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November • 2018

Issue 8
42nd Year



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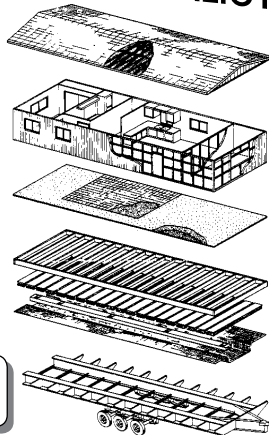
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November Anniversaries

5	Ed & Lori Annettrout	1960
11	Joe & Veona Spencer	
12	Bruce & Barbara Picard	1976
16	Larry & Judy Klima	1963
18	Bert & Shirley Chouinard	1961
22	Ricky & Jeanne Hudson	1975
23	Al & Sam Souliere	1967
24	Laurie & Rachel Melanson	1955
	Doug & Carol Young	1973
27	Stan & Betty Bober	1965
30	Gerry & Doris Chantigny	1963



November Birthdays

1	Bob Shepard	20	Betty Bober
3	Patricia Naglic		Juanita Lamy
	Kathe Naro		Iain Maciver
5	Kathleen Brockman		Les Meredith
	Cheryl Quenneville	21	Darlene Cooper
	Carol Wiebe		Joan Cyr
6	Shirley Duke		Nancy Gallati
	Dick Landry		Bryan Grinnell
	Tom Russell		Eleanor McDaniel
	Julia St. Amand		Rita Voigt
	Bernadette Sands		Ruth Walsh
7	Thelma Farmer	23	Gwen Regenauer
	Irving Hester		Rick Roeder
	Rollie Langille	24	Pat McMahan
	Joanne Lavigne	25	Hans Bachmann
9	Lisa Lynch		Marilyn Thygesen
10	Daniel Feist		David Wiseman
	Gail Grothe	26	David Kelly
	Debra Wagoner		Judy Riley
11	Twilla Miller		Ralph Vadnais
15	Beverly Benkowski		Laura Wood
16	Larry Perrin	28	Mark Harbert
17	Mary Brett		Roy MacKenzie
18	Doris Chantigny		Betty St. Pierre
	Nancy Kohls		Pam Westerman
19	Tom Hodge	29	Anna Lou Ulery



Knock, knock who is there? Not a health agent.



Medicare has very strict rules prohibiting the enrollment into most products via door-to-door sales. Still many seniors are experiencing unsolicited calls and visitors. Making a decision about your health coverage is important and should be done every year, but not by someone who shows up on your doorstep or is cold calling you. At Best Plan Choice, we encourage you to find out how good a full-service health agency can be for you. We work directly with individuals, groups and communities to bring our services to you, at your request.

During the annual enrollment season for Medicare health coverage (Oct 15-Dec 7) we host seminars with free coffee and dessert (see our enclosed insert or call 855-BOOMER65). Throughout the year, we are available to present every available plan, assist you with customer service issues or become your agent if you need one.

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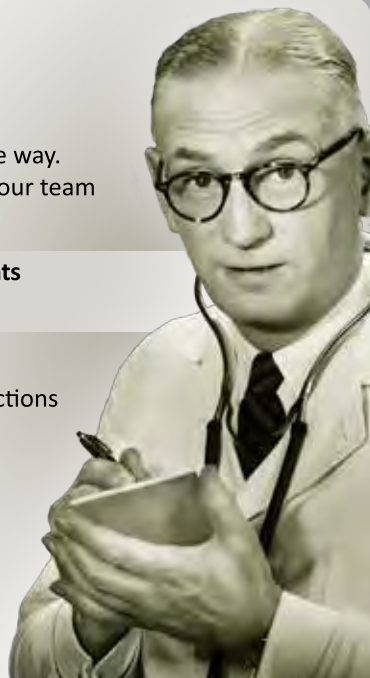
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Pool Improvement Club - November 2018 Update

POOOL UPDATE - The new fence around the pool is complete. Check it out! It looks really nice! The resurfacing of the pool deck is in progress. Therefore, **the pool is currently closed**. The rain from Hurricane Michael has been slowing things down. Please be patient and watch for notices for further details.

REMINDER - New Board Members Needed:

Looking to the future of the Pool Improvement Club, we are seeking new board members to take on an active role in the Club. We would like to have new blood to forge ahead, with their input and impact. Please see one of the board members and enter your hat. We would love to have you.

There are many members on the RMPIC Board that want to retire from their chairs. We need new folks to step up and give some energy to lead on. If anyone could come forward please contact me at 412-721-4896 or email sjb2401@yahoo.com.

We need President, Vice President, Secretary and two At Large to help organize our functions. I hate to beg, it involves attending the monthly board meeting, first Thursday of the month, November through April. Selling tickets and supporting the Pork Dinner in November, Spaghetti Dinner in January and the Splash Party in April.

The PIC is also heading the January Ranch White Elephant Sale. We front the monies needed and forge the schedule for pickups and setup, food, cash boxes and all things helpful. We do need a strong team! This really involves the entire park.

We are also looking to get Ranchers that are willing to sign up to volunteer to help with the dinners we sponsor during the year. We need a cooking crew, kitchen cleanup crew, and take down crew helpers. Maybe you could get some of your close friends together and help as a group. If we get enough help we could rotate through the different dinners, then no one is constantly burdened. Think about it and give us a call.

