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• S T A R •

S

## August • 2015

## Issue 6 39th Year

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## MANAGER'S MESSAGE

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

A few mentions, first please do not put furniture or tv's, electronics any household items in or around the trash. Please notice the sign that is posted. If we find out who is doing this be warned that the items that you disposed of will be put back on your carports. The trash company will not take these items especially televisions and we as a park have no way to dispose of them. If you have old electronics you must take them to the Pinellas County Dump, the information is on the board in the clubhouse.

Again, I want to address unauthorized occupants, please do not try to sneak people in your home, it does get noticed and you could be evicted for this as a rules violation. If you have any questions regarding this rule, please let me know, visitors are allowed two weeks, anyone staying longer and is age qualified has to undergo a background check.

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If you have any questions or concerns, please let me know.



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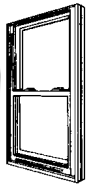
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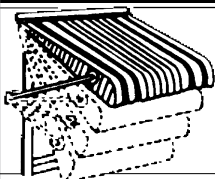
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# KNOW YOUR NEW NEIGHBOR

Submitted by Janette Martin



I have to apologize for the lack of interviews; I have had great difficulty in finding people that want to do this. David Myers, of Lot #21, is the willing subject of the month.

Dave was born in Cleveland, OH, October 15, 1952. He says he is a Monday's child. He has a younger sister, named Kathleen, that he's plans on going home to visit soon. Schooling includes graduating from Padua Franciscan High School in 1971, College of the Canyons in Valencia, CA, and PTech in Pinellas County, FL. Among his studies were Computer Numerical Control, Hotel/Restaurant Management, and Computer Information Technology.

David served in the U.S. Army for 3 years and 2 months; he also served in the National Guard for just over a year.

Some of the many jobs Dave has done include Kirkwood Industries ('77-'97), where he installed "Set-up Operation machines". In 1997 David moved to Florida and decided to be a beach bum, in Clearwater, for a few years. He did little jobs here and there to make ends meet, including working at the Hilton Hotel until "9-11-01"; air travel slowed way down and the hotel was not doing a lot of business, so he decided to go back to school (this is where PTech comes in).

Dave went to work for Publix Markets, where he worked for almost 10 years. He worked for almost 8 years in the deli, then moved on to the bakery, and then moved to the front line. While there he made friends with Kenny Posnak, who lived here at Shangri-La. Dave needed a place to stay and Kenny offered him a place to stay until he could get his own place. He started out as a renter in Lot #17 and has recently become a homeowner in Lot #21.

Some of Dave's hobbies are playing pool and fishing. He wants folks to know that he is very easy going and laid back. He enjoys just sitting and talking with friends; he has a ton of stories to tell if you want to sit and spend some time with him. While doing this interview I found him to be quite knowledgeable and interesting.

So, please, take some time and get to know Dave.

**A Complete Listing of Resident Services  
can be found on the page before your calendar**

# SPROUTING SPROUTS

Submitted by Mary Ann Rodger

I have found a new, cheap hobby that is very good for and that is “Sprouting Mung Beans.” Mung beans grow mostly in China and they are usually what you see in the grocery store.

I had read about how easy these were to sprout and so I decided that if they were that easy I could do it. I went to Nature’s Food Patch and the attendant there showed me where to find organic bean sprouts. There is an aisle full of large canisters with every bean and seed you could possibly find. The canisters that have a picture of two green leaves on a yellow background are the sprout able ones. It also must say organic. The Mung bean was one of the cheaper beans.

I like sprouting Mung beans because you don’t need much room, or much equipment. I did not want to get into using dirt to grow seeds. All you need are 2 mason jars, or any plastic container that you have around the house, some cheesecloth, rubber bands and a bowl.

I put one and a half cups of Mung beans in a bowl of water and covered it with a tea towel and let it sit overnight. Most directions say to let the beans sit in water for 4-8 hours, but I have found they sprout faster when they soak overnight. The next morning I poured the water off and gave them a good rinsing. They are quite soft by this time. I then put  $\frac{3}{4}$  of a cup of beans in each clean mason jar. I then put cheese cloth or just a small piece of cotton over the mouth of the mason jars and secured the cloth with an elastic band to hold the cloth in place. I then put each jar in a bowl turning the jar mouth down at about 75 degrees in the bowl so that water can continue to drain off of them, but air can continue to circulate. The key here is to keep the beans moist but without any extra water in the container, or mold could develop. That night I will rinse them well again before I go to bed. I will continue to rinse twice a day for 3 days. Keep them in filtered light, not in direct sunlight. Then you must decide, by judging the size and texture, if it is time to harvest them. Usually the fourth day is harvest day. Some sprouts will try to grow through the cheese cloth. I have experimented with them and found that if I put more beans than called for in the jars, making them a little crowded, they will sprout faster. I have found it fun to experiment and see what works for me. Once I am ready to harvest them I rinse them and lay them out on a cookie sheet and sprinkle sea salt on them and let them dry for 2 hours. They are then ready to be put in plastic bags and put in the fridge or freezer. They have to be eaten fairly fast if they are not frozen. I then start another batch.



I love them because I can grab a handful for an evening snack, or throw them into a salad, a

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stir fry or smoothie. The health benefits of these sprouts are phenomenal. Diabetics can safely eat these as the protein, fiber and low glycemic-index help to regulate blood sugar. As well as being chock full of vitamins and minerals they have anti-inflammatory properties, as well as anti-aging properties.

If you get stuck there is a lot of information on the internet about sprouting. It is a cheap hobby with great benefits.

