee shirt when in clubhouse. DO NOT WALK INTO CLUBHOUSE WITH</u> <u>WET FEET!</u>
- 6. **SAFETY HINT:** Use a **FLASHLIGHT** when working during the dark hours after 6:00P. Golf Carts turn lights **ON**.
- 7. Residents should have <u>Emergency Contact information in their office file</u>, in case of medical problem or weather emergency.
- 8. Any requests for our maintenance staff is to be submitted, IN WRITING, so work order can be generated. No verbal requests, please.

Pointe West Community Organizations

1. Residents Owned Community - ROC

- a. Residents who bought a share in community which owns the land. They displays a black permanent tag on their coach.
- b. These residents pay real estate taxes to Pinellas County
- c. They pay a monthly maintenance fee to ROC.
- d. Organization elect residents to Board to govern the running of Pointe West. This (9) directors yearly elect: president, vice-president, secretary and treasurer.

2. Recreation Association - REC

- a. All residents are eligible to join paying \$2.50 per person for life.
- b. It's managed by Board of Directors (12) for rotating three year terms. They then elect a President, Vice-President, Secretary and Treasurer each year.
- c. Plan social calendar for winter and summer seasons.

3. Home Owners' Association - HOA

- a. Coach owners who do not own property but are renting their lot.
- b. Members pay yearly dues of \$30
- c. Members elect officers and directors yearly

Music with Friends

Residents and guests are welcome to enjoy an evening of music, dancing of music, dancing your snacks and beverage for an enjoyable evening. No admission fee.

Presidents Corner

The season is coming to an end here at Pointe West. It has been a very successful year, with new coaches and a new loan. The ROC is looking forward to another great year in the fall of 2017 and the winter/spring of 2018.

Many residents and renters will be headed back up North during April. There are several things that need to be accomplished before closing up and heading out.

Make sure someone has a key to your residence and can check on your coach during the time you are gone.

Please have someone take care of your yard. Overgrown weeds etc have been an issue with several letters sent this pass season, requesting action be taken.

Make sure the office has a current address and phone number and we know your departure and arrival dates.

Finally, be safe while travelling home and returning. We look forward to seeing you next year.

Double Nickel Bingo

ouble Nickel Bingo is held every Thursday afternoon at 1pm in the clubhouse year round.

The Double Nickel bingo Luncheon is held every 3rd Thursday at 12 noon in the clubhouse year round.

Line dancing

ine dancing is held Friday morning at 9am in the clubhouse, it will conclude in mid April and start up again in November. All are welcome and it is great exercise for the mind and body. Chairperson Phyllis Tuohy.

Euchre

• ome play Euchre every Wednesday evening in the clubhouse at 6.30. Bring 2 quarters. It will finish in April and begin again in November. See you there.







Appointments Available FL State Certified • Licensed & Insured • Roofing Contractor CC C1329853 SAVE TIME AND MONEY BY CALLING US TODAY TO GET YOUR PROJECT STARTED! Aquacise

quacise is held every Monday, Wednesday and Friday year round weather permitting, in the event of bad weather or pool issue exercise will be offered in the clubhouse. Aquacise will not be held on the days there is a ladies luncheon.

April Sunshine Report:

This report includes Sympathy, Thinking of you and Get Well Wishes for both February and March.

Sympathy cards were sent to: 2/14 Tom McHugh - loss of his wife. 2/14 Tom and Janice Thiede- loss of a niece 2/14 Melanie Pangburn- loss of sister-in-law

Thinking of you cards: 2/14 Rosemary Boyd- sister was ill 2/21 Melanie Pangburn- sister was ill 3/1 Donnie Purpura- under hospice care

Get Well Cards 2/14 Kathy Melroy- hand surgery 2/14 George Timmons- stint in leg 2/21 Doris Jaeger- under medical care, at present 3/1 Charlotte Russo - heart issue 3/5 Jim Schulz- sick and in hospital

Sincerely, Jeannie Bovee

Ladies Luncheon



RIDAY APRIL 7TH ACROPOL RESTAURANT on STARKY ROAD.