How can we contact you? Phone is a nice source; however, it is often a game of phone tag. Texting and emailing are less intrusive to our lives and much easier to get the messages out. If you would like to help, please notify me. I hope to be able to put together a list of our helpers. What is the best and most desired way to communicate with YOU about Pool Improvement Club needs and information.. Please let me know your preference by either calling or texting me @ 412-721-4896 or by emailing me at sjb2401@yahoo.com.

Thank you for recycling your aluminum cans. We continue our collection year round.

Thank you so very much. Now enjoy a swim!

Sincerely

Sue Berton

Pool Improvement Club, President





Thanksgiving Fun Facts

Did you know that turkey wasn't even served at the first Thanksgiving - and that the Pilgrims didn't use forks because they weren't invented yet? Impress your kids (and the in-laws!) with these crazy, yet true, fun facts about Thanksgiving!

On the fourth Thursday in November, families across the U.S. gather to feast on turkey, watch football and gear up for Christmas by looking for Santa during the Macy's Thanksgiving Day Parade, but did you ever wonder why these Thanksgiving traditions started?



Impress your family with these Thanksgiving Day facts:

The first Thanksgiving was held in the autumn of 1621 and included 50 Pilgrims and 90 Wampanoag Indians and lasted three days. Many historians believe that only five women were present at that first Thanksgiving, as many women settlers didn't survive that difficult first year in the U.S.

Thanksgiving didn't become a national holiday until over 200 years later! Sarah Josepha Hale, the woman who actually wrote the classic song "Mary Had a Little Lamb," convinced President Lincoln in 1863 to make Thanksgiving a national holiday, after writing letters for 17 years campaigning for this to happen.

No turkey on the menu at the first Thanksgiving: Historians say that no turkey was served at the first Thanksgiving! What was on the menu? Deer or venison ducks, geese, oysters, lobster, eel and fish. They probably ate pumpkins, but no pumpkin pies. They also didn't eat mashed potatoes or cranberry relish, but they probably ate cranberries. And no, Turduckens (a turkey stuffed with a duck stuffed with a chicken) were nowhere to be found during that first Thanksgiving.

No forks at the first Thanksgiving! The first Thanksgiving was eaten with spoons and knives - but no forks! That's right, forks weren't even introduced to the Pilgrims until 10 years later and weren't a popular utensil until the 18th century.

Thanksgiving is the reason for TV dinners! In 1953, Swanson had so much extra turkey (260 tons) that a salesman told them they should package it onto aluminum trays with other sides like sweet potatoes - and the first TV dinner was born!

Thanksgiving was almost a fast - not a feast! The early settlers gave thanks by praying and abstaining from food, which is what they planned on doing to celebrate their first harvest, that is until the Wampanoag Indians joined them and (lucky for us!) turned their fast into a three-day feast.

Presidential pardon of a turkey: Each year, the president of the U.S. pardons a turkey and spares it from being eaten for Thanksgiving dinner. The first turkey pardon ceremony started with President Truman in 1947, President Obama pardoned a 45-pound turkey named Courage, who was flown to Disneyland and served as Grand Marshal of the park's Thanksgiving Day parade!

Why is Thanksgiving the fourth Thursday in November? President Abe Lincoln said Thanksgiving would be the fourth Thursday in November, but in 1939 President Roosevelt moved it up a week hoping it would help the shopping season during the Depression era. It never caught on and it was changed back two years later.

The Macy's Thanksgiving Day Parade began in 1924 with 400 employees marching from

continued on page 11

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He broke bones in his neck plus other injuries. He has **NO insurance** and he is the sole provider for his family. ANY donation you may be able to help with will be **GREATLY APPRECIATED!!!**

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Convent Ave. to 145th Street in New York City. No large balloons were at this parade, as it featured only live animals from Central Park Zoo.

Turkey isn't responsible for drowsiness or the dreaded "food coma." So what isolated footballis? Scientists say that extra glass of wine, the high-calorie meal or relaxing after a busy work schedule is what makes you drowsy!

How did the tradition of watching football on Thanksgiving start? The NFL started the Thanksgiving Classic games in 1920 and since then the Detroit Lions and the Dallas Cowboys have hosted games on Turkey Day. In 2006, a third game was added with different teams hosting.

Wild turkeys can run 20 miles per hour when they are scared, but domesticated turkeys that are bred and heavier and can't run quite as fast.

Model T: The Everyman's Automobile

On September 26, 1908, the first Ford Model T left the factory.

Here are some things you may not have known about the iconic car.

Contrary to popular belief, the Model T wasn't the first car built on a modern assembly line. That honor goes to the Oldsmobile Curved Dash in 1901. Henry Ford didn't begin using his conveyer-belt style assembly line on the Model T until 1913.

The price for a Motel T Runabout in the first year of production was \$825, which is worth roughly \$22,000 today. By 1925, the price dropped to \$260, which would be about \$3,500 today.

Henry Fold was famous for saying, "Any customer can have a car painted any color he wants so long as it's black," however this wasn't always the case. The Model T was originally available in gray, blue, green and red. By 1912 it was available only in midnight blue. Between 1914 and 1927, black was the only option.

Eventually more that 15 million Model T's were produced, which was the most of any model until it was surpassed by the Volkswagen Beetle in 1972.