## RECIPE OF THE MONTH

*Submitted by Serena Libby*

### Lemon Cream Cheese Cake

- 1 can (16 oz) lemon pie filling
  - 1 pkg. (15 oz) yellow cake mix
  - 4 oz cream cheese, cut into small pieces
  - ½ cup (1 stick) butter, cut into thin slices
- Preheat oven to 350°F. Spray 9-inch square baking pan with non-stick cooking spray.
- Spread lemon pie filling in prepared pan. Top with half of cake mix; dot with cream cheese and cover with remaining cake mix. Top with butter in single layer, covering cake mix as much as possible.
- Bake 35 to 40 minutes or until toothpick inserted into center of cake comes out clean. Cool at least 15 minutes before serving.
- Makes 9 servings



## ACTIVITIES

*Submitted by Serena Libby*

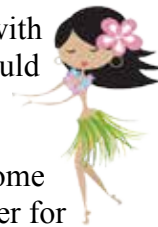
Please join us on Saturday, August 15th, for our annual “beach” party. This year’s theme will be Hawaiian Style. When considering what side dish to bring, try to think of something fitting this theme. Be creative; give your dish a fun and exotic name. Cocktail hour begins at 1:00, dinner will be served at 2:00, and then the pool fun





begins at 3:00. Fun games and activities are being planned. So, please sign up early and come out for a great time!

On a separate note, I would like to thank everyone involved in helping out with the 4th of July party and the July Cookout. Both parties were a success, and I could not have done them without your help.



Future activities include a Labor Day party, the Halloween party, the Welcome Back party, and Christmas activities. Watch the bulletin board and the newsletter for further details.

## JOKES

*Submitted by Polly Pifer*

---

**A**fter his recent stay in the hospital, Pa was particularly irritable, especially regarding food. At a nearby restaurant he stopped for a quick meal and the waiter provided a bowl of soup. As the waiter turned away to re-turn to the kitchen Pa stopped him, calling: "Waiter!" "Yes sir, is there something wrong?" "The soup; taste it," replied Pa. "I beg your pardon, Sir?" "Taste it." "But, Sir, I can assure you that the soup is excellent." "Taste it," Pa persisted. "Sir, the soup was made this morning of the finest ingredients." "Taste it!" The exasperated waiter finally relented. "All right, Sir, I'll taste it." Then after a pause he said, "Where is the spoon?" To which Pa replied triumphantly, "Ah ha!"

---

**A**New York woman was at her hairdresser's on Park Avenue getting her hair styled prior to a trip to Rome with her boyfriend. She mentioned the trip to the hairdresser, who responded, "Rome? Why would anyone want to go there? It's crowded and dirty and full of Italians. You're crazy to go to Rome. So, how are you getting there?" "We're taking Continental," was the reply. "We got a great rate!" "Continental?" exclaimed the hairdresser. "That's a terrible airline. Their planes are old, their flight attendants are ugly, and they're always late. So, where are you staying in Rome?" "We'll be at this exclusive little place over on Rome's left bank called Teste..." "Don't go any further. I know that place. Everybody thinks it's gonna be something special and exclusive, but it's really a dump, the worst hotel in the city! The rooms are small, the service is terrible and they're overpriced. So, whatcha doing when you get there?" "We're going to see the Vatican and we hope to see the Pope." "That's rich," laughed the hairdresser. "You and a million other people trying to see him. He'll look the size of an ant. Boy, good luck on this lousy trip of yours. You're go-



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ing to need it." A month later, the woman came in again for a hairdo. The hairdresser asked her about her trip to Rome. "It was wonderful," explained the woman, "not only were we on time in one of Continental's brand new planes, but it was overbooked and they bumped us up to first class. The food and wine were wonderful, and I had a handsome 28-year-old flight attendant who waited on me hand and foot. And the hotel -- it was great! They'd just finished a \$5 million re-modeling job and now it's a jewel, the finest hotel in the city. They, too, were overbooked, so they apologized and gave us their owner's suite at no extra charge!" "Well," muttered the hairdresser, "that's all well and good, but I know you didn't get to see the Pope." "Actually, we were quite lucky, because as we toured the Vatican, a guard tapped me on the shoulder and explained that the Pope likes to meet some of the visitors and if I'd be so kind as to step into his private room and wait, the Pope would personally greet me. Sure enough, five minutes later, the Pope walked through the door and shook my hand! I knelt down and he spoke a few words to me." "Oh, really? What'd he say?" "He said, 'Where'd you get the shitty hairdo?'"

---

*Submitted by Bobbi Christian*

**A** guy is driving around the backwoods of Tennessee and he sees a sign in front of a broken down shanty-style house.  
Talking Dog For Sale

He rings the bell and the owner appears and tells him the dog is in the backyard. The guy goes into the backyard and sees a nice looking Labra-dor retriever sitting there.

"You talk?" he asks. "Yep," the Lab replies.

After the guy recovers from the shock of hearing a dog talk, he says "So, what's your story?"

The Lab looks up and says, "Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told the CIA and they had me sworn into the toughest branch of the armed ser-vices... The United States Marine Corps. You know one of their nick-names is "The Devil Dogs."

In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders; because no one figured a dog would be eavesdropping.

I was one of their most valuable spies for eight years running, but the jet-ting around really tired me out and I knew I wasn't getting any younger.

So, I decided to settle down. I retired from the Corps (8 dog years is 56 Corps years) and signed up for a job at the airport to do some undercov-er security, wandering near suspicious characters and listening in."

"I uncovered some incredible dealings and was awarded a batch of med-als... I got married, had a mess of puppies, and now I'm just retired."

The guy is amazed. He goes back in and asks the owner what he wants for the dog. "Ten dollars," the owner says. The guy says, "Ten dollars? This dog is amazing! Why on earth are you selling him so cheap?"

The owner replied, "Because he's a liar! He never did any of that crap. He was in the Navy!"

