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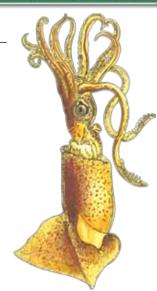


The cephalopods are coming

Don't look now, but cephalopods are on the rise. A team of scientists have determined that cephalopods—sea-dwellers including mollusks, squid, cuttlefish, and octopuses—are increasing their numbers below the waves.

As reported on the Sci-News website, scientists at the University of Adelaide created a database of catch rates for 35 species of cephalopods from 1953 to 2013. They found that cephalopod populations have increased across three distinct groups since the 1950s.

The sea creatures are able to adapt to environmental changes quickly due to their short lifespans, rapid growth, and life-history plasticity. Their growing numbers could have both positive and negative effects: increased pressure on the undersea species they hunt for prey, but also benefits for marine predators who in turn hunt them, as well as humans who harvest them from the sea for food.



Chinese brewed beer in ancient times

rafts beers are thriving these days, but beer has been around for a long time, scientists say. Researchers in the United States and China have revealed that the Chinese brewed their own beer some 5,000 years ago, much earlier than previously believed.

As reported on the Voice of America website, archaeologists have uncovered brewing equipment in underground rooms in China's central plain region. Traces of ingredients found on the equipment suggests that the ancient brewmasters used a recipe of broomcorn millet, barley, a grain called Job's tears or Chinese pearl barley, and a form of tuber to brew their beverage. The presence of barley 1,000 years before it was believed to have been grown in China suggests that it might have been brought in from other regions, making beer an ingredient in early trade.

Researchers describe the possible taste of the beer as "a bit sour and a bit sweet."

Science is most significant as one of the greatest spiritual adventures that man has yet known.

-Karl Popper



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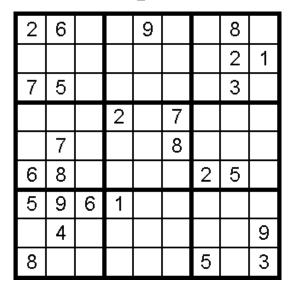
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Do and don't say these to people with depression

Linical depression is part of life for 16 million adults in the United States, according to the National Institute for Mental Health. People with depression often feel isolated and alone, so support is as much a part of treatment as therapy and medication. Here's what to say—and not to say—if someone you know suffers from depression:

Do:

- "I'm here for you." Let people know you're available to listen when they need to talk. Check in regularly to show that you care.
- "Let's do something." Help them get out of the house. Suggest activities like taking a walk, going to a movie, or getting some coffee.
- "I know this is difficult." Recognize the other person's struggle. Just knowing that someone understands the challenges of depression can help.

Don't:

- "You just need _____." Minimizing the person's pain doesn't help. Don't offer a quick-fix solution to a long-term problem.
- "I get depressed, too." Yes, everyone feels down from time to time, but clinical depression can feel like a never-ending battle. Don't compare your occasional blue days to another person's serious condition.
- "Other people have worse problems." Comparing your friend's problem to other people rarely helps—and may make the person feel worse. Show compassion for the situation and help as much as

Move here to get into shape

Does where you live influence your physical health? Some cities are more conducive to a healthy lifestyle than others in terms of access to parks and recreation, "walkability," and other factors The American Fitness Index, produced by the American College of Sports Medicine and the Anthem Foundation, lists the ten best cities for fitness in the United States. They are:

- 10. San Diego
- 9. Hartford, Connecticut
- 8. Salt Lake City
- 7. Boston
- 6. Seattle

- 5. San Francisco4. Portland, Oregon3 Denver
- 2. Minneapolis
- 1. Washington, D.C.



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The three kick rule

lawyer went duck hunting in rural Tennessee. He shot a bird that fell into a farmer's field. As he went to retrieve the duck, the farmer walked up.



"That duck is on my land," the farmer said. "So it belongs to me."

"But I shot it," the lawyer said. "If you don't let me have it, I'll sue you for your farm and everything you have."

