



OFFICE: 2550 State Road 580 East • Clearwater • FL 33761 • (727) 796-1364

# REGENCY HEIGHTS

• H O T F L A S H •

## January • 2017

Issue 11  
40th Year

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## Regency Heights Club Council Officers

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President.....	Jan Hawkins, #209 .....	799-5339
Vice President .....	Angela Grochowski #473 .....	475-8329
Secretary .....	Sally Keith, #447 .....	574-518-4991
Treasurer .....	Bob Cipolla, #363 .....	774-276-0171
Kitchen Director.....	Diane Swindlehurst, #1203 ..	248-330-1136
Co-Director .....	Susan Henderson, #133 .....	239-0525
Coffee Hour Coordinator .....		
Inside Social Director .....	Lillian Martinez Marchese, #495	474-6827
Co-Director .....	Leah Parker #284... ..	238-8175
Outside Social Director.....	Nancy Quinn, #264 .....	793-0224
Co-Director .....		
Co-Director .....	Marilyn Christian, #269 .....	286-8854
Media Director .....	Sue Maugere, #152.....	669-8940

## Homeowners Association

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President.....	Tammy Friedlander, #230 .....	452-4926
Vice President .....	Carol Feger, #232 .....	475-8962
Secretary .....	Pat Conklin, #310 .....	791-4669
Treasurer .....	Joyce Nichols, #320 .....	953-6925
Director at Large .....	Tom Stevens, #375 .....	945-2573
Director at Large .....	Gail Hasbrouck, #153 .....	726-3069
Director at Large .....	Sue Maugere, #152.....	669-8940

**ALL ARTICLES OR CALENDAR CHANGES MUST BE TO SUE, email address:  
mjmsr630@aol.com, or deliver to Lot 152, ON OR BEFORE THE 5TH OF THE  
MONTH BEFORE YOU WANT IT POSTED.**

## Reminder:

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# Homeowners Association

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## “Happy New Year” from the Homeowners Association to everyone!

We want to thank all who came to our Town Hall Meeting with the Sun Communities Team which was held on Tuesday, November 29th

We are seeking nominations for the following positions for next year:

President – Vice President – Secretary – Treasurer – 1 Director-at-Large

If you are interested, please contact the Nominating Committee, Tom Stevens, #375, 945-2573 or Pat Conklin, #310, 791-4669. Please include a brief synopsis of your qualifications and why you seek the position.



## Outside Social

*Nancy Quinn & Marilyn Christian*

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### Pool Party – January 8 at 2 pm

Please note that our pool party will be on January 8 instead of the first Sunday of January as it is New Years Day.

Please bring a covered dish for everyone to share and don't forget to bring your favorite beverage....

Paper plates, cutlery and napkins will be supplied.

Also, don't forget to bring cash for 50/50.

Looking forward to seeing you there!!!



### Painting with a Twist

Outside Social and Inside Social will be hosting “Painting with a Twist” in our own Regency Heights Clubhouse on January 29 from 1:30pm – 4:30pm.

Come one and all!! A little paint, a little wine, and a whole lot of fun! No art experience necessary, so bring your creative side (or not).....and have a great afternoon with friends. Bring your favorite beverage and we'll provide some snacks. We need a minimum of 15 attendees and the cost for this event is \$35.00. Payment must be paid in advance by January 18. We will all be doing the same painting with great instructors leading the way.

Tickets will be sold at Wednesday Coffee Hour and Monday night Bingo.

Stay tuned for more information on.....

February 5 – Pool Party

February 19 -Dinner Theater

March 5 – Our Famous Pig Roast

Maybe even a trip to the horse races.....



Please check the bulletin board in the clubhouse periodically as we will be posting more information.

## Ice Cream Socials

Lillian Martinez – Inside Social

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**O**n Thursday, Jan. 19th, I will start my Ice Cream Social activity again, after being closed for a few weeks.

Come and enjoy an evening of social gathering with friends from 5:30 – 7:00, following is our Bunco game given by Rose Reid. Don't miss a fun and great night.....

## Pancake Breakfast Sat. Jan. 7th - 8-10 am

Shuffleboard

**P**ancake Breakfast which is sponsored by the Shuffleboard Club, will be Saturday, January 7th, 8-10 am. All the orange juice, pancakes and sausages you can eat for \$4.00 paid at the door.

Please bring your own plates, cups, flatware and extra money for 50/50's.



## Karaoke Night Sat. Jan. 7th - 7:00 pm

Lillian Martinez – Inside Social

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**O**n Saturday, January 7th at 7:00 pm there will be a Karaoke Party, the music by Sunny Dunlap at the Clubhouse. There will be door prizes and also we will have a 50/50 drawing. BYOB and snacks.

Tickets are \$3.00 per person and will be available at Wed. Coffee Hour or you can purchase them at the door.

Come join us for a fun night....For any other info. call Lillian at 474-6827. Hope to see you there!

## “See You in December”

Social/Activities Council

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**A** great evening was had by all, a good chance to meet our new neighbors and welcome back our northern neighbors.

The food and wine punch was plentiful and good.

