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January • 2019

**Issue 10
42nd Year**



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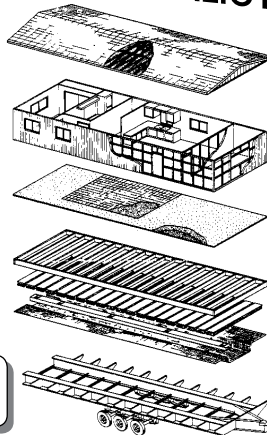
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The rest is history

This is the time of year we dream big, vow to make changes, create goals, and promise to transform into a new and improved version of ourselves. Then we allow life and other responsibilities, naysayers, doubt, and fear to veer us of course.

As you follow your bliss and explore your passions, draw inspiration from the following individuals who found success in spite of the odds against them:

- **Fred Astaire.** He sang and danced his way into our hearts on the silver screen, but his first audition for a major studio was a bomb. The executives were underwhelmed by his performance and offered this critique of Astaire: “Can’t act. Can’t sing. Slightly bald. Can dance a little.”
- **Wayne Gretzky.** Widely regarded as one of the greatest pro hockey players, Gretzky was considered too slow and too small at the start of his career. The popular opinion was he’d never be a success in the NHL.
- **Sir John Gurdon.** He is a pioneer in the fields of nuclear medicine, cloning, and cellular development. Among his many honors are a cancer research facility named in his honor and a Nobel Prize. Yet Gurdon finished last in his prep school biology class because his ideas about science were not aligned with the curriculum of that time.
- **Im Dong-Hyen.** This South Korean archer has won medals and set records. He even competed in the 2004, 2008, and 2012 Olympics—despite being legally blind.
- **George Lucas.** There wasn’t a single studio in Hollywood interested in Lucas’ script for Star Wars. He endured four years of rejection before an executive at 20th Century Fox decided to give Lucas a chance—not because he liked the script, but because he liked Lucas’s film American Graffiti.

What you know

A CEO was asked by a new hire for any words of wisdom that would be helpful in developing a successful career. “Never lose your sense of curiosity, and always be on the quest to learn something new,” was the executive’s reply.

“When I first started here,” the executive continued, “I never imagined that I would one day become the CEO. In fact, I wasn’t sure if the job I had was a good fit, so I worked in different departments over the course of a few years. Then I became curious, and everything I learned led me on a quest to learn more.

“I talked with the salespeople and learned about the market for our products. I toured the factories and saw how the products were assembled. I even traveled around the world to visit different vendors who supplied materials for everything we manufacture.

“Being successful,” the executive said, “is not about what you study or what you read or what you think. It’s about what you know.”



Coffee aids in kidney disease fight, study says

Among coffee's health benefits may be a reduced risk of death from kidney disease, according to the Healthline website.

A study recently written up in the journal *Nephrology Dialysis Transplantation* examined data from 4,863 Americans.

The subjects were divided into four groups. Group One consumed the amount of caffeine in one cup of iced tea per day. Group Two took caffeine equivalent to one cup of coffee per day. Group Three had one or two cups, and Group Four had multiple cups per day.

Subjects in Group Two, researchers found, had a 12 percent lower risk of dying from kidney disease. Group Three showed a 22 percent lower risk, and Group Four, which consumed the highest amount of caffeine per day, saw a 24 percent lower risk.

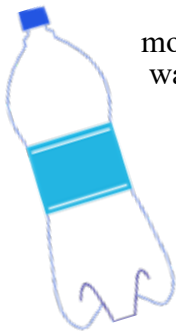


Scientists caution that caffeine poses other health risks, and patients on fluid-restricted diets should take coffee into account of their daily fluid intake. Cream, creamers, and syrups can also cause problems for people with kidney disease, including increased phosphorus and potassium levels. Check with your doctor, as always.

Water might help reduce women's UTIs

Women who suffer from frequent urinary tract infections (UTIs) may find relief by simply drinking more water, an article on the WebMD website advises.