The farmer smiled. "Tell you what: How about we settle this with the three kick rule?"

"What's that?" the lawyer asked.

"One of us kicks the other three times. Then the other guy gets to kick the first guy three times. We keep doing it until one of us gives in."

The farmer looked very old, and the lawyer worked out regularly. "All right," he said confidently. "We'll do it your way."

"Since we're on my land," the farmer said, "I kick first."

The lawyer agreed, positive that the elderly farmer couldn't hurt him.

He was wrong. The farmer's first kick sent him into the dirt. His second hurled him against a tree. The third had him flying into a haystack.

Dizzy, the lawyer pulled himself up and took a deep breath. "OK, now it's my turn."

"Nah," the farmer smiled. "You can have the duck."

The wrong direction

n old man and his wife argued constantly, and the husband was often heard to say, "After I die, I will dig my way out of my grave and haunt you for the rest of your life!"

When he died at age 98, superstitious friends asked the wife if she was afraid he'd make good on his threat. She shook her head. "I buried him upside down—and I know he'll never stop and ask for directions."

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Libraries still important to most Americans

More than their communities' learning needs. A Pew Research Center survey found that 76 percent of adults agree that their local library is fulfilling its educational function, with 37 percent saying it does so "very well" and 39 percent saying "pretty well."



About 78 percent of survey respondents indicated they've visited a library at least one time in their lives, and 44 percent said they'd been to their library at least once in the past 12 months.

Among the latter group, 97 percent consider themselves "lifelong learners," along with 98 percent who rely on library websites for information and learning.

Say cheese! Most of us rate our photography skills highly

ost of us like to take photographs, and most of us think we're pretty good at it. In a Canon USA survey of 1,000 adults, 80 percent described their photography skills as "good to excellent," and 62 percent said their picture-taking talents had improved over the last two years.

What are people taking pictures of? More than half—55 percent—post photos of recipes they're proud of, and 27 percent have shared pictures of their meals to brag about. The survey also discovered that people tend to take more pics of their pets than themselves (59 percent), although 47 percent admit they take selfies regularly.

Mostly we take pictures of our friends and family on special occasions (64 percent). Holidays and family gatherings are popular occasions for snapping images, with 80 percent taking photos on Christmas, Hanukkah, Memorial Day, and the like.

Video is popular, too: Seventeen percent of people in the survey say they shoot videos for online posts, with 50 percent taking videos of themselves to share on Facebook and other platforms.

When you have mastered numbers, you will in fact no longer be reading numbers, any more than you read words when reading books. You will be reading meanings.

-W.E.B. Du Bois





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Home is where the children are staying these days

hildren used to grow up and move away, but that's no longer a guarantee. A study reported on the NPR website has found that for the first time in 130 years, young adults 18–34 are more likely to live with their parents than on their own:

- Living in parents' home
- Married or cohabitating
- Living alone
- Other

- 32.1 percent 31.6 percent
- 14 percent 22 percent
- The "Other" category takes in such possibilities as living with a sibling or other family member, sharing housing with a roommate, or group situations like a college dorm—or prison.

Self-driving cars not tops on wish lists

Driverless cars are coming whether we like it or not—and many Americans don't. Despite claims from the government, car manufacturers, insurance companies, and tech enthusiasts about how driverless cars will be safer and more efficient, the public is skeptical.

A University of Michigan Survey has found that 46 percent of U.S. drivers prefer a vehicle with no self-driving capacity. Thirty-nine percent would opt for a car with some self-driving capability, and only 15 percent really want cars that can drive themselves. The numbers are consistent with those of a similar survey conducted 10 months earlier.

One reason for the reluctance may be plain old-fashioned fear: One study by the AAA found three-quarters of respondents simply feel to scared to trust a car without a human driver.

For the things of this world cannot be made known without a knowledge of mathematics.