Thank you to all who made this evening possible.

We are hoping to do this every year so that all our residents will get a chance to “Mix & Mingle.”

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## Media Directors Position for the Activities Council

*Sue Maugere – Media Director*

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The Media Director position will be open starting June of 2017. What you need for this position is a computer. You will get all the information from the other Council members for all of the activities that are going on in the community. You will update the calendar with the activities. Also residents will send you jokes or articles to put in the media. It is something you can learn to do in an hour. It is done monthly and you will receive the deadline dates from the Media. This has to be done every month if we have no one to take it over, we will no longer have a Monthly Media. If you have an interest, please send me an email [mjmsr630@aol.com](mailto:mjmsr630@aol.com) or call me 727-669-8940.

### Pool Party – Sun., Jan. 8th at 2:00 pm

*Outside Social*



Please bring a covered dish for everyone to share and also your favorite beverages. Paper plates, cutlery and napkins will be supplied. Also bring cash for 50/50. Sure will be great to see everyone and share some of our summer adventures!!!

### Italian Dinner – Thursday, Jan. 12th – 5:30 pm

*Diane Swindlehurst & Susan Henderson - Kitchen*



The Italian Dinner menu is Lasagna from Olive Garden, salad and dessert, it will be on Thurs. Jan. 12th at 5:30.

The price per person is \$9.00, tickets are available at Monday Bingo and at Wed. morning Coffee Hour.

Hope to see you all at the first dinner of the new year.

### Dance – Sat., Jan. 21st – 8 - 11 pm

*Archie & Susan Henderson - Dances*

**Saturday, January 21st from 8 – 11 pm the music is by “At Large”.**

Tickets will be available at Wed. morning Coffee Hour or by contacting Archie or Susan, Lot 133, 727-239-0525.



# Golden Agers 50th Wedding Celebration – Feb. 14th, 2017

Club Council

The Regency Heights Social/Activities Club is happy to announce the return of the Golden Agers 50th wedding celebration on February 14, 2017.

We will be celebrating the 50th Anniversaries of two Regency Heights couples: Charlotte & Jerry Greenlee and Nancy & Jim Maguire.

Please join us in the Clubhouse at 7PM on Tuesday, February 14, 2017, and help to celebrate and congratulate our neighbors' loving milestone.



## Shuffleboard

Sally Keith, President

The Sterling Interpark League will begin the 2016-2017 season in late November. The matches will be at 12:00 noon on Monday's. The schedules and locations will be posted on the bulletin board and delivered to all eligible shufflers as soon as that information is available. Tuesday and Friday practices at 1:00 pm will resume immediately, as will the Wednesday in-park league. If you have any questions or if you have never shuffled, but are interested in joining us, PLEASE contact Sally Keith at 574-518-4991, Unit 447.

## Five Card Draw Poker Tournaments

Inside Social

The game is five card draw poker and buy-in is \$10.00. This is a winner take all game with payout determined by the number of players at each table. Minimum payout is \$50.00 per table and there are normally 3 tables of 6 or 7 players per table.

You will receive \$10,000 in chips and will not be able to buy more. Everyone will ante on each deal, if you are unable to cover the ante you are eliminated from the game. Minimum and maximum bets will be posted and will increase as time passes.

You may open on anything. You can NOT check and raise and there is NO limit to the number of raises.

Call Bob Cipolla at 774-276-0171 to find out when the tournaments will be held. They are usually held monthly on the second Saturday of the month. The next tournament is scheduled for Saturday, January 14th at 6:30 PM. Entries must be paid by the Wednesday before the date of the tournament.

Check the Club House board for updates. Come and enjoy a night of cards.





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## Aluminum Can Recycle Program

Shuffleboard

**R**egarding the aluminum can recycle program, bag your cans and leave them at the can-crusher outside the kitchen door at the Clubhouse. No loose cans, please. Thank you for all your participation.

## Keep Those Old Eyeglasses Coming

Lion - Dave Barry #471

**W**OW!! The folks at Regency Heights never cease to amaze me. Over the summer they donated 180 pairs of glasses.

The recipients probably wonder who gave them their new glasses. They are grateful without knowing who you are.

Sincere Thanks, Lion – David Barry, Clearwater Lion Club.

## January Birthdays

1	Angela Wegman	Lot 114	20	Gene Honrath	Lot 155
2	Sally Keith	Lot 447	21	John Zulauf	Lot 377
4	Larry Stewart	Lot 362	21	Angela Growchowski	Lot 473
4	"Flash" Gordon Abel	Lot 433	22	Marilyn Fallon	Lot 352
4	Lisa Ortiz Carde	Lot 145	23	Joe Graves	Lot 290
8	Jem Hockenberry	Lot 270	23	Joyce Wilson	Lot 308
9	George Denty	Lot 440	25	Jim Sterling	Lot 346
11	Anita Reynolds	Lot 148	25	Ray Chabot	Lot 178
13	Don Daigle	Lot 171	28	Rhoda Wright	Lot 333
14	Ned Welshans	Lot 501	29	Tom Hoover	Lot 165
16	Jimmy Eick	Lot 141	29	Carol Pyle	Lot 316
19	Leah Parker	Lot 284	31	Eva Boswell	Lot 481
19	Karen Small	Lot 117			

## January Anniversaries

Jan.	4	Neil & Joan Haeger	Lot 357
	11	Jack & Sharon Van Etten	Lot 168
	16	Chris Stones & Sheila Carrier	Lot 26



## The Lowering of the Flags

Glad to report no deaths.