Please join us for some Greek trivia, Greek food and of course fabulous prizes..

Barb Reese chairperson

Water Shut Off On Thursdays Suspended Till Further Notice





April Birthdays

2nd Joanne Balda 3rd Beverly Logan 4th Agatha Dugas 5th Jeanette Taylor 6th Karoli Marie 7th Judy Master 7th Sharon Stevenson 7th Edward Dawe 9th Michael Longo 9th Charlotte Horigan 16th Susan Lolli



17th Dominick Purpura 19th Karolyn George 21st Carol Gillespie 23rd Sylvia Bouyea 24th Agnes Kavanaugh 27th Elana Peters 28th Betty Jordan 28th Bill Mist0vich 29th Raymond Mcgovern 29th Norman Douglas 30th Bob Powers

April Anniversaries

4th Dan and Carole Gosse 47 yrs 24th Carole and Michael Morey 26th Judy and Bob Powers 42 yrs 27th Elana and Ronald Peters 20 yrs 27th Mike and Kim Chiriaco 35 yrs 29th Susan and Patrick Marks 17 yrs

October Birthdays

3rd Michael Boyle 6th Peter Carlson, Majorie McEachern 8th John Payton 10th Patrick Marks 16th Ed Rodgers, Joyce Rettler 18th Ron Stevenson 23rd Lois Aitchison



October Anniversaries

3rd Mel and Clyde Pangburn 53 yrs 4th Joyce and Bill Mistovitch 42 yrs 5th Murial and Joe Brophy 60 yrs 5th Linda and Ib Lauritsen 47 yrs 12th Rosemary and Al Paul 54 yrs 15th Joann and Dale Spurgeon 62 yrs 24th Marilyn and Laverne Fredrick 64 yrs 25th Sharon and Ron Stevenson32 yrs 28th Carole and Pat Gillespi 39 yrs 31st Janice and Tom Thiede 44 yrs



24th Cyndy Rodgers 25th Mary Jane Belleview, Joanne Kiefer 26th Edwin Hussy, Barbara Reese 27th John Obrien 28th Dan Pizutillo, George Timmins 29th Judy Power



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Exploring the mysteries of an ancient codex

ritish and Dutch scientists have used high-tech imaging to uncover the secrets of an ancient Mexican manuscript, the eScience News website reports. The manuscript, known $\boldsymbol{\mathcal{I}}$ as the Codex Seiden, is strip of deer hide five meters long that's been covered with gesso (a white plaster composed of gypsum and chalk) and folded according style to make a document 20 pages long.

It dates back to approximately 1560, and was found in what's now known as the Oaxaca region of Mexico. Like other codices from that area and others, the Codex Seiden uses brightly-colored symbols to record history: wars, genealogy, and cultural information.

One intriguing discovery: The high-tech imaging found the image of an individual represented by a glyph of a twisted cord and a flint knife. The man or woman resembles a character found in other codices, and may be an important ancestor of two families connected to other archeological sites in Mexico.

Collision course

huge space cloud is on a collision course with our galaxy, but don't panic—it's not expected to reach us for another 30 million years. Ac-Cording to NASA's Science Mission Directorate website, Smith's cloud, as it's known, is composed of enough gas to create two million stars the size of our size, and is orbiting the Milky Way at 700,000 mph.



The collision won't have much impact for anyone still around, as the cloud is much smaller than our galaxy, but scientists are watching it closely anyway, seeking explanations for its origin as well as other secrets of the universe.

Big dinosaurs, big eggs, and hatching times

Tow long did dinosaur eggs take to hatch? Paleontologists know very little about dinosaur embryology, but with CT scanners and high-resolution microscopy, they're Linding out more.

The SciNews website reports on a recent find: Non-avian dinosaurs likely took longer to hatch than their feathered counterparts, much as modern reptiles hatch at a later age than to-

day's birds. Scientists looked at the fossilized remains of two dinosaur embryos, looking at the formation of their teeth. Analyzing growth lines, they were able to determine that one dinosaur had died at three months, and the other at six months

The difference in hatching times may have had an impact on the large dinosaurs' eventual demise. Because they require more food and other re-

sources to live to adult size, larger reptiles were likely more vulnerable than smallanimals (amphibians, birds, and other mammals) to an extinction event.