# Multiply Your Monthly Mania!

As you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. We pay out \$400 every month to residents who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

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1. Call our office and suggest a business to advertise in the newsletter
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*(To qualify each resident can only suggest a business once)*

### What businesses would you like to see advertising?

We have spots available in the following categories:

- |                                     |                                      |                               |
|-------------------------------------|--------------------------------------|-------------------------------|
| • Accountant/Tax Prep               | • Foot Specialist - Podiatrist       | • Moving Services             |
| • Assisted Living Facility          | • Golf Cart Sales & Service          | • Optometrist                 |
| • Attorney/Lawyer                   | • Hair Salon/Day Spa                 | • Painting - Inside & Outside |
| • Automotive Painting/<br>Detailing | • Hearing Aid/Retail                 | • Pet Services                |
| • Automotive Repair/Sales           | • Home Care                          | • Pharmacy                    |
| • Awnings                           | • Home Furniture & Mattress          | • Remodeling/Interior         |
| • Banks                             | • House Cleaning                     | • Resale Store                |
| • Bathroom Remodel                  | • Insurance Home/Auto/Health         | • Restaurants                 |
| • Bicycle Repair & Sales            | • Investment/Brokerage               | • Screen Repair               |
| • Bingo                             | • Jewelry Sales/Design/Repair        | • Storage                     |
| • Chiropractor                      | • Manufactured Home Sales            | • Taxi/Shuttle                |
| • Computer Services                 | • Massage Therapy                    | • Travel Agent                |
| • Dentist                           | • Medical Doctor                     | • Veterinarian                |
| • Driveway Coating                  | • Mobile Home Supplies -<br>Retail   | • Window Film/Tinting         |
| • Fitness Center/Gym                | • Motorcycle/Moped Sales &<br>Repair | • Window Washing              |
| • Floor Coverings/Retail            |                                      | • Window Treatment/Interior   |

**Monthly Media - (727) 484-7488**



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**FREE Service Call**  
with Repair

- Refrigerators
- Microwaves
- Ranges
- Freezers
- Cooktops
- Disposals
- Wine Coolers • Dishwashers • Wall Ovens
- Washer/Dryers • Icemakers



- GE • Sears
- Whirlpool
- Frigidaire
- & Many others

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



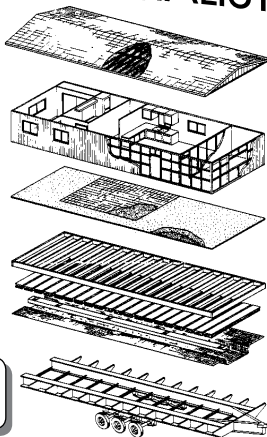
**Appliance Specialty, Inc.**

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6 ★ • Licensed & Insured • 37+ Years Exp. 1

# FLOOR REPAIR MOBILE HOME SPECIALIST

- Any kind of damage to any kind of floor system.
- Small areas or whole homes.
- Replacement or deckover.



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Other Services

**OWNER OPERATOR  
NO SUB-CONTRACTORS**

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# GOLF CARTS

**CLEAN USED & NEW CARTS**

• Buy • Sell • Trade • Repair • All Brands



Specializing in...



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

YAMAHA EZGO

**WANTED DEAD OR ALIVE**

Carts Any Condition • Highest Prices Paid

We service ALL makes of carts including EZ Go RXV at **LOWEST LABOR** Rates in Pinellas County!

Exclusive 100% / 6 Month Parts Warranty on Electrical Parts, Batteries, Controllers, F & R Switch & Solenoids on All Refurbished Used Carts

**Golf Carts for Every Budget!**

Let us Build a Custom Cart for You!  
**CALL TODAY**

All Club Cars Have Lifetime Bumper-to-Bumper Main Aluminum Chassis Warranty (excluding battery cradle)

- Check Our Labor Rates Against the Competition
- 12 Years This Location • We Repair Chargers
- Charger Check-Up FREE at Our Store

RECREATIONAL GOLF CARTS, LLC.

10 8801 66th Street North • Pinellas Park

★ Open Monday - Saturday **548-8460** 8  
(2.8 miles south of Ulmertown Rd.)

# REPLACEMENT WINDOWS

Also Windows For Your Screen Room  
**"NO MORE DIRT"**  
Glass, Acrylic, & Vinyl

**Complete Home Improvements**

37 [www.ChambersSpecialties.com](http://www.ChambersSpecialties.com) Since 1977  
Aluminum C-2490 • Carpentry C-8898 Rick Chambers 6  
★ Chambers Specialties, Inc. **443-7222**

# LOOKED UNDER YOUR MOBILE HOME LATELY?



**BEFORE**



**Insist on 8 Ft. Wide Vapor Barrier for a Seamless Fit!**

**AFTER**

**OVER 10,000 VAPOR BARRIERS INSTALLED!**



**ARE YOUR TIE-DOWNS TIGHT?**

**ARE YOU SURE?**

**ESTIMATES ALWAYS FREE**

**FAMILY OWNED & OPERATED**

**SENIOR APPROVED** 



***Insulation and Vapor Barrier Repairs***

**727.330.7821  
800.681.3772**



**STATE CERTIFIED GENERAL CONTRACTOR  
# 004138**

**STATE CERTIFIED MOBILE HOME INSTALLER  
#IH/102549/1**

**SENIOR OR MILITARY DISCOUNTS**





# SERVICES DIRECTORY

## AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc. .... 727-586-6969  
 E & E Gliddon, Inc. .... 727-546-4343  
 Modern A/C Service Co. .... 727-541-5541

## APPLIANCE REPAIR

Appliance Specialty, Inc. .... 727-520-6002  
 Bob's Appliance Repair ..... 727-637-4789  
 Sunset Appliance Service ..... 727-559-1137

## AUTO REPAIR

Largo Automotive Repair, Inc. .... 727-584-0166  
 Browns Automotive. .... 727-531-7372

## AUTO SALES / PURCHASING

Tampa Bay Car Cash ..... 727-580-9580

## AWNINGS

Bay Area Aluminum Services, Inc. .... 727-585-4442  
 Century Awnings Co. .... 727-559-8811  
 Chambers Specialties, Inc. .... 727-443-7222

## BATHROOM REMODEL

BathMasters ..... 727-333-7997

## BEAUTY SALON

Debbie's Salon ..... 727-586-2842  
 Marti's Hair Salon ..... 727-219-5296

## CARPET CLEANING

A1 Dry Carpet Cleaning ..... 727-729-0547  
 Bill the Carpet Guy ..... 727-521-4163  
 Doll Brothers Carpet/Upholstery Clnrs. 727-596-2249

