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July • 2015

Issue 5 39th Year

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MANAGER'S MESSAGE

Marilyn Sisti, Community Manager; Shangri-La 727-585-2850



Just a few items, please stop speeding through the park, there are speed limit and traffic bumps to warn you of this; I saw a car go through the other day and fly over the bumps (does wonders for your car!!).

Also, please, always shower before you get into the pool, there is a sign posted stating this, but some residents have been ignoring it. As far as smoking, you can smoke on the left side outside as long as you have an ashtray and do not put holes in the chairs or pool deck, we will monitor this to see how it goes, also still monitoring the drinking at the pool, do not come to the pool drunk and do not even think about getting drunk while at the pool, if you fall in you will definitely drown.

Last item, John is our maintenance man, he is not the listener of com-plaints, if you have a complaint come to me do not speak to him about them. This is slowing down his work load and we only have him on a part time basis. I have asked him to not listen to complaints so if you feel he is being rude and moving on he is not he is doing what I have asked of him.

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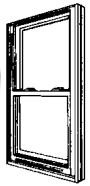
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MESSAGE FROM THE VICE PRESIDENT

Submitted by Janette Martin

I know that Marilyn has addressed this issue many times, but I am going to address it myself. When you walk your pet, PLEASE, keep your pet in the street or on your own property. I know that you all carry baggies to pick up their little presents, but I, for one, do not want their little pre-sents on my property. I have been nice about asking people not to walk their pet on my property, but apparently nice doesn't work. The other day my husband and I had to go out and chase someone off of the lawn, and we got yelled at. I was told I am a horrible neighbor! Hey, I don't poop on your lawn, don't poop on mine!!!!

ACTS OF KINDNESS

Submitted by Serena Libby

I would like Dan Libby, Jim Bronson, Bob Martin, and Janette Martin for doing all the cooking for the last couple of parties. I cannot do all the activities alone. So a big thank you to all.

PINELLAS COUNTY TETHERING ORDINANCE

In November 2014, the Pinellas County Board of County Commissioners voted to pass Ordinance No. 14-40 which bans the unattended tethering of dogs and cats throughout Pinellas County. The term "tether" means to restrain a dog or cat by tying the animal with chains, ropes, leashes, cords, or running lines to any object, structure, or tree.

In order to comply with Ordinance No. 14-40, Sec. 14-31, here are some important points to remember:

- The owner or keeper of a dog or cat must remain outside with the animal while it is tethered.
- The owner or keeper of a dog or cat must keep the animal within sight.
- The tether must be of a size and weight necessary to safely restrain the dog or cat without placing excessive weight or strain on the dog or cat.
- If there are multiple animals, each one must be tethered separately so they do not get tangled.

Citizens are encouraged to read the entire tethering ordinance at: <http://www.pinellascounty.org/animalservices/tethering.htm>

Beginning May 1, 2015, Pinellas County Animal Services will begin enforcing this measure with citations and fines.

Questions on this topic related to Animal Services may be directed to the following website:// pinellascounty.org/forms/animal.htm or by calling 727-582-2600, menu option 4.



TAO TAI CHI

Submitted by Mary Ann Rodger

The founder of Tao Tai Chi was Master Moy who has since passed away. He immigrated to Canada and wanted Westerners to be introduced to this healthy practice. The practice cultivates body, heart and mind regardless of our physical condition.

The center for Tao Tai Chi in Dunedin expanded and bought the huge complex at 453 Edgewater Drive just outside of Dunedin, straight up North Myrtle St. It used to be the old Schiller University and is on a beautiful site facing the inner coastal waterway. They plan to restore all the buildings and make this into a huge International Center for Tai Chi. Their plan is to have students coming from all over the world and staying at the site for workshops. We, in the area, are so fortunate to have this so near to us.

One month ago I saw an ad in the paper advertising an open house. I went to it and was sold. I joined. I have been an ardent member for one month. The beauty of this very affordable membership is that I can go once a week or six times a week; whatever fits my schedule.

Tai Chi reduces blood pressure, chronic headaches dizziness and insomnia. It also helps those suffering from arthritis and rheumatism. It improves brain volume and focus. On a personal note, I have noticed that my balance has improved a lot. I take long walks and would fall a lot, but no more. My blood pressure is much lower, lower left back pain is gone as well as right shoulder pain and I am starting to sleep better. I have improved that much in one month. I am still waiting for my brain volume to expand. My instructor says that 2 years ago she had severe back pain and her quality of life was limited. Now she is hale and fit and teaching Tai Chi.

