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RIVIERA ESTATES

• REVIEW •

June • 2017

**Issue 4
41st Year**



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Monthly Media May 2017

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Editor - Larry Dunnett #171 Co - editor Terri Walls #89

Riviera Estates Personnel - 2017

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Karen Merzendorf, VP.....727-729-2388
Marion Kelly, Sec727-238-8690
Alan Hennigar, Treas727-286-7390
Julia Cardinalli, Director.....727-735-8577

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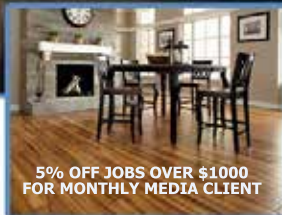
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Hello Riviera Estates,

I got to thinking (really) about things we can do to improve our quality of life that don't require a lot of physical effort. After a little research I discovered the one muscle we hardly ever exercise correctly is our brain thus this article which is on "Mindfulness".

Exercising our brain can improve the quality of life for our residents, myself included. There are several benefits from doing very simple things in the area of Being Mindful that we can achieve without a lot of effort, well, a lot of physical effort. First I need to define what Mindfulness for the purse of and in the context of this article.

Mindfulness is the act of focusing on something clearly enough (or intensely enough) to observe its true character to the best of your ability. One of the curious things pointed out to those of us in front of a computer[LD1] for a couple of hours each day is that 98% of us do not know what all the keys are for on the keyboard. This is normally mentioned in reference to being aware of your environment.

Now being aware and being mindful are not the same thing. We can be aware of something without intentionally focusing on it. Someone entered the room, the air conditioner kick in, and so on. We are aware but only in the vaguest way. Who entered the room, what is the air conditioner temperature set at? That is the normal level of being aware.

Mindfulness is more focused, has more of a purpose in the "taking in" of information. If we were mindful of the person entering the room we would focus on all aspects of the event. That doesn't mean that we have to move or turn around to look at them because, if we are mindful, we can tell a lot about the event just by listening. Is that person walking fast or slow? Is that person someone you know or not, a new sound to the footsteps, a different smell, a different breathing sound, all things we ascertain if we are mindful. If we are not all we know is that someone entered the room. That is an example of how being mindful works but not what we are going to be doing. Oh yeah, you are actually going to have to DO something to experience the benefits I referred to in the beginning.

Practicing "being mindful" has been shown to reduce stress, lessen pain, improve mental clarity, and improve memory in some instances. Another benefit is that during the practicing of it the mind is not focusing on negative thoughts, well not if you are truly trying to "be mindful".

Some will say mindfulness is just meditating but it is different. Most methods of meditating want you to clear your mind and only observe your thoughts. That is something I have little

...continued on page 6



success at but I do have success at being mindful.

We can start being mindful by doing simple things such as feeling the texture of the pages and cover of a book you are reading. How many pages does it have, what do you actually know about the author, when was it first published, even the feelings you may have about books?

Another simple one is when we sit down to eat. I always have this vision of Gomer Pyle saying “chew your food 28 times before you swallow, cause that’s what my Momma said to do.” and thinking that’s too much work just to get something in my stomach. As it turns out that actually aids in the digesting of your food according to the Doctors and Nutritionists. Observe the texture of the food, the taste and what spices were used to prepare it. Feel the sensations in your mouth, even the sensation of it entering your mouth, and what it feels like leaving the utensil to place it in your mouth. How does it feel in your stomach? When do you feel you are full? What are the different colors and shapes of the food? All these thing require a different level of focus that what we normally do.

Another is to observe your mate or partner using the mindful method (similar to what I described about reading a book) and I’ll bet your relationship will improve. Now when I say observe your mate or partner that doesn’t mean focusing on their faults only... simply observe for the purpose of knowing that person better without judging. None of us are perfect, although I have an ex-sister-in-law that would argue that point.

Most of us that cook practice mindfulness while we are cooking, I know I have to intentionally focus on that process because when I don’t the smoke alarm goes off.

Practicing mindfulness is not a chore, not to be thought of as something you have to do but rather something we want to do. I think you’ll be pleasantly surprised at the results of practicing mindfulness.

