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September • 2015 Issue 7 39th Year

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484-7488

She Eagled the 7th Hole!

Madolyn McMahon got a great image of a bald eagle on the 7th hole at Fairway Village her score was not reported!

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

- 1 Richard Gallant Terry Bobko
- 2 June Wade Mike Cunningham Rachel Melanson Joan Hartnett-Barry
- 3 Larry Klima
- 4 Anita Vincent
- 8 Peter Howes
- 9 Linda Shepherd
- 10 Sharon Ray
- 11 Jeannine Bolduc
- 12 Doreen Walker
- 13 Betty Loree Richard Alford

- 13 Joe Valentine
- 14 Bob Martin
 - Sandra Stout
- 15 Harold Parr Bob D'Ascoli
- 16 Janis Standon
- 16 Janis Standon
- 17 Kathy Cockerham
- 19 Harry Emery
- 20 Carl Dunstan
- 22 Leila Haigh
- 22 Roger Chasse
- 23 Alice Sperandio
- 24 Pam Jones
- 25 Larry LeBoeuf Howard Moy

- 26 Vito Fantino David Shepherd Marcel Bedard
- 27 Don Sanford Lori Curit
- 28 Robert Russell
- 29 Ruth Arenburg Sandra Henley Beverly Harbert
- 30 Marilyn Lett Marg Maciver Floyd Brochey Muriel Paradine Jude Peters



HAPPY LABOR DAY!





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September Anniversaries

2	Vito & Jane Fantino	1950
4	Eduard & Karin Winter	1973
	Bernie & Sue Lake	1971
5	Steve & Mary Helen Groh	
13	Paul & Roberta Patterson	1962
15	Dale & Pat Peever	1962
	Laurie &Ruth Arenburg	1956
20	Frank & Kimberly Pepin	1986
22	Vincent & Beverly Baselj	1978
	Bryan & Phyllis Grinnell	1979
25	Bill & Linda MacKenzie	
27	Woody & Laura Wood	1959
28	Mark & Lynne Myles	2009
29	Charlie & Carole Dumican	1956
30	Howard & Barbara Pollard	1973



Congratulations

Vite & Jane Fantino will be celebrating their 65th weeding anniversary on September 2nd! What a wonderful milestone. I'm sure that many of you will want to wish them a very happy anniversary, and may offer Jane some sympathy (just kidding Vito!). I'm thinking Jane deserves a gold star, silver star and medal of honor!

Cards for the happy couple may be sent to:

Vito & Jane Fantino 935 Merrill Lincoln Park, MI 48146

Vito will also be celebrating his 86th birthday on September 26th, and has gifted himself with a Red 1931 Ford Model-A Roadster! This was the first car he had when he was 16 years old. Vito is going to sell his 2007 Saturn Sky. It's a beautiful, low mileage car, but next to the Roadster ... well.

September Facts

This is a weird month with many strange and unusual events spread across the 30 days that make September. Take a look at the following facts about the month we call September! Plus, you will find some odd historical trivia you probably have never heard of.

September is National Chicken Month.

It is also Cholesterol Awareness Month in America.

The very first comic strip was printed in an American newspaper on September 11, 1875.



The famous lead singer of the classic rock band Queen, Freddie Mercury was born on September 5, 1946 on the island of Zanzibar.

The poem "Mary Had a Little Lamb" was published September 1, 1830.

World War II began September 939, when Hitler invaded Poland.

The US Treasury Department was established 1789.

September 5th is National Cheese Pizza Day.

The 1st Continental Congress was called to order on September 5, 1874.

September 9th is National Teddy Bear Day.

September 16th is National Play-Doh Day.

September 19th is "Talk Like a Pirate Day" around the world ... an international event. The first airport opened on September 29.

Band-Aids were invented in September.

September 24, 1789 – the US Supreme court was established.

On September 18, 1851, the infamous New York Times newspaper published its first edition.

Native American Day is always celebrated on the 4th Friday of September.

September 12th is National Chocolate Milkshake Day.

The 4th week of September is National Dog Week.

The Great Fire of London happened September 2, 1666.

George Eastman got his patent for the roll-film camera, in September of 1888 and the Eastman-Kodak Company soon was off to becoming one of America's major corporations.

