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# SHADY LANE OAKS

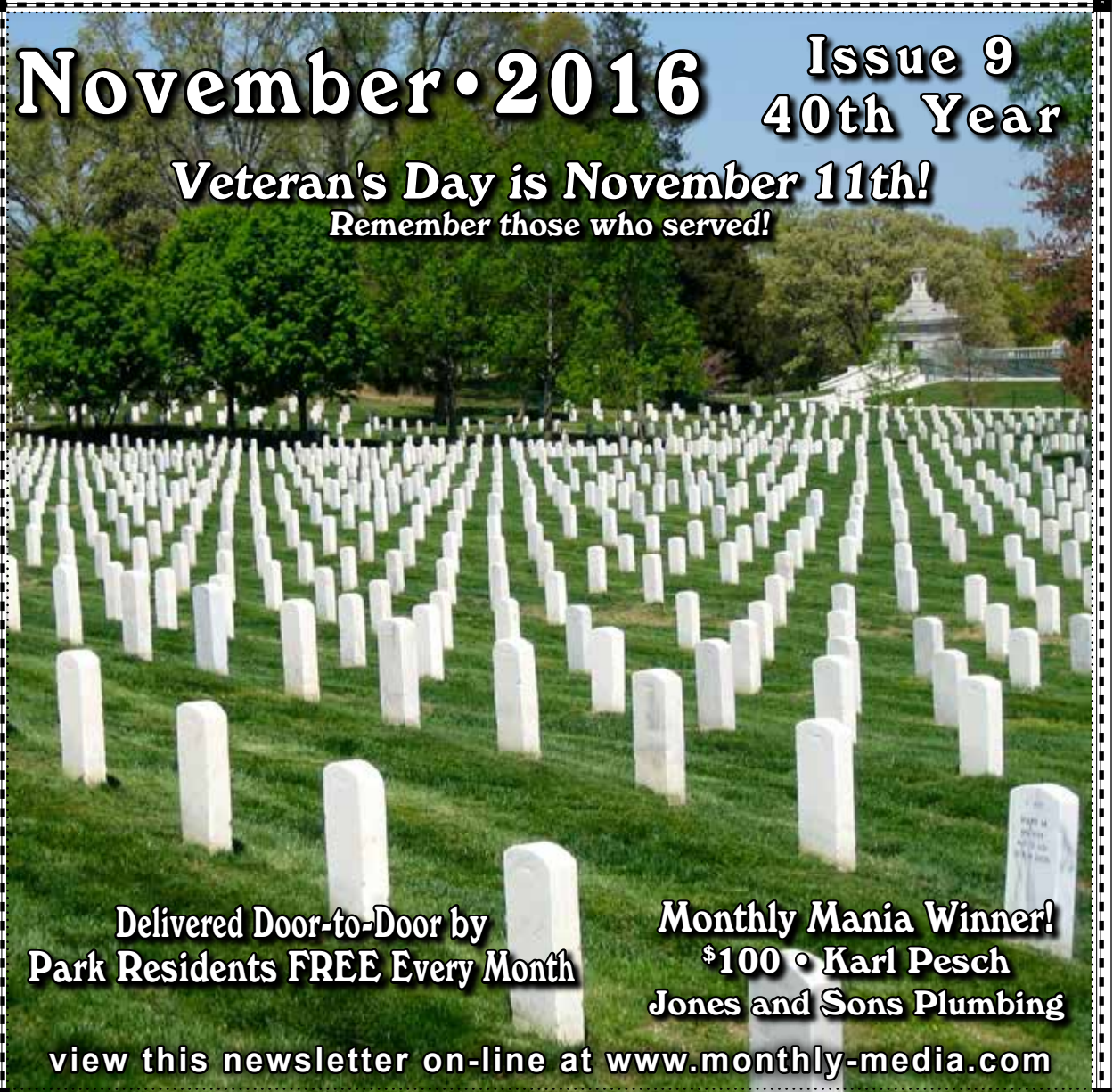
• WHAT'S NEW •

C

**November • 2016**

**Issue 9  
40th Year**

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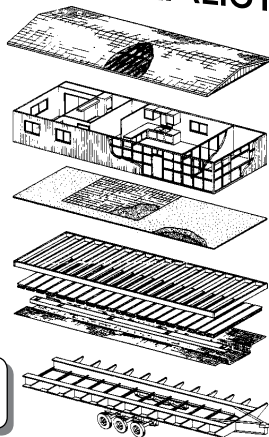
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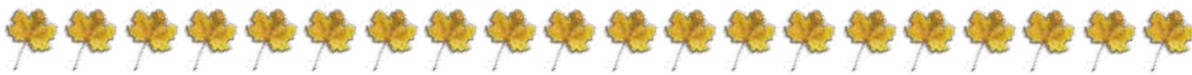
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**587-0876**

22



## Did you know that November is also...

**National Epilepsy Awareness Month.** Learn about the different types of seizures and how to prevent them—or help someone suffering from them. A seizure is a short change in normal brain activity that can cause changes in awareness, behavior, or body movement. Because anyone can have a seizure, recognizing symptoms and knowing how to help is vital.