There are 108 movements. Some movements get repeated throughout. When I watched the experienced students doing the movements I said, "No way am I going to be able to ever do that". Now I have 34 movements and my confidence is growing and I know that I can do this. When we get discouraged the instructors will say, "You have 99 years to learn this."

The beauty of this gentle exercise is that it attracted people from all walks of life and all ages and many with medical problems. The most elderly member is 92 years old. It is uplifting to hear people tell you what Tai Chi has done for them. Open houses are held every 3 months and I hope some of you readers can come and join us.

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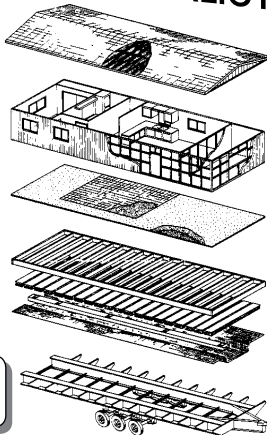
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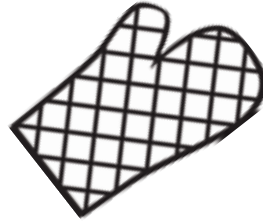
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RECIPE OF THE MONTH

Submitted by Janette Martin

- 1 pkg. active dry yeast
- 1 ¼ cup warm water (110 ° F), divided
- 4 to 5 cups all-purpose flour, divided
- 2 tsp. salt
- 4 tsp. baking soda
- Coarse salt



- Dissolve yeast thoroughly in ¼ cup warm water. Stir in remaining 1 cup warm water. Mix 4 cups flour and salt in large bowl. Add dissolved yeast, then mix. Add enough additional flour to make a stiff dough. Knead 10 minutes, or until smooth and elastic.
- Roll dough into a ball. Place in a greased bowl, turning to coat top. Cover with a towel. Let rise in a warm place until double in bulk, about 45 minutes.
- Divide dough into quarters; then divide each quarter into 4 balls of dough. Take one of the balls of dough and roll it between your hands to form a coil 20 inches long and ¼ to 3/8 inch in diameter. Shape coil into a pretzel shape, pinching ends to shaped pretzel. Shape remaining dough into coils, then into pretzels. (Note; if you don't know how to shape the pretzel you can simply cut coils into bite size nuggets).
- Dissolve baking soda in 4 cups of water; bring to a boil. Drop pretzels, one at a time (or half dozen bites), into boiling water and let boil 1 minute, or until pretzel floats. Remove and drain.
- Place drained pretzels on buttered baking sheets. Sprinkle with coarse salt. Bake in a 475° F oven for 12 minutes, or until golden brown. Place on rack to cool. Serve with mustard. Makes about 16 pretzels.
- For even tastier pretzels, top with pizza sauce and cheese, place back in oven for about 5 minutes (until cheese melts).

SHUFFLEBOARD

Submitted by Bob Vogel

We are still meeting every Tuesday morning for shuffleboard practice. Practice begins at 10:00 and usually runs about 2 hours. We are also looking for new players. Even if you have no knowledge of the game, we can teach you the basics; then in the fall, when the professionals return, you can pick up the finer points of the game. So, if you are interested in becoming a member of the team, please contact me Lot #145 (6th St) or call me 727-483-4611. Come out and join the fun!



RESIDENTS NEWS

New Residents

Please add these names and numbers to your Shangri La Phone book.

Robert & Kim Buckmann - Lot #7 - Tel: 727-333-7821

Karen Paladino - Lot #155 - Tel: 727-754-1521

Ted Hughes – Lot #140 - Tel: 567-224-7867

Courtney Lemaitre – Lot #140



Welcome to our new residents and we look forward to you becoming involved and joining in our activities.

ACTIVITIES

Submitted by Serena Libby



Upcoming Activities

7/4 4th of July Cookout/Potluck - cocktails @ 3:00 - dinner @ 4:00 PM

Hot dogs & hamburgers and dessert are being provided. We ask that anyone attending the party please bring a side dish to share.

Also, please be sure to sign up by the deadline, let us know how many people will be attending; this makes it easier to shop for the main dish.