One other benefit of mindfulness is that it keeps us here in the present and not dwelling on the past or an unknown future. That’s a good thing because the past is gone and the future is out of sight... so let’s keep dancing... LOL.

Until the next time,
Love, Laugh, and Live.
Larry D’



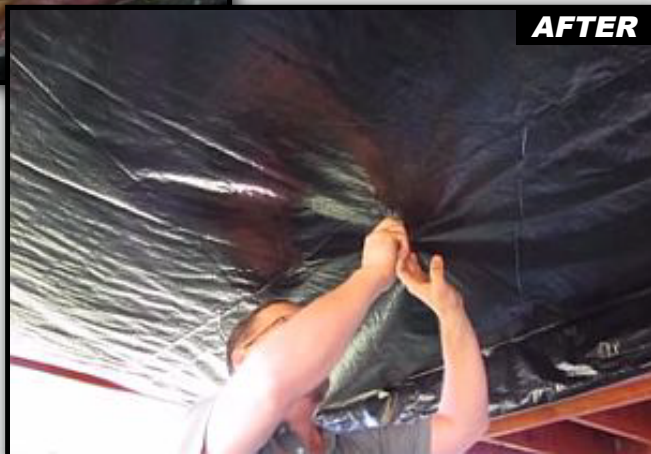
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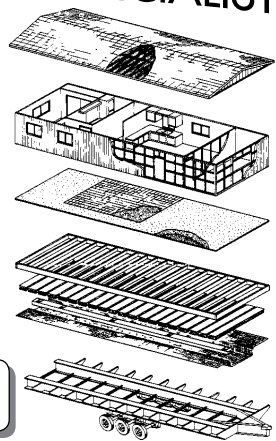
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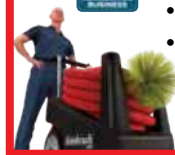
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ACTIVITIES AND REMINDERS

Activities and Department Reports

GoodNeighbors Club President is Steve Walaski



Koffee Klatch: Held every Saturday morning at 9:00 AM SHARP. Coffee and doughnuts, hot biscuits and peanut butter and jellies, cost \$1.00. All events and activities will be discussed and sign-up sheets will be on bulletin board and tickets for events can be purchased, etc. We celebrate anniversaries, birthdays and mail from prior residents etc. Come down, be informed and enjoy those doughnuts.

Golf: Golf is held every Wednesday morning, and is run by Ed Mitchell. Let him know if you are planning on attending by 10:30 on Wednesday morning for an 11:00 tee time. 727-953-6524



Poker: Poker is usually held on Thursdays at the clubhouse at 6:30 p.m. Albert Dominie is in charge of Poker. They will be playing Texas Hold Em and Omaha only. All are welcome.

Tai Chi: Over for the season.

Line Dancing: 1:00-2:00 in afternoon. \$2.00 donation. Every Thursday from 1:00-2:00 except on Ladies and Mens Luncheon Day, then is 3:00-4:00 on that day. Please come and enjoy line dancing. April 27th will be the last class for the Summer.

"RELIC"-(Riviera Estates Lotto International Club) by Frank Rigiero.
The Lotto Club is over for the season.

Good Neighbors Club:

Email the Good Neighbors executive board with questions, suggestions, etc at gnclubre@gmail.com. We also have a new website, where event calendar is posted and pictures etc. It is www.rivieraestates-goodneighbors.com. Please check it out. Larry Dunnett is the webmaster. You can email him at larryezvideos@gmail.com

Shuffleboard Club:

The Shuffleboard Club Season has ended.

Continued on page 10



Ladies Luncheon:

Ladies Luncheon: Ro Moll is in charge of this event, and there are sign-up sheets in the clubhouse on the bulletin boards. It is held at noon on the third Thursday of the month.

Men's Luncheon: While the ladies are out, the guys go out together at the same time. Their luncheon is also the 3rd Thursday of each month, at noon, and they go to different restaurants also. Sign-up sheets are on the clubhouse bulletin board. Wayne Fellows is in charge of this.