## Overview Of Regular Events At Regency Heights

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**Bingo:** Monday, 6:00 p.m. Open to visitors and guests. Bring a dauber, but if you don't have one, you can buy one here. Hot dogs, pop, and snacks available. Pat Conklin 791-4669.

**Bocce:** 8:30 a.m. Fridays at the bocce courts, next to the pool. Organized team play, Nov. - March.

**Bowling:** League plays 9:00 a.m. Thursdays Nov. - March at Dunedin Lanes. In summer, May - Sept., there is Color Pin Bowling, 9:00 am on Thursdays at Countryside Lanes, Ansley Cummins, 797-6384.

**Bridge:** Doubles 6:00 pm Wednesdays. All players welcome anytime. Don't need a partner.

**Bunco:** 7 - 8:30 p.m. Thursdays, \$1. It's a simple dice game where points add up for prizes. Run by Rose Reid, 669-8186.

**Cards for All:** 6:00 p.m. Tuesdays and Fridays. Very informal, no leaders. Open to everyone. Poker, Bridge, Pinochle, Dominoes.

**Coffee:** 9:00 a.m., Wednesdays, hosted by RH Club Council. \$2.00 includes coffee, pastries and informal reports of upcoming activities, events and people. Bring a cup. The Wednesday after the first Monday of the month, October - April, is the General Council meeting which includes formal reports from all Committee members.

**Dances:** 8 - 11:00 p.m. Live music, BYOB and snacks. Monthly, November – March. Reservations not required, except New Year's Eve. Guests, visitors welcome. Archie & Susan Henderson.

**Dinners:** 5:30 p.m. the third Thursday of the month unless otherwise stated.. Bring your own plates, flatware and glasses/cups along with your beverage of choice. Clubhouse opens after 12:00 pm to reserve seats. Tickets will be available in advance at Wednesday Coffee and Monday Bingo. Guests are welcome.

**Exercise:** 9:00 a.m. Monday & Tuesday for Walk Away Pounds. All welcome, anytime. Nov. - March. Joyce Green, 812-592-3485.

**Euchre:** 6:00 p.m. Sunday. Fee of \$1.00 All are welcome anytime. Don't need a partner. Finished before 9:00 p.m. Oct. - April. Daryl Swindlehurst, 248-330-1136..

**Golf:** The times vary to meet on Tuesdays at Countryway in winter and summer so they will be announced. Sign-up list at Clubhouse. Can play any week or all weeks. Leader makes up groups of 4. Contact Don & Jean Daigle – Don 978-771-8746 or Jean 508-828-8859.

**Library:** Open daily until 10:00 p.m. in the Clubhouse. Joyce Nichols, 953-6925.

**Line Dancing:** Nov. thru Apr. Fri. 10 a.m. at the Clubhouse, Marilyn Christian 286-8854  
Pancake Breakfasts: First Saturday of the Month. 8 - 10:00 a.m. \$4. No reservations. Bring plate, flatware, cup, etc.

**Prayer and Praise:** 2 PM on Tuesdays in the Library.

**Picnics:** Memorial Day, Labor Day, Fourth of July at the Clubhouse and as announced. Tickets in advance at Wednesday Coffee and Monday Bingo.

**Shuffleboard:** The Stirling League team plays at noon on Mondays, Nov-March. Open shuffle and practice Tuesdays & Fridays at 1 pm. Everyone is welcome to come to the In-House Shuffle League at 1 pm on Wednesdays. President – Sally Keith – 574-518-4991; 1st VP – Jim O' Sullivan -727-408-5072 & 2nd VP Leah Parker – 727-238-8175.

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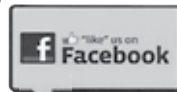
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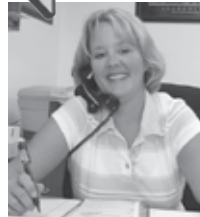
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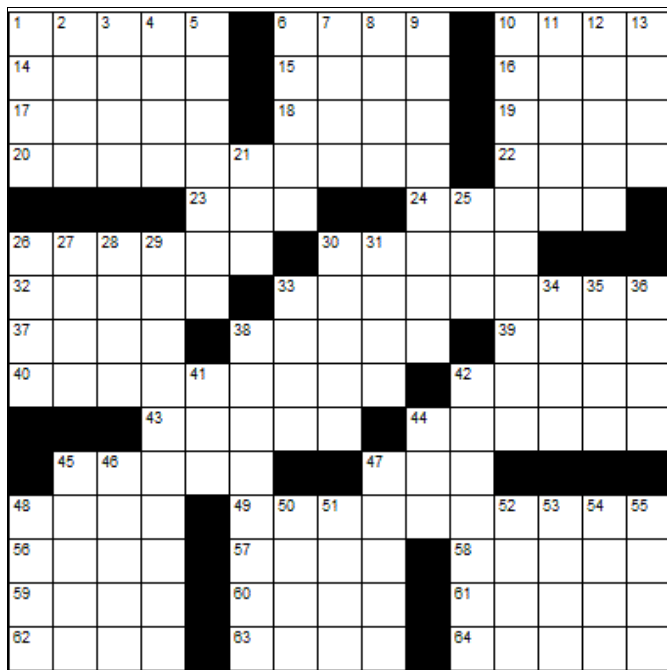
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## ACROSS