A yearlong study in Europe followed 140 premenopausal women who experienced recurring UTIs at high rates. At the beginning, the subjects drank less than six eight-ounce glasses of water per day. As the year went on, half the participants drank slightly more than six glasses, while the rest kept to the same regimen.



Researchers found a significant reduction of UTIs among the women who drank more water per day. The average number of UTIs among subjects in the first group was 3.2, but dropped to 1.7 for women whose water intake increased.

“Drinking more water to improve one’s health is probably safe and, if tap is used, pretty inexpensive,” said one doctor (who was not involved in the study). “Producing additional urine—and thus increasing voiding frequency—may raise one’s awareness of the importance of keeping the bladder as empty as possible, which can help reduce UTIs.”



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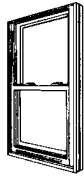
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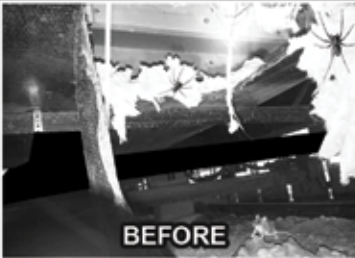
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A New Year's resolution for fiscal fitness

Most New Year's resolutions revolve around getting fit. Although that frequently means losing weight, one area you want to fatten up is your money supply. Here are some simple resolutions for adding some healthy heft to your overall financial profile:

- **Pay down your mortgage.** You can save more than \$63,000 on a 30-year, \$200,000 mortgage by paying just \$100 more a month.
- **Save 10 percent.** Put aside 10 percent of your income for long-term investments and retirement savings before paying any bills.
- **Track your expenses.** Record every dollar you spend, for at least one week. You'll get a clearer idea of where the money goes and what you can cut back on.
- **Energize your house.** Look for ways to make your house more energy efficient. You'll save on heating and cooling costs and help the environment.
- **Stay home.** Resist the temptation to eat out. Cook more meals at home. Instead of going to the movies, stream a video, read a book, or play a game with your whole family.
- **Don't rely on credit cards.** Credit card debt can eat up your savings and your future. Start reducing your debt, and don't buy anything on credit if you don't have the money to pay the bill off promptly.



Save money at the grocery store

You have to eat—there's no getting around it for long. You don't have to sink all your money into your next trip to the grocery store, though. The Reader's Digest website shares these tips for saving money on groceries:

- **Know your store's coupon policies.** Many stores offer their own printable coupons on their websites. Some allow you to use that coupon with a manufacturer's coupon (that's called "stacking"). Ask your store what it allows and what's off-limits.
- **Join loyalty programs.** You can get discounts and money back on your purchases through your store's loyalty program. Sign up and check all the rules so you get maximum value from it.
- **Look for final markdowns and clearances.** Many grocery stores place clearance items in a designated area, or use special stickers to help shoppers identify them. Find out what your store does, and keep an eye open for food you can use.
- **Be careful with multiples.** They can trick you into spending more than you want. For example, if a sign on a bag of chips says "Two for \$5," and a single bag of chips is \$3.29, you're getting a good deal (if you want chips). On the other hand, a sign that promises "10 for \$10" for ramen noodles when they're individually priced at \$1 apiece isn't offering any savings. Do the math, and be choosy.



Many folks think they aren't good at earning money, when what they don't know is how to use it.

—Frank A. Clark

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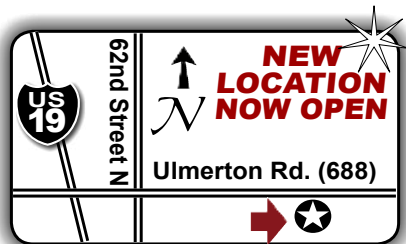
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Monthly

Financial Wellness Month. Are you saving enough for retirement? Are you saving at all? Will you owe the IRS money this year toward your 2018 taxes? What are your financial goals for 2019? These are just a few of the questions to ask yourself while you review your spending habits and determine your preparedness for any "rainy days" ahead.