On September 5, 1961, President John F. Kennedy signed a hijacking bill, making air piracy a crime punishable by death or imprisonment.

Former President Richard M. Nixon was given an unconditional pardon, for his role in the infamous "Watergate" flasco by President Gerald Ford, September 8, 1974.

Loaded Cauliflower

Ingredients:

- 1 large head of cauliflower cut into bite size pieces (approx 6 cups) 6-8 strips of bacon cooked and crumbled (cooked in oven at 400° for 20 min.)
- 6 Tbs chopped chives
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 2 cups Colby Jack Cheese (may use cheddar)
- 8 oz. container sliced mushrooms (optional) **Directions:**

Preheat oven to 425°.

In a large pot, boil water and cook cauliflower for 8 – 10 minutes, drain and let cool. In a large bowl combine sour cream, mayo, 1/2 of crumbled bacon, 3 Tbs. chives, 1 cup of cheese, mushrooms and cauliflower and mix well.

Place in baking dish and cover with remaining 1 cup of cheese and rest of bacon crumbles. Bake for 15 - 20 minutes until cheese is melted.

Top with remaining 3 Tbs. chives and serve.

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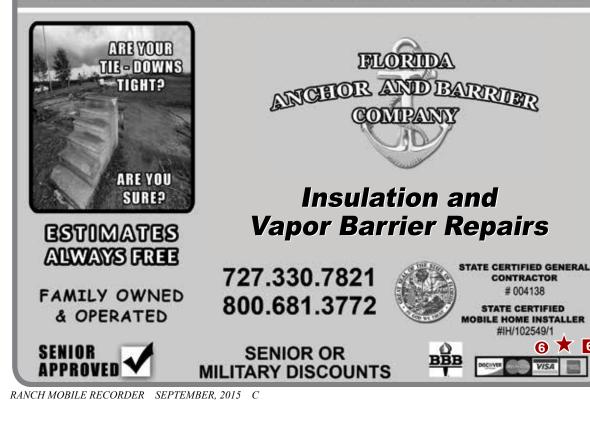
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The Old Coot is Running Around in Circles (Counterclockwise) By: Merlin Lessler

walked the half-mile loop at Hickories Park the other day. In a counterclockwise direction. The arrow on the pathway instructs you to go the other way (clockwise). It's a safety thing. They want you to face traffic as you go around since cars share the loop with pedestrians, skaters and bicyclists. Most of us ignore the arrow and walk with traffic at our back. It just feels wrong to walk around a circle in a clockwise direction. I wonder why?

All track meets have the runners going counterclockwise, same with roller and ice rinks, horse tracks (except in Europe) and auto races. Any activitity that goes around in a circle goes counterclockwise. Is this a right-handed thing? Do left-handed people feel uncomfortable going counterclockwise?

Or, is it a Northern Hemisphere thing, like water going out of the bathtub, swirling in a counterclockwise direction as it goes out the drain. When you cross the equator into South America, the swirl goes the other way. It's the same thing with hurricanes. The wind swirls around the eye counterclockwise in the Northern Hemisphere and clockwise in the Southern Hemisphere. It's called the Coriolis Effect. The planet makes it happen that way. I guess it affects us too.

It won't matter in a few decades; today's kids won't know what clockwise or counterclockwise means. All the clocks they are growing up with are digital. Tighten a bolt by turning it clockwise and loosen it by turning it counterclockwise? That instruction won't mean a thing. Righty-tighty and lefty loosey will replace it. The transformation has already begun.

The signs for circular tracks, rinks and the like won't ever instruct users to go in a clockwise or counterclockwise direction; they will have to say, "Walk with your left (or right) foot closest to the center of the circle. Or, they'll paint arrows on the pavement like that at Hickories Park. It doesn't really matter. Everybody, except maybe lefties, only feel comfortable walking in a counterclockwise direction so that's the way they will go. We're a counterclockwise species. If you're rolling your eyes by now, check the mirror to see in which direction they roll. I bet they are rolling in a counterclockwise direction. Or, to say it in modern terms, "Lefty loosey!"

September

reptember is a month full of odd events and little remembered historical trivia that changed • the world in many decades.

