

LOOK FOR THIS OSEALO **825** OF MONTHLY MEDIA!

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VEST FLORIDA

Anne Elkins from Paradise Island Visits Panama the Dolphin at Clearwater Marine Aquarium.

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AMERICANA COVE DIRECTORY

7201 1st Street North East, St. Petersburg, FL 33702 OFFICE: 526-9141 GATE: 527-3329 SALES: 528-8809 http://wwwneighborhoodlink.com/Americana Cove/home

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OF SUMMER Y DAYS

Social Activities

AMERICANA COVE ASSN. (ACA) **CLUB & ACTIVITY LEADERS**

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OLD TIMERS

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AMERICANA COVE ASSN. (ACA) CLUB & ACTIVITY LEADERS

BINGO Eleanor Kenny	DOMINOES
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BOWLING CLUB Deborah Gottardi & Peg Farmer	GARDEN CLUBDon Delzell
BRIDGE (Duplicate) Al Wingrove	HOBBY SHOP Dan Craft
BRIDGE (Luncheon)Linda Cook	KITCHEN KREWEBetty Chase
COMPUTER CLUB Mark Nixon	LIBRARY CLUBRita Lewis
COVE RIDERS	PAR SEEKERSPaul Line & Roy Christopher
CRAFTERS CLUB Ginny Marcott	POKER CLUBRay Sieben
CRIBBAGE Donna Tanner	RED HAT CHILIESAdele Seaman
CRIME WATCHRachel Stewart	SHUFFLEBOARD CLUB Ed Walter
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Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
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CollisionACV - \$500 Deductible
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Annual Paid In Full Premium \$792.11*

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 LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

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AMERICANA COVE FORECASTER AUGUST, 2011 D

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John Whittredge Hill, Chaplain



iraculous and Mindful God, as we approach the time when adults and children begin to return to the educational fields, we pray that their minds will be filled anew with a spirit of openness of mind and heart.

We must learn to trust in You for their new experiences. They do not face easy times; so it will be a struggle. However, if they learn to look to the guidance of the Holy Spirit, they can be assured of personal peace.

This month we again are reminded of the holocaust which leveled Hiroshima and marked the ending of World War II.

We have yet to see the peace for which we all pray. May that day come so that the next generation will not have to face what we are still facing now.



We pray for the leaders of our Nation and of those around the world who by their ability can bring the peace we all desire.

As we return from many areas where we have enjoyed tranquility, let us give thanks and acknowledge Your Gracious Gifts in all that we have enjoyed.

Thank you, God, for your many blessings. Amen.

Acting President's Message By Diane Brinker

would like to take this opportunity to give Kudos to Betty and Jim Chase for throwing a bash at the Tiki Hut for all our residents and for the purchase of twelve additional stools for everyone to enjoy. The Chase Kitchen Klub sure knows how to throw a party with great food and camaraderie. We appreciate the hard work from everyone on their team. Please extend our heartfelt thanks. I would like to take this opportunity to give a friendly reminder to respect all those who enjoy our pool/tiki area by using plastic glasses, and being mindful of smoking and music selection/volume. Please be considerate of your neighbors!

4th of July has come and gone. Our Boat Club didn't make it out to Tampa Bay to watch the wonderful fireworks, but some did manage to see the spectacular fireworks from our homes. It works for us!

....continued on page 6

The last shuttle "Atlantis" went off; but unfortunately we didn't have the ability to view that smoke tail up in the sky due to the clouds. It still is a very awesome sight for us Floridians to see a launch. The roadways were packed with over one million people. I feel sad to see it all end. Don't you? I feel very fortunate that I have been able to see

two launches up close and know how wonderful it is to see this happen in our own state of Florida. I wonder how many Cover's have seen a launch at Cape Canaveral and would be willing to write an article or share some pictures. On our trip north, we stopped at the Aero Space Museum in Virginia; and it was awesome. We were fortunate to be there at the right time when John Glenn was doing an interview with Brian Williams for the last Shuttle Launch. He was gracious at 90 +. We feel very blessed to have had that opportunity to shake hands and speak with someone we both admire.