The last Model T produced in the U.S. rolled off the line on May 26, 1927, although some factories around the world continued making them. Ford continued building Model T engines until 1941.

Ford retooled the assembly lines to begin building new Model A's.





The Old Coot Rides the Wind

By: Merlin Lessler

I'm still in Florida. With "my" people. It's a little scary; I'm surrounded by old coots that think and act as though they are 13 years old. Just like me. (The age that causes parents and teachers to pull their hair out!) A lot of us travel on what we call, two-wheelers, a throw back to the term we adopted eons ago when we were little kids and made the big move up from three-wheelers. We don't wear helmets. We can't help it. It's our last vestige of independence. We accepted the seatbelts. We accepted the pat downs at the airports, the childproof medicine bottles we can't open, the safety stickers plastered on everything we buy. But, we drew the line at the edicts from the hysterical "societal nannies" that think it's dangerous to ride without a helmet. They made it illegal for kids under fourteen to ride a bike without a helmet, but thankfully, exempted old coots that act that age.

So, off we go in packs, down the Florida coast with our hair (or bald scalp) blowing in the wind. There's nothing like sailing through town with your head back and your feet on the handlebars without a care in the world. A helmet would ruin the experience.

We're pretty safe, even though we won't wear a helmet. We don't go fast enough to get hurt for one thing. Our speed is about that of a fast walker. Except, when we get a good tail wind or fly down a steep hill. Then we get up to 10 miles per hour, our brakes screeching all the while as we pull on the levers in terror. Speed kills; we know that. But, going slow isn't the only reason we're safe without a helmet. We're safe because we have a highly functioning head-protection reflex. We developed it when we were little kids. We slip; we fall; yet our heads never hit anything. It's our elbows, shoulders or wrists that take the blow.

We were brought up learning to protect our noggins. When we left the house to play, our mothers would yell, "Be careful; watch your head!" And, we did. If you don't believe it, go by a group of old coots sometime and yell, "Watch out!": Every single one will duck down and throw his arms up around his head. It's one of the few physical skills we still perform to perfection.

So, here I am, gathered in with a flock of old coots that come south for the winter, gliding around town bareheaded on two wheelers. But, we're not the brave ones. That honor goes to the old guys passing us without helmets on Harleys. They're a throwback to the days of Marlon Brando and James Dean when they rode across the silver screen on a motorcycle with the wind blowing through their hair. Back in the politically incorrect days in the 1950's. Dean was a rebel without a cause, but if the politicians enact laws that require old coots to wear bike helmets, we'll become rebels with a cause.



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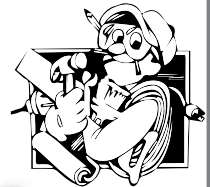


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12 Great Short Stories About Life!!!

1. Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back on our life and the memories make you smile."
2. Today, I asked my mentor - a very successful business man in his 70s what his top 3 tips are for success. He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."
3. Today, after my 72 hour shift at the fire station, a woman ran up to me at the grocery store and gave me a hug. When I tensed up, she realized I didn't recognize her. She let go with tear of joy in her eyes and the most sincere smile and said, "On 9-11-2001, you carried me out of the World Trade Center."
4. Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying. And just before he died, he licked the tears off my face.
5. Today at 7AM, I woke up feeling ill, but decided I needed the money, so I went to work. At 3PM I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too. A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.
6. Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. She simply said, "I feel so loved right now. We should have gotten together like this more often."
7. Today, I kissed my dad on the forehead as he passed away in a small hospital bed. After 5 seconds after he passed, I realized it was the first time I had given him a kiss since I was a little boy.
8. Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" "Because that's where I keep all my stuff," she said.
9. Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized that I need to stop complaining about my life and start celebrating it again.
10. Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, "I hope you feel better soon."
11. Today, I was feeling down because the results of a biopsy came back malignant. When I got home, I opened an e-mail that said, "Thinking of you today. If you need me, I'm a phone call away." It was from a high school friend I hadn't seen in 10 years.
12. Today, I was traveling in Kenya and I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, "We can share it."

The best sermons are lived, not preached.



Slow Cooker Pumpkin Pecan Pudding Cake

- 1-2/3 cups all purpose flour
- 3/4 cup packed brown sugar
- 1-1/2 teaspoons baking powder
- 2 teaspoons pumpkin pie spice
- 1/4 teaspoon salt
- 1/2 cup milk
- 2/3 cup canned pumpkin
- 1/4 cup melted butter
- 25 whole pecans



TOPPING:

- 1-1/2 cups very hot water (boiling)
- 3/4 cup packed brown sugar

INSTRUCTIONS:

1. In a large bowl, sift together flour, sugar, baking powder, pumpkin pie spice and salt. Whisk until blended.
2. Add milk, pumpkin and melted butter. Mix until smooth.
3. Spread batter into the bottom of the slow cooker (4 or 5 qt. works best)
4. Top with pecans, pressing firmly into the batter.
5. Add brown sugar and water into a small sauce pan. Heat over medium heat until simmering and sugar dissolves. Carefully pour into slow cooker, over batter.
6. Place 2 paper towels or a large cheese cloth over the top of the cooker (prevents steam from dripping on cake). Carefully place lid on top and cook on high for 1 - 2-14 hours, depending on how hot your cooker runs, or until a toothpick inserted in center comes out clean. Check after 1 hour and then ever 30 minutes.
7. Serve warm, spooning sauce from the bottom of the pan over the cake.