1. Nosed (out)
6. Acquire
10. Not this
14. Plaster
15. Beige
16. Cravings
17. Manner of speaking
18. Store
19. Indian music
20. Coherent
22. Affirm
23. G
24. Not outer
26. Stumblebum
30. Unadorned
32. Not silently
33. Car exhausts
37. A noble gas
38. Feudal workers
39. Grotto
40. Exterminate
42. Consumer of food
43. Foolishness
44. Attraction
45. Coast
47. Beer
48. Relating to urine
49. Paltry
56. Rescue
57. Broad valley
58. Something to shoot for
59. Biblical garden
60. Not under
61. Exclamation expressive of regret
62. Fender blemish
63. Lease
64. Yields



## DOWN

1. Sweeping story
2. Carpenter's groove
3. Smile
4. Prima donna
5. Part mortal and part deity
6. "Beau \_\_\_\_"
7. Throb
8. Press
9. Wedding ceremony
10. Despotism
11. Throw with effort
12. Rile
13. Russian emperor
21. Gender
25. Bite
26. Alley
27. Gorse
28. Debatable
29. Lavish
30. Celebration
31. Vitality
33. Blue-green
34. A Maori club
35. Always
36. Arid
38. Magnificence
41. 16 1/2 feet
42. Melancholy
44. Anagram of "Ail"
45. Rank
46. Energize
47. Watchful
48. Utilized
50. Overhang
51. Secluded valley
52. Doing nothing
53. Tiny sphere
54. Shoestring
55. Large North American deer (plural)

# January Crossword



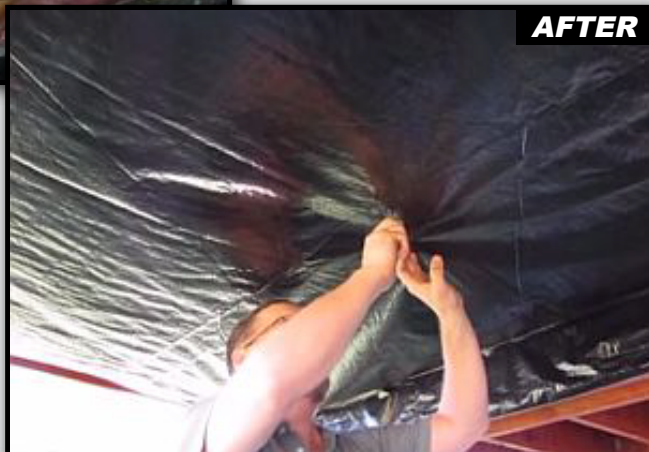
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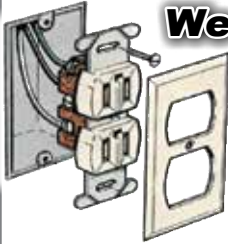
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Sunday	Monday	Tuesday
<p>"HAPPY NEW YEAR" 1</p> <p>New Year's Day</p>	<p>12 P Shuffleboard 2 Bingo 6 P</p>	<p>Exercise 9 A Golf 1:00 P C &amp; Pract 2-3 P B 6:00 P C 6:00 P L</p>
<p>Pool Party 2 P 8 Euchre 5:30 P</p>	<p>Exercise 9 A 9 12 P Shuffleboard Bingo 6 P</p>	<p>Exercise 9 A Golf 1:00 P C &amp; Pract 2-3 P B 6:00 P C 6:00 P L</p>
<p>Euchre 5:30 P 15</p>	<p>Exercise 9 A 16 12 P Shuffleboard Bingo 6 P</p>	<p>Exercise 9 A Golf 1:00 P C &amp; Pract 2-3 P B 6:00 P C 6:00 P L</p>
<p>Euchre 5:30 P 22</p>	<p>Exercise 9 A 23 12 P Shuffleboard Bingo 6 P</p>	<p>Exercise 9 A Golf 1:00 P C &amp; Pract 2-3 P B 6:00 P C 6:00 P L</p>
<p>Euchre 5:30 P 29</p>	<p>Exercise 9 A 30 12 P Shuffleboard Bingo 6 P</p>	<p>Exercise 9 A Golf 1:00 P C &amp; Pract 2-3 P B 6:00 P C 6:00 P L</p>