I hope everyone has an enjoyable and healthy safe summer. Thanks.

No other reports or activities submitted.

June Sudoku

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



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

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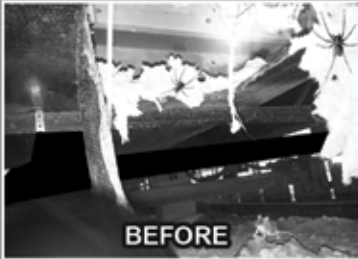
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National Dairy Month. Start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products such as milk contain essential nutrients that can help you manage your weight and reduce your risk for high blood pressure, osteoporosis, and other health problems.

National Zoo and Aquarium Month. June is an excellent time to explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, activities, and sounds so real you'll think you're there.

PTSD Awareness Month. The purpose of PTSD Awareness Month is to raise public awareness of PTSD and effective treatments and help all those affected by PTSD. Mental health experts aren't sure why some people develop PTSD and others don't, but if stress reactions don't improve over time and disrupt everyday life, seeking help to determine whether PTSD is present is important.

National Automotive Service Professionals Week, June 11-17. A weeklong celebration to honor the commitment and dedication of the automotive, truck, collision specialists and parts specialists who keep our vehicles running safely.

Men's Health Week, June 12-18. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, members of the news media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



National Nursing Assistant Week, June 15-22. Nursing assistants work in hospitals and nursing homes performing everyday living tasks for the elderly, chronically ill, or rehabilitation patients who cannot care for themselves. This week is set aside to recognize the nursing assistants who dedicate their lives to the well-being of others.

Global Day of Parents, June 1. The Global Day of Parents was proclaimed by the UN General Assembly in 2012 to honor parents throughout the world in appreciation of their selfless commitment to children.

Flag Day, June 14. Fly Old Glory with pride!

Father's Day, June 18. A day to honor fathers everywhere.





What do the instructions say? Creativity expert

Yoram Solomon often conducts workshops that teach people to approach problems with an open mind. In one exercise (recounted on the Inc. magazine website), he asks participants to build a structure out of a sheet of paper. Some cut the paper into smaller pieces, although his instructions don't specifically say they can.

Once everyone is finished, Solomon asks, "Did the instructions allow you to cut the paper?" Most believe they've done something wrong. But one person usually pipes up with, "You didn't say we couldn't, either."



"To be creative," Solomon points out, "don't assume restrictions that don't really exist."

Beware these creativity myths

Creativity can seem magical and mysterious, but you shouldn't make assumptions that can hold your imagination back. Watch out for these misconceptions that can impede your efforts to find innovative ideas and solutions:

- The "eureka" moment. Many people believe that creativity is a sudden flash of insight. More often it's the result of research and persistence, immersing yourself in a subject, and then building on what you learn.
- Inborn creativity. You aren't necessarily born with the ability—or inability—to think creatively. You can learn the knack by asking questions, looking at things in new ways, and challenging the status quo.
- Uniqueness. Good ideas don't always spring from something new. Often the best ideas and solutions come from combining separate elements in different ways.
- Lone wolves. The stereotype of the genius working alone in an office or laboratory is misleading at best. Although some mavericks do produce good ideas totally on their own, many of the best ideas and solutions are the result of collaboration by smart, motivated people.
- Brainstorming. Brainstorming sessions can produce results if they're focused on a specific issue. If it's just a free-form session of throwing ideas around, chances are you won't generate practical solutions. Keep the discussion centered on the problem you're trying to solve.
- No limits. Creativity may seem to thrive on the concept of thinking beyond boundaries. In reality, constraints can force your thinking in the right direction. Try setting some limits to what you want to create—size, budget, deadlines—and see how that helps focus your imagination.