Get a Balanced Life Month. It's the start of a new year. Use this new beginning as time to review, reconsider, streamline—and maybe even eliminate—the unnecessary commitments, responsibilities, and activities that fill your days.

Get Organized Month. It's cold outside, and more than likely you're spending more time indoors fretting that there's nothing to do. Here's an idea: Don't wait for spring to purge your work and living spaces of unnecessary clutter and unused or unwanted items. There's no better time than the present to restore a sense of order to your life.



Learn to Ski and Snowboard Month. If saying "yes" to new adventures tops your to-do list this year, why not start things off right by developing your ski legs? Go online to learntoskiandsnowboard.org to find information on destinations, deals, and other considerations.

Weekly

Someday We'll Laugh About This Week, Jan. 2-8. Don't let the failures and embarrassments of the past continue to cast a shadow over you. Laugh and get over it. Let someday be now.

Sugar Awareness Week, Jan. 14-18. Has your daily consumption of sugar gotten out of control? Are you ready to do something about it? Take the challenge and give up sugar for five days. To learn more, visit <http://sugarawareness.com/>

No Name Calling Week, Jan. 21-25. Educators and students in K-12 schools, along with nonprofit partner organizations, focus on themes of inclusion, anti-bullying, and anti-discrimination this week to promote kindness as the guide of actions and conversations with peers. To learn more, go to <https://www.glsen.org/no-name-calling-week>

Hunt for Happiness Week, Jan. 20-26. The Secret Society of Happy People wants you to find your joy and be on the lookout for others doing the same this third full week of January. Visit <https://sohp.com/> for ideas and challenges that will help you get happy.





January Sudoku

Difficulty level: medium.

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



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

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					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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							13							14						
							20							21						
														Martin Luther King Jr.'s Birthday						
							27							28						

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Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5
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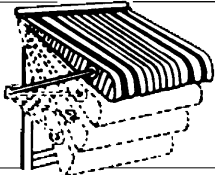
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"I'll take you up on that offer," replied the scientist. Before they arrived at their destination, the pair pulled into a rest area and traded clothes. The scientist then drove the rest of the way while the driver sat in the backseat reviewing the lecture notes.

The driver was able to pull off the lecture with no one in the audience aware of the deception. Several minutes into the Q&A portion of the presentation a student asked a rather complicated question. The scientist began to panic. This was something they hadn't anticipated.

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"That's interesting," the new father says. "I work for the Minnesota Twins."

The nurse returns a short time later and says to the second man, "Congratulations! You are the proud father of triplets."

"That's interesting," says the man. "I work for 3M."

Another nurse walks into the room and says to the third man, "Congratulations! Your wife just had quadruplets, and all of the babies are beautiful and healthy."

"That's interesting," says the man. "I work for the Four Seasons."

The fourth man in the room buries his face in his hands and begins to sob loudly.

One of the fathers asks, "Hey, buddy, what's wrong?"

The man composes himself momentarily and replies, "I work for 7-Up."





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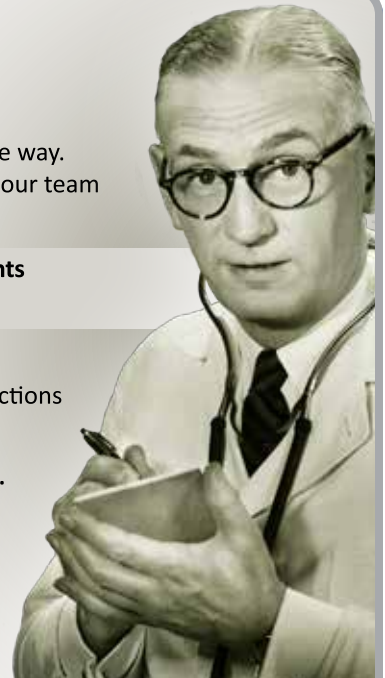
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Ancient children adapted to climbing trees - based on foot fossil find

Kids love to climb trees, and they've apparently been doing it for a long time—some 3.3 million years, according to studies of the remains of a 3-year-old discovered in Ethiopia.