Did you know that April is also...

ASPCA Month. The American Society for the Prevention of Cruelty to Animals was the first humane society established in North America, and today it's one of the largest in the world. The ASPCA's mission, as stated by founder Henry Bergh in 1866, is "to provide effective means for the prevention of cruelty to animals throughout the United States."

Global Child Nutrition Month. Sponsored by the Global Child Nutrition Foundation, whose mission is to expand opportunities for the world's children to receive adequate nutrition for learning and help them achieve their potential. "We envision a future where school meals sustainably nourish all children and help them, their families, communities, and nations to thrive," reads its vision statement.

National Autism Awareness Month. Launched by the Autism Society nearly a quarter-century ago, this event is a nationwide effort to promote autism awareness, inclusion and self-determination for all, and assure that each person with autism spectrum disorder is provided the opportunity to achieve the highest possible quality of life.

National Kite Month. Every year in April, kite enthusiasts across North America celebrate the history and the future of the world's favorite pastime by letting their kites fly. April was chosen as National Kite Month because as the first month in spring, it's when most kite fliers are starting to bring their kites out of the closet and prepare for warm weather and summer fun.

National Youth Violence Prevention Week, April 3-7. A campaign to raise awareness and educate students, teachers, school administrators, counselors, school resource officers, school staff, parents, and the public on effective ways to prevent or reduce youth violence.

National Robotics Week, April 8-16. The purpose of National Robotics Week is to celebrate the United States as a leader in robotics technology development, educate the public about how robotics technology affects society, advocate for increased funding for robotics technology research and development, and inspire students of all ages to pursue careers in robotics and other science, technology, engineering, and math-related fields.

Animal Care and Control Appreciation Week, April 9-15. A week of appreciation and recognition for the hard-working men and women who risk their lives and devote huge amounts of personal time and resources while serving the public as well as animals in need.



Autism Awareness

Money Smart Week, April 22-29. Money Smart Week began as a coordinated effort of the Money Smart Advisory Council, a diverse group of more than 40 Chicago-area organizations working together to promote personal financial literacy.





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How doctors stay healthy

octors are exposed to germs and diseases every day, so how do they avoid getting sick themselves? Follow their rules for staying healthy when surrounded by illness:

• Wash your hands often. Use soap and water, and take your time. Try singing "Happy Birthday to You" twice in your head as you wash. Wash your hands before eating, after using the bathroom, and before touching your face and mouth. If washing is inconvenient, use a hand sanitizer.

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- Eat a healthy diet. A good mix of fruits and vegetables will provide the vitamins your immune system needs to fight off infections early—before they balloon into major health issues.
- Get sufficient sleep. Lost sleep can damage your ability to fight off disease. Get seven to nine hours a night to stay healthy and alert.
- Clean off surfaces. Wipe down your phone and keyboard often to get rid of germs and bacteria. Wash or sanitize your hands after touching doorknobs or shaking hands. Remember that some viruses and bacteria can live for days on surfaces that haven't been cleaned.

Be on the lookout for 'sick building syndrome'

I s your home or workplace making you sick? "Sick building syndrome," also known as "multiple chemical sensitivity," is a condition in which people become ill due to prolonged exposure to mold, formaldehyde, or other dangerous substances that can spread through a building's ventilation system virtually undetected. Everyone should watch for signs that their environment may be hazardous to his or her health. Here are some symptoms:

- Frequent headaches
- Persistent fatigue
- Dizziness and nausea
- Difficulty with concentration
- Problems with memory
- Frequent muscle pain, stiffness, or cramps
- Dry skin or itchiness
- Chest pain or heart palpitations
- Persistent sore throat and/or coughing