The bike path on First Street is almost done. Seems like we have the lazy hazy days of summer -- spending time at the pool, rain on and off, green grass finally growing. Keep a watchful eye out for your neighbor and contact our Manager/Office Staff if you see anything that needs attention. Please just call or reach out if you have a question or issue. We are here to work with you.



Big thanks to our Calendar/Forecaster Gal, Sandie Reid, who has done one heck of a job on our Calendar and reminders for articles. Way to go, Sandie, on a great job! Glad to have you on board.

You may think the summer is slow, but we are still having fun waiting for y'all to come back home to spend time together.

If there is anything on your mind, please do not hesitate to contact me or Loey, our Manager. We are here for you.



Great Big "KUDOS" once again to Betty and Jim Chase for putting on a great get together. Beside the food that was delicious it was great to have the people in the park here get together and have a good time. Also want to say thank you to Charlie and Ed for helping and preparing his famous French fries.





DENNIS A. PALSO Attorney at Law

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AMERICANA COVE FORECASTER AUGUST, 2011 D

Letter from the Manager

By Loey Antonucci



managed community can only succeed if it's managed well – not just managed. "Ground Rules" are the guidelines that can help run a property to succeed. My Ground Rules are not the same as the governing documents.

They are the commitments that each Board Member, Committee Member and Management make to one another to ensure the success of a greater community.

Associations that succeed are doing so because they are consistent and predictable. Consistency creates a sense of comfort and safety so everyone knows what to expect.

Here are some of the ground rules that I try to follow:

- (1) Be consistent;
- (2) Be vigilant;
- (3) Enforce all the rules;
- (4) Review the documents regularly; and
- (5) Don't be afraid to ask when I don't know.

I look forward to maintaining a positive community atmosphere while keeping your homes and association safe and secure.

ACA News By Paul Line

-

The summer is certainly flying by and things are still happening in the Cove. The brown bag lunches continue as well as the Nickel Bingo. Betty Chase and her Klub put on a lovely chicken dinner followed by movies on July 30th. As usual, it was delicious; and a good time was had by all.

Please remember, if you need to book the Clubhouse or Atrium for an event whether it is for a meeting, dinner-

dance, a memorial or any kind of event, you MUST call either Gail Jones at 727-525-7174 or me at 1-800-898-4272 to get approval.

Sue and I hope you all continue enjoying your wonderfully hot summer and look forward to seeing you all back in Americana Cove.



From The Office



ave ave

IF YOU HAVE CHANGED OR HAVE A NEW PHONE NUMBER, PLEASE LET THE OFFICE KNOW BEFORE MID AUGUST.

Sunshine Report for August 2011

By Nancy Hubartt

Deaths

Peggy Hubrich

Nursing Homes

Barbara Magada	. Bon Secour Maria Manor
Betty Duffy	. Bon Secour Maria Manor
Bill Logan	. Menorah Manor
Calliope "Popi" Genhart	. Woodside
Helen Wright	. Maria Manor Rehab
Joseph Gephar	. Arbor Oaks
Luella Briggs	. North Rehabilitation Center
Mary Chalker	. Carrington Place
Olga Bates	. Emerald Garden
Ron Mobley	Apollo Health & Rehab Center
Victor Duca	. Palm Terrace
Vivian Linville	. Golfview Healthcare Center

A Special Thank You

From Richard and Ginny Marcott

e would like to thank everyone who has held Richard in their prayers, sent cards, called or just thought about us during this past month. He had an emergency splenectomy and is now home and slowly getting his strength back. Please be sure if you have a colonoscopy and have any abdominal pain that you contact the doctor or go to the ER immediately. It could save your life.