**Native American Heritage Month.** Established at the turn of the 20th century as an effort to gain a day of recognition for the significant contributions the first Americans. In 1990 President George H. W. Bush approved a joint resolution designating that November “National American Indian Heritage Month.” Similar proclamations have been issued each year since 1994.

**Military Family Appreciation Month.** Throughout November, military families serving around the world are honored and recognized for their commitment and the many contributions they make every day in support of the military and our nation.

**National Animal Shelter and Rescue Appreciation Week, Nov. 3-9.** Approximately 3,500 animal shelters across the United States serve the estimated 6 million to 8 million homeless animals who need refuge each year. Get acquainted with your local shelters and rescuers, and learn how you can assist their lifesaving work.

**National Nurse Practitioner Week, Nov. 13-19.** Held annually to celebrate these exceptional health care providers and to remind lawmakers of the importance of removing outdated barriers to practice so that NPs will be able to practice to the full extent of their experience and education.

**American Education Week, Nov. 14-18.** The 2016 theme, “Great Public Schools: A Basic Right and Our Responsibility,” will present all Americans with an opportunity to celebrate public education and honor individuals who are making a difference in ensuring that every child receives a high-quality education.

**U.S. Election Day, Nov. 8.** Get out and vote!

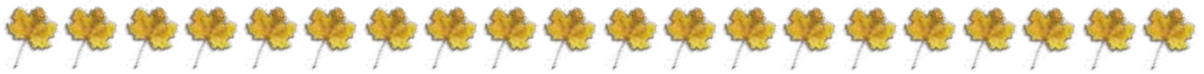


**World Diabetes Day, Nov. 14.** Celebrated worldwide by the more than 230 member associations of the International Diabetes Federation in more than 160 countries and territories.

**International Games Day, Nov. 19.** Raising awareness of games and gaming in libraries to publishers and the public around the world.

**Thanksgiving, Nov. 24.** Turkey, football, pumpkin pie, and family. What could be better?

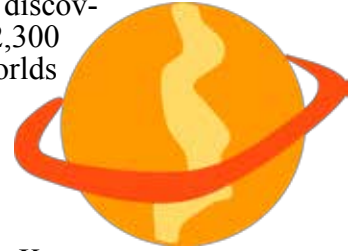




## Kepler telescope keeps finding new worlds

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The planets just keep coming: The Kepler space telescope has discovered 104 new exoplanets around distant stars, adding to the 2,300 it has already spotted from 2009-2013. Most of these new worlds are less than three times the diameter of Earth, although close to a dozen are about the same size or smaller. A handful of them receive as much sunlight and solar energy as Earth, making them possibly suitable for life to develop.



The discoveries come in the wake of a series of malfunctions to Kepler and a new mission that has the telescope watching a section of the galaxy aligned with Earth's orbit, observing one location for about 80 days before moving on to new frontiers.

## Exercise! It's good for your memory

---

A good memory is useful for creativity; remembering something you've just learned helps you make connections and see possibilities. A new study reported on the Science Daily website suggests that one way to boost memory and retention is exercise.

In the study, conducted by the Donders Institute at the Radboud University Medical Center in the Netherlands, 72 subjects learned a series of picture/location associations. They were then randomly separated into three groups—one worked out on exercise bikes immediately after the session, another exercised four hours later, and the third group didn't exercise at all. Two days later, all the participants were tested on what they'd learned while undergoing an MRI.

The subjects who had exercised four hours after the session retained their knowledge better than those in the two other groups, the researchers found. The brain images indicated that delayed exercise appeared to be associated with activity in the hippocampus—where learning and memory take place—whenever a participant answers a question correctly.

The experiment suggests that exercise isn't just good for your health—it strengthens your memory as well.