September is the month of transition from the hot sunny beach days of summer to harvest gold, brown and red colored leaves decorating the hillsides across the New England mountains. How much do you really know about this month? Yes, the kids go back to school across America and vacations come to an end, but ...

This is a weird month with many strange and unusual events spread across the 30 days that make September. Take a look at the following facts about the month we call September! Plus, you will find some odd historical trivia you probably have never heard of.

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- The poem "Mary Had a Little Lamb" was published September 1, 1830.
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- The US Treasury Department was established 1789.
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The Old Coot Hogs Both Lanes Turning A Corner

By: Merlin Lessler

Id Coots swing wide! I didn't notice it until Lois Bingley pointed it out. She's a skilled bird watcher and applied her observation skills to watching old birds, which the police term for old coots. She said, "Just watch one of your crowd take a corner in their car. They swing way into the other lane to maneuver thorough it. They swing so wide they must think they're driving an eighteen-wheeler or something."

It's true but it's not our fault. We're partial to big boats, cars like the ones we grew up with. Big enough to seat three people in the front, a back seat that looks like a living room couch and a hood so long it requires an ornament or a crimped line at the front to help you steer. You line up the ornament with the edge of the road and it places you in the center of your lane. It worked great when we were in our youth, before we shrunk to our present height and we could sit up straight and erect behind the wheel.

But now, we're shorter and slink down in the seat. You can barely see our heads when you follow from behind. This change in our physical structure is why we swing wide. We can hardly make out the hood ornament, all those yards in front of us. It's like we're driving from the recliner we watch TV (and nap) in at home. We lean way back and have a distorted view of the scene coming at us through the windshield. We glide into a right turn by going left. It kind

Continued on page 16



RANCH MOBILE RECORDER SEPTEMBER, 2015 C



of clears a path as the people coming toward us in the order lane jerk their cars out of the way. Then, we finish our wide turn and go down the road oblivious to the chaos we've created back at the intersection. Except now, thanks to Lois Bingley, I am aware of my swing wide technique. All I can say is, Thank you," to all the drivers out there who pull out of my way, letting me get to the early bird special on time.

The 9th Month of the Year is an Outstanding One

In the Georgian calendar, the calendar that most of the world uses, September is the ninth month of the year. However, it used to be the seventh month on the Roman calendar. It had 29 and 31 days but it later was changed to 30 days by Emperor Augustus. In Southern United States, it is the warmest month of the year and very cool nights for Northern states. It is the harvest time for crops and that is why Switzerland calls September the harvest month. In the Northern hemisphere, beginning of September leads to the beginning of meteorological autumn while it is the beginning of the meteorological spring in the Southern hemisphere.

Below are some fun facts about September:

- 1. The birthstone for September is the sapphire.
- 2. The zodiac signs for September are Virgo (August 23 September 22) and Libra (September 23 October 22).
- 3. The birth flower for September is the morning glory.
- 4. On September 1, 1905, Alberta and Saskatchewan were established.
- 5. On September 1, 1939, World War II began in Europe because the German troops invaded Poland.
- 6. On September 2,1879, the United States Department of Treasury was established.
- 7. On September 3, 1783, The Revolutionary War in America ended after Great Britain signed the Treaty of Paris.
- 8. On September 6, 1901, William McKinley, the 25th President of the United States, was assassinated.
- 9. On September 8, 1565, the first permanent white settlement was founded in St. Augustine, Florida.
- 10. On September 10, 1846, Elias Howe patented his sewing machine.
- 11. On September 1, 1847, United States forces took control of Mexico City.
- 12. On September 14, 1940, the Selective Service Act was passed by Congress which provided the first peacetime draft in the United States history.
- 13. National Chicken Month
- 14. National Rice Month
- 15. National Potato Month
- 16. National All-American Breakfast Month
- 17. Labor Day first Monday of September
- 18. September 8 Pardon Day
- 19. September 13 Uncle Sam Day (his image was first used in 1813)
- 20. September 16 Mexican Independence Day