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| Sunset Appliance Service | 727 550 1137 |
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| Bourgoing Construction | 727-481-2118 |
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| Community Roofing of FL, Inc | 727-536-9999 |
| Socia's Painting & Waterproofing | 727-345-6856 |
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Give Fido a belly rub, not a hug

hey've wanted to tell you for a long time, but they didn't have the words: Dogs hate being hugged.

An article in Psychology Today describes how a group of researchers analyzed the body language in a series of photos of dogs receiving hugs from humans. They found evidence of stress in 82 percent of the photos, leading them to speculate that dogs experience hugs negatively. The reason? Dogs have evolved to be fast runners, and their first line of defense against danger is running away (not biting). Hugs make running difficult, if not impossible, making dogs nervous—and more likely to bite if they feel threatened.

A pat or a belly rub may be a more positive way to appreciate your pet, the researchers say.

America the innovator

mericans prize creativity and innovation. The Scientific American website took a look at why, asking various experts to address what drives the creative spark through the United States. Here's what some of them said:

- John Kao, CEO, Edgemakers: "What are key elements of American culture that make up the 'secret sauce' of innovation? For a start, forgiveness of failure, tolerance of risk and an appetite for apparently off-the-wall ideas. In Silicon Valley, the saying goes that if you haven't failed at least once or twice, you're not trying hard enough."
- Linda Weiss, professor emeritus, University of Sydney: "One of the most striking aspects of America's innovation culture is the belief that nothing lies beyond human power to achieve, that science and technology can solve most problems, and that change invariably leads to better outcomes."
- Shamim M. Momim, director, Los Angeles Nomadic Division (LAND): "America is a nation that celebrates its founding on individual freedom and struggle against oppressive systems of belief. It makes sense that, in order to provide each person the opportunity to pull himself or herself up by the bootstraps and succeed on one's own merits, innovation—literally 'a new method, idea, or product'—would be the avenue to that success."

To invent, you need a good imagination and a pile of junk. —Thomas Edison



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Real value

Motivational speaker started off a seminar by holding up a \$20 bill in front of a room of 200 people. "Who would like this \$20 bill?"

Hands started going up. The speaker proceeded to crumple up the \$20 dollar bill. "Who still wants it?"

All the hands stayed in the air. "OK," he continued. "What if I do this?" He dropped the bill on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty.

"Now, who still wants it?" Still the hands stayed high in the air.

The speaker smiled. "My friends, here's my point: No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in your life, you will be crumpled, dropped, and ground into the dirt. You'll feel worthless. But no matter what has happened or what will happen, you will never lose your value."

The monkey king

kingdom of monkeys lived in a grove of mango trees alongside a river. They lived peacefully for many years until a king built a castle close by.

o, uself.

The king noticed the mango grove. He told his soldiers to bring him a mango, and when he tasted it he instantly decided that he wanted all the mangos for himself. So he told his army to kill all the monkeys and bring the mangos back to the village.

The king of the monkeys saw the soldiers approaching, the human king behind them. He quickly told the monkeys they had to flee. They made their way through the forest, pursuing by soldiers, until they reached the edge of a high cliff.

Safety beckoned from another cliff just out of reach. But the monkey king was large, so he was able to reach across and grab a root, allowing his body to become a living bridge from one side to the other.

The monkeys crawled over him until all reached safety. But the soldiers caught up with the tribe just before the monkey king himself could escape.

The human king had seen the whole thing. Impressed by the monkey king's courage and self-sacrifice, he ordered his army to go home and leave the monkeys unharmed. Before he left, he asked the monkey: "Why did you do that? You might have died for them, and you are their king."



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Recharge your most important relationships

Your relationship with your mate, your friends, and your children/grandchildren sometimes call for an infusion of fun and playfulness. You don't have to go to elaborate lengths. The small things count the most, anyway. Try these tips to recharge:

With your partner:

- Plan a date night without the kids.
- Hide inexpensive gifts around the house.
- Call or email in the middle of the day to say, "I love you."

With friends:

- Send a fun, funny card or email.
- Get together for no reason.
- Call just to see how they're doing.