8/15 Beach Party – cocktails @ 2:00 – dinner @ 3:00 PM

Main dish and dessert are being provided. Again, asking all attendees to please bring a side dish (this helps to keep our costs down). The theme of the party will be “Going to the Caribbean”, so let’s get creative on the side dishes. Last year’s party was a lot of fun; so, come one, come all.

It is extremely important that you make sure you have signed up for these events. The menu is planned for the number of people on the sheets; if we have people that come in last minute; that means there is less food for the people that did sign up. Also, if we ask you to bring a side dish, please sign up for that as well. We want to try and avoid an over-abundance of one item and lack of something else. More volunteers are needed to help with these events. It takes a lot of work to decorate, set-up, cook and clean up. It’s really unfair to ask the same people to step up all the time. Finally, if we do not get the participation of more people, there will no more parties until the “snowbirds” return.

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JOKES

Submitted by various residents

Atending a wedding for the first time, a little girl whispered to her mother, 'Why is the bride dressed in white?' The mother replied, 'Because white is the color of happiness, And today is the happiest day of her life.' The child thought about this for a moment then said, 'So why is the groom wearing black?'



Three boys are in the school yard bragging about their fathers. The first boy says, "My dad scribbles a few words on a piece of paper, he calls it a poem, they give him \$50". The second boy says, "That's nothing, my dad scribbles a few words on piece of paper, he calls it a song, they give him \$100". The third boy says, "I got you both beat. My dad scribbles a few words on a piece of paper, he calls it a sermon, and it takes eight people to collect all the money"!

A woman awakes during the night to find that her husband is not in bed. She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a hot cup of coffee in front of him. He appears to be in deep thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of his coffee. 'What's the matter, dear?' she whispers as she steps into the room. 'Why are you down here at this time of night?' The husband looks up from his coffee, 'It's the 20th Anniversary of the day we met.' She can't believe he has remembered and starts to tear up. The husband continues, 'Do you remember 20 years ago when we started dating? I was 18 and you were only 16,' he says solemnly. Once again, the wife is touched to tears. 'Yes, I do,' she replies. The husband pauses. The words were not coming easily. 'Do you remember when your father caught us in the back seat of my car?' 'Yes, I remember,' said the wife, lowering herself into the chair beside him. The husband continued. 'Do you remember when he shoved the shotgun in my face and said, "Either you marry my daughter or I will send you to prison for 20 years?" 'I remember that, too,' she replied softly. He wiped another tear from his cheek and said, 'I would have gotten out today.'

My neighbor was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up in his front lawn. He rushed to help an elderly lady driver out of the car and sat her down on a lawn chair. He said with excitement, "You appear quite elderly to be driving." "Well, yes, I am," she replied proudly. "I'll be 97 next month and I am now old enough, that I don't even need a driver's license anymore." He asked "How do you know?" "The last time I went to my doctor, he examined me and asked if I had a driver's

Continued on page 16

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license. I told him, yes and handed it to him." He took scissors out of the drawer, cut the license into pieces, and threw them in the waste basket, saying, 'You won't need this anymore.' So I thanked him and left! May the lord save us!

Yesterday, my daughter again asked me why I didn't do something useful with my time. Talking about my "doing something useful" seems to be her favorite topic of conversation. She said that she was "only thinking about me", and suggested that I go down to the senior center, and hang out with the other old guys. I did this. When I got home last night, I decided to teach her a lesson about staying out of my business. I told her that I had joined a parachute club. She said, "Are you nuts? You're 76 years old, and you're going to start jumping out of airplanes?" I proudly showed her that I even had a membership card. She looked at it and said, "Good grief Dad, where are your glasses! This is a membership to a Prostitute Club, not a Parachute Club." I told her, "Then I'm in real trouble because I've signed up for five jumps a week". She fainted. Life as a senior citizen is not getting any easier, but sometimes it can really be fun!

July Sudoku

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

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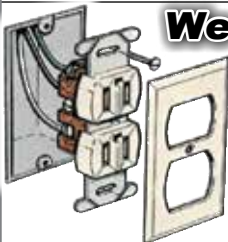
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| Sunday | Monday | Tuesday |
|--|---|--|
| | | |
| 5 | 6:30 PM Billiards | 6 10 AM S Practice Tammy #26 – Ha Vince M Barbara – Lot #1 Anniver |
| 12 | 6:30 PM Billiards Joyce Avera – Lot #124 – Happy Birthday Michael & Bobbi Christian – Lot #61 – Happy Anniversary | 13 10 AM Practice Mary M #16 – Ha Jim Bro #154 – F |
| 19 David Mayo – Lot #120 – Happy Birthday | 6:30 PM Billiards | 20 10 AM Practice |
| 26 | 6:30 PM Billiards Maxine Lamb – Lot #16 – Happy Birthday | 27 10 AM Practice |