*Science can only ascertain what is, but not what should be, and outside of its domain value judgments of all kinds remain necessary.*

*—Albert Einstein*



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## WINDOWS

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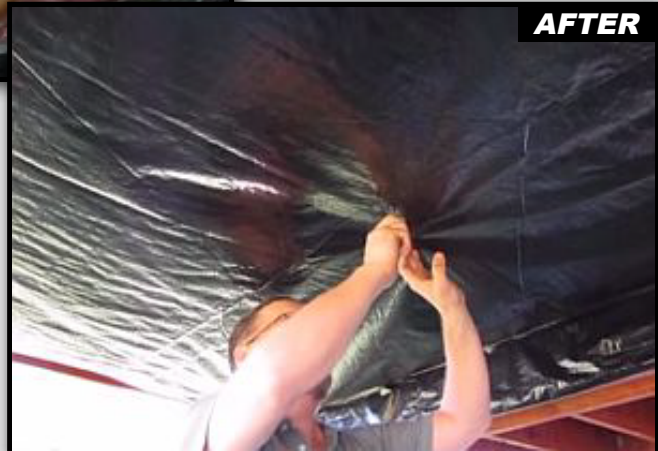
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## Pay attention to these factors to prevent stroke

---

Stroke is a leading cause of disability and death around the world. The good news is that it's highly preventable. Scientists and physicians believe that 90 percent of all strokes are caused by 10 risk factors, according to the Philadelphia Inquirer website. These factors can be controlled, cutting one's chances of stroke by these percentages:

- |                       |            |
|-----------------------|------------|
| • High blood pressure | 48 percent |
| • Physical inactivity | 36 percent |
| • Lipids (blood fats) | 27 percent |
| • Poor diet           | 23 percent |
| • Obesity             | 19 percent |
| • Smoking             | 12 percent |
| • Diabetes            | 4 percent  |
| • Alcohol use         | 6 percent  |
| • Stress              | 6 percent  |



## Keep your fireplace safe this winter

---

The winter months are perfect for snuggling up in front of a nice cozy fire. Just make sure your fireplace doesn't pose a hazard to your home with these tips from the Hearth, Patio & Barbecue Association:

- Clear the area around the fireplace and chimney. Debris too close to your fireplace can ignite.
- Always use a fireplace screen.
- Don't overload your fireplace with logs.
- Don't try to burn your Christmas tree or other refuse in your fireplace.
- Always keep a fire extinguisher nearby.
- Equip your home with smoke detectors and check your batteries on a regular basis.
- Place your logs on a grate at the rear of your fireplace.
- Never leave the fire unattended. Make sure the fire is fully extinguished before you go to bed.
- Keep fireplace wood stacked, covered and out of doors—away from the house and off the ground.
- Have your fireplace and flue inspected and cleaned annually by a certified chimney sweep.

*If you're not prepared to be wrong, you'll never come up with anything original.*

—Ken Robinson

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## Ease the pain of nighttime leg cramps

**S**udden, uncontrollable cramping of the calf muscle at night is a painful condition that afflicts about 70 percent of adults over the age of 50. These nocturnal leg cramps are often sharp enough to interrupt a deep sleep and can last anywhere from a few seconds to 10 minutes.

What causes the condition? Researchers don't have a definitive answer, but dehydration, prolonged sitting, and overexertion of the muscles all appear to contribute to the problem. Doctors can prescribe medication to relieve acute cramping that regularly interferes with sleep, but if you suffer from just occasional symptoms, try the following:



- **Drink water.** Try a few ounces of prevention: Drink six to eight glasses of water during the day. Water is the best choice for keeping the body well hydrated.
- **Stay loose.** Don't wrap blankets tightly around your body, especially your feet. Don't point your toes downward while you sleep—this can also affect circulation.
- **Stretch.** Throughout the day, periodically stretch your calf muscles.
- **React the right way.** If you wake up with a cramp in the middle of the night, flex your foot so that your toes point upward. You can also stand up, placing all your weight on the affected leg, and bend at the knee to stretch out the muscle. Applying a heating pad or ice pack can also relieve the pain.

## Acupuncture, supplements, and other treatments add up to big money

**A**mericans spend a lot of money on traditional health care, but we also spend a large amount on so-called “complementary” approaches to curing what ails us. According to an analysis by the National Center for Complementary and Integrative Health (NCCIH) and the Centers for Disease Control and Prevention, non-traditional treatments like herbal supplements, meditation, chiropractic, and yoga add up to \$30.2 billion a year in the United States. Here's how it breaks down:

- Chiropractic, acupuncture, and massage therapy account for \$14.7 billion, an average out-of-pocket expense of \$433.
- Natural dietary supplements add up to \$12.8 billion, an average of \$368 per user.
- Other self-care products like books, CDs, and other resources total \$2.7 billion, an average of \$257.