## CLEANING/INTERIOR

Kathy's Cleaning Service ..... 727-804-1116

## COMPUTER SERVICES

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Concrete Wizard, Inc. .... 727-789-5444

## DUCT / VENT CLEANING

Velocity Air ..... 727-754-7956

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 Palm Harbor & Dunedin Electric ..... 727-773-1622

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Affordable Floor Covering ..... 727-641-1301

## FLOOR REPAIR

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 Flatworks ..... 727-288-4680  
 Perfect Repair & Construction, Inc. .... 727-539-0852

## FOOT SPECIALIST - PODIATRIST

Mason, Dr. Peter M. .... 727-535-1919

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AJ's Beds & Furniture ..... 727-588-0406

## GOLF CART REPAIR

Pinellas Golf Carts, LLC ..... 727-754-2923

## GOLF CARTS SALES & SERVICE

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 Recreational Golf Cars of Florida ..... 727-548-8460

## HEARING AID/RETAIL

Knobloch Hearing Care, Inc. .... 727-530-3533

## INSURANCE/AUTO

O. E. Wilson ..... 727-535-0524

## INSURANCE: HEALTH

Frank Martinez ..... 813-403-0053

## MANUFACTURED HOME SALES/NEW

Citrus Homes/Meadowood Homes ..... 727-535-5262

## MEDICAL AIDS

Able Medical ..... 727-586-2995

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Mobile Home Depot, Inc. .... 727-535-1100  
 Southeast Mobile Home Supplies ..... 727-522-2090

## MOBILE HOME WASH/WAX

Heller's Mobile Home Washing ..... 727-667-8110  
 Royal Enterprises ..... 727-394-7351  
 Wyngarden Mobile Home Wash, LLC .. 727-587-0876

## MOBILE HOME WINDOW FILM

Royal Enterprises ..... 727-394-7351

## MOVING SERVICES

Shawn & Shawn Moving, Inc. .... 727-234-7204

## PAINTING/INSIDE & OUTSIDE

Payless Painting Services ..... 727-470-5876

## PEST CONTROL

Battleline Termite & Pest Control ..... 727-584-4509  
 Buggin Out Termite & Pest Control ..... 727-535-2629  
 Nature's Resource Pest Control ..... 727-785-2552

## PLUMBING SERVICE

Jones & Sons Plumbing, Inc. .... 727-799-0287  
 Largo Plumbing Co. .... 727-596-0525  
 Ray Duncan Plumbing, Inc. .... 727-733-0968

## REMODELING/INTERIOR

American Restoration Systems, Inc. ... 727-525-7200

## ROOF COATING

Community Roofing of Florida, Inc. .... 1-800-511-2517

## ROOF REPLACEMENT

AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300  
 Bay Area Aluminum Services, Inc. .... 727-585-4442

## ROOF WASHING

Heller's Mobile Home Washing ..... 727-667-8110

## ROOM ADDITIONS

Bay Area Aluminum Services, Inc. .... 727-585-4442

## TIE DOWNS/MOBILE HOMES

Florida Anchor & Barrier Co. .... 727-330-7821

## VAPOR BARRIER

Florida Anchor & Barrier Co. .... 727-330-7821  
 Florida Underhome Solutions ..... 727-492-1884  
 Underhome Armor ..... 727-282-2045

## VINYL SIDING

AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300  
 Mitchell Siding, Inc. .... 727-586-6315

## WINDOW REPLACEMENT

AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300  
 Chambers Specialties, Inc. .... 727-443-7222

## WINDOW TREATMENTS/INTERIOR

Rod Runners ..... 727-394-9534



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**ALUMINUM**  
**SERVICES, INC.**

• Lic. # C2399 • Lic. # C6060

# ROOF-OVERS

- Room Additions
- Carports • Awnings
- Acrylic, Glass & Screen Enclosures

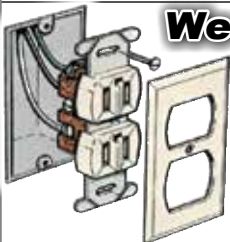
**FREE ESTIMATES**

**727-585-4442**

12350 Belcher Road • Bldg. #5-K • Largo

32 ★ • Bonded • Insured • Licensed • Free Estimates 32

# BOSS ELECTRIC



We Specialize in  
**MOBILE HOMES**

**EMERGENCY SERVICE AVAILABLE**

- Family Owned & Operated
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- Surge Protection
- Ceiling Fan Wiring
- Panel Upgrade & Repair

**15% OFF LABOR**  
 with this ad

**791-1308**

**FREE ESTIMATES**

Diagnosing & repairs will be charged accordingly.

**Senior & Military DISCOUNTS**

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12 ★     Lic. EC13005634 Bonded & Insured 5

# AUGUST 2015

Sunday	Monday	Tuesday
2	6:30 PM Billiards Debbie Winthrow - Lot #132 - Happy Birthday Ted Hughes - Lot #140 - Happy Birthday	3 10 AM Practice Jewel May Happy Bi David & J #20 - Hap
9 Porsha Mills - Lot #19 - Happy Birthday Robert & Kim Buckman - Lot #7 - Happy Anniversary	6:30 PM Billiards	10 10 AM Practice
16 Norma Jean Rowe - Lot #136 - Happy Birthday John Winthrow - Lot #132 - Happy Birthday	6:30 PM Billiards	17 10 AM Practice Kim Buck Happy Bi
23	6:30 PM Billiards Anne Krahn - Lot #101 - Happy Birthday	24 10 AM Practice
30	6:30 PM Billiards	31