The CNN website reports that the child, nicknamed Selam (which means “peace” in the Ethiopian Amharic language) was found with a remarkably well-preserved foot—the most complete foot fossil yet discovered, say scientists.

Analyzing the fossil’s skeletal structure, scientists noted that the base of Selam’s big toe would have made her a great climber. Although she could walk upright, she probably spent most of her time in the trees. A study of her shoulder blades also showed a resemblance to those of an ape, adapted for tree climbing.

Trees provided escape from predators like jackals and saber-toothed cats before the discovery of tools and fire, researchers say, noting that data on chimps show that climbing to an average height of 46 feet makes them feel safe.

Ancient sword discovered in lake by young woman

It’s not exactly the fabled sword in the stone, but it’s almost as astonishing: An 8-year-old girl discovered an ancient sword while swimming in a lake in Sweden last summer.

According to *The New York Times*, the girl, Saga Vanecek, encountered what she thought at first was a stick. When she pulled it up, though, she realized it was a sword, covered with rust and black-brown with age.

The family turned the 33-inch-long sword over to a museum, which determined that it dated from the fifth or sixth century—before the time of the Vikings. Exceptionally well-preserved, it included a cover made from leather and wood.

The discovery was kept secret for a time while archeologists and divers used metal detectors to make a thorough search of the lake. Now that the find has been made public, the sword will be displayed in about a year as specialists perform conservation work on the artifact.



There are three stages in scientific discovery. First, people deny that it is true, then they deny that it is important; finally they credit the wrong person.
—Bill Bryson



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Protect older relatives from theft and fraud



Turn on the news and you're sure to hear about the latest scam targeting the elderly, but some of the stories we don't always hear are the ones that hit closer to home. These are the stories about how your Great-Aunt Sylvie's no-good son was draining her bank account while keeping her a prisoner in her home, or how a widowed neighbor in the early stages of dementia was robbed by the drug addict son of the gardener.

Here are a few suggestions from AARP that you should consider if you are concerned about the welfare of an aging parent or relative:

- **Stay connected.** Isolation makes the vulnerable among us easy prey. If you are unable to visit with elderly relatives during the week, make sure you are checking in often by phone, and through social media or video if possible. Apps like FaceTime, Skype, WhatsApp, and others allow you to connect in real time. This will make it easier to assess your loved one's health, well-being, and living environment.
- **Keep an eye on caregivers.** Personally interview and check the references for anyone assigned to care for your relative in their home. Keep an inventory of jewelry and other valuables, or keep those items locked in a secure location. Make a surprise visit during a time when the caregiver is scheduled to be there to gain insight on whether the arrangement is working.
- **Create a system of checks and balances.** Get power of attorney to handle the medical and financial aspects of your loved one's care, but remember that those and other financial responsibilities can be shared to keep everyone accountable and informed of what is happening. It's important to note that a relative with a history of substance abuse, gambling, or money problems is not a suitable candidate to enlist for any of these matters.

