



The Southport Sun

Happy Thanksgiving



Southport Springs Monthly Newsletter

Editor Joe Grigelevich

grigsjr43@gmail.com

November 2022

NOVEMBER

Events

**Listen and Dance To The Music Of
"Dance Party Duo"**

Saturday, November 5th 7-10pm

Blood Drive

**Wednesday, November 9th
8:30am - 3:00pm**

**Veteran's Day
Memorial Service &
Pancake Breakfast**

Friday, November 11th 9am

Movie Nite

Saturday, November 12th 7pm

**Thanksgiving
Pot Luck Dinner**

Followed By Nickel BINGO

Tuesday, November 15th 5:30p

**Listen and Dance To The Music Of
"Tom Davis"**

Saturday, November 19th 7-10pm

See Pages 5, 7 & 11 For Details

VOTE AMERICA
EVERY VOTE COUNTS

TUESDAY, NOVEMBER 8TH

**Holiday
Greeting Cards**

**Last Chance to include your
Christmas/Holiday Greeting in our December issue.**
See page 9 for details

THANK YOU FOR YOUR SERVICE



Highly decorated Master Sergeant Richard Snyder was born ninety years ago in the midst of the "Great Depression" in Clifton Springs, New York and grew up in Seneca Falls and Rochester. He attended Benjamin Franklin High in Rochester, New York and in 1949 at the age of 17, joined the U.S. Army. Boot Camp was at Fort Knox, Kentucky after which he attended Jump School at Fort Benning located outside of Columbus, Georgia. Following Jump School, he was assigned to the 11th Airborne Division at Fort Campbell located

outside of Hopkinsville, Kentucky.

After five years of simmering tensions on the Korean peninsula, the Korean War which lasted three years claiming the lives of millions of Korean soldiers and civilians on both sides, hundreds of thousands of Chinese soldiers and more than 36,000 American soldiers began on June 25, 1950, when the Northern Korean People's Army invaded South Korea in a coordinated general attack at several strategic points along the 38th parallel, the line dividing communist North Korea from the non-communist Republic. Shortly after the war began, Dick along with his fellow 11th Airborne Division soldiers were activated and sent to Korea making a combat jump behind enemy lines where he would remain in combat for a year. While in Korea, Dick was transferred to the 1st Field Artillery Observation Battalion and within two months was promoted to Corporal and Forward Observer in front of enemy lines.



While in Korea, Dick was transferred to the 1st Field Artillery Observation Battalion and within two months was promoted to Corporal and Forward Observer in front of enemy lines.

(cont. on pg. 6 DICK SNYDER)



I would like to thank the Sunshine Committee for the Parkway Tavern gift card they gave me while I was in the hospital. Your kindness was deeply appreciated. Also to Louise Sweet for calling the ambulance. Thank you to Dona Dillingham, Esther Clark and Sue and Dan Jacques for checking in on me before and after I came home.



Janice Lynch



I'd like to thank the Sunshine Committee for the gift card when Jim passed and a special "thank" you to my neighbors and friends for their cards the wonderful meals and for being so helpful during this difficult time. And a special "thank you" to the angels who cleaned up my front yard after the recent hurricane.

There will be a memorial service for Jim on December 10th at 11:00am at Community of Christ Church located on 16th Street here in Zephyrhills. Everyone is welcome to attend.

Patsy Fabricius

Bookmarks of Inspiration



Poetic Prayers of Inspiration

by Fran Landry



The Paradox of Fear

Something I'm really afraid of
Is fear and fear itself
It can often make me really feel
To live life on a shelf
What if I do wrong or fail?
Will God really strike me dead?
I'm just so afraid to live this life
With fear so in my head
But then I take a second look
Just sitting there on the shelf
How bored and dusty I appear
Is that really me? Myself?
It's sad to see me sitting there
How useless I must be
To waste this gift of life from
God

This life He gave to me! ...
So I will not let fear rule me
Because I know - life is in
God's Hand
And, anyway, I'm afraid if
I sit too long
I fear I'll forget how to stand!

© 2017 Fran Landry

"But the Lord said to him,
"Peace! Do not be afraid.
You are not going to die."