AMERICANA COVE FORECASTER AUGUST, 2011 D





August Birthdays

- 01 Mark Moran
- 01 Ray Krapf
- 02 Marilyn Waltz
- 02 Charles Hansen
- 03 Dorrance Howland
- 06 Susan Audy
- 07 Arthur Scott
- 08 Kim Nemi
- 09 Irene Brandmark
- 11 Ralph Lang
- 11 Bertie Tameris
- 12 Barbara Young
- 12 Alice Jones

August Anniversaries

01 Dot & Dick Nemi...... 52 years 05 Lorraine & Russell Sapia..... 50 years 06 Marie & Ron Sellers 50 years 06 Gene & Ted Latreille...... 57 years 07 Rosemary & Ray Kegebein 35 years 07 Marion & Bill Stanley...... 46 years 12 Carol & Ron Durfey...... 44 years 14 Catherine & Peter Schiavone 63 years 15 Chuck MacDonald & Mike Walsh...... 25 years 20 Joanne & Tom Wallace 45 years 23 Bertie & Allen Tameris 23 years 25 Marge & Ralph Lang 55 years 30 Alice & Doc Jones 70 years 30 30 Lola & James Stake 68 years 30 Helga & Robert MacPherson 58 years

- 14 Diana Rogers
- 14 Donna Tanner
- 14 Ron Sellers
- 15 Tom Constant
- 16 Dot Nemi
- 17 Nelson Taylor
- 17 Roger Girard
- 20 Libby Hopkins
- 20 Nancy Roberts
- 21 Kellie Endy
- 22 Ted Latreille
- 22 Ed McGrath
- 22 Jo Waldron

- 24 Larry Krueger
- 25 Lorraine Sapia
- 26 Sharon Regan
- 26 Janice Zebley
- 27 James Huff
- 28 Carl Slaugenhaupt
- 29 Andrea Wetmore
- 29 Tony Giaquinto
- 30 Nancy Werner
- 30 George Minton
- 30 Ron Durfey
- 30 Judy Whiteford

Welcome New Residents By Nancy Hubartt



Pavelka, Cheryl (NC) 7256 Mt. Georgetown Dr. Previously: Brannigan

Krause, Mark (IL) 6703 Americana Dr. Previously: MAROA

Hnatiw, Merv & Lynch, Meribeth (ONT) 7016 Mt. Arlington Dr. 526-4135 Previously: Brancaccio Moved from 6813 Americana Dr. Joseph, Philip & Rowley, Ann 7271 Mt. Arlington Dr. Previously: Riesdorph/Ward

Tumminia, Richard & Barbara 528 Mt. Oak St. 528-2119 Previously: Paine Moved from 631 Mt. Madison Ave.

Terri's Too Hot To Handle August Horoscope

By Terri Mottl

ARIES (March 21-April19) You know what's irritating about you Aries People? Of course you do, who wouldn't? Your inexhaustible energy, that's what! Not much rest for you this month either!

TAURUS (April 20-May 20)

EGADS! Your Venus is in Leo. Here come all of those adoring, lovable, sticky, loud, finicky, expensive grandchildren who never nap. (LOVE HURTS)!

GEMINI (May 21-June 20)

The pool or the park? The boat or the beach? Yes, you're a Gemini. Just let someone else make the choice, and you'll have fun anywhere.

CANCER (June 21-July 22)

You can't find your keys, your bank statement is whacked, and everyone you know is telling you what to do. It's just the planets.....really!

....continued on page 14A

LEO (July 23-August 22)

Bad hair day? Stained shirt? No problem. I love you, they love you, and we ALL love you. All of this adoration is totally disgusting.

VIRGO (August 23-September 22)

If "To be or not to be" is the question, you won't find the answer here. It is going to be that kind of month. Sorry!

LIBRA (September 23-October 22)

Inside-out, upside-down, and t'other-side-hindmost is feeling like the norm. Take heart, balance lovers, it's short lived.

SCORPIO (October 23-November 21)

If you think what you thought you thought you think, get ready, it's coming! That's intuition, baby; and you've got plenty of it this month.