* To bake cake in an oven, spread the batter into an 8 or 9" square pan. Pour the brown sugar & hot water mixture over. Bake @ 350 for 35-45 minutes.

Dance Club - November 2018

Beryl Olson, Secretary, Dance Club



Time sure does fly by. It's been six months since we all were together. The temperatures are lowering, hurricane season is over and we are getting into a dance mode. The Welcome Back Dance is happening this November 13th. Sound Wavz will be entertaining us once again this year. There will also be a meeting of the Hostess's at 9:00 a.m. Everyone is welcome to join us at the meeting if you would like to know what is in store for the season.



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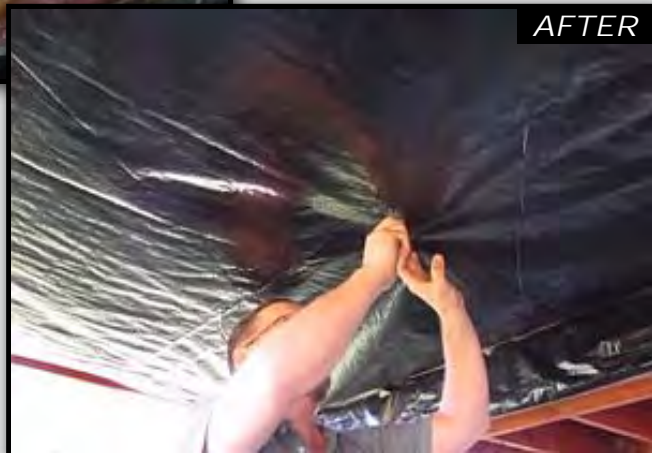
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Sunday	Monday	Tuesday
<p>DECEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>		
<p>12:00p Blue Grass Music @ CH</p> <p>7:00 Bid Euchre</p> <p>4</p> <p>Daylight Savings Time Ends</p>	<p>9:30a Bowling</p> <p>1:00p Scrabble @ CH</p> <p>5:00p Poker @ HH</p> <p>5</p>	<p>9:30a Sh</p> <p>10:00a A</p> <p>1:00p Co</p> <p>Elec</p>
<p>12:00p Blue Grass Music @ CH</p> <p>7:00 Bid Euchre</p> <p>11</p> <p>Veteran's Day</p>	<p>9:30a Bowling</p> <p>1:00p Scrabble @ CH</p> <p>5:00p Poker @ HH</p> <p>12</p>	<p>9:00a Da</p> <p>9:30a Sh</p> <p>10:00a A</p> <p>1:00p Co</p>
<p>12:00p Blue Grass Music @ CH</p> <p>6:30p Open Door Church</p> <p>7:00 Bid Euchre</p> <p>18</p>	<p>9:30a Bowling</p> <p>1:00p Scrabble @ CH</p> <p>5:00p Poker @ HH</p> <p>19</p>	<p>9:30a Sh</p> <p>10:00a A</p> <p>1:00p Co</p>
<p>12:00p Blue Grass Music @ CH</p> <p>6:30p Open Door Church</p> <p>7:00 Bid Euchre</p> <p>25</p>	<p>8:00a Pancake Breakfast</p> <p>9:30a Bowling</p> <p>1:00p Scrabble @ CH</p> <p>26</p>	<p>9:30a Sh</p> <p>10:00a A</p> <p>1:00p Co</p>

Ranch Mobile

Monday	Wednesday	Thursday	Friday	Saturday
		<p>1 10:00a Golf 10:00a Pool Club Mtg 1:00p Dominoes 6:30p Bingo</p> <p>9:00a Walkercise</p> <p>All Saints Day</p>	<p>2 1:00p Florida Rules Euchre</p>	<p>3 9:00a Miniputt 12:30p Shuffle 7:00p 50's Dance</p>
<p>6 Shuffle Mtg.. Aquacise Country Music</p>	<p>7 7:30a Koffee 12:30p Nickle Bingo 6:15p Cribbage 7:00 Euchre</p>	<p>8 10:00a Golf 10:00a Aquacise 1:00p Dominoes 5:00 p Mens Poker @ HH</p>	<p>9 1:00p Florida Rules Euchre</p>	<p>10 9:00 Miniputt 12:30p Shuffle 5:00p Pork Dinner</p>
<p>9:00a Walkercise</p>				
<p>13 Dance Mtg Shuffle Aquacise Country Music</p>	<p>14 7:30a Koffee 10:00a Open Board Mtg. 12:30p Nickle Bingo 6:15p Cribbage</p>	<p>15 9:00a Hobby Club 10:00a Golf 10:00a Aquacise 1:00p Dominoes 6:30p Bingo</p>	<p>16 1:00p Florida Rules Euchre</p>	<p>17 9:00 Miniputt 12:30p Shuffle 7:00p Court Whist</p>
<p>9:00a Walkercise</p>				
<p>20 Shuffle Aquacise Country Music</p>	<p>21 7:30a Koffee</p>	<p>22 OFFICE CLOSED 9:00A Hobby Club 10:00a Aquacise 1:00 Dinner</p>	<p>23 OFFICE CLOSED 1:00p Florida Rules Euchre</p>	<p>24 9:00 Miniputt 12:30p Shuffle</p>
<p>9:00a Walkercise</p>		<p>Thanksgiving Day</p>		
<p>27 Shuffle Aquacise Country Music</p>	<p>28 7:30a Koffee 12:30p Nickle Bingo 6:15p Cribbage 7:00p Euchre</p>	<p>29 9:00a Hobby club 10:00a Golf 10:00a Aquacise 1:00p Dominoes 6:30p Bingo</p>	<p>30 1:00p Florida Rules Euchre</p>	
<p>9:00a Walkercise</p>				

Apurva Shah, M.D., M.P.H.

