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Monthly Media June, 2016- Riviera Estates MHP 29141 US Hwy 19N, Clearwater, FL Editor - Terri Walls #89 Co - editor Larry Dunnett #171

Riviera Estates Personnel - 2016

Community Manager	
Assistant Comm. Manager .	

Riviera Estates Homeowners Association Jan. - Dec. 2016

Alan Hennigar President	953-6524
Karen Merzendorf, VP	
Marion Kelly, Sect.	
Alan Hennigar, Treas	
Julia Cardinalli, Director	735-8577

Good Neighbors' Club Officers 2016

Claudette Lusignan, Pres.	
Sue Conaway, 1st VP.	
Terri Walls, 2nd VP	
Doreen Mitchell, Secy	
Tina Moll, Treas	
Steering Committee	

Activities Chairpersons

Bingo	Andy/Julie Cardinalli735-8577
0	Karen Merzendorf729-2388
Euchre	Claudette Lusignan727-223-5228
Golf	Andv Cardinalli735-8577
Helping Hands	Andy Cardinalli
	Irena Winkowski
Ladies' Luncheon & Sunshine	Rosemarie Moll
Membership	Tina Moll
Men's Luncheon	Weldon Hunt
Newsletter Editor	Terri Walls
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Shuffleboard	Jen Harsh
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FROM THE EDITOR'S DESK

Terri Walls, #89, gammawtj@gmail.com

Construction of the season to cross our paths. It was not an evacuation event for us, but it was quite a rain event. The last I heard, the total rainfall in Palm Harbor in two days was over 22 inches. That is A LOT of rain and we did have flooding all around us, but fortunately nothing in the park flooded.



The state of Florida has been left with an enormous amount of damage though from flooding, beach erosion and all kinds of issues in the wake of that storm. I was glad we did not have to deal with a lot of high winds. We were very lucky and personally I will be glad when the season is officially over, which is November 1st. It will be some time before the state recovers from the damage to our shores and flooded areas. But we had plenty of warning and time to prepare before it hit us and for that I am thankful.

This month there are some things going on. The 3rd and 4th are Rosh Hashanah. Yom Kippur is the 12th. The 10th is Columbus Day. And of course, Halloween is the 31st. The month of October is also Breast Cancer month. Things socially around here will pick up quickly in the next two months. The Labor Day party we were planning was cancelled due to the fact that the remodeling of the clubhouse is still in process, and the heat was too intense to consider having a group outside around the pool. That was a disappointment, but the heat has been very intense this year. Not worth the risk of someone becoming ill from the high heat and humidity.

On a personal note, the 1st of October is our 40th Anniversary.....and our grand daughter that recently had the pacemaker put in will be eleven on the 4th of the month. So it is a busy month for us.

As I mentioned earlier, our northern friends will begin their annual migration heading this way for the winter season. Most will come down in November, but we have a few who arrive usually in mid to late October. All the social gatherings will be starting up, along with our parties and fun. Also our HOA and Good Neighbors Club will be restarting their monthly meetings in November, and both have business to take care of. The election of officers will be held in December, and the new officers will begin their duties the first of January, so be thinking about who you would like to nominate, or perhaps if you are interested in running for any of these vacancies.

When you do return and if you head up a function, please give me a call and let me know when you are starting up, time, etc. And thanks to all who volunteer their time to organize a good time for us. We do appreciate what you do to make a good time for all.



Well, the heat this summer and humidity have been horrible this year. I am looking forward to a cool down and being able to get back outside and get the outside in order. I am tired of being inside, even though it is cool and comfortable. I am also looking forward to lower electric bills real soon. I hope you all are doing well and healthy, and as usual, please "pay it forward" if it is just buying a cup of coffee for a stranger or checking on a neighbor or friend. Have a good month and looking forward to seeing everyone return soon.

From the Co-Editor's Desk

Larry Dunnett #171, mindfarms@gmail.com

> o you know what Laughter can do to you?

Like yawning, laughter is contagious; the laughter of others is irresistible.

That women laugh twice as much as men - personally I think they laugh AT men more. Laughter in relationships declines dramatically as people age. I think that is kind of like not laughing at the same joke over and over. Interacting with other people (those that don't take themselves too seriously) can give us new opportunities to laugh at

and with them.

Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter and play also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

Laughter is a powerful antidote to stress, pain, and conflict. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter makes you feel good. And the good feeling that you get when you laugh remains with loss.

Shared laughter is one of the most effective tools for you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and keeping relationships fresh and exciting.

All emotional sharing lasting builds strong and relationship bonds, but sharing laughter

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and play also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

Want to laugh more?

Watch a funny movie or TV show.

Go to a comedy club.

Read the funny pages.

Seek out funny people.

Share a good joke or a funny story.

Check out your bookstore's humor section.

Host game night with friends.

Play with a pet.

Go to a "laughter yoga" class.

Goof around with children.

Do something silly.

Make time for fun activities (e.g. bowling, miniature golfing, karaoke).

And learn to laugh at yourself. We all do things from time to time that is we saw somebody else do it we would laugh.

Pets can Help You Deal with Depression, Anxiety, and Stress. Those of us that own (or have owned) pets know that they do things that make us laugh sometimes. But even more importantly having a pet fulfills the Human basic need of touch. The companionship of a pet can help prevent illness and even add years to your life.

One warning though... be careful to not laugh too hard when you have to go to the bathroom, in that instance the laugh may come with a puddle.

Another thing about laughter I have noticed over the years is that judgmental folks don't laugh near as much as non-judgmental folks.

So there you go – now you know a little bit more about laughter.

Laugh, Love, and Live.

Larry D

Riviera Estates - From the Manager's Desk

Susan Worden, Community Manager

S usan is here on Tuesdays and Fridays., 9: 00-3:30. Remember to contact her via email (best) if you need to talk with her when she is not here. Her email address is **riviera@ arcinvestments.com**. Our assistant manager is here Monday through Friday, 9:00 a.m. to 3:30 p.m.

Riviera Estates Homeowner's Association

Alan Hennigar, President

The next meeting of the Homeowner's Association will be November 3rd at 9:30 a.m. which

is the first meeting after the northerners return There will be a lot to catch up on and the nomination and elections of new officers will be in November and December, so please be sure to attend.

ACTIVITIES AND REMINDERS

POOL AND PET OWNER REMINDERS

FYI: Riviera Estates MHP would like to remind our residents that **NO one is allowed to touch the temperature settings on the pool heater and/or**

the clubhouse air conditioner. Our manager and the Homeowner's Association Executive Board have insisted on this. Pool hours are 9:00 a.m. until dusk daily. Pool is heated in winter, the months of November through March.

Please remember when leaving the pool, to **CLOSE DOWN THE UMBRELLAS**, pick up your trash and close the gates. If you are going by the pool, and see the umbrellas are open, please go in and close them. A wind gust can pick them right up and they become a missile and could damage or injure, along with the umbrella itself getting damaged. Treat our community pool as if it were your own. Thank you.

ATTENTION PET OWNERS: Please be a responsible pet owner and a **RESPECTIBLE** pet owner as well. When walking your pets, please do not allow them to "potty" in other people's yards. Some are not pet lovers as we are.

Your dogs must be leashed at all times, and there are plenty of areas where your dog can go. There is a pet cleanup station in the storage field for your use.







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Please be sure to **clean up** after your pet. Also, please try to keep your pet from barking or making loud disturbing noise that can bother a neighbor. Complaints are being received by the office on a constant basis of pet problems in the park. So, at this time, our pet rule policy should be noted. Pets are allowed in park, UP TO 20 POUNDS weight restriction. Copies of pet innoculation certificate must be givien to the office as proof the pet has been vaccinated. There is a LIMIT OF TWO PETS PER COACH. Fences for the pets are not allowed to be installed. All pets must be leased at all times when outside the coach. Make certain when you leave your pet, they are not barking the entire time you are gone and bothering your neighbors. If this is the case, please make some type of arrangements that will alter this situation, such as a pet sitter, taking pet with you, or if the problem continues, and complaints continue in the office from residents being bothered by the barking, the park is forced to take steps in resolving the issue, such as requiring you to get rid of the dog, or face eviction procedures. Please be a responsible pet owner and obey the rules concerning them. It is IMPERATIVE THAT YOU CLEAN UP AFTER YOUR PET EVERYWHERE, INCLUDING THE DOG WALKING AREA. Please do not ignore these pet owner rules, so that we all can continue to love and enjoy our pets. But at all times we must be respectful of all the residents that live here, that they are not bothered by our pets in any way. Not by hearing them all the time, or stepping in their waste when out walking etc. Thank you for adhearance to the policies and rules.