Shangri La Star

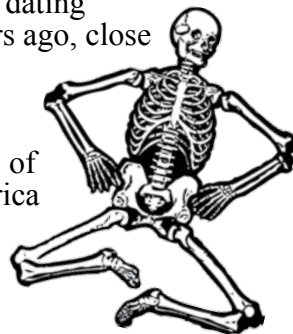
| Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|
| | 1 5:30 PM Men's Poker | 2 | 3 5:30 PM Men's Poker Lisa Otis – Lot #115 – Happy Birthday | 4 Larry Byrd – Lot #102 – Happy Birthday Independence Day |
| 7 Shuffleboard Tynan – Lot Happy Birthday Malorni & McGerrigle 42 – Happy sary | 8 5:30 PM Men's Poker Marcy Plumley – Lot #54 – Happy Birthday | 9 Peter Batchelor – Lot #49 – Happy Birthday | 10 5:30 PM Men's Poker Wally Schultz – Lot #96 – Happy Birthday | 11 Maria Wagoner – Lot #24 – Happy Birthday |
| 14 Shuffleboard Mitchell – Lot Happy Birthday nson – Lot Happy Birthday | 15 5:30 PM Men's Poker Jim Bronson – Lot #154 – Happy Birthday | 16 | 17 5:30 PM Men's Poker | 18 |
| 21 Shuffleboard e | 22 5:30 PM Men's Poker | 23 | 24 5:30 PM Men's Poker Jenny Coombs – Lot #25 – Happy Birthday | 25 Richard Widel – Lot #76 – Happy Birthday Vince Malorni – Lot #142 – Happy Birthday |
| 28 Shuffleboard e | 29 5:30 PM Men's Poker | 30 | 31 5:30 PM Men's Poker | AUGUST 2015 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 |



Ancient bones offer clues to evolution

Scientists may have discovered a new human ancestor to go along with “Lucy,” the 3.2 million-year-old *Australopithecus afarensis* female from eastern Africa. Dubbed “Little Foot” because of his small bones, this specimen was unearthed in South Africa in the early 1990s. His skeleton was almost completely preserved after falling down a narrow cave shaft and dying there. Whether Little Foot was a relative of Lucy’s or a different pre-human species has been a subject of debate among anthropologists, but a new dating process suggests that Little Foot lived and died some 3.67 million years ago, close to the same time as Lucy.

Although some scientists dispute the accuracy of the dating technique, if it holds up it suggests an evolutionary link between different species of *Australopithecus* in ancient Africa, as well as evidence of where in Africa modern humans began to develop.



Birds do it, bees do it, and so do amorous mice

From time immemorial, men have wooed their lady loves with romantic (if sometimes off-key) music. Now scientists from Duke University believe that love songs aren’t just for humans. Mice also sing to females they hope to attract, although they aren’t likely using Barry White.



Instead, mice rely on high-pitched sounds outside the range of human hearing, using specific tunes when they smell a potential mate and different ones when they finally set eyes on her. The songs are louder and composed of more complex sounds when they smell a female scent, and get simpler—but longer—when they finally meet face to face. The complex songs seem to attract females, although what specifically draws them close is still uncertain.

The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today.

—Pope Paul VI

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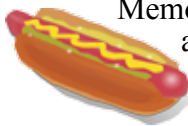
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Independent Retailer Month. Celebrate independent retailers across the country. Support and shop independent merchants all through the year, and use July as a time to unite for the independent retailers in local communities that help build our economy.

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Parks and Recreation Month. This year marks 30 years of Parks and Recreation Month, highlighting the enduring importance of parks and recreation for the world. From the start, parks were created to give us a place to appreciate nature, exercise, socialize, and have fun—a mission that lives on into the future.

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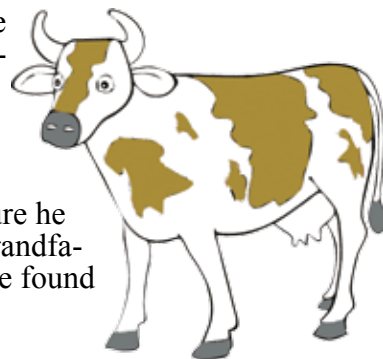


The strongest bonds

A farm boy took his cows to the meadows out to pasture every morning and brought them back to the barn at the end of the day. One evening, as he was tying the cows up for the night, he found that he'd lost the piece of rope he needed for the last one.