# Shangri La

Tuesday	Wednesday	Thursday	Friday	Saturday
				1 George Stuth - Lot #85 - Happy Birthday
4 Shuffleboard Mayo - Lot #20 - Birthday Jewel Mayo - Lot Happy Anniversary	5 5:30 PM Men's Poker Gloria Allman - Lot #32 - Happy Birthday	6	7 5:30 PM Men's Poker Rocco Antonelli - Lot #82 - Happy Birthday	8
11 Shuffleboard	12 5:30 PM Men's Poker Pat Signor - Lot #41 - Happy Birthday	13	14 5:30 PM Men's Poker Walter DellaPenna - Lot #39 - Happy Birthday Everett Northcutt - Lot #148 - Happy Birthday	15 Beach Party 1:00 - 4:00 PM
18 Shuffleboard Allman - Lot #7 - Birthday	19 5:30 PM Men's Poker	20 Michelle O'Brien - Lot #83 - Happy Birthday	21 5:30 PM Men's Poker Sylvia Rodriguez - Lot #52 - Happy Birthday	22
25 Shuffleboard	26 5:30 PM Men's Poker	27	28 5:30 PM Men's Poker	29
				SEPTEMBER 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

## August Is...

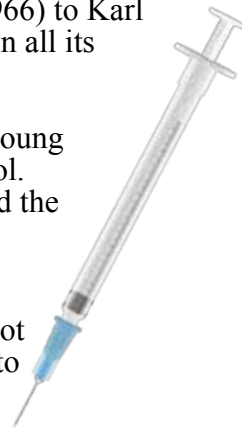
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**American Artist Appreciation Month.** From Maxine Albro (1903-1966) to Karl Zerbe (1903-1972) and everyone else in between, celebrate American art in all its forms and the people who create it.

**Get Ready for Kindergarten Month.** This is the time of year when young children (and their parents) prepare for that all-important first day of school. Relieve their jitters by talking about what to expect, visiting the school and the teachers, and getting excited about the upcoming school year.

**National Immunization Awareness Month.** National Immunization Awareness Month (NIAM) highlights the importance of immunization—not just for kids, but for everyone. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases.

**National Spinal Muscular Atrophy Awareness Month.** Spinal muscular atrophy (SMA) is a genetic disease affecting the part of the nervous system that controls voluntary muscle movement. An SMA diagnosis doesn't mean an end to your hopes and dreams. Changes and challenges lay ahead, but also opportunity, fulfillment, and hope for a future free of spinal muscular atrophy.



## Celebrate Weekly

---

**Clown Week, Aug. 1-7.** Everyone loves a clown. Celebrations during this week take on a variety of forms, such as putting on shows in malls, child care centers, hospitals and nursing homes or educational events about clowns and fundraisers for numerous charitable causes.

**International Assistance Dog Week, Aug. 2-8.** Created to recognize all the devoted, hardworking assistance dogs helping individuals mitigate their disability related limitations.

**Elvis Week, Aug. 8-16.** Held every year in Graceland, Tennessee, Elvis Week celebrates the life and legacy of Elvis Presley, “the King of Rock and Roll,” with special events, live music, concerts, movies, and more.

**National Safe At Home Week, Aug. 23-29.** The National Safety Council estimates that 245 people die of unintentional injuries in and near their home every day. The purpose of National Safe At Home Week is to raise awareness of safety practices to prevent injury and death in and around your home.



**INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!**

# LOOKED

## UNDER YOUR MOBILE HOME LATELY?

**Insulation Under Your Home Falling Down?  
Holes and Tears in Your  
Vapor /Moisture Barrier?**



**FREE**  
**UNDER HOME INSPECTION**  
Only with this COUPON



**Photographs  
Taken of  
Damaged Areas**



### **Insulation and Vapor Barrier Repairs**



- **Lifetime Vapor Barrier** • **Guaranteed for Life**
- Prevent Soft Floors • Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House! • Lower Your Electric Bills

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State of Florida  
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& SENIOR  
DISCOUNTS**

**Family Owned  
& Operated**



- Insured • Bonded • Workman's Compensation Insurance
- Member: National Association of Mold Professionals

## **FLORIDA ANCHOR AND BARRIER COMPANY**

**6** ★ 11590 U.S. Highway 19 North • Clearwater • FL 33764 **6**



**EZGO** AUTHORIZED DEALER

**3 Convenient Locations**  
**Palm Harbor**  
 1015 Illinois Avenue  
**Largo**  
 11788 66th Street North  
**Oldsmar**  
 4070 Tampa Road

**Best Pricing  
 in Pinellas County!**

**FREE pick up and delivery  
 with any battery and service repairs**

**Sales Parts Service Rentals Accessories  
 WWW.CAPITALGOLFCART.COM**

**727-772-8833**

**Come Visit Our Showrooms!**

Monday thru Friday 9:00am-5:00pm  
 Saturday 9:00am-3:00pm

2

14



# CARPET "DRY" CLEANING

## FURNITURE & LEATHER CLEANING

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.



**FREE Stain-Guard  
 Protector Deoderizer &  
 Sanitizer with Every Job**



Family Owned & Operated Over 48 Years

**727-596-2249**

10 [www.dollbros.com](http://www.dollbros.com) 10

# August Sudoku

**How to play:** The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: medium.

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

## It's Beach Time!



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

Difficulty level: medium.

# Memory Disorders Clinic



## Your CONNECTION to Memory Disorders Treatment

The Madonna Ptak Center for Alzheimer's and Memory Loss provides comprehensive care to patients with Alzheimer's and other memory loss disorders. Our multidisciplinary approach allows us to offer a variety of services with the goal of reducing the long-term impact of memory disorders and helping the patient live a better functioning life. The elements of the program include:

- A multidisciplinary clinic, including neurology and neuropsychology
- Patient and caregiver support groups
- Laboratory and imaging
- Memory Fit training course for enhancing memory ability
- DriveABLE, a driving evaluation

**For more information:  
(727) 461-8635**

Madonna Ptak Center  
for Alzheimer's and  
Memory Loss at  
Morton Plant Mease  
403 Morton Plant St.  
Suite 402  
Clearwater, FL 33756



**Morton Plant Hospital**



## Take precautions against the danger of a rough fall

---

**F**alls are a leading cause of injury in the workplace and at home. Stay safe—and protect your co-workers—by remembering these basic safety tips:

- Practice good housekeeping. Keep your eyes open for anything that might cause a fall: loose carpeting, spills, cords, boxes, and the like. Keep hallways clear and remove any hazards immediately.
- Be careful on stairs. Watch where you're going when walking up or down the stairs. Keep stair areas well lit, and don't stack objects on steps to move later. Use handrails and make sure they're secured properly.
- Use ladders safely. Pick the right ladder for the job. Don't climb on chairs or desks to reach something up high. Face the ladder when climbing up and down, and maintain three points of contact at all times. Don't climb on the top two steps, or stretch too far to reach an object. If necessary, move the ladder or get a better one.