Services Directory

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SEPTEN	IBER•20)15
Sunday	Monday]
		9:30A 10A Li 1P Trij
6	7 10A Aquacise 5P Poker @HH Office Closed Labor Day	9:30A 10A Li 1P Trij
13 Grandparents Day	14 10A Aquacise 5P Poker @HH	9:30A 10A Li 1P Trij
20	21 10A Aquacise 5P Poker @HH	9:30A 10A Li 1P Trij
27	28 10A Aquacise 5P Poker @HH	9:30A 10A Li 1P Trij

Ranch Mobile

Fuesday	Wednesday	Thursday		Friday	Saturo	lay		
1 Shuffle ne Dancing ple Play	2 8:15A Koffee 10A Aquacise 12:30P Nickle Bingo 6:30P Triple Play & Cribbage	6P Poker	3	4 10A Aquacise 6:30P Triple Play & Cribbage	12:30P Shu	ffle		5
8 Shuffle ne Dancing ple Play	9 8:15A Koffee 10A Aquacise 12:30P Nickle Bingo 6:30P Triple Play & Cribbage	10 6P Poker)	11 10A Aquacise 6:30P Triple Play & Cribbage Patriot Day	12:30P Shu	ffle]	12
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22 Shuffle ne Dancing ple Play	23 8:15A Koffee 10A Aquacise 12:30P Nickle Bingo 6:30P Triple Play & Cribbage First Day of Autumn	24 6P Poker	1	25 10A Aquacise 6:30P Triple Play & Cribbage	12:30P Shu	ffle	2	26
29 Shuffle ne Dancing ple Play	30 8:15A Koffee 10A Aquacise 12:30P Nickle Bingo 6:30P Triple Play & Cribbage				Остовек S M T W 4 5 6 7 11 12 13 14 18 19 20 21 25 26 27 28	T 1 8 15 22	F 2 9 16 23	3 10 17 24

Ice Cream ... Yum

How much do you love ice cream? We love it quite a bit at our house and most trips to the grocery store usually result in the purchase of some frozen treat and at least once a week someone suggests we make a run out for ice cream.

"Ice cream is exquisite – what a pity it isn't illegal." ~ Voltaire

"My advice to you is not to inquire why or whiter, but just enjoy your ice cream while it's on you plate." ~ Thornton Wilder

"If I had my life to live over I'd like to make more mistakes next time. I'd relax. I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and less beans. ~ Nadine Stair

"Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone." \sim Jim Fiebig

"I doubt where the world holds for any one more soul-stirring surprise than the first adventure with ice cream." ~ Heywood Broun

The Old Coot is Singing the Blues

By: Merlin Lessler

was at the Black Cat Gallery in Owego the other night, sipping free wine, munching on cheese and crackers, listening to folk music played by two talented women, one from Vestal, the other from Candor, and gazing at the art and craft work. It was the first Friday of the month and that means "Art Walk" with stores staying open late and special arts and talent displayed throughout the Owego Marketplace. It's a real treat, especially for an old coot like me. Did I mention free wine?

So I was there, freeloading yet again and getting in the way of legitimate shoppers. I gazed at a sepia picture of Robert Leroy Johnson, an itinerant blues singer and guitar player of the 1930's whose records were reissued in the 1950's, twenty some years after his death at age 27 in 1938. Those 78 RPM records, not only establish his credentials as an exceptional guitar player and song writer, they are also credited with the birth of rock and roll, from the days of Elvis right through to the Beatles and the Rolling stones; they all took their cue from, and credit him, with greatly influencing their own works.

This was all news to me. A Vestal schoolteacher standing next to me explained the history. I shouldn't mention her name, but I will anyhow, as I always do; it was Karen Liberatore. It got me thinking about the hardship that drove people to create the blues: poverty, personal tragedy, bias, prejudice, and lack of educational and employment opportunities. What would drive the blue today if it were in the hands of middle class Americans?

"Cell phone blues," might be one such dirge to come into creation, a lament from a teen whose parents limited his monthly data allocations to 3,000 megabytes on a non-state of the art, 3-year-old Samsung cell phone. Or, "Stick shift blues," from a girl whose father made her learn to drive on a standards transmission car with 150,000 miles on the odometer. "Latte blues,"

Continued on page 23



RANCH MOBILE RECORDER SEPTEMBER, 2015 C







would come from a teen whose mom limited her latte budget to two a week.