Board Certified in Internal Medicine

Dr. Shah is a board-certified MD in Internal Medicine and has been in practice for twelve years. He received internal medicine training from New York Medical College and also holds a Master's in public health from the University of South Florida.



Dr. Shah specializes in geriatric care. With his training and experience, he has been very successful in managing and treating high blood pressure, diabetes, back pain, heart problems, respiratory problems, and obesity.

The practice of Dr. Shah and Jill Coots, ARNP strives to remain open minded when building relationships with patients. A trusting relationship with atients and their families enables them to provide the most comprehensive and compassionate care. Emphasis is placed on preventive medicine, screening tests, timely interventions, and follow-up care. Dr. Shah and Jill have been successful with managing acute and chronic medical problems, reducing hospitalization and emergency room visits, and helping patients maintain a healthy and productive lifestyle.

We strongly believe patients are the biggest asset of our practice and customer service is the main motto of our practice. Patient feedback is extremely valuable and has helped us over the years to provide high quality and compassionate care. Dr. Shah does make personal rounds for his hospitalized patients and believes in continuity of care.

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Jill Coots, ARNP

Jill Coots, ARNP has been with the practice since 2015. She has been a great addition to the team and is a valuable resource for our patients. Jill is board certified in family practice and is a member of the American Academy of Nurse Practitioners and American Diabetic Association. Prior to joining Access Health Care, Jill worked at the VA Hospital in Tampa for six years in acute care and oncology. Jill, in pursuit of her passion and interests, is on track to be a certified diabetic educator in the near future.



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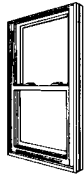
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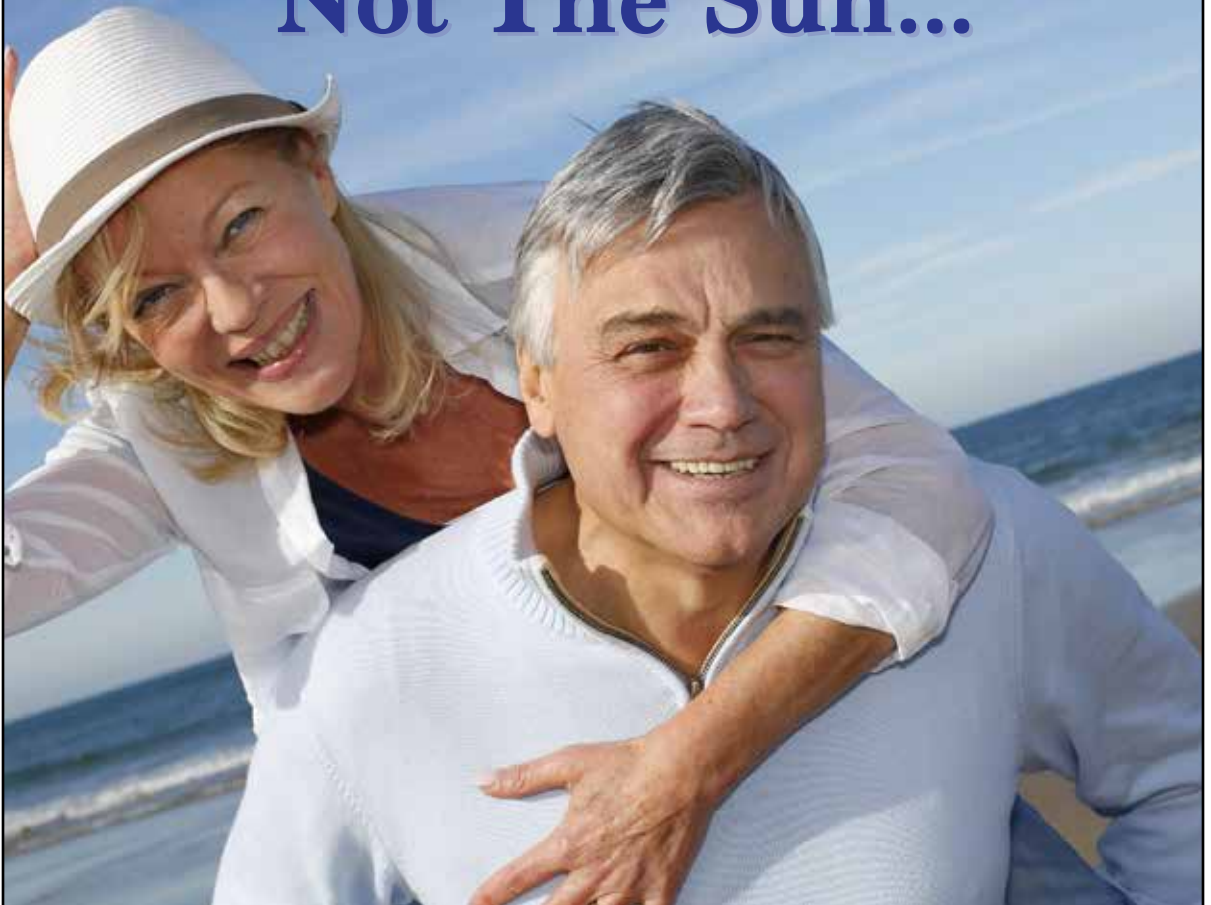
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Murgatroyd

Murgatroyd, remember that word? Would you believe the email spell checker did not recognize the word Murgatroyd?
Heavens to Murgatroyd!