## Get more productivity out of every day

---

**I**f you're like most of us, you have too much work to do in too little time. If you want to maximize every minute of your day, try these tips to increase your efficiency:

- Pick three goals for the day. Start your day (or plan it the night before) by identifying three high-priority goals to accomplish. Work on this first, without getting distracted by other tasks. If you finish them off, select three more important goals. You'll feel more productive and less overwhelmed.
- Make quick decisions. Agonizing over every decision wastes time and energy. Try to make every decision in 60 seconds or less. A one-minute deadline will result in speedy decisions that are just as likely to be good as those you spend hours on.
- Schedule thinking time. Spend a certain amount of time thinking about what you want to do every week. Make plans, do research, analyze successes and failures, and give yourself permission to go off on tangents. Often you'll get your best ideas when you let your mind roam.
- Make a “to-don't” list. Identify tasks that don't contribute anything of value or don't represent the best use of your time, and get them off your to-do list. Eliminate them or delegate them so you have more time to focus on your priorities.





# MOBILE HOME DEPOT

YOUR MOBILE HOME PARTS WAREHOUSE!

• Mobile Home Supplies • RV Accessories • Aluminum Products

**22** ★ **Do It Yourself & Save!** **9**

• Largo - 13777 66th Street North • **535-1100**

• New Port Richey - 7118 U.S. Hwy. 19 • **849-4900**



Store Hours: M - F 8-5 • Sat. 8-12  
[www.mobilehomedepot.net](http://www.mobilehomedepot.net)

## PAYLESS PAINTING SERVICES

Free Estimate C8369

**727-470-5876**

[www.paylesspainting1.com](http://www.paylesspainting1.com)



**6**

★ **5**

## HAVE YOU SUFFERED FROM WATER OR FLOOD DAMAGE?

Fully  
Guaranteed  
Property  
Repair Service  
& Floor Repairs



Call Us for a **FREE**  
**NO-PRESSURE No-Obligation Estimate**

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• Licensed  
• Bonded • Insured

**4** **FlatWorks**  
**INCORPORATED**



**4**

CGC #1511054

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**BUGGIN-OUT**

## PEST CONTROL

Household Pest Control - **\$35** every 2 mos.

- Inside, Outside & Underneath Termite Treatments
- Drywood & Subterranean Termite Treatments

**11**

★ Licensed • Insured

**535-2629**

**11**

## SUNSET APPLIANCE SERVICE

[sunsetappliance.com](http://sunsetappliance.com)



Locally Owned  
& Operated



**\$20 OFF**  
Completed Repair

- All Major Makes & Models
- Same Day Expert Service
- 28+ Years Experience
- Licensed & Insured



**5** ★ **727-559-1137** **3**

"Have you experienced the Sunset Appliance Difference? It's all about our Service!"

## 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..... \$884.99\***



Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2008 Chevy Impala LI, 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 & Wilson* Insurance Inc.

**30**

★

**727-535-0524**

**9**

## Little-known facts about books and language

---

The world of books, reading, and words is full of surprises. Take a look at some of these stories about writers and other creative people (from the BuzzFeed website):

- Green Eggs & Ham. This Dr. Seuss classic was written on a bet. Publisher Bennett Cerf wagered \$50 that Ted Geisel couldn't write a children's book using fewer than 50 different words. Geisel won.
- Thomas Jefferson. The third U.S. president (and writer of the Declaration of Independence) invented more than 100 "American" words to distinguish U.S. writing from British usage—including the word "anglophobia."
- Gone with the Wind. Margaret Mitchell began work on her first (and only) novel after recovering from an auto accident. During her convalescence, she read so many books from the local library that her husband got tired of going back and forth—so she suggested she try writing a book of her own.
- Amazon. The first book sold on the now dominant website was Fluid Concepts and Creative Analogies, by Douglas Hofstadter. Its subject: whether machines could be taught to think like people.



## Stay optimistic to get ahead

---

Successful people are optimistic. They're realistic, and they see the challenges, but they don't lose their confidence. Here are some of the characteristics of "intelligent optimists" that anyone can master:

- Don't deny problems. Don't try to pretend difficulties don't exist. Learn to live with obstacles while looking for ways to overcome them.
- Accept reality. Recognize that you can't solve every problem. Don't get too wrapped up in trying to fix things you can't influence that you ignore what's possible.
- Don't bury negative thoughts. Everyone has them—"This will never work," or "Why am I wasting my time?" Instead of trying to repress them, ask what they're telling you, and work on getting past the problems that create negative thinking.
- Look for different solutions. Many solutions start as attempts to solve a different problem. Searching the background can provide clues to resolving the current difficulty.

# Bob's APPLIANCE REPAIR

- Refrigerators
- Washers
- Dryers
- Ice Makers and more



*My PAPA Can Help You!*



**5 ★ 637-4789 5**

**For Advertising Info**  
**Call or email:**  
**727-484-7488**  
**sales@monthly-media.com**



# BATTLELINE TERMITE & PEST CONTROL

• Lawn Spray \$19 • Under Spray \$19

## Specials TERMITE

Singlewide..... from **\$425.00**  
 Doublewide ..... from **\$450.00**

**Inside Pest Control from \$35.00**



Call for a **FREE Estimate!**  
**584-4509**  
 Licensed & Insured

IF YOU'RE NOT ASKING FOR TERMIDOR,  
 YOU'RE ASKING FOR TROUBLE.