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
APPLIANCE REPAIR	
Appliance Specialty, Inc.	727 520 6002
Repliance Opecially, Inc.	727 627 4790
Bob's Appliance Repair	707 550 4407
Sunset Appliance Service	/27-559-1137
AUTO REPAIR	
Hoover and Son's Auto Repair	727-754-4119
Largo Automotive Repair, Inc	727-584-0166
AUTO SALES / PURCHASING	
Stingrays Inc	727-708-2021
AWNINGS	121-130-2321
AWNINGS	707 505 4440
Bay Area Aluminum Services, Inc	/2/-585-4442
Century Awnings Co	727-559-8811
BARBER SHOP	
Harry's Chop Shop	727-442-5600
BATHROOM REMODEL	
BathMasters	707 222 7007
	121-333-1991
BEAUTY SALON	
Debbie's Salon	727-586-2842
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
CARPET CLEANING	
Bill the Carpet Guy	727 521 4163
Doll Brothers Carpet/Upholstery Clnrs.	727-521-4105
Doli Brotners Carpet/Ophoistery Cinrs.	121-590-2249
CLEANING/INTERIOR	
A Happe Cleaning & Services	727-269-1024
COMPUTER SERVICES	
Discount Computer Repair	777 220 2065
Largo Tech Services LLC	727-474-4285
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Largo Tech Services, LLC DRIVEWAY COATING	727-474-4285
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Largo Tech Services, LLC DRIVEWAY COATING Concrete Wizard, Inc DUCT / VENT CLEANING Velocity Air World Class ELECTRICAL CONTRACTOR Boss Electric Corp	727-474-4285 727-789-5444 727-754-7956 727-447-5101 727-791-1308
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Sunday	Monday	Г
MAY 2017 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 31		
2	3 10 am Crafts 1030 Aquacise 1pm In Park	Indoor e Yoga 10a Bingo Doors C Play 645
9	10 10am Crafts Aquacise 1030 Inpark Shuffle 1pm Indoor Shuffle 630 pm	9am Ind 10 am Ye Bingo Doors C Play 645
16 Easter Sunrise Service Easter	17 10am Crafts 1030am Aquacise In Park Shuffle 1pm	9am Ind 10am Yo Bingo Doors O Play 645
23 30	24 Crafts 10am Aquacise 1030 In Park Shuffle 1pm Indoor Shuffle 630pm	Indoor I Yoga 10a Bingo Doors O Play 645

Pointe West

uesday	Wednesday	Thursday	Friday	Saturday	
				Park Picnic	1
				April Fool's Day	
4 exercise 9am am pen 5pm pm	5 830 KK 9am Meeting 1030 Aquacise 630 Euchre	6 Double Indoor Exercise 9pm Yoga 10am Double Nickel Bingo 1pm	7 Aquacise 1030 Music With Friends 730pm	Pool Party	8
11 oor Exercise oga pen 5pm	12 KK 830 Meeting 9am BP check Aquacise 1030 Euchre 630	13 Double Nickel Bingo 1pm	14 Indoor Exercise 9 am In Park Shuffle 1pm Ladies Luncheon Music With Friends 730pm		15
18 oor Exercise oga pen 5pm	19 KK 830 Meeting 9 1030 Aquacise Euchre 630pm	20 Indoor Exercise 9am Double Nickel Bingo 1pm	21 Aquacise 1030 Music With Friends 730pm	Pot Luck Dinner	22
25 Exercise am pen 5 pm	26 KK 830 Meeting 9am Aquacise 1030 Euchre 630pm	27 Indoor Exercise 9am Double Nickel Bingo 1pm	28 Aquacise 1030 Music With Friends 1030		29

We Need Cover Pletures! Send in Your Interesting Photos

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: Picture



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Help for Severe Aortic Stenosis



Severe aortic stenosis is a narrowed aortic heart valve that doesn't open and close properly, reducing blood flow to the rest of the body.

Morton Plant Hospital is now enrolling eligible patients in the Medtronic Evolut R low-risk trial, which investigates the safety and effectiveness of a transcatheter aortic valve replacement (TAVR) system in patients with severe aortic stenosis who are at a low surgical mortality risk. TAVR is a minimally invasive alternative to open-heart surgery used to treat failing aortic heart valves in patients with severe aortic stenosis. Morton Plant Hospital was chosen as the first hospital in Tampa Bay to offer the TAVR procedure for patients with severe aortic stenosis who were at an intermediate or high surgical mortality risk. Our team has completed more than 700 TAVR procedures over the last five years.