He couldn't go all the way town to buy more rope, but he didn't want the cow to wander away. So he went to his grandfather for advice.

"Here's what you do," the grandfather said. "Go up to the cow the same way you do every night and pretend to tie a rope around him, then pretend to tie the rope up to his stall. Make sure he sees you doing it, and he'll be fooled." The boy followed his grandfather's advice, and the next morning when he went to the barn he found the cow still there.



He untied all the rest of the cattle and herded them out to pasture for the day. But when he passed by the barn on his way to do his other chores, he noticed the cow was still there. He went to his grandfather again.

The grandfather smiled and said: "You forgot to untie the cow. Go back and pretend to let him loose, and you'll be able to herd him outside."

Moral: Often what holds us back are the bonds we only think are real.

Correct: A Zen parable

Two monks could not agree on a problem. Finally they went to the master of their monastery to settle the dispute. They agreed to argue their positions one at a time while the master listened.

After hearing the argument presented by the first monk, the master nodded. "You are correct." The first monk was pleased, but the master then told the second monk to speak his piece.



The other monk made his case. Once he finished, the master gave another nod. "You are correct."

"But master!" the two monks cried together. "We can't both be correct!"

Again the master nodded and smiled. "You are correct."

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The more you learn, the more material you have for your creative efforts. To master lifelong learning, no matter what your ambitions are, consider these points from the Innovation Excellence website:

- **Laughter is good for the brain.** Find the humor in whatever you do. Laughter will help you remember incidents better, and also generate a sense of security which supports a well-balanced mind.
- **Learn in chunks.** Instead of trying to memorize information in big blocks, concentrate on learning a few individual points at a time. You'll retain more without the mental exhaustion of cramming.
- **Study a foreign language.** Bilingual speakers tend to process information more efficiently than those who speak only one language. People who exercise their brains by learning Spanish, Japanese, or some other tongue frequently find they don't have to work as hard performing other cognitive tasks.



Keep your mouth shut

A turtle was lying on the bank of a river one day when he heard two hunters walk by, talking about how they planned to come back the next day to catch some turtles for soup. He worried all night, because he knew he couldn't outrun the hunters, and in the morning he had a plan.

He saw two birds in the tree overhead. As the hunters approach, the turtle called out, "You up there! Would you help me escape these hunters?"

"What do you want us to do?" the first bird asked.

"I'll hold this stick in my mouth," the turtle said, "and you two pick me up and fly me to the other side of the river."

The birds agreed and flew down to the ground. The turtle clamped a thick stick between its jaws, and the birds slowly lifted him up off the ground.

As the hunters reached the riverbank, they stared in amazement. "Look at those birds! They figured out how to carry a turtle across the river! Those must be the smartest animals in the world!"

Jealous, the turtle cried out: "It was my ideaaaaa ..."





Doctors may soon use lasers to seal wounds

Lasers are common weapons in science fiction movies, but soon a laser may be used to heal wounds in real life if scientists at Tel Aviv University are successful.

As reported on the Reuters website, the scientists developed optical fiber capable of transmitting infrared light and at the same time measuring the heat of the tissue it's pointed at. This allows them to control the laser's power accurately and use it to "weld" tissue effectively without any burning or scarring. Collagen aids the bonding process, growing firm as the skin cools down.



This laser-aided process may result in stronger bonding with fewer scars than traditional suture offers. Initial tests on humans showed successful healing with less scar tissue; examinations one year after surgery should demonstrate whether the laser produces less scarring than needle and thread.

Twin suns may support rocky worlds—in theory

Many solar systems around the universe are binary, with two stars orbiting each other in space. Scientists have long believed that rocky planets can't form in these systems because of gravitational forces that would cause planetesimals (worlds in the process of forming) to destroy themselves in collisions instead of slowly merging with each other. Thus, the common image of a world with two (or more) sunsets on the horizon seemed relegated to movies.

But new studies suggest that planetesimals behave differently than had been thought, according to the Sci-News website. Astronomers previously theorized that small worlds seek a circular orbit, leading to collisions around binary stars; now they believe that planets in these systems may take on an oval orbit as they form, avoiding crashes and eventually accumulating a rocky mass. Such worlds could see more than one sun in the sky, and may be able to support life.