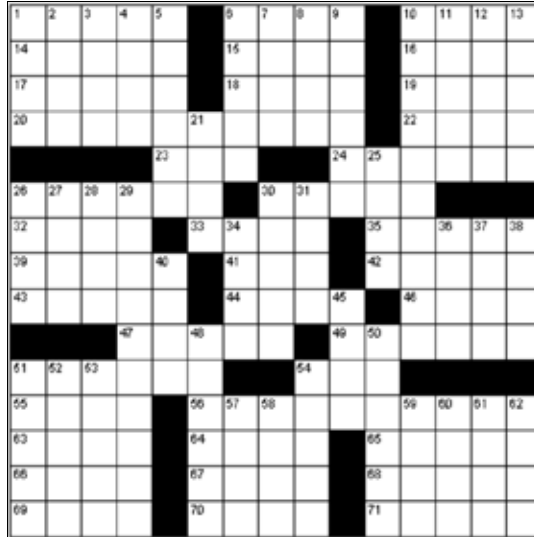




# November

## ACROSS

1. Slogan
6. Blemish
10. Chooses
14. Evade
15. Smell
16. Tribe
17. Crystal-lined stone
18. Credit card brand
19. Receptacle
20. Bowls
22. Initial wager
23. Take to court
24. A celebration of the Resurrection
26. Come into sight
30. Language of Persia
32. Coral ridge
33. Nonflowering plant
35. Models
39. Skill
41. Meadow
42. Trap
43. Scatter
44. Peddle
46. Dogfish
47. Units of distance
49. Except when
51. Pillaging
54. Metric unit of area
55. Flair
56. A capsule or shuttle
63. Inspiration
64. Class
65. Indian hand drums
66. Tidy
67. Hodgepodge
68. Once more
69. Sea eagle
70. Close
71. Relaxes



## DOWN

- |                                 |   |                                 |
|---------------------------------|---|---------------------------------|
| 1. Wise men                     | 21. Territory                               | 45. Entice                      |
| 2. Roasting appliance           | 25. Vipers                                  | 48. Instruction                 |
| 3. Honk                         | 26. Circle fragments                        | 50. Ambrosia                    |
| 4. Neap, high or low            | 27. Sassy                                   | 51. French for "Queen"          |
| 5. A city in the Ukraine        | 28. A type of fruit                         | 52. Relative of the birch tree  |
| 6. Film                         | 29. Having unsuitable feminine qualities    | 53. Song of joy                 |
| 7. Chief Norse god              | 30. Liberates                               | 54. He plays roles              |
| 8. Fail to win                  | 31. A Freudian stage                        | 57. A native of Poland          |
| 9. Found at the end of a pencil | 34. Consequence                             | 58. Operatic solo               |
| 10. Once in a while             | 36. Identical                               | 59. Anger                       |
| 11. Flora                       | 37. Goddess of discord (Greek mythology)    | 60. Fabrics made from goat hair |
| 12. Flavor                      | 38. The Caribbean and Adriatic, for example | 61. Dart                        |
| 13. Contemptuous look           | 40. One of two                              | 62. Bronzes your skin           |





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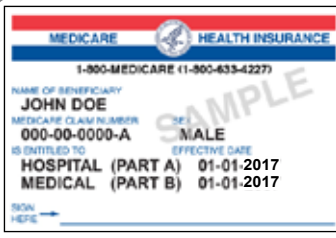


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1	2	3	4	5
8	9	10	11	12
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22	23	24	25	26
		Thanksgiving		
29	30			DECEMBER 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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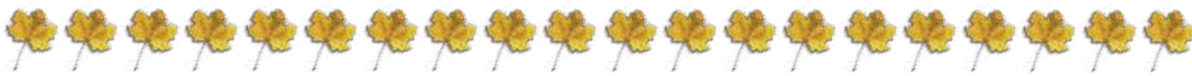
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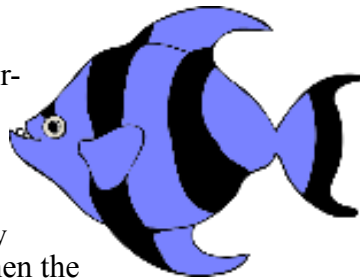


## Your fish may know what you look like

---

**D**ogs and primates can recognize human faces, but can fish? Apparently so. Scientists at the University of Oxford and Australia's University of Queensland have discovered that the archerfish can be trained to differentiate between faces with a high degree of accuracy, even though they don't have the type of brain other animals use for visual recognition.

As reported on the Reuters website, scientists chose the archerfish for their experiment because of its ability to shoot a jet of water from its mouth, usually to hunt down insects above the water's surface. They introduced the images of two human faces and trained the fish to shoot water at a specific one. In later tests, the fish were able to recognize a learned human face from 44 new ones and hit their original target 81 percent of the time—even when the color and shape of the head were changed.