With children/grandchildren:

- Have fun with the shaving cream during bath time.
- Have a race with the kids to see who can set or clear the table fastest (without breaking anything).
- Dance and sing for no reason.

Bring passion back into your life

re your life and job getting you down? Have you lost that fire and passion you first started out with a long time ago? Burning out can create problems in both your family life and your career. Here's how to regain the right perspective on where you are and being back your passion:

- Review your situation. Start with this simple sentence and fill in the blanks: "In the past, I felt _____, and now I feel _____." You'll find the answers to be very enlightening, whatever they are.
- Reflect on your past. Draw up a timeline from the very beginning of your childhood and figure out when you were happiest and what got you the most down. This can lead to a better understanding of your influences and obstacles.
- Check your values. List five or six principles that guide you in life, and decide whether they are values you truly live by or merely talk about.
- Look to the future. Try writing a page or two on what you would like to do with the rest of your life, or list things you would like to do before you die. Don't worry about practicalities or priorities—just create that dream list.
- Talk things out. Record your thoughts, feelings and hopes on a tape recorder, or tell them to a trusted friend. With somebody to witness and hear you out, you'll feel responsible for making some changes.



Space station marks a milestone

The International Space Station has reached a new milestone: It's made 100,000 orbits around Earth, a distance of 2.6 million miles. That's roughly 10 round trips to Mars, or a one-way voyage to Neptune. Some facts from the U.S. News & World Report website about the ISS, which began its orbit around Earth 17 ½ years ago:

- Orbits. The station orbits Earth 16 times a day. Each orbit takes about 19 minutes.
- People. Since 2000, 222 astronauts have lived or visited the ISS, 33 of them women. The station has been home to 47 full-time crews, with members from the United States, Russia, Canada, Japan, the UK, and other European space agencies.
- Photos. Crewmembers have taken 3 million photos from the ISS.

Protect food from spoilage—and yourself from getting sick

Does something smell foul inside your refrigerator? It may be food gone bad. Two kinds of bacteria that can spoil food: pathogenic bacteria, which causes foodborne illness; and spoilage bacteria, which causes food to smell, taste, and look bad. Keep these tips in mind for storing food safely:



- Watch the temperature. Bacteria grow the fastest between temperatures of 40 degrees Fahrenheit and 140 degrees Fahrenheit. A refrigerator set at 40 degrees Fahrenheit or lower will protect most foods.
- Eat or refrigerate promptly. Don't eat food that's been stored at temperatures above 40 degrees Fahrenheit for longer than two hours.
- Don't let foods dry out. Cover foods or wrap them in plastic to retain moisture.
- Divide up. Divide large dishes, like stew or soup, into small portions and put them in shallow containers before you refrigerate them.
- Use the meat and vegetable drawers. They provide the optimal storage environment for these types of foods.
- Eat promptly. A general rule of thumb for cooked leftovers is to toss after four days; one to two days for raw poultry and meats.





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Crafters Wanted for craft show 12/04/16. Down Yonder Village, Largo. Please call 727-531-5101.

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

FREE!

The Florida Suncoast Chorus of Largo is performing a free barbershop concert @ the Clearwater Beach Library @ 5:30 pm on Monday, September 26, 2016. The library is located @ 69 Bay Esplanade, Clearwater Beach, Florida, 33767. The phone no. is 727-562-4970. The Florida Suncoast Chorus is a Pinellas County Chapter of the Barbershop Harmony Society. It is a 501C3 charity.

OCTOBER AD DEADLINE - SEPTEMBER 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.

Emergency! Here's what surgery you could face in the hospital

No one wants to be rushed to the hospital for emergency surgery, but if you are, chances are it's for one of these seven procedures that account for 80 percent of all emergency surgeries performed in the United States:

- Removal of part of the large intestine
- Removal of part of the small intestine
- Removal of gallbladder
- Stomach ulcer surgery
- Removal of scar tissue from the abdomen
- Removal of appendix
- Abdominal exploration

A study in the journal JAMA Surgery noted that emergencies accounted for 11 percent of all surgeries performed and 50 percent of surgical deaths over a four-year period.