Activities and Department Reports

Il activities with the exception of Koffee Klatch on Saturday mornings are suspended until the fall when the northerners return.

Good Neighbors Club:: Good Neighbor's Club Meetings are held the 2nd Thursday of the month for the membership. Our next meeting will be on November 10th, at 9:30 a.m. Contact Claudette Lusignan at 223-5228 or email the Good Neighbors executive board with questions, suggestions, etc at <u>gnclubre@gmail.com</u>. We also have a new website, where event calendar is posted and pictures etc. It is www.rivieraestates-goodneighbors.com, Please check it out.

No other activities or reports submitted.



Check medical bills with care

ealing with health insurance claims can be frustrating and time-consuming. Multiple bills from different departments for what seems like one medical procedure can baffle even the most organized consumer. The key is to keep track of insurance claims and keep detailed records. Follow this advice:

- **Review records**. Verify that the medical provider has the correct billing information. Also, check the identification or group number of your insurance plan on claim forms.
- Follow up to be sure the claim is being processed. Contact the provider or insurer after receiving a bill to confirm receipt. Write down the names of everyone you speak to, noting the date of the call and any available confirmation numbers.
- Verify all the expenses. Check to see if you are being billed twice. Similarly, verify that the contracted rate between the insurer and the provider is actually what you are being billed for.

Revamp your finances to save more money

f you can figure out how to save just \$125 per month, then set up an automatic savings to a mutual fund that yields an average of 7 percent, in five years you will have almost \$9,000. In 20 years, that amount will have grown to \$65,000! Here are four suggestions for coming up with that \$125 per month:

- Look at your cable TV bill. Do you need all those channels? You can roll your bill back by getting rid of premium channels or subscribing to a smaller, cheaper package.
- Stop picking up magazines from the supermarket or newsstand. Save yourself some money by reading online or subscribing to your favorite magazine instead. And if you're subscribing to anything you don't read, cancel it.
- Change your cell service. Shopping around can get you a better deal that will save you bucks. Just make sure you won't be penalized for breaking a contract early.



• Call your credit card company. You may be able to get a lower interest rate just by asking.

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EVENTS & PROGRAMS

CRAFT SHOW, Saturday, October 8th, 9am - 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL. 95 Vendors/95 Prizes. Indoor & Outdoor Show. Food Court & Pumpkin Patch. \$1.00 Admission goes toward the homeless.

Annual Craft Fair Saturday 11/05/16, Paradise Island Clubhouse, 1001 Starkey Rd. Largo. Open 9am-1pm. A variety of handmade crafts, Bake sale, and Canteen open for food.

CRAFT SHOW 12/10/16 Four Seasons Estates, Largo, Vendors wanted, Email medmatchpay@yahoo.com for application. or 727-200-3240 for more info.

Craft Show 10/29/16 from 8am to 1pm. Crafters Wanted. Caribbean Isles, Largo. \$10 per Table. Please call Barb 727-674-0137.

Crafters Wanted: Paradise Island Annual Craft Fair. Sat. 11/5/16. Tables \$10 & \$15. Call Sammye 727-474-2660

Annual Bazaar - Ranchero Village MHP, 7100 Ulmerton Road, Largo Florida. Sunday, November 13th, 12-4pm. Many vendors and food available. Craft Sale Saturday December 3rd, 2016 8:30 am - 1:30 pm Sugar Creek MHP @ Clubhouse - 10265 Ulmerton Road, Largo (Behind Pier One Store). Bake Sale and Lunch. Tables \$10.00 -Call Sally 727-584-2404

'our

HOLIDAY BAZAAR 11/12/16 All indoor craft show. First Lutheran Church, 1644 Nursery, Clearwater. Vendors: 727-744-3806 or eobrien2429@gmail. com

Junk In The Truck Rummage Sale: Saturday, Oct. 22nd 8am - 12:30pm. St Catherine of Siena Catholic Church 1955 S. Belcher Rd, Clearwater, FL 33764