- Judges 6:23

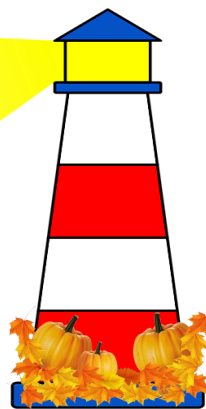
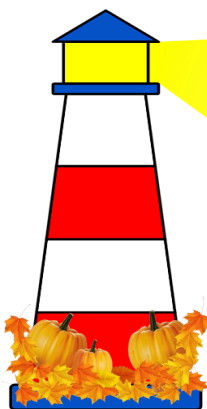
Fran Landry can be reached by e-mail
at franland2@me.com

Southport's Fall Craft Fair

Saturday, November 12th
9:00am - 1:00pm
(Main Clubhouse)

More Than 30 Crafters
Will Display Their
Handmade Crafts

So Come And Enjoy!



Southport Springs Servant Hearts Community Food Drive

(Supporting Local Food Pantries)
St. Joseph's Catholic Church, Chancy Road Christian Church,
First Presbyterian Church and United Methodist Church

Wednesday, November 9th 8-10am

Main Clubhouse Parking Lot

Thanks And God Bless!

Fran Fusco
813-602-4019

Chris Gale
813-924-3653

See Page 19
For Listing Of Needed Food Items

Saturday November 12

Bake Sale

9am to 1pm

Little Club House

The Sunshine Committee needs your help!
We need pies, cookies, breads, candies, etc.
Baked goods will be accepted between 7am &
11am the day of the sale—or call us to have
someone pick up.

Karol McGinn & Cindy Judy
813-388-0148 717-514-3997

BEREAVEMENT COMMITTEE FUNDRAISER



Our fundraiser this year will be at the Craft Fair on Saturday, November 12th. We'll have a variety of baskets containing adult spirits, wine and gift cards. Please stop by our table and support our committee. All money raised is given back to the community when we have a luncheon. We're still accepting donations and will be more than happy to pick up your donation. Just call Sandy at 813-713-0287, MaryAnn at 813-838-8107 or Val at 610-334-2690. Thank you again for all that you do for us.

THANKS A MILLION MAGGIE



It goes without saying that Maggie Hein's passion, hard work and dedication contributed greatly to the success of our blood drives over the years here in Southport. Maggie was recently honored posthumously by **OneBlood's** local representative, Brian Olson at a "Thank You" luncheon hosted by **OneBlood** for residents here in Southport who consistently donate "**The Gift of Life**" so that others might live. Seated at the table of honor along with Maggie (who was with us in spirit) are from left to right, Eileen Blair, Dave Blair, Tom Waterman, Lauren Waterman our current Southport OneBlood Co-representative, Joyce Steinmiller, Chickie Naclerio and Cindy Judy. Maggie and her late husband Charlie were both instrumental in establishing this very important "life saving" ministry here in Southport. Thanks a million Maggie for the "gift of you". Thank you also to the "life saving" donors who attended. Collectively, these generous folks are responsible for saving

hundreds of lives each and every year. **Super Heroes** one and all! Thank you to Brian Olson and his OneBlood team for hosting this wonderful event and for bringing along all the wonderful surprises. And thank you to Karen Muncey our restaurant manager and her team for all their hard work, attention to every detail and for serving up a delicious meal. They made it truly special.



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SOUTHPORT'S NOVEMBER BLOOD DRIVE

Wednesday, November 9th 8:30am - 3:00pm
(Main Clubhouse Parking Lot)

Your Chance To Save 3 Lives

Donors will receive a **\$20** gift card
and a **OneBlood T-Shirt**

And To Make It More **Exciting...**

Our HOA and Sun will each raffle off a **\$25** gift card if we have a minimum of **25** donors
and Sun will increase their gift card to **\$50** if we have a minimum of **50** donors!

And...

The Parkway is donating a coupon good for
one beer, one glass of wine or a dessert to all donors!