These modern blues wouldn't be limited to teens, whom are always an easy target for old coots like me; we constantly compare their lifestyle to the hard times we grew up in. The "walk to school up hill, both ways" kind of thing. We'd create our blues music too. "Social Security Blues," moaning about the Administration changing the date on my monthly check from the seventeenth of the month to the third Wednesday, causing it to come as late as the 21st in some months. Or, "The Early-Bird Special Blues," a lament about restaurants reducing the cut off from 5 to 4:30 p.m. The same places that have wise up and removed the unlimited supply of Splenda and sugar packets from their tables, forcing us to buy our own instead of stocking up while we dined.

No, the blues wouldn't have the same driving force that created them in the 20's and 30's. "My Roth" IRA only earned four percent last year" just doesn't have the same impact. Johnson would probably fall out of his chair laughing if he heard our laments. Especially those from my old coot crowd whose favorite hobby is to moan the blues and complain about virtually everything. Fortunately we can't carry a tune; the blues genre is safe!

"After all the chaos and carnage of September 11th, it is not enough to serve our enemies with legal papers. ~ George W. Bush

September is National ...

Classical Music Month Hispanic Heritage Month Fall Hat Month International Square Dancing Month National Blueberry Popsicle Month National Courtesy Month Chicken Month Baby Safety Month Little League Month Honey Month Self Improvement Month Better Breakfast Month Self Improvement Month Better Breakfast Month A Complete Listing of Resident Services

can be found on the page before your calendar



Some of the Famous People Born in September

Adam Sandler: Comic actor Arnold Palmer: Golfer Barry White: American singer Beyonce Knowles: Lead singer of Destiny's child Bill Murray: Popular actor Brooke Burke: Model and TV Host Bruce Springsteen: Singer, had hits with tracks like Catherine Zeta Jones: Welsh actress Christopher Reeve: Lead role in the 'Superman' films Faith Hill: American musician **Gwyneth Paltrow** Harry Connick Jr.: Acttor Heather Locklear: Model Hugh Grant: British Actor Jim Henson: Muppets inventor Julio Iglesias: Musician Luke Wilson: Actor Michael Douglas: US film actor Oliver Stone: Famous director Phil Rizzuto: US baseball commentator Stephen King: Popular contemporary author T.S. Eliot: American author and poet Tommy Lasorda: Famous baseball coach Tommy Lee Jones: American Hollywood actor Will Smith: Rapper and actor who began his career on TV show The Prince of Bel Air William Howard Taft: 27th US president (1909-1913)

September Quotes

"By all these lovely tokens September days are hear With summer's best of weather and autumn's best of cheer." ~ Unknown

"Try to remember the kind of September When life was slow and oh so mellow Try to remember the kind of September When grass was green and grain so yellow Try to remember the kind of September When you were a young and a callow fellow Try to remember and if you remember Then follow – follow, oh-oh."

Continued on page 28



Oldsmar 4070 Tampa Road

Protect Your Health! Eliminates Mold & Mildew



9:00am-5:00pm RANCH MOBILE RECORDER SEPTEMBER, 2015 C

Monday thru Friday

2

14

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Saturday

9:00am-3:00pm



RANCH MOBILE RECORDER SEPTEMBER, 2015 C



\sim Tom Jones and Harvey Schmidt in Try to Remember

"Happy we who can bask in this warm September sun, which illumines all creatures, as well when they rest as when they toil, not without a feeling of gratitude; whose life is as blameless, how blameworthy soever it may be, on the Lord's Mona-day as on his Suna-day." \sim Henry David Thoreau

"September's Baccalaureate A combination is of Crickets – Crows – and Retrospects And a dissembling Breeze That hints without assuming – An Innuendo sear that makes the Heart put up its Fun And turn Philospher." ~ Emily Dickinson

"Do you remember the 21st night of September? Love was changing the minds of pretenders While chasing the clouds away Our hearts were ringing In the key that our souls were singing. As we danced in the night, Remember how the stars stole the night away." ~ Maurice White, Charles Stemney and Verdine White (Earth Wind and Fire) in September

"September morn, Do you remember how we danced the night away Two lovers playing scenes from some romantic play September morning still can make me feel this way." ~ Neil Diamond and Gilbert Becaud in September Morn



View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer



City life? Not for all young adults

The TV sitcom Friends depicted a group of young New Yorkers enjoying life in the big city—but in the end, at least two of them chose to move to a house in the suburbs. Young adults in real life appear to be making the same choice (without the laugh track). A survey of more than 1,500 people born since 1977, released by the National Association of Home Builders, found that few of them want to remain in the city for their entire lives.