Y 🖸 in 🗖

To see if you or a loved one with severe aortic stenosis may be eligible for this trial, or for more information on the trial, call the Center for Advanced Valve and Structural Heart Care at Morton Plant Hospital at (855) 44-VALVE (855-448-2583) or visit MortonPlantValveTrial.org.

Watch for these heart attack symptoms

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Heart disease is the leading cause of death for both men and women in the United States. Stay on the lookout for these basic signs of a heart attack:

- Chest pain. The classic signal of a heart attack is an uncomfortable feeling of pressure or squeezing in the chest.
- Jaw or arm pain. This tends to be more common in women, but don't ignore it.
- Heartburn/upset stomach. Don't write off stomach problems as just a minor ailment. Nausea and vomiting can occur during a heart attack.
- Shortness of breath. Again, more common among women, but seek assistance if you're having trouble breathing.
- Dizziness. You may feel lightheaded or on the verge of passing out.
- Sweating. Breaking out in a cold sweat is an additional symptom of a heart attack.

Choosing a doctor? Consider this study

hoosing a doctor is an important decision. Here's one factor to keep in mind: A study by the Harvard School of Public Health has found that patients who are treated by female doctors are less likely to die of the illness they're being treated for, and they're less likely to return to the hospital after discharge.

The study examined records of more than 1.5 million elderly Medicare patients admitted to hospitals for reasons other than surgery from 2011 to 2015. Patients treated by female physicians had a lower 30-day mortality rate than those treated by men, and over the course of four years, approximately 11 percent of patients treated by women died within one month of being hospitalized, compared with slightly more—11.5 percent—of patients treated by men.

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Take these steps to innovation

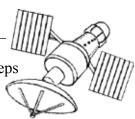
nnovation is a journey that depends on continuous improvement. Expert James O'Loghlin suggests following these steps to get started:

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- Focus on value. Look for inefficiencies in whatever kind of work you do. Challenge assumptions about processes, products, services, and customers. Search for ways to save time or money and increase the value of what your organization does.
- Gather ideas. Brainstorm some possible solutions, and share them with your colleagues. Ask for feedback. Be prepared for criticism, and stay ready to adapt your ideas as necessary, but don't give in too quickly. Be persistent.
- Present your ideas. Learn how to pitch your innovative ideas without jargon or needless detail. Focus on the story you want to tell—how your idea will help the organization. Anticipate likely questions and objections to show you've thought everything through.
- Implement your solution. Be prepared to get to work. Don't try to do everything yourself; assemble a team to help you with test projects and full implementation.
- Repeat. Follow the same steps for your next project. Once people see your commitment to innovation, they'll be eager to join in.

Lost in space

S cammers are some of the most creative people around. Finding new and innovative ways of separating fools and their money is what keeps them in business. The famous "Nigerian scam letter" sent by email or fax is perhaps the best known: The sender claims to be a deposed president or king in need of assistance to liberate several million dollars from a foreign bank account. All the recipient has to do is forward some



money, and possibly give the sender access to a bank account. The target eventually realizes he or she's been had, but usually not after losing lots of money.

A new twist on the con game, as reported on the Mother Nature Network website, takes the target into outer space: Victims receive an email from a scientist who claims that in 1989, a Nigerian astronaut went on a mission to a secret Russian space station—and was stranded there when the Soviet Union collapsed. The poor space traveler is still up there, more than 25 years later. He's been resupplied from the ground all this time, and he's in good health, but he'd really like to come home. Fortunately, he has back pay coming to him in the amount of about \$15 million dollars. All the target has to do is . . . well, you can probably guess.

No one seems to know if anyone has fallen for this variation of the scam, but it's certainly a testament to the crooks' ingenuity—and possibly faith in the gullibility of their victims.

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Not Stupid

boy named Johnny hung out at the local grocery store. The manager noticed that the other boys who hung out in front of the store always teased him, calling him stupid and playing tricks on him.