Nature composes some of her loveliest poems for the microscope and the telescope.

—Theodore Roszak

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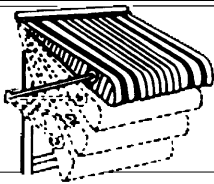
Do you want more chances to win? Let us know any businesses you would like to see advertising in the newsletter. The more advertisers you use, the more chances you have to win!



Monthly Media

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²

¹⁴



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We have cleaned over 8,000 of Manufactured Homes in Pinellas County with incredible success!

We hope that our credentials & over 50 years as a family owned business allows you the confidence to select Doll Bros. for your cleaning needs.



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¹⁰

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- Apply Soap to exterior
- Hand brush mobile home
- Then light power rinse thoroughly
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- No Bleach • No Chlorine



\$75⁰⁰

Any Size Mobile Home

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16

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16

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28



35

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5

5

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HELP WANTED

CRAFTERS WANTED! EBO in Largo needs Crafters for their Show Dec. 5th, from 8-2. Tables are \$20.00 Call Debbie 727-531-3633

WANTED TO BUY

When selling on consignment always get a WRITTEN QUOTE on the sellers' commission.

GOT A CAR YOU WANNA SELL? THE GOOD, THE BAD, OR THE UGLY. CALL NOW: 727-400-1910.

BUYING COIN COLLECTIONS. Proof and mint sets, old coins, currency, \$.03 for "Wheaties", American Flyer Trains. 688-9871

CARS OR TRUCKS, Top dollar paid by Andrew 726-0094 or 785-1288

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

!! TOP CASH PAID!! JEWELRY: GOLD, STERLING, COSTUME (EVEN BROKEN JEWELRY), COINS, ANTIQUES, PAINTINGS, GLASSWARE, POTTERY, CHINA, ENTIRE ESTATES. FREE HOUSE CALLS, LAURA. ALL SALES SUBJECT TO APPROVAL. (727) 422-0095

WE BUY CARS! * TOP \$\$\$ PAID! Cash For Cars, Trucks, Vans & SUV's. Any Year Make & Model - Domestic, Import, Classic, Sports & Luxury - Vehicles Must Run & Drive & Have Title - WE COME TO YOU! / FAIR HONEST CASH OFFERS! Call Now & Sell Today! We Pay More Guaranteed! Contact Brian or Nicole @ 727-729-9472

ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,000 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.

Thanks!

-Monthly Media Staff

AUGUST AD DEADLINE - JULY 10, 2015

- 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.

BROWN AUTOMOTIVE

Full Service Auto Repair
Same Location Since 1975

Mention This Ad for...
10% OFF

AAA Approved Auto Repair ASE 39 ★ **531-7372** 7

1275 Starkey Road • Largo

ROYAL "We Keep Your Castle Clean"

SHATTERPROOF YOUR WINDOWS **SOLAR FILM**

16 • Heat Reflection
★ • Old Film Removal & Replacement 16

394-7351
FREE ESTIMATES

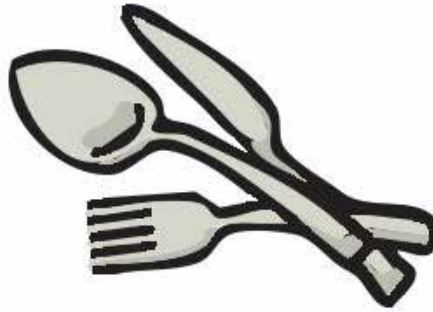
Owner Operated - Over 25 Years Exp. • Licensed & Insured
Ask About Our Other Cleaning Services



The state of food across the U.S.