# Regency Heights

Tuesday	Wednesday	Thursday	Friday	Saturday
3 e 9 A Open Shuffle ice ble Study Cards for All ladies Poker	4 9:00 A Coffee/Rolls 6:00 P Cards	5 9 A Bowling – Dune- din Lanes	6 Line Dancing 10 am 1:00 P Open Shuffle & Practice 6:00 P Cards for All	7 Pancake Breakfast 8-10 AM Karaoke Night 7 P
10 e 9 A Open Shuffle ice ble Study Cards for All ladies Poker	11 9:00 A Coffee/Rolls 6:00 P Cards	12 9 A Bowling – Dune- din Lanes Italian Dinner 5:30 P	13 Line Dancing 10 am 1:00 P Open Shuffle & Practice 6:00 P Cards for All	14 Five Card Draw Tournament 6:30 P
17 e 9 A Open Shuffle ice ble Study Cards for All ladies Poker	18 9:00 A Coffee/Rolls 6:00 P Cards	19 9 A Bowling – Dune- din Lanes Ice Cream Social 5:30-7 P 7:00 P Bunco	20 Line Dancing 10 am 1:00 P Open Shuffle & Practice 6:00 P Cards for All	21 DANCE 8-11 P
24 e 9 A Open Shuffle ice ble Study Cards for All ladies Poker	25 9:00 A Coffee/Rolls 6:00 P Cards	26 9 A Bowling – Dune- din Lanes Ice Cream Social 5:30-7 7:00 P Bunco	27 Line Dancing 10 am 1:00 P Open Shuffle & Practice 6:00 P Cards for All	28
31 e 9 A Open Shuffle ice ble Study Cards for All ladies Poker				FEBRUARY 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

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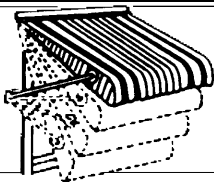
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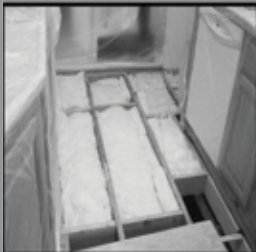
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## The five-second rule may not be so safe after all

**W**e've all heard of the five-second rule: If a piece of food drops on the floor, it's safe to eat if you grab it in five seconds or less. That may not be true, though, according to an article on the Medical News Today website.

Researchers at Rutgers University decided to test the rule. They used four types of surfaces: stainless steel, ceramic tile, wood, and carpet. They also choose four kinds of food: watermelon, bread, bread with butter, and gummy candy. Finally, they tested four different contact times: less than a second, five seconds, 30 seconds, and 300 seconds.

They cultivated bacteria similar to salmonella and spread it on the different surfaces, allowed it to dry, then dropped each food on each surface for each designated time period. The results: The bacteria was able to contaminate the food almost instantly in every case, although with different degrees of contamination. Watermelon soaked up the most bacteria because of its moisture; the gummy treats were affected the least due to their hard surface. Nonetheless, the scientists are confident that their findings disprove the five-second rule. So you're probably safer throwing out any food on the floor.

.....  
: A fit, healthy body—that is the best fashion statement.  
:  
: —*Jess C. Scott*  
: .....

## Plutonian moon's red spot explained

**J**upiter is famous for its great red spot, but it's not the only red patch in the solar system. Charon, a moon of Pluto, also sports a reddish blotch near its north polar region, and scientists now know what causes it, according to the Sci-News website.

The spot, nicknamed Mordor Macula, covers an area the size of New Mexico, and is made of methane that comes from Pluto. Once the methane escapes Pluto's atmosphere, it falls to the surface of Charon's north pole and then freezes (winter temperatures in Charon's polar region can drop as low as negative 430 Fahrenheit). UV light from the sun turns the methane into heavier hydrocarbons that eventually become reddish organic materials known as tholins.

Data came from the New Horizons space probe. One of the project's scientists characterized the discovery as the realization that Pluto is a cosmic graffiti artist, spray-painting its nearest neighbor red.



## Marriage in trouble? Watch for these signs

Just because you're not having fights with your spouse doesn't mean everything is fine in your marriage. It could be in trouble without you and your partner realizing it. Watch for these signs that you need to get back on track:

- **Your partner isn't first on your list.** When you've got big news, whom do you tell first? If it's not your spouse, you may be disconnecting from him or her. Communicating about what's important to both of you is vital in an honest, healthy relationship.
- **You're focused on yourself.** Strong marriages rest on mutual goals. If you forget your partner's needs while making your own plans, he or she may begin to do the same. Although you each may want some personal time, carve out time to spend with each other—talking, taking a walk, watching a movie, or something else you both enjoy.
- **You compare your spouse to others.** Try to avoid thoughts like, "I wish Lynda was more like Diane," or "Why doesn't he bring me flowers like Paula's husband?" Comparisons lead to dissatisfaction and resentment. Be open about what you want so your partner has a chance to fulfill your needs.
- **You lead separate lives.** You may not be fighting, but you're also not doing much together. Do you watch separate TV shows, go to bed at different times, eat meals without the other person? Make more of an effort to get in sync so you don't find yourself living alone without actually moving out.