One of their tricks was to offer Johnny his choice between a shiny nickel and a dusty old dime. Johnny always took the nickel because it was bigger and shinier.

One day the store manager took Johnny off to one side. "Look, son, those boys are making fun of you. They think you don't know the dime is worth more than the nickel. Don't you know that?"

"Yeah," Johnny said, "but if I took the dime, they'd quit doing it!"

Beating the competition

barber was confident in the knowledge that his was the only barber shop in his small town. One day, though, a new barber shop opened right across the street. Asign out front proclaimed, "EVERYTHING FOR \$10! \$10 haircuts, \$10 perms, everything for \$10."

Soon all his customers began patronizing the cut-rate shop across the street, and the

man's once profitable business took a nosedive. In desperation, he hired a bigcity business consultant, saying to him, "I'm finished. How in the world am I going to compete with that big outfit with all that advertising and with those kind of prices?"

The consultant stood looking at the shop across the street for several minutes. Then he picked up the phone and dialed the town's only billboard company.

"Yes," he said, "right on top of our building. In the biggest letters you can find, and do it right away. And make the message read: WE FIX \$10 HAIR-CUTS."

The person who can bring the spirit of laughter into a room is indeed blessed.

-Bennett Cerf

Try 'creative procrastination' to find ideas

-40

Time management experts warn about the dangers of procrastination, but some creativity specialists actually encourage it—as long as you do it right.

When you're trying to solve a problem or develop something new, don't dive right in. Work on something else while letting your mind work, consciously and unconsciously. Let your ideas mature on their own. Don't be afraid to wait for the last minute. Sometimes the pressure of an imminent deadline can

force your mind to generate something exciting and creative that you wouldn't have come up with earlier.

Adjust your outlook for success

No No No No No

uccess depends in large part on having the right attitude. You can make an impact with three basic habits:

• Focus on the bright side. Emphasize what you enjoy about your job and the people you work with, and express your enjoyment as much as you can.

• Turn negatives into positives. Don't obsess over obstacles and setbacks. Treat failures as an opportunity to spot mistakes and move forward.

• Move quickly. Don't waste time when you've got a problem to solve or an idea to put into action. A rapid response gets attention and builds excitement.

What goes up . . .

saac Newton may have formulated the laws of motion and the theory of gravity, but on the stock market, he was just as fallible as anybody. As reported on the Business Insider website, the famed mathematician owned shares in the South Sea Company, at the time (1720) the hottest stock around. When he got worried that the market was getting out of control, he sold his shares for a 100 percent profit of £7,000.

Smart, right? Unfortunately, a few months later as South Sea's stock continued to skyrocket, Newton went back in and bought up a parcel of stock at a much higher price. He ended up losing £20,000—about \$3 million in today's money. He was so upset that for the rest of his life he insisted no one speak the name "South Sea" in front of him.









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

(Allow 4-0 weeks for main	ny or check). This month's cash	williers are.	
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John Gagne \$10	Underhome Armor, LLC		Battleline Termite & Pest Control
Alex Campbell \$10	Imperial Electric of Pinellas, Inc.	David Panach \$5	Natures Resource Pest Control, Inc.
	Mobile Home Depot	Betty Lyons \$5	Jones & Sons Plumbing, Inc.
Sherry Carnation \$10	Bill the Carpet Guy	Joan Hunnicutt \$5	Appliance Specialty
Charles Ingram\$10	Jones & Sons Plumbing, Inc.		Bob's Mobile Home Washing
Elizabeth Panek \$10	O.E. Wilson Insurance	Roger Morgan \$5	E & E Gliddon Air Conditioning, Inc.
Thom Brown\$10	Sunset Appliance Service		Boss Electric Corp.
Tony Stavdohar \$10	1st Class Handyman Service, Inc.	Mel Fisher \$5	Bill the Carpet Guy
Darlene Davidson \$10	Denny's Plumbing, Inc.	Cole Akins \$5	Boss Electric Corp.
Harry Knappage \$10	Air Masters of Pinellas, Inc.	Laverne Fredrick \$5	Air Masters of Pinellas, Inc.
Lowell Barnett\$10	Palm Hill		A Happy Cleaning
Brian Heltcher \$5	Royal Enterprises	Helen Flowers \$5	Heller's Mobile Home Washing
Robert Sabatelli\$5	ASE - Auto Service Experts		Air Masters of Pinellas, Inc.
William Keefe \$5	Boss Electric Corp.		Largo Plumbing Co.
	Heller's Mobile Home Washing		Jones & Sons Plumbing, Inc.
	Doll Brothers Carpet Cleaners		Bob Steele Appliance Repair
Janet Burns \$5	Jones & Sons Plumbing, Inc.	Basil Burrell \$5	
Vincent Mosakowski \$5	E & E Gliddon Air Conditioning, Inc.		Battleline Termite & Pest Control
Jan Carrie\$5	Bob Steele Appliance Repair	Cheryl Mills \$5	
Edwin Hahn\$5	Royal Enterprises	Frances Schettino \$5	Rizzotto Tax Advisory Group
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Americans nervous about biometric security