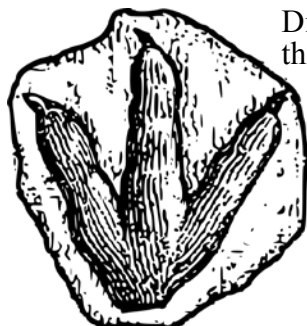
Because fish have no neocortex in their brains, and presumably no evolutionary need to recognize and distinguish between humans, the discovery is unexpected—and interesting to scientists studying brains of all kinds.

## How did dinosaurs travel across the oceans?

---

**T**he remains of similar species of stegosaurus and other dinosaurs have been found on both sides of the Atlantic Ocean, prompting scientists to speculate about how some dinosaurs, along with mammals and other land animals, made their way across oceans after the breakup of the supercontinent Pangaea hundreds of millions of years ago.

The latest theory suggests that North America and Europe were joined together by two strips of land that existed during the late Jurassic period—some 151 million to 154 million years ago—and the early Cretaceous, approximately 129 million to 131 million years ago. One land bridge connected Canada to the Iberian peninsula, and the other provided a route between North America and Scandinavia.



Dinosaurs like the stegosaurus and allosaurus could have moved along the land bridge along with turtles and early mammals. According to the Science News website, tectonic activity could have caused ocean shelves in relatively shallow water to rise above sea level. The bridges would have been narrow strips some 80-160 kilometers across—before they sank back into the sea.

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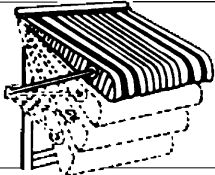
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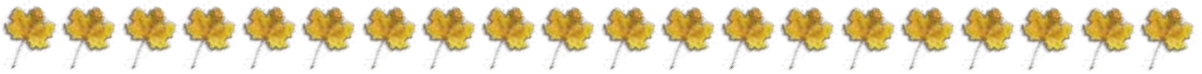


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## A lesson in determination

---

**B**ritish runner Derek Redmond was one of the favorites for a gold medal in the 400-meter spring at the 1992 Olympics in Barcelona. But halfway through the race, Redmond—in the lead—collapsed on the track with a hamstring injury.

Medical staff rushed to help him, but Redmond waved them away. He somehow got to his feet and started staggering down the track. With thousands watching, and officials unsure of what to do, Redmond's father ran out to him.

“You don't have to do this, son,” he said.

“Yes, I do,” Redmond replied.



His father helped Redmond down the track, tears streaming down both their faces, waving away anyone who tried to stop them.

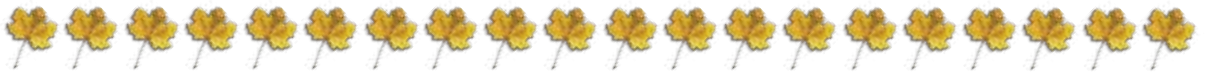
The crowd roared when Redmond finally crossed the finish line. The feat is considered by many to be the defining moment of the Barcelona Olympics.

## Keep learning at any age

---

**A**s you and your family members age, you may find you have more difficulty remembering things. Try to help you stay on top of the knowledge game and keep you learning as you age:

- Visualize. Mentally rehearse an event, conversation or activity before it actually happens. This visualization helps eliminate the stress you may feel over the unknown. Plus, when you're more relaxed, you're better able to learn.
- Take a break and exercise. If you're trying to remember information you're reading, take frequent breaks. Don't just sit around, though. Engage in some kind of activity to keep your mind alert and your blood flowing.
- Focus on concentrating. Distractions are the bane of any learning attempt. If you're attending a class or lecture, sit near the instructor and maintain eye contact with him or her. Try not to fidget; simply relax into the session and let your focused attention do the job.
- Say it out loud. Read aloud the material you're trying to learn and repeat out loud the facts you want to retain. This way, both your mind and your ears are taking in information.
- Tame frustration. If you grow frustrated over material you're trying to learn, remind yourself that getting emotional will only hamper your ability to retain information. If you have to, step back and take a long break.



## Get more creativity with a clear focus

---

**C**reativity and innovation aren't always accidental. A consistent focus will produce better results, so you don't have to wait for lightning to strike. Try these techniques to spur your imagination as you work:

- **Start your day with a purpose.** Instead of rushing out the door without a plan, spend a few minutes in the morning thinking about what you want to accomplish that day. Do this before checking your cell phone or email. You'll be less likely to get distracted by other demands.
- **Shake up your routine.** Get out of your comfort zone so you aren't always surrounded by what's familiar. Get up earlier than normal, take a new route to work, do your tasks in a different order, try something new and exciting—anything to shake your mind free of its preconceptions and look at your work in a different light.
- **Be mindful.** Don't go on autopilot. Pay attention to everything around you—the people you work with, the tasks you work on, the environment you work in, and so forth. The more aware you are of what's going on, the more likely you'll see a new connection or find an idea where you least expect it.