**35 ★ 1033 Highland Avenue • Largo 34**

## Affordable FLOOR COVERING

**WOOD FLOOR REPAIR**  
 • Carpet • Vinyl & Laminate

**10% SENIOR DISCOUNT**

**REPAIR SPECIALISTS • Over 21 Years Experience**

**641-1301** **12 ★** Licensed & Insured PCCLB C-8956 **12**

**Premier LAMINATE \$3.33** sq. ft.  
 Installed  
 20 Year Warranty  
 Made in USA

## Kitchen & Bath Remodeling

"Floor to Ceiling & Wall to Wall - We Do it All!"




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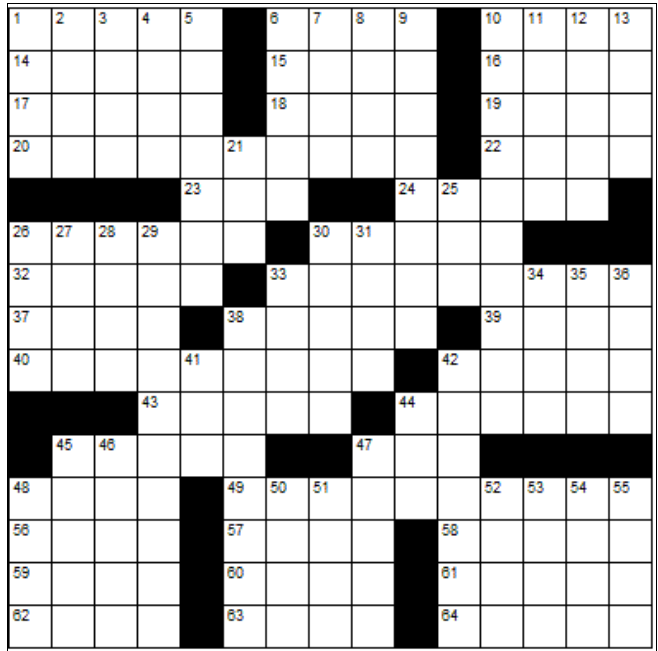
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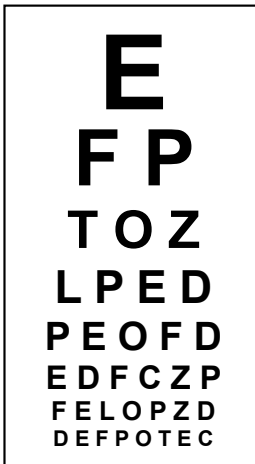
**ACROSS**

- 1. Cursed
- 6. Petty quarrel
- 10. Hairdo
- 14. Burdened
- 15. List of options
- 16. LummoX
- 17. Supplemented
- 18. Weightlifters pump this
- 19. Cypher
- 20. Bad luck
- 22. Applications
- 23. Tiny
- 24. Lariat
- 26. A change for the better
- 30. Watchful
- 32. Flip over
- 33. Convulsive
- 37. Tidy
- 38. City in France
- 39. Rodents
- 40. It produces electricity
- 42. A tart fruit
- 43. Donated
- 44. Rat or mouse
- 45. Welsh dog
- 47. A small piece of cloth
- 48. Magma
- 49. Authorized
- 56. Adjoin
- 57. False god
- 58. Hyrax
- 59. Man
- 60. Monster
- 61. Redress
- 62. Implored
- 63. Require
- 64. Conducts



**DOWN**

- 1. Close violently
- 2. Dry riverbed
- 3. Probabilities
- 4. Coral barrier
- 5. Gifted
- 6. Strike
- 7. South American country
- 8. Nameless
- 9. Unmelodious
- 10. Habituated
- 11. Clean between teeth
- 12. Cowboy sport
- 13. Poems
- 21. Ump
- 25. Supply with weapons
- 26. A step on a ladder
- 27. Type of sword
- 28. Low-fat
- 29. Not segregated
- 30. A cook might wear one
- 31. Den
- 33. Satisfy
- 34. 10 cent coin
- 35. Computer symbol
- 36. 1/100th of a dollar
- 38. Large tent
- 41. 18-wheeler
- 42. Rational
- 44. Rodent
- 45. A clique
- 46. Small egg
- 47. Angered
- 48. Lantern
- 50. Border
- 51. Pierce
- 52. Bit of dust
- 53. Dwarf buffalo
- 54. Care for
- 55. Visual organs



**August is  
National Eye  
Exam Month**

**August  
Crossword**



## The body parts your body doesn't need

The human body is a marvelous machine, but like many devices, it contains some parts with no apparent function. According to the Mother Nature Network website, these physical attributes appear to have lost their original uses:

- Appendix. This tiny pouch in the abdomen near the larger and small intestines may have been necessary when early humans survived on a plant-based diet. Today it seems largely superfluous, aside from being a useful storage place for bacteria.
- Wisdom teeth. A leftover from when humans' jaws were larger, the extra molar no longer comfortably fits in most people's mouths and frequently has to be extracted in adulthood.
- Jacobsen's organ. In animals, including reptiles and amphibians, this organ in the nose detects pheromones emitted by potential mates. Although present in the human nose, it appears not to function in modern-day humans.
- Extra eyelid. Birds and reptiles have a nictitating membrane in their eyes that functions as a third eyelid. It's called the plica semilunaris, and apparently humans have them too, left over from earlier incarnations. It isn't entirely useless, though; it still helps to drain tears and remove foreign objects from the eye.