Every U.S. state is known for something: slogans, state birds, celebrities, etc. If you're hungry, or planning your vacation menu, consider some of these official state foods found across the country:

- Alaska: Salmon (state fish)
- California: Avocado (state fruit)
- Delaware: Peach pie (state pie)
- Georgia: Grits (state prepared food)
- Illinois: Popcorn (state snack food)
- Louisiana: Sweet potato (state vegetable)
- Maryland: Smith Island Cake—a yellow cake of 8-10 layers with chocolate frosting (state dessert)
- New York: Apple muffin (state muffin)



The creative process—from the artists who know

What do professional artists, writers, and performers think about creativity? From The Guardian come these thoughts on the process from people who depend on their imagination to do their jobs:

- Guy Garvey, musician. “Just start scribbling. The first draft is never your last draft. Nothing you write is by accident.”
- Polly Stenham, playwright. “I’m very fidgety, and I seem to work best when my hands are occupied with something other than what I’m thinking about. During rehearsals, I find myself drawing little pictures or symbols that are somehow connected to the play.”
- Tamara Rojo, ballet dancer. “An idea never comes to me suddenly; it sits inside me for a while, and then emerges.”
- Mark-Anthony Turnage, composer. “If you get overexcited by an idea, take a break and come back to it later. It is all about developing a cold eye with which to look over your own work.”
- Fyfe Dangerfield, musician. “For me, the image of the tortured artist is a myth—you don’t need to be miserable to write songs. In fact, if I am feeling down, the last thing I want to do is write; though it’s important sometimes just to sit down and get on with it, however you’re feeling. Your creativity is like a tap: if you don’t use it, it gets clogged up.”

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

14,492 manufactured home residents have won over \$124,374 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:**

| | |
|--|--|
| Roy Martin.....\$100.00.....Perfect Repair & Construction | Eric Lynn.....\$5.00.....Knoblach Hearing Care |
| Mary Deperto.....\$10.00.....Community Roofing | Shirley Reish.....\$5.00.....Ron Wyngarden |
| Bill Janes.....\$10.00.....Jones & Sons Plumbing | Everett Wardell.....\$5.00.....Perfect Repair & Construction |
| Dale Anderson.....\$10.00.....Kathy's Cleaning | Louise Gross.....\$5.00.....Bob's Appliance |
| Janice Cook.....\$10.00.....Modern Pest Control | Gary Jira.....\$5.00.....Heller's Mobile Home Washing |
| Chris Campbell.....\$10.00.....Modern Air | Marilyn Shipley.....\$5.00.....Chambers Specialties |
| Angie Simon.....\$10.00.....Largo Automotive | Carole Silver.....\$5.00.....Battleline Termite |
| Peggy Gronek.....\$10.00.....Boss Electric | Gloria Dillie.....\$5.00.....Marti's Hair Salon |
| Linda Anacreonte.....\$10.00.....Ron Wyngarden | Doris Jager.....\$5.00.....Sunset Appliance Service |
| Patricia Osdras.....\$10.00.....Jean Satterfield | Linda Baker.....\$5.00.....Doll Brothers |
| James Patton.....\$10.00.....Mobile Home Depot | Sandy Anderson.....\$5.00.....Battleline Termite |
| Philip Scott.....\$10.00.....Knoblach Hearing Care | Darlene Coburn.....\$5.00.....Doll Brothers |
| Agnes Meyer.....\$10.00.....Largo Plumbing | James Erickson.....\$5.00.....Mitchell's Siding |
| Constance Rakoczy.....\$10.00.....Master Plumbers & Septic | Jacki & Roger Wilson.....\$5.00.....Royal Enterprise |
| Nancy Eickenberg.....\$5.00.....Bob's Mobile Home Washing | Donna Coffee.....\$5.00.....Boss Electric |
| Walter Laborn.....\$5.00.....Buggin Out | Jeannie Bovee.....\$5.00.....Debbie's Salon |
| Connie Beauer.....\$5.00.....Kathy's Cleaning | Peggy Dubendorfer.....\$5.00.....Bob's Mobile Home Washing |
| George Klett.....\$5.00.....Largo Plumbing | Shirley Wert.....\$5.00.....Dr. Peter Mason |
| Joe Jacobi.....\$5.00.....OE Wilson | Terrence King.....\$5.00.....sShonna Bender, LMT |
| Pat Rudness.....\$5.00.....Bill The Carpet Guy | Al & Donna Hartin.....\$5.00.....Dunedin Electric |
| John Lee.....\$5.00.....Air Masters | Mona Kovack.....\$5.00.....Air Masters |
| Harriette Reimer.....\$5.00.....Debbie's Salon | Carol Robertson.....\$5.00.....Sunset Appliance Service |
| Cheri Halm.....\$5.00.....Jones & Sons Plumbing | Thomas Cooke.....\$5.00.....Natures Resource Pest Control |
| Arthur & Jane Perley.....\$5.00.....Kathy's Cleaning | |

• 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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Certified years in business



No complaints unresolved

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Years in Monthly Media

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