## Quick hits

Want to liven up the conversation at your next party? Try some of these one-liners:

- "I've been diagnosed with a certain type of brain disorder where I deny the existence of certain 1980s rock bands. There is no Cure."
- "My wife probably tells me I never listen to her."
- "And the award for best neckwear goes to ... well, look at that. It was a tie."
- "No matter how nice your son or daughter is, German children are kinder."
- "Thank you for my student loans. I don't think I can ever repay you."



# January Sudoku

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



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



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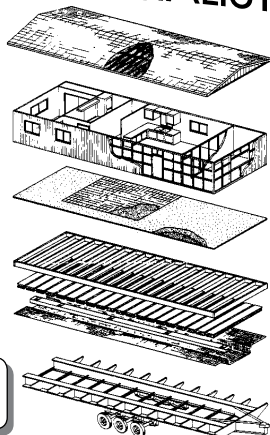
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## Pew-pew-pew! Gaming racks up high scores—and sales

Americans love their games, especially the electronic variety. The Entertainment Software Association surveyed more than 4,000 U.S. households on their gaming habits. If you've ever spent 12 hours slaughtering virtual zombies, these findings might be of interest:

Sixty-three percent of U.S. households in the survey have at least one frequent gamer. Forty-seven percent of gamers are between 18 and 49 years old. The average male gamer? He's 35 years old; the average female gamer is 44. The typical frequent game purchaser is 38; 60 percent of them are men.

They're spending a lot, too. Gamers spent \$23.5 billion on gaming in 2015, \$16.5 billion on gaming content alone.

## We're living longer (at least some of us are)

Life expectancy has increased by five years since the year 2000, according to the World Health Organization, but like many things, it's not evenly distributed. Here's a look at the average life expectancy at birth in the top and bottom five nations:

Highest		Lowest	
• Japan	83.7	• Cote d'Ivoire	53.3
• Switzerland	83.4	• Chad	53.1
• Singapore	83.1	• Cent. African Republic	52.5
• Australia	82.8	• Angola	52.4
• Spain	82.8	• Sierra Leone	50.1

Women in Japan can expect to live the longest—86.8 years. For men, the highest life expectancy is in Switzerland, where the average male lives to 81.3 years.

.....

With me, everything turns into mathematics.  
—René Descartes

Ninety-nine percent of all statistics only tell 49 percent of the story.  
—Ron DeLegge II

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

## Monthly

---

**National Bath Safety Awareness Month.** In the United States, an average of 370 people across all age groups suffer bathtub or shower-related injuries every day. Slips, falls, and hot-water burns are the prime causes of accidents in the bath and the second leading cause of accidental death and disability. Remember: Bath safety is an integral part of general home safety.

**National Blood Donor Month.** Some give blood because they've been asked to. Some know a family member or a friend who might need blood someday. Some simply believe it's the right thing to do. Whatever your reason, the need is constant and your donation is important to maintaining a healthy and reliable blood supply.

**National Stalking Awareness Month.** The National Center for Victims of Crime launched National Stalking Awareness Month (NSAM) in January 2004 to increase the public's understanding of the crime of stalking. The National Stalking Awareness Month website ([www.stalkingawarenessmonth.org](http://www.stalkingawarenessmonth.org)), launched in January 2009, provides a wealth of information about this crime and about the nationwide observance.

**National Train Your Dog Month.** The Association of Professional Dog Trainers began the National Train Your Dog Month campaign in 2010 to raise awareness of the importance of socialization and training, to inform the public that training your dog can be easy and fun, and to help new pet parents start off the year right with their newest family member.



## Weekly

---

**Diet Resolution Week, Jan. 1-7.** This week is about focusing and altering the types of food you consume rather than just reducing the amount. Try eating at least one piece of produce every day (fruit or vegetable), eating fish at least once a month (once a week would be better), and drinking at least two glasses of water a day.

**National Sugar Awareness Week, Jan. 16-20.** Can you go five days without sugar? Take the challenge to find out how difficult finding foods that do not contain some form of sugar can be, as well as how this substance can affect your body, mind, emotions, and life.

**No Name-Calling Week, Jan 16-20.** No Name-Calling Week was inspired by the popular young adult novel *The Misfits*, by James Howe. The No Name-Calling Week Coalition was created by GLSEN and Simon & Schuster Children's publishing and has been adopted by schools around the U.S., growing into one of the largest bullying-prevention initiatives in the country.

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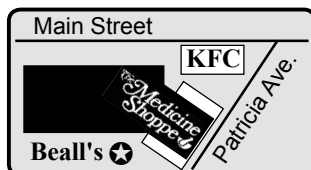
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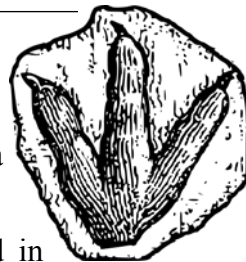
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## Oldest fossils may have evolved during hellish times

The world's oldest fossils have been discovered in Greenland, according to The New York Times. The fossils, known as stromalites (mounds that have built up over time around single-celled microbes called cyanobacteria) were found in an outcrop of rock called the Isua supracrustal belt on the southwest coast of Greenland.