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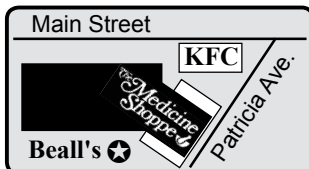
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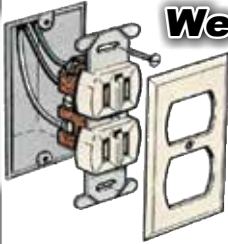
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11	12	
18	19	
Father's Day		
25	26	

Riviera

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>h the</p> <p>tin Board</p> <p>her</p> <p>ities.</p>		1	2	3 Koffee Klatch 9:00 AM
6	7	8	9	10 Koffee Klatch 9:00 AM
13	14	15	16	17 Koffee Klatch 9:00 AM
	Flag Day			
20	21	22	23	24 Koffee Klatch 9:00 AM
27	28	29	30	<p>JULY 2017</p> <p>S M T W T F S</p> <p>1</p> <p>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>

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Flying in the face of disaster

In the 1980s and early '90s, Continental Airlines was a disaster. The organization had gone bankrupt twice and was on its way to a third (and final) catastrophe. It had gone through 10 presidents in 10 years, and employees mistrusted management.

Then in 1994 Gordon Bethune stepped in. Instead of running around willy-nilly trying to stamp out the various raging fires, Bethune took a step back to return to the basics. He identified Continental's key goals so that employees' efforts would be concentrated on them rather than diffused by the disaster of the moment. One of his areas of focus was creating a corporate culture. Without the commitment of the employees, the other goals would be impossible.

Drawing on the organization's history of excellence in service, he rallied the workforce. Bethune discovered that the employees weren't bad—they just worked in a dysfunctional organization. So they were quick to get behind his new leadership.

Senior management was a different story. Bethune knew he had to make wholesale changes, and that meant getting rid of the bureaucracy. In a couple of months, Bethune and his top executives replaced 50 of the company's 61 officers with 20 top-notch people.

The changes were dramatic. In one year's time, Continental went from being ranked the worst in customer satisfaction among major airlines to first.



The birth of 'excellence'

Tom Peters didn't exactly give birth to excellence, but he did establish the idea that companies can achieve excellence under the inspiration of a management guru—like himself.

It all began in the spring of 1978. John Larson of McKinsey's San Francisco office was set to give a presentation to a client. But his computer crashed and took with it his notes. He turned to another consultant, Tom Peters, to throw together a presentation that would satisfy the client.

Peters had just returned from traveling the world to compile research on best practices in business. Up until then, his research had been collecting dust after he had presented it to the McKinsey powers that be. With an opportunity to present his findings again, Peters gathered his data. In search of a sexy title to give his presentation, Peters came up with "Excellence." It was a hit.

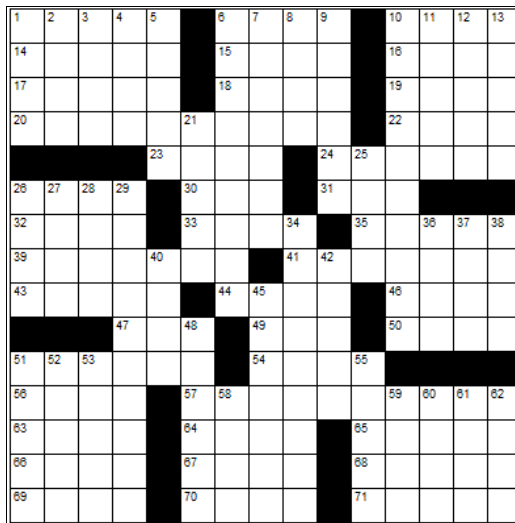
Eventually, Peters edited the material into a manuscript. Continuing with the idea of excellence, he titled the book *The Secrets of Excellence*. But the title didn't fly with the McKinsey folks, who feared that clients would think the company was selling the secrets of client operations. In 1982, Peters and co-author Robert Waterman renamed it the more politically astute *In Search of Excellence*. And thus was excellence born.