Make sure your sunscreen is doing the job

S ummer may be over, but sunscreen is a good idea all year round. Just be careful. Research by Consumer Reports, as reported on the CNN website, showed that almost half of all sunscreens don't protect your skin as well as they claim.

The American Academy of Dermatology recommends using a sunscreen with a sun protection factor (SPF) of at least 30. But Consumer Reports found that 43 percent of sunscreen products, including sprays and face sunscreen in addition to lotions, had an SPF of less than 30 despite being labeled as SPF 30 or above.

Check your ingredients: The study found that sunscreens with chemical active ingredients such as avobenzone and ecamsule perform better than those with "natural" or mineral active ingredients like titanium dioxide and zinc oxide.

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with.

—Деерак Сһорға



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 <u>mail your paid receipt</u> 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:

| (Allow 4-0 weeks for maining of check). This month's cash withers are. | | | | | | | |
|--|------------------------|---------------------------------------|-----------------------|-----------------------------------|--|--|--|
| | Janet Signor\$100 | | Merry Lehor \$5 | Largo Plumbing | | | |
| | | Air Masters of Pinellas, Inc. | | | | | |
| | David Foran\$10 . | Hellers Mobile Home Washing | Geri Allen\$5 | Doll Brothers Carpet Cleaners | | | |
| | Lee Curtis \$10 | Largo Plumbing | Cecile Turner\$5 | Bob's Appliance Specialty | | | |
| | Hazel Groves\$10 | | Agnes Meyer \$5 | Sunset Appliance Service | | | |
| | Gretchen Redish \$10 . | Jones & Sons Plimbing, Inc. | | Battleline Termite & Pest Control | | | |
| | Brian Preston\$10 | Mobile Home Depot | Dan Mattison\$5 | Royal Enterprises | | | |
| | Raymond Lynch \$10 . | Royal Enterprise | Mike Chambers \$5 | Appliance Specialty, Inc. | | | |
| | Bob Dyer\$10 . | Imperial Electric Service of Pinellas | Georgia Newberry \$5 | Jones & Sons Plumbing, Inc. | | | |
| | Frances Hogge \$10 | Sunset Appliance Service | Edda Rivera\$5 | Bob's Appliance Service | | | |
| | Rosemary Nifong \$10 . | Bill The Carpet Guy | Maureen Miller \$5 | | | | |
| | Arthur Sawdey \$10 . | George's Mobile Home Service | Brenda Van Houten \$5 | Largo Plumbing, Inc. | | | |
| | Mary Bettis\$10 | All Weather Enterprises, Inc. | Gary Jira\$5 | | | | |
| | Margaret Lefko \$10 | Battleline Termite & Pest Control | | Bob 's Appliance Service | | | |
| | | Debbie's Salon | Victoria Albers \$5 | Boss Electric Corp. | | | |
| | Sally Ericson\$5 | Immaculate & Affordble Cleaning | | Air Masters of Pinellas | | | |
| | Peg McConnell\$5 | Bob's Mobile Home Washing | | Battleline Termite & Pest Control | | | |
| | | Notebooks Plus | | Heller's Mobile home Washing | | | |
| | | Jones & Sons Plimbing, Inc. | | Nature's Resource Pest Control | | | |
| | | Royal Enterprise | | Modern Air Conditioning Service | | | |
| | | Battleline Termite & Pest Control | | Air Masters of Pinellas | | | |
| | Betty W. Jones\$5 | Notebook Plus | | Denny's Plumbing, Inc. | | | |
| | | Jones & Sons Plumbing, Inc. | | A Happy Cleaning & Services | | | |
| | Bette Davidge\$5 | Royal Enterprise | Sumner Israelson\$5 | Air Masters of Pinellas | | | |
| | | | | | | | |

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.

September Is Also...