## Get to sleep faster with these techniques

A good night's sleep is essential to good health. Sometimes dropping off to dreamland doesn't come easily, though. When sleep is elusive, try these tips to get the rest you need:

- Relax during the day. Don't wait until bedtime to calm yourself down. Get into the habit of relaxation throughout the day with meditation, progressive muscle relaxation, deep breathing, and other techniques. Your body will learn how to relax more quickly and easily when you get into bed.
- Develop a bedtime routine. Most of us can't automatically switch off at night. Make a deliberate effort to wind down at the end of the day by turning off the computer and TV, relaxing with a good book, taking a warm bath or shower, dimming the lights, and doing anything else that helps you detach from the day.
- Breathe yourself to sleep. In bed, try this breathing exercise: Inhale through your nose, filling your chest for about four seconds, then exhale through your mouth. Or try counting—not sheep, but your breaths: Inhale for four seconds, hold it for seven seconds, then breathe out for a count of eight. Both of these will ease your heart rate and blood pressure.



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AEROBED Premier raised queen inflatable bed. Power inflation, mattress cover, skirt, repair patches, storage bag. \$300 new, asking \$110. Also two folding rattan PRIVACY SCREENS, like new. Both for \$95. 727-238-0752	<p><b>GOT A CAR YOU WANNA SELL? THE GOOD, THE BAD, OR THE UGLY. CALL NOW: 727-400-1910.</b></p> <p>BUYING COIN COLLECTIONS. Proof and mint sets, old coins, currency, \$.03 for "Wheaties", American Flyer Trains. 688-9871</p>	<p><b>ATTENTION RESIDENTS!</b></p> <p>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.</p> <p>Thanks!</p> <p>-Monthly Media Staff</p>
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- 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.

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## The right diet may guard against dementia

Could the right diet lower your risk of developing Alzheimer's disease? Maybe, according to an article on the MedicineNet website—although the results aren't conclusive yet. A study of adults who closely followed a combination of two well-known diet plans, the Mediterranean diet and the DASH diet, found that subjects had a 53 percent lower risk of being diagnosed with Alzheimer's. Other subjects who stuck to the diet only moderately well saw their risk drop approximately 35 percent.

The combination diet plan, known as the MIND diet, emphasizes healthy grains, vegetables, beans, poultry, and fish, along with a limited amount of red meat, butter, and sweets. Researchers have noted that other factors, like smoking history, regular exercise, and challenging activities like Sudoku or crossword puzzles, have also contributed to diet followers' results.



On the other hand, both the Mediterranean and DASH diets are believed to be effective at preventing heart disease, making them a healthy choice for other reasons.

## Take proper precautions against electric shock

A mild electrical shock can hurt; a major jolt can cause serious injury. Whenever you're working with live power, be careful to avoid problems by following the proper procedures:

- Turn off live circuits. Always unplug equipment or turn off circuit breakers when dealing with electrical power. Don't skip this step even when dealing with low-voltage appliances.
- Keep power off. When you turn off a circuit breaker, post a note warning co-workers not to turn it back on. Better yet, lock the circuit box so no one can accidentally send power back to a "dead" line.
- Use protective equipment. Gloves, facemasks, helmets, and other gear are important for your safety. Check the documentation to find out what you need, and ask your supervisor what he or she requires. Report and replace any defective equipment before getting to work.
- Check electrical cords. Examine cords for sign of wear and damage. If you see any exposed wire, or evidence that someone has tried to repair the cord with duct tape or electrical tape, replace it immediately. The cost is minimal, especially compared against the need for safety.



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

Sharon Anderson.....\$100.00.....	AJ's Bed & Furniture
Nello Cassai.....\$10.00.....	Barron's AC & Appliance Service
Richard Daw.....\$10.00.....	Chambers Specialties, Inc.
Bill Schwab.....\$10.00.....	Haseney Electric
Joe Fayocavitz.....\$10.00.....	Bill the Carpet Guy
Jack Sonneborn.....\$10.00.....	Century Awnings
Walter Martin.....\$10.00.....	E & E Gliddon
Dolores Calonita.....\$10.00.....	Knoblach Hearing Care
Janet Hart.....\$10.00.....	All Around Tours
Sandra Peterson.....\$10.00.....	Notebooks Plus
Patricia Morreale.....\$10.00.....	Palm Harbor & Dunedin Electric
Shirley McClure.....\$10.00.....	Comfort Cover Systems
Leslie Cyrene.....\$10.00.....	ASC, Inc.
Norma Eldridge.....\$10.00.....	The Plumbing Patrol
William Shiels.....\$5.00.....	Capital Golf Carts, Inc.
Betty Martin.....\$5.00.....	Ron Wyngarden MH Washing
Elizabeth Murphy.....\$5.00.....	Bob's Mobile Home Wash
Karen Haggerty.....\$5.00.....	Century Awnings
Mary Marks.....\$5.00.....	Kathy's Cleaning Service
Deborah Butler.....\$5.00.....	Rod Runners
Monica Gorman.....\$5.00.....	Shonna Bender LMT
Roger Flood.....\$5.00.....	Doll Brothers
Ron Wallace.....\$5.00.....	Air Masters of Pinellas
Ann Santos.....\$5.00.....	Ron Wyngarden MH Washing

Gary Cornely.....\$5.00.....	Chambers Specialties, Inc.
Timothy Buswell.....\$5.00.....	Boss Electric Corp.
Ronald Carnegie.....\$5.00.....	Jones & Sons Plumbing
William Riley.....\$5.00.....	Modern Air Conditioning
Jim Whelpley.....\$5.00.....	Action Appliance
Robert Post.....\$5.00.....	Kathy's Cleaning Service
Georgia Goetting.....\$5.00.....	E & E Gliddon
Mark Percoco.....\$5.00.....	Air Masters of Pinellas
James O'Sullivan.....\$5.00.....	Barron's AC & Appliance Service
Lola Jenkins.....\$5.00.....	Battleline Termite & Pest Control
Phoebe Taylor.....\$5.00.....	Bob's Mobile Home Wash
Mary Fochtman.....\$5.00.....	Knoblach Hearing Care
Diane Strube.....\$5.00.....	Debbie's Salon
Aida Amico.....\$5.00.....	Bill the Carpet Guy
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