SAGGITTARIUS (November 22-December 21)

This month will be so uneventful, you may find yourself wishing for a summons to jury duty. But be careful what you wish for!

CAPRICORN (December 22-January 19)

Keep repeating, "I AM in control, I AM in control". Maybe you can fool yourself.

AQUARIUS (January 20-February 18)

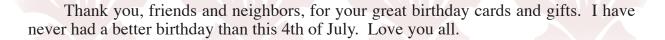
You can love all of the people some of the time, and some of the people all of the time, and, actually, that's all I have to say on that subject. You'll get my drift soon enough.

PISCES (February 19-March 20)

Time to slow down, read, relax, and meditate; but who am I to tell you what to do?

A Wonderful Birthday

By Dick Fay





Almond-Crusted Tilapia

From MaryAnn Foley



2 lemons 2 tablespoon(s) olive oil 1/2 teaspoon(s) salt 1/4 teaspoon(s) coarsely ground black pepper 4 (6 ounces each) tilapia fillets 1/4 cup(s) sliced natural almonds 1 small onion, chopped 1 bag(s) (12-ounce) trimmed fresh green bean

- 1 bag(s) (12-ounce) trimmed fresh green beans
- 1 package(s) (10-ounce) sliced white mushrooms
- 2 tablespoon(s) water

Directions (serves 4)



Preheat oven to 425 degrees. From first lemon, grate 1 teaspoon peel and squeeze 3 tablespoons juice; cut second lemon into wedges. In cup, mix lemon peel and 1 tablespoon juice, 1 tablespoon oil, 1/4 teaspoon salt, and 1/8 teaspoon coarsely ground black pepper.

1. Spray 13" x 9" glass baking dish with nonstick spray; place tilapia, dark side down, in dish. Drizzle tilapia with lemon mixture; top with almonds, pressing them on. Bake 15 minutes or until tilapia turns opaque.

2. Meanwhile, in 12-inch skillet, heat remaining 1 tablespoon oil on medium-high for 1 minute. Add onion and cook 5 to 6 minutes or until golden, stirring occasionally. Stir in green beans, mushrooms, water, 1/4 teaspoon salt, and 1/8 teaspoon coarsely ground black pepper. Cook about 6 minutes or until most of liquid evaporates and green beans are tender-crisp. Toss with remaining 2 tablespoons lemon juice. Serve bean mixture and lemon wedges with tilapia.



All of the great leaders have had one characteristic in common: It was the willingness to confront unequivocally the major anxiety of their people in their time. This, and not much else, is the essence of leadership. —John Kenneth Galbraith



The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted. —Mother Teresa

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Crafters

By Ginny Marcott



rafters are busier than ever. We will be working on flowers, a beaded necklace and angels, as well as getting our cookbook off to the publishers. Fall is just around the corner, and we are making plans to have some great holiday crafts available for the luncheons.

Several of our Northerners have decided to spend the summer in Florida; so our meetings have been averaging 12-14 crafters. It has been nice seeing new faces of those members who are usually busy on Monday nights. What a great group this is, and the friendliness



of the meetings makes the time fly by. We have lots of room for newcomers as well as members who have been away. Please feel free to stop by or join us any Monday evening at 6:30. Call me at 525-9675 if you have any questions or small projects we can do.

Reflection of My Youth (written during WWII era)

By Marion Mann



reamy city nestled in smoky mountains. Castle up on the hills looking down on a lazy river carrying barges up and down. Ages and ages ago students singing in inns.

There was never again a small like spring, summer or autumn 12 o'clock high. The bells of the Holy Ghost church are chiming, awakening a sadness that never will leave.

Moving on to the big city. Again there is a river, but much larger, much wider, much angrier. Again barges are going up and down the river, barges carrying heavy burdens, coming from the icy mountains of Switzerland, rushing along to the North Sea,way down in the lowlands. Passing vineyards, cathedrals and castles along the way. But there is another smell in the air. The Great War is building up on the horizon.