Sixty-six percent indicated they'd like to live in the suburbs, and 24 percent have their hearts set on a rural residence. Only 10 percent want to live in the center of an urban area. They're mostly looking for space: Eighty-one percent said they want three or more bedrooms wherever they end up living.



Online videos bigger than TV these days

Video has taken over the Internet, especially among the younger generation. A survey of 13to 24-year-olds by Defy Media found this evidence of the influence of YouTube and other video providers on youthful fans:

- Millennials watch an average of 11.3 hours of free online video a week, and 10.8 hours of subscription video—but only 8.3 hours of scheduled broadcast TV.
- Videos are more popular than online TV content. Seventy-six percent of young people in the survey said they find YouTube more enter-taining than TV programs (more popular with 55 percent of participants).
- They're tolerant of advertising on the Internet. Fewer than half—41 percent—said online videos have too many advertisements, but 63 percent feel TV does.



Mathematics is the art of giving the same name to different

things.

—Henri Poincaré





10 WORDS for \$8.55 - Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

EVENTS & PROGRAMS

CRAFT FAIR! Southwind MHP in Palm Harbor is seeking talented crafters for this community Craft Fair event Nov. 14th. 9-1 Tables are \$15.00 Call Jane 727-781-9238

HELP WANTED

Crafters Wanted : Paradise Island Annual Craft Fair Sat. Nov 7, 2015 Tables \$10 & \$15 Call Marcia 727-953-3616

ARTICLES FOR SALE

(2) Windows in original carton 24&1/4" X 48&3/4" American Craftman by Anderson. Original \$372.92. Asking \$185.00. 727-767-0170

Mobility Scooter C.T.M 120 New Batteries Excellent \$450 OBO 727-488-4944

WANTED TO BUY

When selling on consignment *always get a WRITTEN QUOTE* on the sellers' commission.

GOT A CAR YOU WANNA SELL? THE GOOD, THE BAD, OR THE UGLY. CALL NOW: 727-400-1910.

BUYING COIN COLLECTIONS. Proof and mint sets, old coins, currency, \$.03 for "Wheaties", American Flyer Trains. 688-9871

CARS OR TRUCKS, Top dollar paid by Andrew 726-0094 or 785-1288

FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780

!! TOP CASH PAID!! JEWELRY: GOLD, STERLING, COSTUME (EVEN BROKEN JEWELRY), COINS, ANTIQUES, PAINTINGS, GLASSWARE, POTTERY, CHINA, ENTIRE ESTATES. FREE HOUSE CALLS, LAURA. ALL SALES SUB-JECT TO APPROVAL. (727) 307-8173 WE BUY CARS! * TOP \$\$\$ PAID! Cash For Cars, Trucks, Vans & SUV's. Any Year Make & Model - Domestic, Import, Classic, Sports & Luxury -Vehicles Must Run & Drive & Have Title - WE COME TO YOU! / FAIR HONEST CASH OFFERS! Call Now & Sell Today! We Pay More Guaranteed! Contact Brian or Nicole @ 727-729-9472

Looking for a 2bed/2bath in Doral Village, furnished, fixer-upper, without a share. Contact Brian 727-542-8878

ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,000 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

OCTOBER AD DEADLINE - SEPTEMBER 10, 2015

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284. • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.