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. -Monthly Media Staff

NOVEMBER AD DEADLINE - OCTOBER 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. RIVIERA REVIEW OCTOBER, 2016 N 15



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

(Allow 4-0 weeks lot main	ig of check). This month's cash		
Arthur Lovelock \$100	Dunedin Electric, Inc	Dennis Kreke \$5 .	Boss Electric Corp
Walter Hook \$10	E & E Gliddon Air Conditioning, Inc.	Paul Gray \$5 .	Bill the Carpet Guy
John Matus \$10	AMS West Coast	Barbara Champion \$5 .	Boss Electric Corp
Frank Marmarose \$10	Modern AC & Appliance Service	George Boyd \$5 .	Doll Brothers Carpet Cleaners
Nancy Wallace \$10		Carolyn Padden \$5 .	Modern AC & Appliance Service
Angela Mistretta \$10	Doll Brothers Carpet Cleaners	Ronny Lillo \$5 .	Air Masters of Pinellas. Inc.
	Jones & Sons Plumbing, Inc.	Rick Burks \$5 .	Payless Painting Services, Inc.
	Buggin Out Termite & Pest Control	Shirley Thompson \$5.	Jones & Sons Plumbing, Inc.
	Appliance Specialty Contractors, Inc.		Air Masters of Pinellas. Inc.
Patricia Marek \$10	Bill the Carpet Guy		AJ's Beds & Furniture, Inc.
Sandy Ravelin \$10	Battleline Termite & Pest Control		1st Class Handyman Services
	Denny's Plumbing, Inc.		E & E Gliddon Air Conditioning, Inc.
Martha Bunker \$10	Bill the Carpet Guy		Recreational Golf Carts
Cindy Trenkamp \$10	Royal Enterprises		Doll Brothers Carpet Cleaners
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Terry Smith \$5.	Boss Electric Corp	Michael Walsh \$5.	Largo Plumbing Co.
Jenny Naegele \$5.	Sunset Appliance Service		Appliance Specialty Contractors, Inc.
Kenny Eckhart \$5.	Battleline Termite & Pest Control		Jones & Sons Plumbing, Inc.
	Barron's AC & Appliance Service		Perfect Repair & Construction, Inc.
	Jones & Sons Plumbing, Inc.		
Marcia Light-White \$5.	AMS West Coast	Dave Sparkes \$5.	Notebooks Plus
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> Dr. John Kilgore, orthopedic surgeon, practicing since 1994

> > Dr. William Kilgore, orthopedic surgeon, practiced from 1963 to 2000

Dr. John Sourbeer, general practice, practiced from 1958 to 2000

anesthesiologist, practicing since 2015

Dr. Ryan Bialas,

Dr. Robert F. Bialas, plastic surgeon, practiced from 1979 to 2014

Dr. Jeff Sourbeer, family medicine, practicing since 1984

From our family to your family

Morton Plant Hospital got its start in 1914 when several local women asked railroad magnate Morton F. Plant to fund a hospital. He agreed, if the community would also make a substantial contribution. They took the challenge and the hospital opened in 1916. Throughout the years, the hospital and its physicians served the community, and the community gave back, ensuring that generations of families would be able to count on the compassionate, quality care provided by Morton Plant Hospital.

One of the most noteworthy hospitals in the nation, Morton Plant Hospital was founded because a community cared. And 100 years later, one thing remains the same — our commitment to caring for your family.



BayCare Health System



The new Doyle Tower at Morton Plant Hospital, scheduled to be completed in 2017. Another example of how the community gave back.

MortonPlant100.org #MortonPlant100

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Some challenges spur imagination and success

magination performs best when it's challenged. Perfect freedom leaves the imagination listless, and whatever is created is lifeless as well. Only when a challenge presents itself does the imagination perk up. How can the problem be solved? What other paths could you follow?

Take for example, American writer Flannery O'Connor. She was stricken with lupus erythematosus in her mid-20s. She spent almost all of her life (she died at age 39) on her family's farm. But as the disease made movement more and more difficult, it also pushed her to sit at her typewriter every day and write. The stories she churned out are full of wild imaginings and a great spirit of hope.



Just listen

man whose marriage was in trouble sought advice from his minister. The minister heard the man out and then said, "You must learn to listen to your wife."

The man took this advice to heart, but he returned a month later to say the marriage was still unhappy, even though he had learned to listen to every word his wife said.

The minister said with a smile, "Now go home, and listen to every word she isn't saying."

Learn to let go

little boy was playing one day with a very valuable vase. When he put his hand inside it and couldn't draw it back out, he called for his mother. His mother tried gently to slide his hand free, but it remained stuck.