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Technologies that can read your fingerprint, recognize your voice, or scan your retina are becoming more reliable, but many of us don't trust them. As reported on the Digital Trends website, a study of more than 1,000 Americans over 18 found that 58 percent prefer standard written passwords to biometric security measures for their smartphones and other devices.

Reasons? Among the survey respondents, 42 percent worried about organizations saving their biometric data, and fewer than 1 in 10 considered the technology to be free of risk. Also, 42 percent expressed concerns that malfunctions would leave them unable to access their accounts.

ONG ONG

'Superfoods' will be big in 2017

The most recent "What's Trending in Nutrition" national survey of more than 1,700 dieticians has found that Americans are putting more emphasis on eating healthier foods. Here's a list of the top 10 "superfoods" this year:

• Seeds, like chia and hemp

36 36 36 36 38

- Avocado
- Nuts, like almonds and walnuts
- Fermented foods like yogurt
- Ancient grains
- Kale
- Green tea
- Coconut products
- Exotic fruits
- Salmon













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-Monthly Media Staff

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Pointe West Recreation Assn. Inc. Chairpersons 2015-2016

Aquacize/Exercise	J. Bovee, B. Wakeham, D. Schultz, P. Tuohy
Arts & Crafts	Dee Hall
Bazaar	Mike Turner, Jim Piccott, Amos Master
Bingo (Tuesday)	Dee Hall, Ray Drier
Birthday & Anniversary	Sandra Crane & Judy Doer
Bulletin Boards	Joyce Mistovich
Dances	Roy Walsh
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Directory (Yellow Book)	Glen Ravenscraft
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Games (Cards, movies, darts)	
Host/Hostess Dinners	Melanie Pangburn
Kaffee Klatch (Winter)	Melanie Pangburn
Kaffee Klatch (Summer)	Janice Thiede
Kitchen Coordinator	Art Swagler
Ladies' Luncheons	
Library	Budd Swagler (Winter), P. Slater & M. Pangburn (summer)
Music Director	Sue Stapleton
Nickel Bingo	Betty Jordan
Nickel Bingo Luncheon	Doris Jaeger
Media Newsletter	Jane McHugh
Pancake Breakfast	
Park Picnic	
Shuffling	Michael Meade
Park Security Watch	Bill Hall Cell: 727-667-0324
Park Dinners (Paid)	
Sound System	
Summer Activities	
Sunshine	
Table & Hall Set-up	
Tickets & Signs	Sue Stapleton
Travel and Tours	Terry Knapik

All renters/visitors required to register and apply for background check at the office. Show proof of age. <u>Owners check-in and also leave departure date</u>. Update your information.

- 1. <u>Permit required for overnight parking in designated areas</u>. Obtain permit at office (5-L) during office hours.
- 2. Speed Limit in park: 10 MPH
- 3. Information on possible sales or rentals available at office.
- 4. Children must be accompanied by resident adult to use Pool & Clubhouse.
- 5. Residents should have Emergency Contact information in their office file, in case of medical problem or weather emergency.