Get the full impact from these healthful foods

retain foods have definite health benefits, but you have to eat them the right way to get their full impact. Here are some common foods you might be eating "wrong," according to the CNN website:

- Flaxseed. Full of fiber and omega-3, these little seeds may improve your heart health—as long as you grind them up first. Sprinkling them whole over your cereal or yogurt will keep their nutrients locked inside.
- Broccoli. Eat this raw or steamed, not cooked, to receive the full dose of vitamin C, chlorophyll, and antioxidants this vegetable offers.
- Strawberries. Slicing this delicious fruit exposes its healthful nutrients to light and oxygen, which can dilute their effects. Eat them whole, or hold off cutting them until the last minute.
- Garlic. The enzyme allicin, found in garlic, may help ward off cancer, but its benefits are more pronounced when it's exposed to air. Let garlic sit for about 10 minutes after chopping to release this enzyme fully.
- Tomatoes. Fresh tomatoes are tasty, but you're better off cooking them. The antioxidants in them increase in potency when they're heated to about 190 degrees Fahrenheit.



Stone tools point to early use by primitive humans

Humans have been using tools for longer than we've known. As reported by the journal Nature, a team of archeologists in Kenya have found stone tools dating back 3.3 million years, some 700,000 years older than the oldest tools previously discovered.

Before this find, the oldest known stone tools came from sites in Ethiopia and were believed to have been used some 2.6 million years ago. Still, evidence of earlier tool use suggested that humans may have been using stone for longer than that—fossils of animal bones, also in Ethiopia, show signs of cutting some 3.4 million years ago.

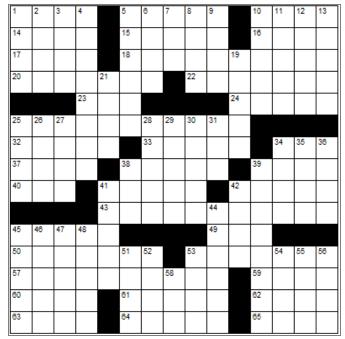
The Kenyan tools were dated with an analysis of the sedimentary layer where they were uncovered. Scientists speculate they may have been used to open nuts or fruits with hard surfaces. Weighing in at about 6.6 pounds, the tools are 10 times heavier than any stone tools discovered so far.



- ACROSS
- 1. Terror
- 5. Aromatic solvent
- 10. Website addresses
- 14. Tardy
- 15. Cognizant
- 16. Midday
- 17. God of love
- 18. Likeness
- 20. A painkiller
- 22. Hypodermic
- 23. Fitting
- 24. Not younger
- 25. Jubilation
- 32. Severe pain
- 33. Virile
- 34. Kitten's cry
- 37. Violent disturbance
- 38. Repaired
- 39. Angel's headwear
- 40. Eastern Standard Time
- 41. Not inner
- 42. Stogie
- 43. Transparent
- 45. Napped
- 49. Dekaliter
- 50. Misinform
- 53. Pettifogger
- 57. Impossible to satisfy
- 59. Hawkeye State
- 60. Adolescent
- 61. Gloomy, in poetry
- 62. A song for 2
- 63. At one time (archaic)
- 64. Marsh plant
- 65. Makes a mistake



Welcome Back to SCHOOL



- 1. Parasitic insect
- 2. Hearing organs
- 3. At the peak of
- 4. Occupant
- 5. Less difficult
- 6. Identical or fraternal
- 7 An unskilled actor
- 8. Twin sister of Ares
- 9. Depend
- 10. Up to
- 11. Not square
- 12. Hostel
- 13. Contemptuous look
- 19. Sarcasm

DOWN

- 21. Red gemstone
- 25. Concern
- 26. Auspices
- 27. Plunder
- 28. Friendliness
- 29. What we pay to the govt. 30. Unreactive
- 31. Not young
- 34. Wise men
- 35. Distinctive flair
- 36. Be dressed in 38. Pelt
- 39 Brae

41. Group of 8

- 42. Kaolin
- 44. Cling
- 45. Strike
- 46. A protective covering
- 47. S S S S
- 48 Flora
- 51. Helps
- 52. Have the nerve
- 53. Smelting waste
- 54. See the sights
- 55. Pitcher
- 56. Rodents
- 58. What we sleep on