She was ready to break the vase when she said, "OK, let's try one more time, Open your hand and hold your fingers out out straight, and then pull."

"Oh, no, mommy!" the boy cried. "If I do that, I'll drop my penny!"

Storytellers have as profound a purpose as any who are charged to guide and transform human lives.

—Nancy Mellon





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Did you know that October is also...

Italian-American Heritage Month. The goal of Italian-American Heritage Month is to inform the public about the contributions made by Italians and Italian-Americans, especially in the arts, the humanities, and the sciences, and to celebrate the impact that Italian culture and language have had on the United States.

National Bullying Prevention Month. A campaign held during October, uniting communities nationwide to educate about and raise awareness of bullying prevention, National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners.

National Cybersecurity Awareness Month. The internet touches almost all aspects of everyone's daily life, whether we realize it or not. National Cybersecurity Awareness Month is intended to engage and educate public and private sector partners through events and initiatives with the goal of raising awareness about cybersecurity and increasing the resiliency

of the nation in the event of a cyber incident.

National Walk Your Dog Week, Oct. 1-7. According to the American Veterinary Medical Association, more than 40 percent of dogs—a total of about 17 million—in the United States are overweight. Walking your dog just 30 minutes a day helps both of you maintain a healthy weight and a good heart.

Éarth Science Week, Oct. 9-16. This year's Earth Science Week celebrates the theme, "Our Shared Geoheritage"—the collection of natural wonders, landforms, and resources that have formed over eons and come to this generation to manage, use, and conserve effectively.

Free Speech Week, Oct. 16-22. A yearly event to raise public awareness of the importance of free speech in our democracy and to celebrate that freedom. Express your right to free speech by posting a message online, composing a poem, writing a letter to the editor, or whatever works best for you.

National Massage Therapy Awareness Week, Oct. 23-29. Research suggests that symptoms of stress, anxiety and depression may be ameliorated with massage therapy. Athletes at all stages have also benefited from massage therapy. By combining your exercise routine with a massage therapy treatment, you will be able to train longer and harder and make the most of your workout.

World Animal Day, Oct. 4. An international day of action for animal rights and welfare, celebrated annually on the feast day of Francis of Assisi, the patron saint of animals.

National Chess Day, Oct. 8. Play a game that sharpens your mind, challenges your intellect, and brings you closer together with other people.

Columbus Day, Oct. 10. Observed on the second Monday of October to commemorate Christopher Columbus's arrival on the North American continent on Oct. 12, 1492.

Ada Lovelace Day, Oct. 18. Considered one of the world's first female computer programmers, Ada Lovelace helped develop an early predecessor of the modern computer in the 19th century.

Halloween, Oct. 31. Trick or treat!











Try these tips for better napping

S leep is important to your health, and regular naps can make a positive difference. One Harvard study found that people who nap at least three times a week for a half hour or more have a much lower risk of heart disease. Other studies suggest that a 40-minute nap can improve performance on the job.

So what's the best way to nap? The Science of Us website summarized the findings of different studies. First, try to sleep for at least an hour to get a deeper sleep, even though shorter naps have positive benefits as well. Second, lie down for your nap; you'll wake up feeling more alert than if you sleep sitting up in a chair.



Finally, nap in the morning if possible. You're more likely to get REM sleep because your brain still craves it from the night before. Although, on the other hand, afternoon naps tend to be more restorative and improve memory.

Chest pain? Worry—but don't panic

You're having chest pains. Should you rush to the hospital? Although you shouldn't ignore the pains, don't panic. According to an article on the Medline Plus website, fewer than 6 percent of chest pains are symptoms of a heart attack. That's the good news. The bad news is that doctors usually can't determine the cause of chest pains, and they can be evidence of a serious illness.

Researchers studied a database containing records of emergency room visits, looking at 11,000 cases of chest pain unrelated to other trauma. They found that only 5.5 percent of patients suffered from life-threatening ailments. The most common diagnosis was simply "nonspecific chest pain," accounting for more than five in 10 patients complaining of discomfort.

Chest pains cause more than 8 million trips to emergency rooms each year, second only to abdominal pains.