Hunger Action Month. Sponsored by Feeding America (www.feedingamerica.org) and member food banks to encourage Americans to take action in the fight against hunger in their community by advocating, raising awareness, making donations, or volunteering.

National Bourbon Heritage Month. Celebrating bourbon as "America's Native Spirit" since a 2007 Senate resolution reinforcing a 1964 Act of Congress celebrating the family heritage, tradition, and deep-rooted legacy that the bourbon industry contributes to the United States. Enjoy your favorite bourbon responsibly and in moderation.

National Cholesterol Education Month. More than 20 million American adults have unhealthy levels of cholesterol, putting them at high risk of heart disease. September is a good time to get your blood cholesterol checked and take steps to lower it if necessary.

Pain Awareness Month. Established in 2001 by the American Chronic Pain Association, Pain Awareness Month seeks to raise awareness through mass media, public forums, and other platforms so that chronic pain can be more readily recognized, better understood without stigma attached, and treated and managed more effectively.

Also This Month...

A tional Suicide Prevention Week, Sept. 2-11. A project of the American Association of Suicidology to encourage everyone to be alert to signs of suicidal tendencies and seek help for themselves and their loved ones before tragedy occurs.

National Trucker Driver Appreciation Week, Sept. 11-17. The American Trucking Associations sponsors this celebration of the men and women who deliver food and other goods on the roads and highways of our nation.

National Farm Animals Awareness Week, Sept. 17-24. The Humane Society of the United States promotes the unique and sometimes overlooked qualities of farm animals, encouraging consumers, teachers, children, and everyone who cares about animals to become educated on their extraordinary behaviors.

Tolkien Week, Sept. 18-24. Honoring J.R.R. Tolkien and his son and editor, Christopher J.R. Tolkien, this week celebrates the Middle-earth cycle: The Silmarillion, The Hobbit, The Lord of the Rings, and other works. It's held during the week of Sept. 22, the birthday of Bilbo and Frodo Baggins.



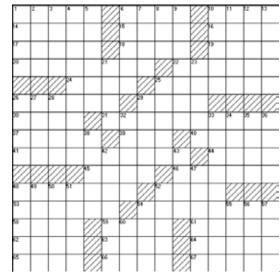


SEPTEMBER CROSSWORD

ACROSS

1. Pale purple 6. Neighborhood 10. Look furtively 14. Poplar tree 15. A covered cistern 16. Seaweed 17. Panorama 18. Jury member 19. South American country 20. Helped 22. Pictures 24. Average 25. Altar boy 26. Assault sexually 29. Fragrance 30. Modify written material 31. The state of being clean 37 9 9 9 9 39. Cry of disgust 40. Hostel 41. Lacking social graces 44. Sheltered, nautically 1. Magma 45 Veer 2. Nile bird 46. Really or in truth 3. Not more 48. Notify 52. Matures instrument 53. Lamentation 5. Stops 54. Changeless 6. Colorado resort 58. Overtake 7. Lamented 59. Winged 8. An uncle 61. Laser printers need this 9. Fruit resembling a 62. Initial wager peach 63. Repose 64. Not tight 11. Mournful poem

- 65. Lascivious look
- 66. Information
- 67. Cheer up



DOWN

- 21. Makes lace
- 23. Words to live by
- 25. Farewell
- 4. An important airplane 26. List of choices
 - 27. Chief Norse god
 - 28. Water chestnut
 - 29. Cutting this can
 - make you cry
 - 32. In flames
- 12. Everglades bird
- 13. Hesitate
- 33. A poisonous agaric 34. Doing nothing 10. Ordered by the pope 35. Arch type 36. Require
 - 38. Lustrous fabric





42. Sweetened mixture

of milk and eggs baked

49. Flying machine

43. Placard

47. Snuggle

48. Dismay

50. Adhesive

51. Stair part

60. Meadow

52. Heart artery

54. Group of actors

56. Where a bird lives

57. Tall woody plant

55 Dwarf buffalo