14,492 manufactured home residents have won over \$124,374 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or <u>mail your paid reciept</u> to us at **Monthly Media • PO Box 1023 • Venice, FL 34284.** That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 4-6 weeks for mailing	g of check). This month's cash	winners are:	
Merrill King\$100	Boss Electric Corp.	Rosemary Merrill \$5	Haseney Electrical Services
Steve Vague\$10	Shawn & Shawn Moving	Marilyn Ventura \$5	Kathy's Cleaning Service
Gary Nowlyn\$10	Air Masters of Pinellas		Modern Pest Control
Mary Lon Robinson \$10	Buggin Out Termite & Pest Control	Sharon Rop\$5	Knoblach Hearing Care
	Ron Wyngarden MH Washing	Edward Hendricks\$5	Dr. Peter M. Mason
Barry Kelly\$10	Heller's Mobile Home Washing	Marilyn Stringham \$5	Jones & Sons Plumbing, Inc
Bob Andreas\$10	E & E Gliddon Air Conditioning		Dunedin Plumbing, Inc.
Thelma Payne\$10	Largo Plumbing		Chambers Specialties, Inc.
	Natures Resource Pest Control	Linda L. Wagler \$5	Debbie's Salon
Gloria Biggs \$10	Jones & Sons Plumbing, Inc	Joan Hernann\$5	Knoblach Hearing Care
	Bob's Appliance Repair	Linda Littell\$5	Heller's Mobile Home Washing
	Ray Duncan Plumbing		Haseney Electrical Services
Bud Mueller \$10	Appliance Specialty		Bob's Mobile Home Washing
	Barron's AC & Appliance		Doll Brothers Carpet & Upholstery
	Ron Wyngarden Moble Home Wash		Modern Air Conditioning & Appliance
Maureen Koebel\$5	Bob's Mobile Home Washing		Doll Brothers Carpet & Upholstery
Edward Lowell\$5	Boss Electric Corp.	Joe Haberstroh\$5	Bill the Carpet Guy
	Battleline Termite & Pest Control	Clyde Walker\$5	Sunset Appliance Service
Linda Reed\$5	Appliance Specialty	Barb Kansorka\$5	Jones & Sons Plumbing, Inc
	Medicine Shoppe of Dunedin		Natures Resource Pest Control
	Bob's Appliance Repair		Modern Air Conditioning & Appliance
	AMS West Coast, Inc.		Heller's Mobile Home Washing
	Air Masters of Pinellas		Advertiser Referral
Gwendolyn R. Burgess \$5	Bill the Carpet Guy	Dolores Colonita\$5	Advertiser Referral
I the factor of the state of th	alt. A description of a second second second second second	a series and the Andrea with a series of	A la sur la litta a la la sur sur da la sur a life a la la

Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • No
purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers.

Keep relationships healthy over long distances

Ten years ago, some 2.9 percent of all marriages were long-distance relationships. Today that number has grown. Maintaining any kind of relationship takes work; when partners are separated, the effort grows. Keep your relationship steady and solid with these tips:

- Set ground rules. The secret to success in a long-distance relationship is managing expectations. Talk over how you'll handle the separation—who will be responsible for bills, child care, and other household issues. Do this ahead of time so nothing falls through the cracks. Set up a schedule for regular phone calls so you can plan conversations effectively.
- Communicate—but not too much. Regular contact is essential to the health of any marriage, so make a point of getting in touch as often as you need to. Just don't overdo it. If one partner feels crowded or badgered by insistent demands, he or she may back off, making the relationship even more complicated.
- Vary your channels. Don't rely on the telephone alone. Use e-mails and texts to send quick messages without interrupting the other person at work or at an awkward moment. Variety helps strengthen any relationship, so look for different ways to connect.
- Plan positive visits. You'll want to get together with your partner as often as you can. Don't put too much pressure on yourselves to make each visit spectacular, though. Give yourselves time to relax so no one feels personally responsible for the visit's success. You both need some downtime to get used to being with each other again.
- Be flexible. Travel plans can change at a moment's notice. An emergency may delay or interrupt a phone call. Although you're disappointed, do your best to respond positively and patiently when other demands disrupt your planned activities. Getting into a fight over every minor crisis won't keep your relationship strong.



Physical fitness is not only one of the most important keys to a

healthy body, it is the basis of dynamic and creative intellectual activity.

–John F. Kennedy



September Sudoku

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

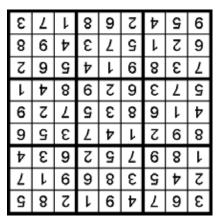
Difficulty level: medium.

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



Back to School!





Difficulty level: medium.