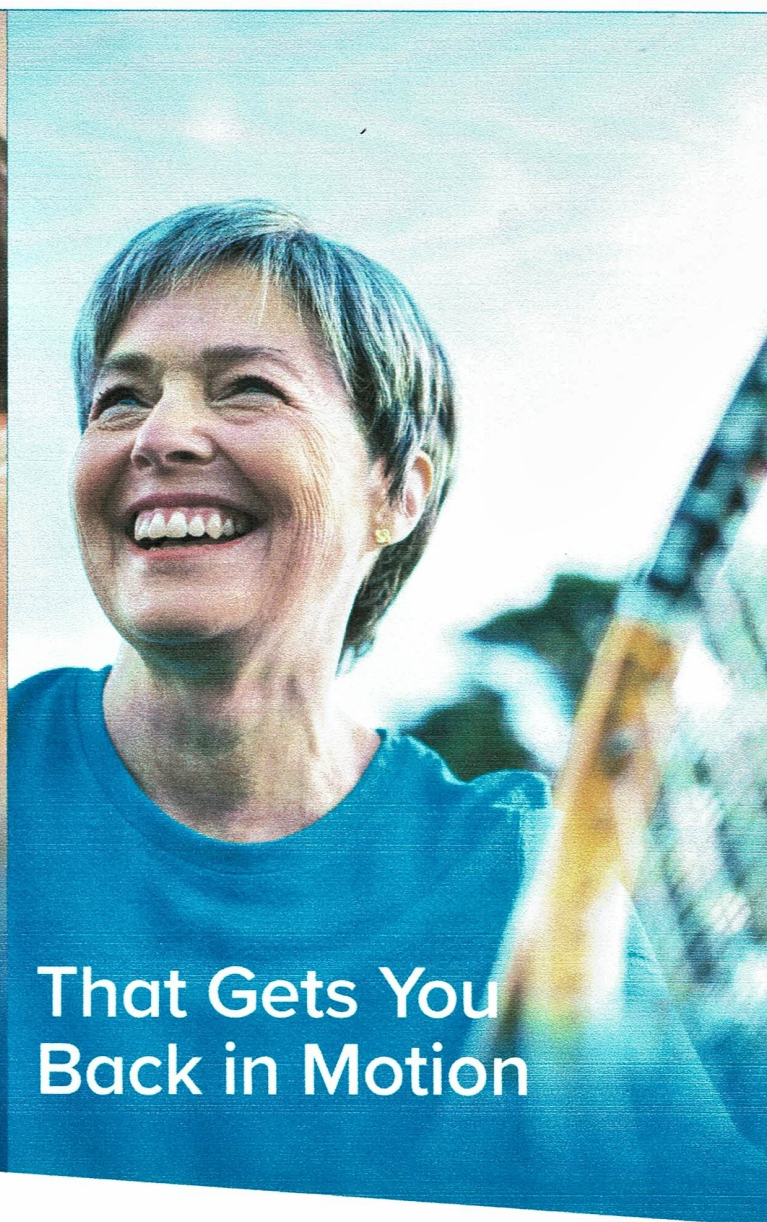
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AdventHealth



COMING THIS MONTH



'Dance Party Duo'

**Saturday
November 5th
7-10pm**

**HOA MEMBERS \$7.00pp
NON MEMBERS \$9.00pp**

**BAR WILL BE OPEN
BEER & WINE (\$2/GLASS)
RAIL LIQUOR \$3/GLASS**

TICKETS NOW ON SALE



He's Back!

TOM DAVIS

**Saturday
November 19th
7-10PM**

HOA Members \$7.00 Non Members \$9.00

**BAR WILL BE OPEN
BEER & WINE (\$2/GLASS) RAIL LIQUOR \$3/GLASS
TICKETS NOW ON SALE**



COMING NEXT MONTH

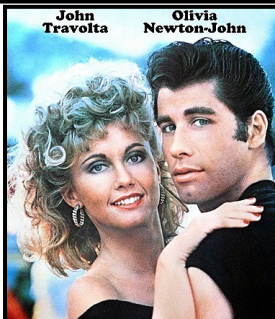
Movie Nite

GREASE

**STARRING
JOHN TRAVOLTA (DANNY)
OLIVIA NEWTON JOHN (SANDY)
STOCKARD CHANNING (RIZZO)
DIDI CONN (FRENCHY)**

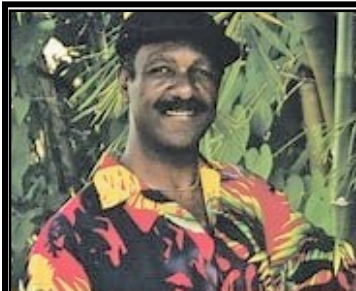
&

FRANKIE AVALON AS "TEEN ANGEL"



GREASE is the word

**FREE TO ALL RESIDENTS & VISITORS
SATURDAY, NOVEMBER 12TH (MOVIE STARTS AT 7:00PM)
BAR WILL BE OPEN
BEER & WINE (\$2/GLASS) RAIL LIQUOR \$3/GLASS**