Heart health improving for Americans

Mericans are taking better care of their hearts, according to the Centers for Disease Control and Prevention. According to a study published in the American Journal of Preventive Medicine, the rate of heart disease in Americans over 40 dropped to 8 percent in 2011-12, down from 10 percent in 2001-02. Among Americans 60 and older, the rate dropped from 19.5 percent to 15 percent in the same time frames. The researchers found no significant change either way in Americans 40-59 years old, however.

One factor influencing the improvement was having access to health insurance, according to the study. Better management of risk factors like high blood pressure, cholesterol, smoking, weight, and diabetes probably contributed to the decline, the report suggested.

Go for the quick laugh

Tokes don't have to be longwinded. Try these one-liners out on your friends:

- I sold my vacuum cleaner—all it was doing was gathering dust.
- I give all my dead batteries away—free of charge.
- I hate elevators, so I take steps to avoid them.
- I know a man who drinks brake fluid. But he says he can stop any time.
- When will all the rhetorical questions end?
- Women really should not have children after 35. After all, 35 children are enough.
- It's hard to explain puns to kleptomaniacs because they always take things literally.
- A hard-boiled egg in the morning is hard to beat.
- There are only 10 types of people in the world—those who understand binary and those who don't.

Hot tip

man was watching TV one night when his wife walked up behind him and smacked him on the back of the head with a newspaper.

"What was that for?" he demanded.

"I was doing the laundry and I found a piece of paper folded up in your back pocket with the name 'Carol Anne' written on it," she said.

"Oh, honey," the man said. "I was at the track the other day and a guy gave me a hot tip on a horse named 'Carol Anne.' I won \$50."

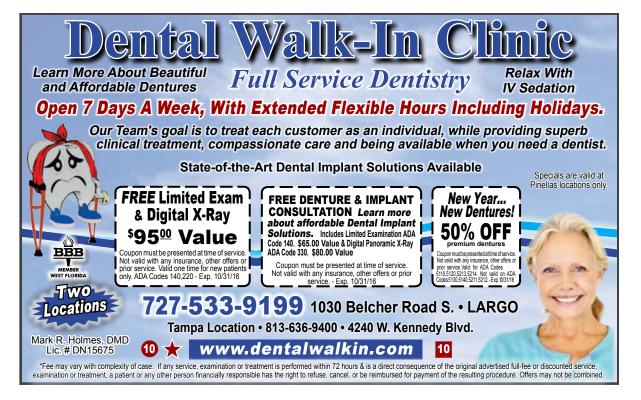
Unconvinced, the wife said, "All right, then," and went back to the laundry.

Two nights later the husband was watching TV again when the phone rang. A minute later, his wife walked up behind him and once again hit him with the newspaper. "What are you doing?"

"The phone call? That was your horse."











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Get your imagination going when you paint

ou don't have to be a Picasso to find satisfaction and enjoyment in creating art. When you're searching for ideas or subjects to paint, consider these approaches:

- Seek inspiration. Spend some looking at art—paintings, sculpture, drawings. Listen to music to stimulate your creative juices.
- Start small. If you're hesitant, or blocked, don't tackle a big art project. Start with something small and easy. Work on one section of a painting you're planning, and don't think of the rest of the project. You'll accomplish something concrete, and your success may give you the momentum you need to continue.
- Switch things around. If you usually paint or draw horizontally, switch to vertical. Instead of painting what you see, paint what you feel. If you draw with your right hand, try switching to your left. A small change can make a big difference.
- Try an exercise. Pick a common saying: "Once in a blue moon," for instance. Draw or paint what the saying means to you. What kind of rare occurrence springs to your mind? How would the world look under blue moonlight? Choose other clichés and catchphrases to illustrate, and you'll keep your perceptions sharper.

Fear criticism? Do it anyway

The cliché that you can't please everyone is a simple lesson on dealing with criticism. You'll always have detractors, so you may as well follow your heart and do what's right.

That's what Julia Butterfly Hill learned. Hill made headlines a couple of years ago when she climbed into a California redwood and lived there for two years to protest logging in the ancient woods. After she came down, she wrote a book about her experience, The Legacy of Luna (Luna is the name she gave to her tree home).

Then came publicity—and criticism from loggers whose livelihood she was curtailing and environmentalists who accused her of selling out.

"For every action, there's an equal and opposite criticism," Hill said. So do it anyway.



RIVIERA REVIEW OCTOBER, 2016 N





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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.

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