Things never will be the same. Brother is leaving going in the big war.

Bombs are falling; there is no peace, no sleep. Days are like nights and nights are like days. There is always fire and the eyes are always burning. Too much phosphor and too much smoke. There is no God in my heart, how could there be a God. To let such things happen. Years go by and still the bombs are falling, and still there is hate and always the fire. There is no hope anymore. Gone are the house and all the belongings. Passed from generation to generation. It took just one second and all it was gone. Food is so scarce, I am dreaming at night how it would be to eat. And still there is death, and still there is destruction. At night the sky is red. The front is coming closer. Artillery fire is putting me to sleep and sirens wake me up in the morning. Blown up are the proud bridges that connected the river. Hanging down into the gargling water. I am skipping down the streets and dodging the bullets. Miraculously escaping death, who is around day and night, always so close so near? And it is spring again; tanks are rolling down the street. Strange sounds and angry faces and soldiers from faraway places. Airplanes are flying low like birds out of hell going to the front, which is far away now. And there is peace, uneasy yet, but peace. Standing on the rubble looking over the city that is like plowed over. There is not one stone on the other. The heart is so hopeless, my God what will happen? There is nothing to go on for. And as I was looking tears running down my cheeks like spring rain, I see grass on the rubble. So shy, but it is there and all of a sudden there is hope in the air. Green grass it is growing over the good and the bad. And somehow life will go on, there is always a tomorrow. And I think of the gypsy so long ago as she was holding my hand. While I still was laughing. As she told the little child that I have so many many rivers to cross. And I knew then the end of this world was just the beginning of another.

Giant Ants Discovered In Wyoming—But Don't Panic



You think you've got ant problems? If you lived 50 million years ago, you'd be contending with ants the size of hummingbirds. Scientists have discovered fossil remains of a winged ant queen in a Wyoming rock that's 49.5 million years old.

The 5.1-centimeter long ant has been dubbed Titanomyrma lubei and is related to other giant ants unearthed in German fossils. And one of the German ant fossils is even



bigger. Cue spooky music now . . . (Provided by First Draft)









This is a great safety message. So I am sending it to all of you. Hope you use it to stay safe! This is a pretty neat idea of what to take to bed with you -- not a joke. Never thought of it before.

Put your car keys beside your bed at night. Tell your spouse, your children, your neighbors, your parents, your doctor's office, the check-out girl at the market, and



everyone you run across. Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies. This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this. It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around.

After a few seconds, all the neighbors will be looking out their windows to see who is out there; and sure enough, the criminal won't want that.

And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

P.S. I am sending this to everyone I know because I think it is fantastic.

This idea would also be useful for any emergency, such as a heart attack, when you can't reach a phone. My mom suggested to my dad that he carry his car keys with him in case he falls outside and she doesn't hear him. He can activate the car alarm, and then she'll know there's a problem.

Life through My Eyes

By Serena Miller (Permission given from this fifteen year old young lady who is now totally blind)

walk on this earth just like everyone else does. I am a simple human being.

So tell me now, what's the fuss?

I live and breathe and exist. I've been born and one day I will die. So what's the reason for all these reactions? Just because I see through a different eye. People always glide past me. Often with no more than an awkward glance. If only they would stop and say a word, I'd say a word back if I got the chance.

I am treated like an extraterrestrial, a werewolf instead of a vampire.

Sometimes a moon in a sea of stars, or a chunk of ice in a ring of fire.

I have the ability to stand out, yet invisibility seems to be my cup of tea. I always have to stop and search my mind, asking, "What is wrong with me?" I was born with a special gift, yet people look at it like a mutation.

It makes me feel like the lowest of the low and sends me into a depressed sensation. So I shout to anyone who will listen, "Don't hate! For I am no different than you. Don't discriminate! I just see in a different view!" Look at me, look at me!

Do I honestly look like an outcast? I think and feel and love and hate, so I do not understand why this should last.