## Don't be afraid to ask questions

---

**A**lyssa Mastro Monaco was deputy chief of staff in the Obama White House until 2014. She told a radio station an important lesson she learned early on about the importance of asking questions:

During an Oval Office meeting on the economic crisis, she was close to panic, worried that the president would ask her a question about issues she knew nothing about, such as quantitative easing. She began quickly writing down key words and phrases to look up later.

Economic adviser Larry Summers noticed and tapped her on the shoulder. "Come to my office later," he said.

Worried that Summers was mad at her, Mastro Monaco went to his office after the meeting. Summers asked about her list.

When she told him what she'd written down and why, Summers said, "I'll tell you anything you need to know." He proceeded to give her a quick lesson on economics. She left the office feeling relieved—and better informed than before. Nowadays she knows that admitting you don't know something is better informed than pretending you do—and she never thinks asking for information is stupid.



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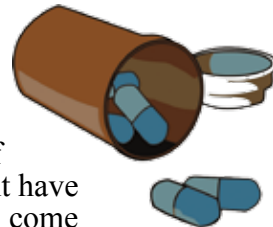
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## A troubling trend: Americans overdoing antibiotics

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**A**ntibiotics are a boon to doctors and their patients, but they pose dangers if they're overused. That makes this news especially concerning: A Texas study reported on the UPI website found that about one in 20 adults have stockpiled supplies of antibiotics in their homes and use them without a physician's advice.



The study of 400 adults in the Houston area found that 14 percent of adults have a stash of antibiotic medications in their home, and 5 percent have used them without a doctor's guidance in the past year. The medications come from a variety of sources: 40 percent came from a store or pharmacy, 24 percent were purchased outside the United States, 20 percent came from family or friends, and 12 percent were left over from past prescriptions.

In 4 percent of cases, the drugs obtained without a prescription were intended for use on animals, not humans.

## Millennials worry about debt

---

**M**illennials aren't the carefree kids you might think they are. A FICO survey found that they're concerned about debt—with good reason. According to FICO's online survey of approximately 1,000 Americans over 17, 32 percent of millennials owe \$20,000 or more in student loans, and 45 percent owe at least \$7,000 on car loans.

In all, 37 percent of millennials ages 25-34 say they're concerned about their level of debt, and 33 percent would like assistance in managing their debt. For example, 65 percent would like to receive an email alert when their student loan payments are overdue by less than 90 days, and 35 percent want to be notified by app when their mortgage payments are less than 90 days late (but they'd prefer a phone call if their payments are more than 90 days overdue).

## These tiny robots may save your life

---

**T**he newest medical robots look and move like bacteria, and they can deliver medications to specific locations within the human body and perform intricate surgeries like clearing clogged arteries.

According to the Science Daily website, a team of scientists is working to develop a selection of biological robots that are soft, flexible, and move through bodies under the control of an electromagnetic field. Once they reach their destination, they're heated to change shape, mimicking—for example—the bacterium that causes African trypanosomiasis, or sleeping sickness. Although still in development, these microrobots could revolutionize the way patients are treated in the not-so-distant future.



# November

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

# ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

## Coverages:

Bodily Injury .....\$100,000 Each Pers./ \$300,000 Ea. Occur.  
 Property Damage ....\$100,000 Each Occur.  
 Uninsured Motorist ....\$100,000 Each Pers./ \$300,000 Ea. Occur.  
 Pers. Injury Prot.....\$10,000 Ea. Person, Wage Loss Excluded  
 Medical Payments.....\$5,000 Each Person  
 Comprehensive .....ACV - \$500 Deductible  
 Collision .....ACV - \$500 Deductible  
 Road Trouble Serv. ....\$50 Each Occurrence  
 Additional Exp.....\$30 Per Day / \$900 Each Occurrence



**Annual Paid In Full Premium..... \$994.55\***

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

\*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.

*O & E Wilson Insurance Inc.*

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Pinellas County

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Estimates

*Dy Happe*

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Estimates cell: 727-215-1498

Pin. Cnty. #C-3950

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- Longitudinal Stabilizing
- Replace Rusted Anchors
- Retro-fit to Current State Standards



7

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- Bedroom • TV's
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- Plants • Rugs

Complete Line of New Park Place Bedding  
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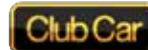
# GOLF CARTS

**CLEAN USED & NEW CARTS**

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Specializing in...