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1. Snippy
6. A ceremonial staff
10. Part of an ear
14. Heart artery
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16. An aromatic ointment
17. "Received and understood"
18. Unit of land
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20. New wife of your father
22. Overhang
23. Dull pain
24. Earn
26. Cease
30. Skirt's edge
31. A type of evergreen tree
32. Assistant
33. Beams
35. Thorny flowers



43. Feel
44. Unwanted email
46. Alley
47. Website address
49. Consumed food
50. Sketched
51. Yellow fruit
54. Cans
56. Auspices
57. Feelings of anxiety
63. Hubs
64. Effrontery
65. Audio communications
66. Chocolate cookie
67. Small mountain
68. What's happening
69. Alert
70. Kill
71. Dispatches

DOWN

- | | | |
|---|--------------------------|-------------------------------|
| 1. Taverns | 13. More peculiar | 42. Portents |
| 2. Part of a plant | 21. Fall color | 45. Kneecap |
| 3. Desire | 25. Relating to aircraft | 48. Chuckles |
| 4. Stair | 26. Back talk | 51. Under |
| 5. Fate | 27. Kid | 52. Ancient Greek marketplace |
| 6. Fools | 28. Norse god | 53. More pleasant |
| 7. A pseudoscience | 29. Exhortation | 55. Fathers |
| 8. Concern | 34. With regard to space | 58. Found on a finger |
| 9. Power | 36. Char | 59. Central area of a church |
| 10. Hades | 37. Feudal worker | 60. Biblical garden |
| 11. A family of American Indian languages | 38. Goulash | 61. A region of SE Pakistan |
| 12. Diacritical mark | 40. Small slender gull | 62. Drunkards |



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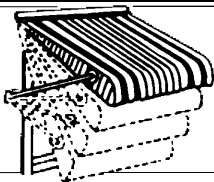
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Try ginger for its health benefits

Looking to get over a cold a little more quickly, or ease muscle soreness? A little ginger may help. Check out this list of ginger's healthy benefits from the Huffington Post website:

- **The common cold.** Some research suggests that ginger helps your body sweat out a cold, as well as producing a germ-fighting agent called dermicidin, which can protect you from bacteria and fungi.



- **Muscle aches.** One study by the American Pain Society found that taking two grams of ginger for 11 days can significantly reduce aches and muscle soreness caused by exercise. That's because ginger contains anti-inflammatory compounds known as gingerols, which prevent the transmission of pain from inflammation. Try adding a few slices of ginger every time you drink a glass of water.

Watch out for 'masked' hypertension

Being diagnosed with high blood pressure may be scary, but thinking your blood pressure is normal when it's not? Scarier still.



The Live Science website reports that almost one in eight Americans who believe their blood pressure is just fine may really have a masked form of hypertension that doesn't show up when they visit their doctors. Instead their blood pressure is elevated during their daily activities, so they may be at increased risk of heart disease without realizing it.

To diagnose masked hypertension, researchers suggest wearing 12-hour blood pressure monitors that take readings through the day.

The flip side of this phenomenon is so-called "white-coat hypertension," in which patients' blood pressure increases at the doctor's office (possibly from nervousness?) but is normal the rest of the time. Unlike masked hypertension, these people don't appear to be at a higher risk of heart disease.

Cleaner air = longer life

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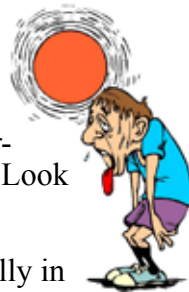
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Stay safe when working in the heat

When heat and humidity combine to reduce the amount of evaporation of sweat from the body, outdoor work can become dangerous even for those in good shape. The key rules for coping with heat are to drink plenty of water to avoid dehydration and slow down and cool off when experiencing fatigue, a headache, a high pulse rate, or shallow breathing. Overheating can cause serious, even life-threatening conditions such as heatstroke. Look out for these symptoms of heat illness:



- Heat cramps. Working in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.
- Heat syncope or fainting. Anyone not used to working in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the best approach is to take it easy.
- Heat exhaustion. Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but shouldn't exceed 102 degrees. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.
- Heatstroke. In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion, and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.