The stromalites are 220 million years older than stromalites found in western Australia, previously thought to be the world's oldest fossils at 3.48 billion years old. If they're confirmed as evidence of ancient microbial life, the fossils will push back the estimated date of the formation of life on Earth to about four billion years ago, during a period when the planet was bombarded by meteors that turned oceans into steam and the surface into lava—a time dubbed the Hadean stage of Earth's history.

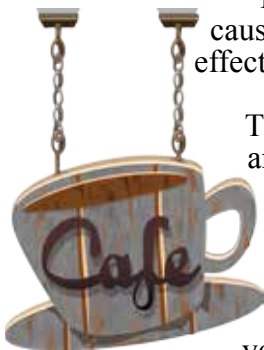
## Genes may control your coffee intake

The amount of coffee you drink may be based on your genetic makeup. A study by an international team of researchers, written up in the journal Scientific Reports, identified a gene that regulates the expression of other genes connected to caffeine metabolism.

The gene, PDSS2, hampers cells' ability to break caffeine down, which causes it to remain in the body longer. Thus, people with the gene will feel the effects of caffeine longer, reducing their desire for more.

The scientists examined genetic data from two groups of people in Italy, and they asked participants to record how many cups of coffee they drank each day. People with a variation in their PDSS2 gene tended to drink less coffee than those without the variant. The study was replicated in a similar study carried out in the Netherlands.

So if someone ever tells you that you're drinking too much coffee, you can blame it on your genes.



There is no adequate defense, except stupidity, against the impact of a new idea.  
—Percy Williams Bridgman

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### EVENTS & PROGRAMS

**RUMMAGE AND BAKE SALE** at Golden Crest MHP 800 Main Street, Dunedin on January 14, 9 - 1. Glassware, Jewelry, Clothes, Raffles and much more.

Sat. Jan. 28th, 9am to 1pm, **WHITE ELEPHANT SALE**. Ranch Mobile at Clubhouse, Lake Rd. (between 142nd & 150th Ave. N. Zip 33764)

**COMMUNITY SALE** - Sat. Jan. 28, 2017 - 8AM - 1PM. Paradise Island section of Lake Haven MHP, Main St. (SR580) & Lake Haven Rd. (W of Keene/CR1), Dunedin. Housewares, Linens, Clothes, Small Appliances, Jewelry, Furniture, Baked Goods, Raffle Baskets, and Lunch.

Sat. Feb. 25, 8-12 noon, Flea Market, Colonial Village, 2000 East Bay Dr., Largo

Sat., Jan. 21, 8:00 am - 1:00 pm. **ANNUAL RUMMAGE AND BAKE SALE**, Boca Ciega MHP, 11200 Walsingham Road, Largo. Breakfast/Lunch Served.

**TRASH TO TREASURE SALE:** Serendipity Mobile Home Park, Saturday February 18th, 8am-1pm at 29081 Hwy 19N. Bedding, Dishes, Furniture, Appliances, Tools, Sporting Goods, Home Baked Goods, Basket Raffles, Coffee & Donuts on the Deck, Lunch Available. Something for everyone. **COME JOIN US!**

Annual Community Rummage/Bake Sale. Saturday January 14th 8am-1pm. Glenwood Estates 12501 Ulmerton Rd Largo. (Near Indian Rocks Baptist Church)

**ANNUAL BAZAAR:** Pointe West ROC, 12651 Seminole Blvd., Largo. Saturday, January 14. 8:30 AM - 1 PM. **EARLY BIRD** Inside Admission \$1.00 @ 8:00. Arts & Crafts, Furniture, Kitchen Items, Linens, Clothing, Jewelry. Baked Goods and Chinese Raffles. Breakfast and Lunch Served. **RAIN DATE:** Saturday, January 21 - Same time.

"The King's Brass" January 19th at Christ Presbyterian Church, Largo, Tickets on sale @ [www.largocpc.com](http://www.largocpc.com) or call 727-584-8596 for reservations.

Sunset Palms Mobile Park Community-wide yard sale and food. Saturday January 28th 9a.m. 3401 Gandy Boulevard Pinellas Park.

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## FEBRUARY AD DEADLINE - JANUARY 10, 2016

• **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.**

Maria Feodorovna, the wife of Tsar Alexander III of Russia, was known for her charitable works. According to one story, she once saved a condemned man from exile in Siberia by moving a single comma in the warrant signed by her husband.