I wish to be treated normal, to have friends so I can hang and chill.

I love movies and music, fast food and books. If you'll bury the hatchet, then I will.

So now tell me what you think. Say there's no conflict we have to start.

And I'll no longer feel out of place because when you get past my eyes, you land right into my heart.

Women's Cue Summer League

By Sandie

The women's cue summer league for high average may have lasted only three weeks, but we sure had a great time. This is the first time we have done this. The following participated in the league: Sandie Reid, Rachel Stewart, Jennie Wosil, Debbie Gottardi, Helen Cook, Chris Mahoney, Barbara Gallant, Paula Barrows, Arlene Harmon, Jeanne Sheppard, Nancy Hubartt, Louise Pickett, Linda Campbell, Terri Mottl and Debbie Lamont. Our high average award goes to Paula Barrows. "Kudos", Paula, and way to go!!!! We will be having a little pizza party for the girls with an award given to Paula sometime in August.





AMERICANA COVE FORECASTER AUGUST, 2011 D

Unexpected Visitor

Fish and Wild Life didn't think he or she would hang around our waterways for long. However, this unexpected visitor continues to prowl in the area. Some of the Park's residents who have lived here for many moons stated that there have been a couple of alligators swimming in the waterways be-

Around The Cove



fore. We're hoping that this big 7-footer will return to his or her former residence. Here is one of the photos of this Americana Cove celebrity!

Hurricane Evacuation Preparedness



The following are suggestions for preparing a hurricane evacuation checklist:

1) List where you'll go. Plan a safe route to your destination with an alternate in case of flooding, heaving traffic or other problems. List phone numbers of motels/hotels along route and that of your destination. Don't forget to plan for your pet. Make sure your vehicle's gas tank is full if a hurricane threatens our area.

2) List what you'll take. This list may include flashlights, batteries, battery-powered radios, prescription medication, special-needs items for family members, important documents such as birth certificates, insurance documents and phone numbers, social security cards and numbers, investment and credit card documentation, some cash, and valuable photos.

3) List who you will notify in the event of a hurricane evacuation. Designate one or two friends or family members whom you will call with updates on your evacuation. Have their names, phone numbers, e-mail addresses on your list. Designate them as liaisons with other friends and family members so that you can safely evacuate and drive.

4) List preparations for your home. This list will include bringing items inside that could be blown away or into your home by the wind including all outdoor furniture, trash cans, container plants, outdoor decor, etc. Any secondary vehicles should be brought into your garage or under your carport. Board windows and/or prepare hurricane shutters. Allow enough time for the preparation of your home before you evacuate.

Kitchen Klub News

By Betty Chase



A nother summer, free for all, Tiki Hut pool party will be held on Saturday August 20 at 4:00pm. The previous two parties have been so much fun! We owe a BIG thank you to Charley Petrites and Ed Imbrogulio for their donation of homemade French fries! They were so delicious and enjoyed by all. Please bring your own beverages. NO GLASS!! We plan on corned beef sandwiches and coleslaw plus a dessert. You may go inside if you prefer. Just come and enjoy our last days of summer. Then in September, the Chases will host their annual "open house". Watch the forecaster for date and time. And then we will be ready for October and the return of our Northern friends and all our regular activities.

New Law Permits Veterans

Designation on Florida Driver License



ov. Rick Scott signed House Bill 1165 to recognize and honor Florida veterans who honorably served their nation. Veterans who live in the Sunshine State now can add a veteran designation to their driver license or identification card.

The veteran designation will simply be a blue "V" on the bottom right corner of the card. Veterans who want to add the blue "V" to their credentials when they visit a driver license office to replace or renew their credentials, should plan to:

Present their DD-214, which shows their honorable discharge from active duty.

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Pay a one-time \$1 fee, in addition to the replacement or renewal fee.