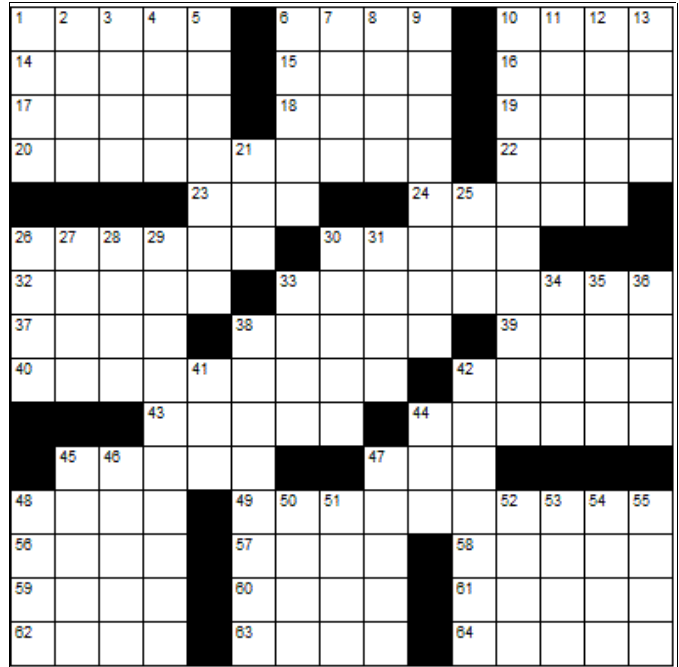
3 ways to persuade your teens to give back

Some high schools require students to complete a certain number of community service hours before graduation, but if you are raising your teens to be generous and thoughtful individuals, stressing the importance of giving back should be taught at home as well. Here are three ways you can help your teen cultivate a spirit of generosity and a willingness to serve:

- **Make it a family affair.** Be the example of stewardship you'd like your teens to follow. Find an organization or a cause that the entire family can get involved with and participate in together.
- **Let them decide.** Your teens might have a service project in mind that they want explore. Support them in their efforts. Their ideas are being shaped by their interests and experiences. Your encouragement at this crucial stage in their development will help to validate their sense of self-worth and provide an additional boost of motivation.
- **Even small gestures count.** Raising money for charity or volunteering a couple of hours a week at a food bank are great ways to give back. So, too, are neighborly deeds such as shoveling out an elderly neighbor's driveway or pulling their trash cans out to the curb. Teach your teens never to overlook small ways they can make a difference.

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

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

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



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

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

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

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Jill Coots, ARNP

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



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EVENTS & PROGRAMS

Bingo - Lake Seminole Resort 10245 110th Ave. Mondays 6:30

Ranch Mobile Park, Park-wide Yard Sale. Saturday, January 5th, 8:00am - 2:00pm, at 6800 150th Ave. N., Clearwater, (Largo)

US 19 N, 19709 Japanese Garden MHP Annual Rummage Sale, Saturday, January 12, 8-12 noon

Sat., Jan. 19, 8:00 am - 1:00 pm. ANNUAL RUMMAGE AND BAKE SALE, Boca Ciega MHP, 11200 Walshingham Road, Largo. Breakfast/ Lunch Served.

Ranch Mobile Park White Elephant Sale: Saturday, January 26th 2019. 9am to 1pm at Ranch Mobile Clubhouse, 6800 150th Ave. N., Clearwater 33764 (Largo)

Sat. Jan. 26, 2019 COMMUNITY SALE 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, Lunch.

COMMUNITY WIDE YARD SALE -AUCTION- OPEN HOUSE Sat. Jan. 26th, 8am-1pm. Sunset Palms Community MHP 3401 Gandy Blvd. Kitchen Open - Raffle.

FLEA MARKETS & CARPORT SALES - Saturday, February 9, 8am - 1pm. Teakwood Villages East & West join forces to bring you a GIANT shopping experience! Double your fun! Shop for furniture, clothes, jewelry, kitchenware, collectibles, art & more, on both sides of Missouri Ave! Between Largo High School & Walmart. Flea Markets in clubhouses, carport sales throughout both parks. Refreshments in Aloha Hall.

Sugar Creek Annual Carport Sale, 10265 Ulmerton, Largo. January 26, 8am-1pm, Lots to see. Something for everyone.

CARPORT SALE: Gateway MHP, Sat. Feb. 2nd, 8am-2pm. 10100 Gandy Blvd. St. Petersburg

FLEA MARKET & CARPORT SALES: Saturday, February 9th, Teakwood Village East, 800 Missouri Ave, Largo, 8am-1pm. Start @ Aloha Clubhouse, then wind your way through Teakwood Village East. TONS of fab stuff! Look for Balloons.