Sorry, we do not buy or sell RXV's due to very high cost of repair parts.

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**WANTED DEAD OR ALIVE**

Carts Any Condition • Highest Prices Paid

Come In And Visit The Most Unique Showroom In Pinellas County. All Visitors Are Treated With Polite And Courteous Service **NO PRESSURE.**

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- Charger Check-Up FREE at Our Store

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**12** 8801 66th Street North • Pinellas Park  
 Open Monday – Saturday  
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- Ranges
- Freezers
- Cooktops
- Disposals
- Wine Coolers • Dishwashers • Wall Ovens
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- GE • Sears
- Whirlpool
- Frigidaire
- & Many others

**10% DISCOUNT** with repair - with this ad



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## EVENTS & PROGRAMS

CRAFT FAIR: December 10th, 2016, 9am to 1pm. Located @ Four Seasons Estates, 13225 101st St., Largo. Baked goods, donuts & lunch will be for sale.

CRAFT FAIR and Auction (for charity) 11/5/16, 10:30am-3:00pm, East Bay Oaks Clubhouse. Auction starts at 1pm. To support domestic violence, violence victims, and children in shelters. Cash only! Call Dawn with any questions (727) 434-3471

Doral Village Community Tag Sale. 11/19/16 from 8am-4pm. Clubhouse. Share the Wealth, TV, Money Prizes raffle tickets will be sold. Free admission. Refreshments. 29250 US 19 North, Clearwater. South of Curlew, North of Main.

Japanese Garden Art and Craft Show. Dec. 9-10, 9am-3pm. Artists wanted \$10 per table. Please call Charlotte 727-531-3651.

FLEA MARKET Saturday, November 26th 9am-Noon. Lake Seminole Resort Clubhouse 10245 110th Ave N. Largo. Clothes, books, household items, decorations.

Art, Craft and Bake Sale: Saturday, November 19th, 8:00am to 2:00pm. Park Royale, 10611 66th Street (Between Circle K and Wells Fargo). Kitchen Open - Great Baked Goods!

HOLIDAY BAZAAR 11/12/16, 9am-3pm. Crafts. Car Show. Lunch Available. First Lutheran Church 1644 Nursery, Clearwater.

Annual Rummage Sale: Saturday, November 19th, 8am - 3pm, 2550 S.R. 580, Regency Heights Clubhouse. Breakfast, Lunch available!

6th Annual Arts & Craft Sale: Saturday, November 12th, 9am-1pm. Lake Haven MHP, Paradise Island Clubhouse, 1415 Main St. (Lake Haven Rd. & SR580) Dunedin. Handmade items for gifts & home décor.

Saturday, November 19th, 8am-1pm. Pre-Christmas Sale, Lake Haven MHP 1415 Main St. Dunedin, FL. Decorations, Gift items, Housewares & The Biggest & Best Bake Sale in Town! Lunch 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 727-584-4204

Art/Craft Fair - Friday, November 18th. 9am-1pm. Lake Highlander MHP, 1500 County Road 1, Dunedin. Great Holiday Gifts!

Veterans Day Tribute To Our Soldiers November 11th, 7:00 pm Doors open at 6:00 pm EAST LAKE High School, 1300 Silver Eagle Drive, Tarpon Springs, FL 34689 \$10 general admission \$8 for Veterans SUNCOAST SINGERS of Florida, Cypress Woods Elementary Chorus, and EAST LAKE HS Chorus

Annual Bazaar - Rancho Village MHP, 7100 Ulmerton Road, Largo Florida. Sunday, November 13th, 12-3pm. New vendors and lunch available. Special raffle, baskets, and 50/50.

ANNUAL CRAFT SALE AND CARPORT SALE. 11/12/16 Lincolnshire Estates 1071 Donegan Rd, Largo. Hand made crafts, jewelry and art in the Clubhouse, food available Carport sale, furniture, nick nacks, glassware and more.

CRAFT SALE! CRAFT SALE! Expertly handmade crafts of all kinds. Raffle. Bake Sale. Refreshments for sale. Something for everyone! Sunday, Dec. 4, from 12 P to 4P. Down Yonder Village Mobile Home Park, 7001 - 142nd Ave. N., Largo, FL. 33771.

WHITE ELEPHANT SALE - Saturday, Nov. 5th, 9am-noon. Americana Cove, 7201 1st St NE, St. Petersburg, 33701. Jewelry, antiques, crafts, electronics, housewares, pictures, books, DVD's, CD's, tapes, LPs, linens, plants, furniture, bakery, raffles.