Listen & Dance To The Music Of George Durham

**Saturday, December 10th 7-10pm
HOA Members \$7.00 Non Members \$9.00**

TICKETS GO ON SALE TUESDAY, 11/22/2022



HOA MEMBERS ONLY HOLIDAY DINNER DANCE With Mike Quartucci

SATURDAY, DECEMBER 17TH 5:30PM - 10:00PM

\$5.00PP (REFUNDABLE AT THE DOOR)

TICKETS GO ON SALE THURSDAY, 12/1/2022

Thanksgiving Pot Luck Dinner

**followed by Nickel BINGO
Tuesday, November 15th 5:30pm
(Main Clubhouse)**

**Main Dish (Turkey)
Compliments of Sun Communities
(Lemonade & Iced Tea Provided)**

**See Sign-Up Sheet
On Main Bulletin Board
To Select A Side Dish Or Dessert To Bring**

**Tickets Now On Sale
\$5.00pp (refundable At The Door)**

**Please Remember To Bring
Your own dinner wear and flat wear**



**Event Tickets can be purchased
in the Coffee Café on Tuesdays
and Thursdays
from 10:00am to Noon.**



Christmas Home Tour

SUNDAY, DECEMBER 18TH 5:45PM

**TOUR BEGINS AT 6PM FROM
THE MAIN CLUBHOUSE**

\$2.00PP

**REFRESHMENTS FOLLOWING THE TOUR
AT THE MAIN CLUBHOUSE
TICKETS GO ON SALE**



**SEE PAGE 7
FOR MORE DECEMBER EVENTS**



DICK SNYDER (cont. from pg. 1)

Upon returning Stateside, Dick was assigned to Fort Sill, Oklahoma where he would remain until his discharge in 1952. Shortly after returning home, he met and fell in love with Rita Schmitt. They married two years later in 1954 and would eventually have three children; Richard who is a 22-year U.S. Marine Veteran stationed in Japan where he and his family currently live, and two daughters (Susan who lives with her family in Colorado and Maureen who lives here in Zephyrhills). They have nine grandchildren and three great grandchildren. But Dick's military career doesn't end here.

In 1956, one of Dick's buddies suggested that they test for the Rochester Police Academy. Dick tested 21st out of more than 2,000 candidates and would eventually serve 20 years on the force until his retirement in 1976. While on the Police Force, Dick decided to attend night school (Rochester Institute of Technology) earning an Associates Degree in Photographic Science which eventually led to his owning and operating his own photography studio specializing in wedding and restoration photography. Along the way in 1963, Dick decided to join the U.S. Air-

force reserves where he became an Aircraft Load Master supervising the loading and unloading of military aircraft eventually being promoted to Master Sergeant. Following his retirement from the Rochester Police Department in 1976, Dick decided to become a full time Air Force reservist attached to the 328th Tactical Airlift Squadron and found himself being dispatched pretty much all over the globe including every country in South America, Panama, Germany, England, Italy, The Canary Islands and Santo Domingo just to name a few.



Following the invasion of Kuwait by Iraq in August 1990, the United Nations Security Council imposed an embargo and sanctions on Iraq, and on January 16th, 1991, the United States led a coalition air and ground war (Operation Desert Storm) defeating Iraq in 42 days. Dick and members of his unit were activated and dispatched to Iraq where he served as Acting Chief Master Sergeant and Forward Observer until his return to the States. Dick was awarded the Airforce Achievement Medal for his participation in Desert Storm. This would be Dick's final assignment prior to his retirement from the Airforce in 1991.

Following his retirement, he and Rita did a fair amount of cross country RVing and in 1998 became Floridian snowbirds eventually moving to Southport Springs a couple of years ago. Two weeks ago, they officially became full time Floridians and absolutely love living here in Southport. Their biggest challenge at the moment (and we've all been there) is trying to figure out what to do with all the stuff they brought with them from their home in Rochester to their home here in Southport. LOL

Thank you for your service Dick; both in the military and as a Police Officer. Know that your sacrifice and dedication is greatly appreciated.