Lost Words from our childhood: Words gone as fast as the buggy whip! Sad really!

The other day a not so elderly lady said something to her son about driving a Jalopy and he looked at her quizzically and said, "What the heck is a Jalopy"? OMG (new phrase)! He never heard of the word jalopy!! She knew she as old ... but not that old.

Well, I hope you are Hunky Dory after you read this and chuckle.

Here are some old expressions that have become obsolete because of the inexorable march of technology.

Three phrases included "Don't touch that dial," "Carbon copy," "You sound like a broken record" and "Hung out to dry."

Back in the olden days we had a lot of 'moxie.' We'd put on our best 'bib and tucker' to 'straighten up and fly right.'

Heavens to Betsy! Gee whillikers! Jumping Jahoshaphat! Holy moley! We were 'in like Flynn' and 'living the life of Riley.'

Even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China.

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A. ... of spats, knickers, fedoras, poodle skirts, saddle shoes, penny loafers and pedal pushers ... **AND DON'T FORGET ... Saddle Stitched Pants**, Oh, my aching back! Kilroy was here, but he isn't anymore.

We wake up from what surely has been just a short nap, and before we can say, Well, I'll be 'a monkey's uncle!' or, This is a 'fine kettle of fish'!

We discover that the words we grew up with,, the words that seemed omnipresent, as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth, the words we've left behind. We blink, and they're gone. Where have all those great phrases gone?

Long gone: Pshaw, The milkman did it. Hey! It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper. Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Wake up and smell the roses. It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff! ("Carter's Little Liver Pills" are gone too!)

We of a certain age have been blessed to live in changeable times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once existed ... and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging.

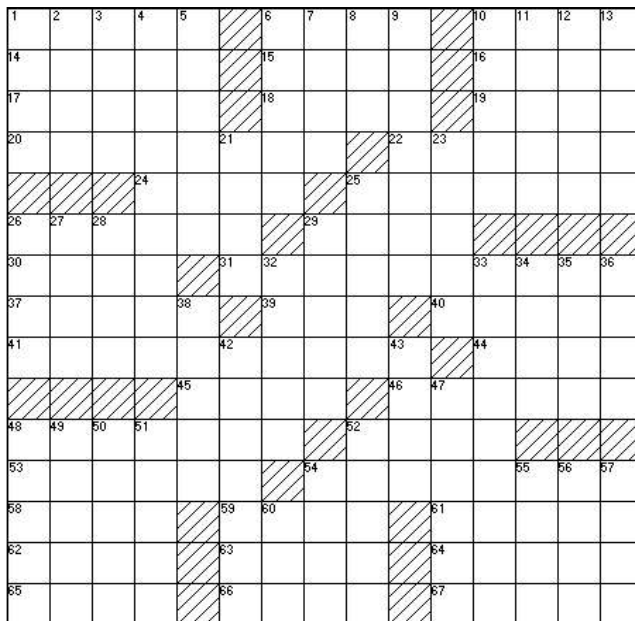
Leaves us to wonder where Superman will find a phone booth ... See ya later, alligator!

**A Complete Listing of Resident Services
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ACROSS

- 1. Middle or thick
- 6. Current
- 10. Weight
- 14. A Rocky Mountain state
- 15. Plant with trumpet-shaped flowers
- 16. Tangelo
- 17. Tart fruit
- 18. Cancel or reverse an action
- 19. Inclined (to)
- 20. Coming into existence
- 22. Coupling
- 24. A native of Turkey
- 25. News
- 26. Steeds
- 29. Fold
- 30. Aid
- 31. A Florida swamp
- 37. One who gives
- 39. Contingencies
- 40. Order
- 41. Perils
- 44. Prefix indicating change
- 45. Weight-loss program
- 46. Jail
- 48. Twister
- 52. Reasonable
- 53. On a ship or train
- 54. Captives
- 58. Jump
- 59. Den
- 61. Submarine
- 62. Nature of being
- 63. Anagram of "Rest"
- 64. Alewife fish
- 65. Collections
- 66. Waistband
- 67. Outcast



DOWN

- 1. 5,280 feet
- 2. Anagram of "Diem"
- 3. Lady
- 4. Baseball infielder
- 5. Language
- 6. Fail
- 7. Fluff
- 8. Aged
- 9. A high plains state
- 10. Islamic jurist
- 11. Once more
- 12. Support for an injured arm
- 13. Makes melodious vocal sounds
- 21. Gaelic
- 23. Confuse
- 25. To the point
- 26. A pilgrimage to Mecca
- 27. Slender woodwind instrument
- 28. City in Nevada
- 29. Suit
- 32. Not audio
- 33. Deserving of esteem
- 34. Perishes
- 35. Prefix indicating outer
- 36. Comedian ____ Laurel
- 38. Detection device
- 42. Brain-teasers
- 43. Resorts
- 47. Habitual practice
- 48. Stories
- 49. Overweight
- 50. Cook in an oven
- 51. Backs of necks
- 52. Back and ____
- 54. Snake sound
- 55. Gunk
- 56. Lack of difficulty
- 57. Sun
- 60. Macaws