There is no greater agony than bearing an untold story inside you.  
—*Maya Angelou*

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**THOUSANDS** manufactured home residents have won over **\$135,000** 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 mail your paid receipt 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 of check). **This month's cash winners are:**

John Gilliland..... \$100 .....	Heller's Mobile Home Washing	Shirley Snayberger..... \$5 .....	Royal Enterprises
Argelyn Strote..... \$10 .....	Master Plumbers & Septic Inc	Helen Cress..... \$5 .....	Sunset Appliance Service
Donald Swindle..... \$10 .....	Battleline Pest Control, Inc.	Roger Ouandt..... \$5 .....	O.E. Wilson Insurance
Barbara Burnard..... \$10 .....	Jones & Sons Plumbing, Inc.	William Schwab..... \$5 .....	Sunset Appliance Service
Beverly Redman..... \$10 .....	Dunedin Electric, Inc.	Steve Fisher..... \$5 .....	Carmen's Gift Shop
Joella Beck..... \$10 .....	Bob's Appliance Repair	Jane Hedrick..... \$5 .....	Air Master's of Pinellas, Inc.
James Garner..... \$10 .....	Royal Enterprises	Mary Ann Green..... \$5 .....	Boss Electric Corp.
Marilyn Jahoda..... \$10 .....	Air Masters of Pinellas	Susan Halloran..... \$5 .....	Buggin Out Pest Control, Inc.
Robert Kirkham..... \$10 .....	Imperial Electric	Phil Thoms..... \$5 .....	Modern AC & Appliance Service
Ronald Wallace..... \$10 .....	Recreational Gulf Carts. LLC	Joann McMunigle..... \$5 .....	E & E Gliddon Air Conditioning, Inc.
Gary McRae..... \$10 .....	Boss Electric Corp.	Lorraine Richards..... \$5 .....	Royal Enterprises
Lloyd Wilson..... \$10 .....	Sunset Appliance Service	David Hartsell..... \$5 .....	Appliance Specialty, Inc.
Bill McNeil..... \$10 .....	Heller's Mobile Home Washing	Ronald Moran..... \$5 .....	Jones and Sons Plumbing, Inc
Donald Wysokowski... \$10 .....	Community Roofing of Florida, Inc.	Mary Wuest..... \$5 .....	Ron Wyngarden Mobile Home Washing
Louis Oswalt..... \$5 .....	E & E Gliddon Air Conditioning, Inc.	Nancy Ellis..... \$5 .....	A Happy Cleaning Service
Joseph Grazioso..... \$5 .....	Jones & Son's Plumbing	Jim Tracey..... \$5 .....	Jones and Sons Plumbing, Inc
Ronald McCarrie..... \$5 .....	Heller's Mobile Home Washing	David Wheeler..... \$5 .....	Dunedin Electric, Inc.
Ruth Walpole..... \$5 .....	Doll Brothers Carpet Cleaners	Ann Doutt..... \$5 .....	Heller's Mobile Home Washing
Sharon Alleo..... \$5 .....	Imperial Electric	Judith Ferguson..... \$5 .....	Air Masters of Pinellas
Kathleen Matthews..... \$5 .....	The Plumbing Patrol, Inc.	Ian Taylor..... \$5 .....	Bill The Carpet Guy
Joan Glassmeyer..... \$5 .....	Battleline Termite & Pest Control, Inc.	Robert MacLachan..... \$5 .....	Boss Electric Corp.
Rudi Rinas..... \$5 .....	Air Masters of Pinellas	Sue Hyldahl..... \$5 .....	Battleline Termite & Pest Control, Inc.
Anne Marshlow..... \$5 .....	Ron Wyngarden MH Washing	Bernice Hiron..... \$5 .....	O.E. Wilson Insurance
Diana Bowhall..... \$5 .....	Debbie's Salon	Carol McGraw..... \$5 .....	Bob's Appliance Repair

• 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.

## Committees and Contacts

Bingo .....	Pat Conklin .....	791-4669
.....	Dollie Hoover .....	797-7240
Bocce Ball .....		
Bowling .....	Ansley Cummins .....	797-6384
Bunco .....	Rose Reid .....	669-8186
Bridge (Regular) .....		
Bridge (Doubles) .....		
Coffee Hour Coordinator .....		
Dances .....	Archie & Susan Henderson, #133 .....	239-0525
Decorations .....	Gord Harrison .....	799-1286
Euchre .....	Daryl Swindlehurst .....	248-330-1136
Exercise .....	Joyce Green .....	812-592-3485
Food Concessions (Bingo, .....	Joyce Nichols .....	953-6925
Picnics, etc.) .....		
Friendly Concern .....		
Golf .....	Don Daigle .....	978-771-8746
.....	Jean Daigle .....	508-828-8859
Golden Agers .....		
Helping Hand .....		
Inside Social Director .....	Lillian Martinez Marchese .....	474-6827
Co-Director .....	Leah Parker #284 .....	238-8175
Kitchen Director .....	Diane Swindlehurst, #1203 .....	248-330-1136
Co-Director .....	Susan Henderson, #133 .....	239-0525
Librarian .....	Joyce Nichols .....	953-6925
Line Dancing .....	Marilyn Christian .....	286-8854
Newsletter .....	Sue Maugere .....	669-8940
Obituaries .....	RH Office .....	796-1364
Outside Social Director .....	Nancy Quinn .....	793-0224
Outside Social Co-Director .....	Marilyn Christian, #269 .....	286-8854
Pianist .....		
Regionaires .....	George "Middy" Middlebrook	
Shuffleboard .....	President – Sally Keith .....	574-518-4991
.....	1st VP – Jim O'Sullivan .....	408-5072
.....	2nd VP – Leah Parker .....	238-8175
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