Visit www.GatherGoGet.com to ensure they have all the other documents required. Veterans who need to obtain a copy of their DD-214, may request it through the National Archives, which provides information on how to make the request online at www.archives.gov/veterans/military-service-records/

View this Newsletter in full color at www.monthlymedia.info right click with mouse to download to your computer









New vehicle decals are available on Wednesdays 7:00am to 8:00am and on Thursdays 1:00pm to 2:00pm.

Heart Attack Info On New Aspirin

From the Listbot (something to think about)

The following is good information. We did not know that you should not lie down while waiting for the EMT.

Bayer is making crystal aspirin to dissolve under the tongue, which works much faster than the tablets. Just a reminder to all: purchase a box of this new aspirin to keep one in your car, pocketbook, wallet, bedside, etc.

Why keep aspirin by your bedside?

There are other symptoms of a heart attack besides the pain on the left arm.

Other heart attack symptoms include intense pain on the chin, as well as nausea and lots of sweating.

Note: There may be NO pain in the chest during a heart attack

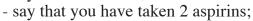
The majority of people (about 60%) who had a heart attack during their sleep did not wake up.

However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: CALL 911

- say "heart attack!";



- phone a neighbor or a family member who lives very close by;

- take a seat on a chair or sofa near the front door, and wait for their arrival; and...

- DO NOT lie down

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



A Penny

That Little Penny in the Parking Lot

Remember this every time you pass that little penny in the parking lot. I always thought that it was for good luck, but I love this version better. I found a penny today lying on the ground. But it's not just a penny this little coin I've found. Found pennies come from Heaven, that's what my Grandpa told me. He said Angels toss them down. Oh, how I loved that story. He said when an Angel misses you; they toss a penny down; Sometimes just to cheer you up, to make a smile out of your frown. So, don't pass by that penny when you're feeling blue. It may be a Penny from heaven that an Angel's tossed to you. An Angel is now watching over you. Heaven that an Angel's tossed to you.

Botox May Inhibit Ability To Read Others' Emotions

B otox doesn't just remove wrinkles and lines from a person's face; it may also impair one's ability to read emotions in other people. A study published in the journal Social Psychological and Personality Science found that women who had received Botox injections were less accurate in identifying the emotions on the faces of people in photographs than others whose faces had been injected with a cosmetic filler.

Researchers at USC and Duke University theorize that without the ability to subconsciously mimic expressions we see in others, we have more difficulty recognizing those feelings—suggesting yet one more way in which our bodies affect how our minds operate. (*Provided by First Draft*)



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		American Maid
		Modern Air Conditioning Service
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Dorothy Hunter	\$10	Largo Plumbing Company
		Mitchell Siding, Inc.
		Rod Runners
		O. E. Wilson Ins.
		Jones & Sons Plumbing
Teresa Donahue	\$5	Boss Electric
		Dr. Peter M. Mason
		Ron Wyngarden MH Washing
Jeanne Caimano	\$5	Bill the Carpet Guy
Lynn Narkewicz	\$5	Doll Brothers Carpet/Uphol. Clng.
		Generous Electric
Jeannie Bovee	\$5	Debbie's Salon
Alice Jarvis	\$5	Century Awnings
Pauline Nagy	\$5	Better Homes, Inc.
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Carl Simmons	\$5	Heller's MH Washing
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fyoufinda2-1/2"GOLDFOILSEALlikethesampleatrightinyour newsletter You Have Won the Monthly Media Jackpot! The SEAL will be affixed at random on an ad page in one copy of our total monthly circulation of approx. 20,000. Be sure to check all the **ad pages** in your newsletter. The prize amount will increase each month by \$50.00 until someone claims it. **\$5,850.00** has been awarded to date. *You may be the lucky one to find this hidden treasure*. If you do, simply clip it out and mail it with your return address and phone number to: Monthly Media, 151 1st Street N.W., Largo, FL 33770. <u>Your</u> *envelope must be postmarked by the 7th of the current issue month and you must be a current park resident*. GOOD LUCK!