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

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2 Crypts in Sylvan Abbey, choice Locations side by side extras. 727-243-4100 Suzie

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Cadillac CTS 2001 \$7800. Loaded-Creampuff. 79k miles. Sandy 727-507-7908



## DECEMBER AD DEADLINE - NOVEMBER 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.

# LOOKED UNDER YOUR MOBILE HOME LATELY?



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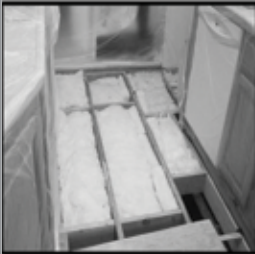


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## OVER 10,000 VAPOR BARRIERS INSTALLED!

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WE ALSO SPECIALIZE IN MOBILE HOME FLOORING REPAIRS, AND LAMINATE FLOORING.



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#004138

STATE CERTIFIED MOBILE HOME INSTALLER

#H/102549/1



## 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 • PO Box 1023 • Venice, FL 34284**. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

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

Karl Pesch..... \$100	Jones & Sons Plumbing, Inc.	Cynthia M. Thomas..... \$5	Natures Resource Pest Control
Richard Ulring..... \$10	Bill The Carpet Guy	Kathleen Wieder..... \$5	Modern AC & Appliance Service
Lois P. Pierce..... \$10	Royal Enterprises	Joe Palmer..... \$5	Battleline Termite & Pest Control
Ann Postich..... \$10	Ron Wyngarden MH Washing	Sheila Carrier..... \$5	Boss Electric Corp.
Jean Harrington..... \$10	Jones & Sons Plumbing, Inc.	Evelyn R. Huegel..... \$5	Appliance Specialty, Inc.
Linda Wagler..... \$10	Debbie's Salon	Patricia Kiick..... \$5	O.E. Wilson Insurance
W. Orlander Brown..... \$10	Sunset Appliance Service	Ruth Charron..... \$5	Kathy's Cleaning Service
Joanne Hehl..... \$10	Doll Brothers Carpet Cleaners	Brenda Gordon..... \$5	Jones & Son's Plumbing Inc.
Galen Biddle..... \$10	Heller's Mobile Home Washing	Alesia Lee..... \$5	Palm Harbor & Dunedin Electric, Inc.
Bob Gornicki..... \$10	Battleline Termite & Pest Control	John Scott..... \$5	Imperial Electric
Maureen Koebel..... \$10	Appliance Specialty, Inc.	Nancy R. Idoux..... \$5	Appliance Specialty, Inc.
David Suderman..... \$10	Barron's AC & Appliance Service	Carolyn Cornwall..... \$5	Heller's Mobile Home Washing
Shari Olsen..... \$10	Florida Anchor & Barrier Company	Ruth Jeanne Marmarose \$5	Air Masters of Pinellas, Inc.
Steve Pieckiel..... \$10	Boss Electric Corp.	Paul Fadden..... \$5	Natures Resource Pest Control
Dixie Brownstein..... \$5	Bill The Carpet Guy	Jean Carney..... \$5	Jones & Sons Plumbing, Inc.
Ray Melvin..... \$5	E & E Gliddon Air Conditioning	Chris Shuman..... \$5	Sunset Appliance Service
Ronald Ciricione..... \$5	Bay Area Aluminum Services, Inc.	Dot Bunting..... \$5	Doll Brothers Carpet Cleaners
Beverly Hayes..... \$5	Debbie's Salon	George W. Hayes..... \$5	Debbie's Salon
Emile Laflamme..... \$5	Heller's Mobile Home Washing	Jim Zoltek..... \$5	Air Masters of Pinellas, Inc.
Jean Postel..... \$5	Debbie's Salon	Rita Drolet..... \$5	Betty's Customized Cleaning Services
Jewell Johnson..... \$5	Battleline Termite & Pest Control	Barbara Seavey..... \$5	Air Masters of Pinellas, Inc.
Jim Riggs..... \$5	Denny's Plumbing, Inc.	Sally Stratton..... \$5	Doll Brothers Carpet Cleaners
Wayne Mowry..... \$5	Royal Enterprises	William Kjecgaard..... \$5	Denny's Plumbing, Inc.
Cobie Swets..... \$5	Jones & Sons Plumbing, Inc.	Jim Forrester..... \$5	E & E Gliddon Air Conditioning

• 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.



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Since 1988

Single or  
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LICENSED & INSURED

Triple Wide or Special  
Additions May be Extra  
Screen Removal Not Necessary

### Heller's Mobile Home Washing

25 ★ ASK ABOUT OUR OTHER SERVICES 23

## ROOF WASHING & MINOR REPAIRS

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Heller's Mobile Home Washing 733-1166



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