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November 2018



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7			4					
					6			
8				9				1
						8	2	6
		1		2				
			9		5		3	4
	1							
	6					5	9	7



3	6	4	8	1	2	5	9	7
5	1	9	7	4	3	2	6	8
2	7	8	9	6	5	1	3	4
6	3	1	5	2	8	7	4	9
4	9	5	1	3	7	8	2	6
8	2	7	6	9	4	3	5	1
1	4	3	2	7	6	9	8	5
7	5	2	4	8	9	6	1	3
9	8	6	3	5	1	4	7	2

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Busy as a bee—even when the bees are sick

Honeybees are hard workers—even when they're sick. The (e)Science News website reports that researchers using radar technology have learned that honeybees continue to seek and collect honey for their hives even when they're suffering from infections or viruses.

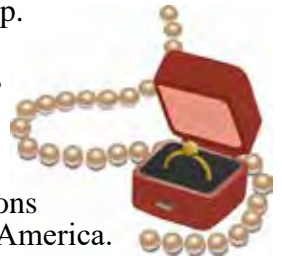
The scientists mounted tiny, lightweight transponders to bees' thoraxes, enabling them to track individual bees using a radar signal. Studying the flight paths of 78 bees, the researchers found that although the sick bees didn't fly as far or as long as their healthy counterparts, they continued their search, suggesting that bees are hardwired to seek and procure honey even when they're ill.



Copper bracelet suggests vast ancient trade network

An ancient copper band unearthed with cremated human remains in Georgia suggests that Native Americans may have traded across greater distances than previously was thought, according to the EurekAlert website. The band, a little wider than a bracelet, came from the Great Lakes region some 1,500 miles away. Scientists were able to determine the band's origin because copper sources have a unique chemical makeup.

The fact that the Native Americans were cremated is also significant, because cremation was unknown in the Southeast United States during the time period the bracelet dates from—some 3,500 years ago—but was commonly practiced in the Great Lakes region and other northern regions. This suggests that our ancient ancestors may have had connections across large distances, allowing for wide trading networks across North America.



The question is one of judgment. For the distinguishing element of science is not intelligence but judgment. Or perhaps it is simply luck.

—John M. Barry



Take a cold shower—for better health

Showers keep you clean, but a cold shower can be good for your health. An article on the Success website spells out the benefits of taking cold showers:

- **Immunity.** Scientists believe there's a correlation between cold showers and increased production of an amino acid called glutathione, which boosts the immune system, gets rid of toxins, and eases stress.
- **Better skin health.** A hot shower removes important oils from the skin, making it dry and itchy. Cold showers reduce skin inflammation. They also prevent your hair from becoming brittle.
- **Muscle recovery.** There's a reason why athletes soak in ice baths after a tough game. The cold water helps speed their recovery time and relieve soreness quicker.
- **Better moods.** Cold showers may prevent depression, according to researchers at Virginia Commonwealth University. Decreasing the temperature of your water and then spending two or three minutes under cold water sends a lot of electrical impulses from the nerves in your skin up to your brain, which could have an anti-depressive effect.

Climate change strategy a mixed bag

Scientists scrambling for a solution to the problems caused by climate change have come up with an intriguing idea: shooting tiny particles high into the atmosphere to scatter the light of the sun.

The Science magazine website reports that sulfur dioxide gas can cool down temperatures by reacting to water vapor and forming droplets that scatter sunlight. It happens during major volcanic eruptions, such as the eruption of Mount Pinatubo in the Philippines in 1991 and the eruption of El Chichon in Mexico in 1982.

Scientists have used computer modeling to project the effect of injecting light-scattering aerosols into the stratosphere.



Unfortunately, the probable results appear mixed. Although the model predicted that corn harvests would increase 6.3 percent due to reduced heat, other crop yields would fall because of diminished sunlight, and the strategy would likely have no effect on yields for crops like soybeans, rice, and wheat. Scientists continue to study the theory in hopes of finding a viable approach to managing climate change.

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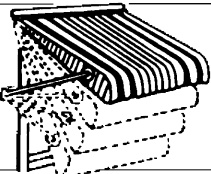
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La Plaza MHP Carport Sale: 6700 150th Ave N., Clearwater. Friday-Saturday, November 9th-10th, 8am-1pm.

Holiday Craft Fair: Saturday, November 10th, 2018 10am-2pm. Food, raffles, door prizes, unique items. Clearwater Cascade Mobile Home Park 9790 66th St N., Clubhouse.

HOLIDAY BAZAAR 11/10/18 All indoor craft show. First Lutheran Church, 1644 NURSERY Rd., Clearwater. 9:00am - 3:00pm 727-744-3806

Teakwood West Estate Sale: 61 Beechwood Lane, Largo. Over 100 items each of Purses, Clothes, and size 6 and 6-1/2 Shoes. 90% never worn. Furniture, kitchenware, and more. **EVERYTHING MUST GO!** Saturday and Sunday, November 10th and 11th, 8am to 2pm.