Carport Sale - February 16th, Rancho Village, Ulmerton Rd, 8am-3pm

East Bay Oaks Annual Carport Sale: Saturday, February 16, 2019, 9AM to 2PM. 601 Starkey Rd Largo, FL 33771

ANNUAL FLEA MARKET: Four Seasons Estates MHP, Largo. Saturday, February 23, 8am-1pm. \$1.00 early bird entry at 7:30am. Furniture, clothes, tools, jewelry, linens, books, baked goods, snack bar, raffles and more. 13225 101st Street, Largo, off Ulmerton behind the Largo Mal land Golden Corral.

Sat. Feb 23 8-12noon Flea Market, Colonial Village, 2000 East Bay Drive, Largo

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

FEBRUARY AD DEADLINE - JANUARY 10, 2019

- Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
- 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.



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THOUSANDS manufactured home residents have won over **\$146,000** 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:**

Joseph Herman..... \$100	Debbie's Cleaning Services	John Kroening..... \$5	Appliance Specialty, Inc.
Marilyn Besancenez.... \$10	Ron Wyngarden MH Wash LLC	June Prusak..... \$5	E & E Gliddon Air Conditioning, Inc.
Bill Abbott..... \$10	All Weather Roofing	Harold Bell..... \$5	Jones & Sons Plumbing, Inc.
Nelson Oates..... \$10	Modern AC & Appliance Service	Gary Lemon..... \$5	Air Masters of Pinellas, Inc.
Kay Sivozinski..... \$10	West Bay Clippers	Louie Bartha..... \$5	Community Roofing of Florida, Inc.
Don Vargo..... \$10	E & E Gliddon Air Conditioning, Inc.	E.W. Harsh..... \$5	Buggin Out Pest Control, Inc.
Pat Kiik..... \$10	Rod Runners, Inc.	Leslie Baker..... \$5	Debbie's Cleaning Services
Donald Nowers..... \$10	Community Roofing of Florida, Inc.	G. Stevens..... \$5	Appliance Specialty, Inc.
Elizabeth Bryan..... \$10	Debbie's Salon	Kim Phillips..... \$5	Bill The Carpet Guy
Chuck Schmidt..... \$10	Imperial Electric Service of Pinellas	Marsha Ditty..... \$5	Battleline Termite & Pest Control Inc.
Richard Haines..... \$10	The Plumbing Patrol	Fred Marquis..... \$5	1st Class Handyman Service
Mel Moen..... \$10	Discount Computer Repair	Janice Ernst..... \$5	E & E Gliddon Air Conditioning, Inc.
Chery Mills..... \$10	Barron's AC & Appliance Service	Bill Battersby..... \$5	Bob's Mobile Home Washing
Jean Solana..... \$10	AMS WC INC.	Linda Rahn..... \$5	Heller's Mobile Home Washing
Paul Andrews..... \$5	At Home Floors Carpets Plus Color Tile	Geoffrey Firkell..... \$5	Appliance Specialty, Inc.
Ann Ohl..... \$5	Appliance Specialty, Inc.	Betty Grunwald..... \$5	Doll Brothers Carpet Cleaners
Mary Potts..... \$5	Buggin Out Pest Control, Inc.	MaryAnn Lawson..... \$5	Buggin Out Termite & Pest Control, Inc.
James Akin..... \$5	Bill The Carpet Guy	Darlene Batdorp..... \$5	Community Roofing of Florida, Inc.
Wilma Murphy..... \$5	Bob's Mobile Home Washing	Judy Bennett..... \$5	Jones & Sons Plumbing, Inc.
Don Clegg..... \$5	Battleline Termite & Pest Control Inc.	John Maslak..... \$5	Natures Resource Pest Control
Glenda Alford..... \$5	1st Class Handyman Service	Darrell Perkins..... \$5	Bob's Mobile Home Washing
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