Stay awake on the road

Fatigue can be a killer, especially when you're driving on the open highway for long periods of time. Here are a few tips for staying safe at the wheel:

- Get enough rest. Try not to start a trip late in the day. Long-distance driving is tough enough in the daytime. Be ready and awake.
- If possible, don't drive alone. Passengers can take turns driving, or at least help you stay awake if you need stimulation.
- Adjust your car's environment. Use your controls to keep you awake and alert. Keep the temperature cool, with open windows or air conditioning in the summer and frugal amounts of heat in the winter.



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WANTED TO BUY	ARTICLES FOR SALE	<p>ATTENTION RESIDENTS! Did you know this Emporium/Classified listing reaches over 21,500 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.</p> <p style="text-align: right;">-Monthly Media Staff</p>
<p>When selling on consignment always get a WRITTEN QUOTE on the sellers' commission.</p>	<p>15.5' Islander: Bimini, Side Console, Many Extras. 48HP Johnson. Auto-lift. Trailer \$3,500. Call after 5 PM 727-391-6541</p>	
<p>FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780</p>	<p>Looking for a dependable car. Have cash. Please call Marilyn @ 727-348-1676</p>	
<p>Wanted to buy: 2 bedroom; 2 bathroom or larger double-wide mobile home on Gulf side of the State. 701-570-3990.</p>	<p>Wanted: Zippo lighters and Case XX pocket folding knives. Call Tony 727-398-1512 Cash paid.</p>	

JULY AD DEADLINE - JUNE 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.



Ancient life hints at life on Mars

Life on Earth may have begun more than 4 billion years ago, according to scientists studying a new discovery of microfossils from the ocean floor. The fossils were found in rocks from Quebec, and probably lived in ancient hydrothermal vents.

Scientists are cautious about identifying the bacteria-size fossils as evidence of life, though. The most obvious cellular bits and other flags of life are often stripped away in fossils of microbes billions of years old. Researchers use chemical tests and analyses of patterns and textures to determine whether they're looking at ancient life.

Still, the discovery raises a tantalizing possibility: life on Mars. The Guardian website theorizes that similar microfossils might be found on the red planet someday because Mars had oceans and an atmosphere similar to Earth's billions of years ago.

A journey to the center of the Earth would be very hot

The interior of the Earth is hot—very hot. As reported on the Fox News/Science website, scientists using synthetic materials to simulate mantle rock have determined that temperatures in the Earth's mantle, which sits beneath our crust (lying beneath the oceans), reach 2,570 degrees Fahrenheit, almost 100 degrees hotter than was previously believed.



This new finding will help researchers model our planet's geodynamic processes and plate tectonics more accurately, possibly explaining how tectonic plates move on top of the upper layer of the mantle.

30-year search uncovers trove of ancient Celtic coins

A horde of 68,000 Celtic coins and jewelry has finally been cleaned and separated after being buried since 30-50 B.C. on the island of Jersey in the English Channel.

The cleaning job took three years, but finding the treasure trove took two amateur archeologists 30 years of searching. According to the Smithsonian magazine website, metal detector enthusiasts Reg Mead and Richard Miles began searching for coins after being told by a local friend that her father had found some silver Celtic coins in a pot near her Jersey home. The current owner of the field allowed the pair to search—but only once a year after harvesting his crops.

Ultimately they uncovered a chunk of earth containing the coins in 2012, then called in an archeological team to bring them up. The trove turned out to consist of at least 68,000 coins, along with many gold neck torcs, glass beads, a leather purse, and a bag with silver and gold decoration. It's valued at 10 million British pounds.

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Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

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 • 220 Bahama St. • Venice, FL 34285**. 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:

Bill Nichols	\$100	Air Masters of Pinellas, Inc.	Burrell Basil	\$5	Imperial Electric Service
Margaret Kirk	\$10	Aluminum Specialty Contractors	Harold Niyork	\$5	Jones & Son Plumbing, Inc
Robert Eckland	\$10	Bob's Mobile Home Washing	Paul Capotosto	\$5	Air Masters of Pinellas, Inc.
John Gilliland	\$10	Barron's AC & Appliance Repair	Patricia Zampitella	\$5	Buggin Out Termite & Pest Control
Ronald R. Chauncey ...	\$10	ASE - Auto Service Experts	Edward Molyneux	\$5	Heller's Mobile Home Washing
Cindy Byer	\$10	Jones & Son Plumbing, Inc	Domenic Berenato	\$5	ASE - Auto Service Experts
Lillian Migliorini	\$10	Ron Wyngarden MH Washing	Barbara Helmes	\$5	Doll Brothers Carpet Cleaners
Helen Cook	\$10	1st Class Handyman Service	Myrna Bartlett	\$5	E & E Gliddon Air Conditioning, Inc.
Larry Clinton	\$10	Mobile Home Depot, Inc.	Edmund Santos	\$5	Air Masters of Pinellas, Inc.
Joan Polcyn	\$10	Discount Computer Repair	Tom Locher	\$5	Royal Enterprises
Kathleen Wyman	\$10	World Class Heating & Cooling	Raymond Wynn	\$5	Doll Brothers Carpet Cleaners
Deborah Rhoads	\$10	Sunset Appliance Service	Jim Beasley	\$5	E & E Gliddon Air Conditioning, Inc.
Mary Knecht	\$10	Florida Anchor & Barrier Company	Shawn Lovejoy	\$5	Jones & Son Plumbing, Inc
Nancy Underwood	\$10	George's Mobile Home Service, Inc.	Janice Evely	\$5	Heller's Mobile Home Washing
Lynn Quillan	\$5	AJ's Beds & Furniture, Inc.	Richard Pijanowski	\$5	Natures Resource Pest Control, Inc.
Donald Grubbs	\$5	Payless Painting Services, Inc.	Norman Hoke	\$5	Royal Enterprises
Margaret James	\$5	The Plumbing Patrol, Inc.	Richard Viel	\$5	Modern AC & Appliance Service
Annette Neglia	\$5	Just Windows, Inc.	Thomas Cooke	\$5	Natures Resource Pest Control, Inc.
Daryl Lahiff	\$5	Battleline Termite & Pest Control	Jim Ellsworth	\$5	Heller's Mobile Home Washing
John Tirone	\$5	Air Masters of Pinellas, Inc.	Abbie Postel	\$5	Debbie's Salon
Cornelius Sharron	\$5	Bill The Carpet Guy	Barbara Duerr	\$5	Natures Resource Pest Control, Inc.
Annette Davis	\$5	Boss Electric Corp.	Patricia Stewart	\$5	Heller's Mobile Home Washing
Gary Johnson	\$5	Battleline Termite & Pest Control	Sheyl Swan	\$5	Community Roofing of Florida, Inc.
Betty Washam	\$5	Debbie's Salon	Elsie Lipson	\$5	Jones & Son Plumbing, Inc

• 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.



Riviera Estates MHP - Neighborhood Watch

Andy Cardinalli, Chairman	735-8577
Bob Merzendorf	729-2388
Victorino Pisa	804-5128
Gary Russell	(405) 306-7678
Pat Hoessle	781-0586
Frank Rigiero	785-2781
Pinellas County Sheriff's Department	(727) 582-6200

**REPORT ANY SUSPICIOUS PEOPLE OR ACTIVITY IN THE COMMUNITY TO (727) 582-6200.
DO YOUR PART TO DETER CRIME.**

The following information is for peace of mind for our residents. Our Neighborhood Watch Manager, Andy Cardinalli, and Ron Reger of Security Camera Pro Com would like to remind everyone to:

- Lock ALL doors and windows.
- If possible, leave outside lights on at night.
- There is a safety in numbers; please do not walk alone at night.
- Put locks on bicycles if left on carports.
- Lock storage sheds.
- Do NOT leave keys in golf carts.
- Know your neighbors; keep a watchful eye on their home if you know they are away.
- If you rent your mobile home, change all locks when tenants leave.
- If you move into a new home, change and replace all locks with new ones.



Riviera Estates Shuffleboard Club Officers 2016

Jennie Harsh, Pres.....	727-789-2829
Jeannine Hennigar, VP.....	727-286-7390
Diana McNiven, Treasurer.....	727-786-3218
Pat Weimer, Secretary.....	727-470-9791

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