8th ANNUAL ARTS & CRAFT SALE - Sat., Nov. 10, 2018, 9AM-1PM Lake Haven MHP, Paradise Island Clubhouse, 1415 Main St. (SR580 & Lake Haven Road) Dunedin. Everything uniquely designed by hobby club members. Objects d'art include paintings and shadowbox creations; jewelry; crocheted, knitted and sewn items; greeting cards; and knick-knacks all individually crafted for home or gifting.

BAZAAR & COMMUNITY SALE: Saturday, November 10th, 8am-2pm. Clubhouse & Carports. Live music, Bake sale. Crafts, Home goods, Antiques, Bake sale, Raffles, Gift baskets. Regency Heights MHP (next to Kohl's) 2550 S.R. 580, Clearwater. 727-265-8515

Annual Craft Bazaar - Rancho Village, 7100 Ulmerton Road, Largo Florida at Hacienda Clubhouse. Sunday, November 11th, 12-3pm. Full house of vendors and lunch available. Basket raffles and much more.

SATURDAY NOV. 17TH Pre-Christmas Sale. Lake Haven MHP 1415 Main St. Dunedin (Behind Subway). Christmas decorations, gift items and more. **PLUS THE BEST BAKE SALE IN TOWN! 8AM-1PM**

FLEA MARKET Saturday, November 24th 9am-Noon. Lake Seminole Resort Clubhouse 10245 110th Ave N. Largo. Clothes, furniture, books, household items, decorations.

BRIAR CREEK ANNUAL BAZAAR November 30th 4PM-7PM December 1st 8am-Noon 100 Briar Creek Blvd off McMullen Booth Rd Trash & treasures, Jewelry, Bake Goods, furniture, tools, linens, Christmas stuff, raffle baskets, and the list goes on and on! Come have fun, something for everyone!

Palm Hill North Recreation Club's Annual Bazaar, Craft & Bake Sale with lunch available. Saturday, December 1st, 9am-1pm (early admission 8:30am \$1.00). 401 8th Ave. S.W., Largo (off Seminole Blvd)

Carport Sale: 12/01/18, 9am-1pm. Park Royale 10611 66th St. N., Pinellas Park.

ANNUAL CARPORT SALE. 12/1 8am-2pm. Lincolnshire Estates 1071 Donegan Rd., Largo. Carport sale, furniture, nick nacks, glassware and more. Over 100 homes participating.

Yard Sale: Christmas items only. Saturday, December 1st, 8am. Sunset Palms MHP 3401 Gandy Blvd.

Open House: 12/8/18, 9am-3pm. Handmade gifts, Holiday decorations. 7349 Ulmerton Rd. Lot 1041.

Sunset Plams MHP Annual Craft Fair. Saturday, December 8th, 9am.

Craft Fair and Bake Sale: Saturday, Dec. 8th, 9AM to 2PM. 601 Starkey Rd. East Bay Oaks, Largo, 33771. Questions? Call Tammy 727-550-6750

DORAL CARPORT (FORMALLY TRASH TO TREASURE) - Doral Village - 12/8/2018. Location: 29250 US HWY 19 N., just south of Curlew. From 8am to 2pm. Pick up a map when you enter or at the clubhouse. Bake Sale at clubhouse along with refreshments.

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Is it a headache—or a brain tumor?

Is that headache a sign of a serious medical problem? Maybe, but don't panic. A severe headache makes many people worry that they have a brain tumor, but according to The Cut website, the time to worry about brain tumors is when you have a headache combined with vomiting. These types of headaches come on suddenly, often at night, and feel worse when you're lying down. Over time they'll create other symptoms—numbness, weakness on one side of the body, and speech and vision difficulties.

More likely, a severe headache is either a migraine or a cluster headache. Both of these tend to appear in one side of the head. Some 36–44 million Americans suffer from migraines, which can last up to 72 hours. Cluster headaches also occur on one side of the head, and come in waves—people may have up to eight per day. They're more painful than migraines, but they're also over more quickly, lasting from 20–45 minutes.

Seek treatment, but don't worry yourself sick about brain tumors.



Doctors shortchanging patients, study says

Doctors are busy people—sometimes too busy. A study conducted by the University of Florida found that patients, on average, have only about 11 seconds to tell their doctors what's wrong with them before the doctor interrupts, sometimes sidetracking the interview. That may have something to do with the study's other finding—that doctors identified the patient's reason for the visit correctly only about 36 percent of the time.

The researchers offered several explanations for the situation: physician burnout, time constraints caused by the necessity of dealing with health insurance issues, and limited training in patient communication skills for physicians trained before 2004 (after that, training put more emphasis on communicating with patients).

Surprising sources of pain

The causes of pain aren't always obvious. Consider these unexpected sources:

- **Back pain.** Taking your vitamins? Chronic back pain can be caused by low levels of vitamin D. Another possibility: constipation caused by blockage in the colon. Eat more fruits, vegetables, and fiber for better digestion. (Source: Prevention magazine)
- **Headache.** Cheese may be the culprit. A substance called tyramine in cheese can trigger headaches. Also, low blood sugar can create a headache even before you realize you're hungry. A snack like whole-grain crackers with peanut butter can bring quick relief. (Source: the WebMD website)



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