*Greater love has no one than this,
that he lay down his life for his friend."*

John 15:13

VETERANS DAY MEMORIAL CEREMONY AND PANCAKE BREAKFAST Friday, November 11th



Please join us at the Memorial Wall for a ceremony to remember our Veterans. The service will be held at 9:00am followed by a Pancake Breakfast at 9:30. All branches of service will be individually recognized as well as honoring one of our veterans. Tickets for the breakfast will be sold Wednesdays after coffee from 9:30 to 10:30 on 11/2 & 11/9. Price per ticket is \$5 and veterans eat free. Everyone must have a ticket to give us an accurate count. Breakfast will include pancakes, scrambled eggs, bacon, sausage, muffins, O.J. and coffee. I'd like to personally thank Sean Rankin our community manager and Sun Communities for covering the cost of the breakfast.

**Mary Adele Cluck, President
Southport Springs Veterans Committee**

VETERANS DAY TRIBUTE

Veterans Day is a time to honor all the brave men and women among us who, at one time or another, put on the uniform and served to protect our country, our liberty and our lives.

Not a day goes by that American citizens shouldn't forget the price that has been paid by our veterans; but on Veterans Day we pause to make sure we are thankful for each and every man and woman who wore and who currently wear the uniform. For so many, those veterans who are no longer with us are sons and daughters, siblings, parents, grandparents, relatives or friends.

On Veterans Day we remember them all, and we express our gratitude for what they have done and what they are doing. We are also thankful to have them with us — whether or not we know them personally.

**ALSO
COMING NEXT MONTH**



Luminaries & Golf Cart Parade

Tuesday, December 20th
6:00pm
Main Clubhouse Parking Lot

Line Up Behind Patrick

REFRESHMENTS AND CAROLING BEHIND THE
MAIN CLUBHOUSE FOLLOWING THE PARADE

New Year's Eve Party

Saturday, December 31st

8:30pm - 12:30am



Music By
Nunes

At Night

Party Favors, Snacks
& Champagne

(Please - No Outside Snacks)

\$30.00pp



TICKETS
GO ON SALE
TUESDAY
12/6/2022



Community Christmas Dinner

WEDNESDAY, DECEMBER 21ST

2 SEATINGS - 4:00PM & 6:00PM

\$5.00pp

(REFUNDABLE AT THE DOOR)

TICKETS GO ON SALE
TUESDAY, DECEMBER 6TH



THE KARAOKE KREW

SAYS

THANK YOU!

YOUR CONTRIBUTIONS, SUPPORT AND
PARTICIPATION MADE OUR FIRST EFFORT A
HUGE SUCCESS

AND ENABLES US TO CARRY ON

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your time....

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Editor for its monthly
newsletter publication
"The Southport Sun"

If your interested
please contact
Patrick Winchester at
813-602-4625

Or E-mail him at
patrickw@southportspringshoa.com

Thanks



**As Of
January 1st 2023**



"The Southport Sun"

**Will be an "On-Line" publication only
meaning we will no
longer be distributing hard copy
throughout the community.
As always, you'll be able to view the
newsletter on line at
southportspringshoa.com**

HOWEVER...

**Anyone wishing to have a hard copy will
be able to purchase an annual
subscription (see form below).
The cost of an annual
subscription is \$24.00.**

**Subscribers will be able to pick up their
monthly copy in the Coffee Café
on the 1st or 2nd business day
of each month between 9:30 & 11:00am**

HOA NEWS

Patrick Winchester, President



Happy Halloween Southport! Hope you all had a boo-tiful time. There were lots of activities for the end of October and they're not easing up going into Thanksgiving and Christmas. I think everyone will love these events.

The statutory committee will meet with Sun on Tuesday, November 8 at 10:00 a.m. The committee is well prepared to meet and discuss the issues regarding the annual rent increase and pass on taxes.

This is a good time of year to be out enjoying the Florida fall weather. At least we don't have snow like the upper mid-west.

We are still searching for someone to take over the newsletter in February when Joe begins his next retirement. Just give Joe or I a call to set up a meeting.

Patrick
patrickw@southportspringshoa.com
813-602-4625



*"The best way to find
yourself is to lose yourself
in the service of others."*



***The Southport
Sun***

Newsletter Subscription Form

**Please sign Me Up For An Annual Southport Sun Subscription
for the calendar year 2023 at the annual rate of \$24.00**

Enclosed is my check # _____ in the amount of \$ _____

Name: (please print) _____

**Street
Address: _____ E-mail Address: _____**

**Note: Mid-year subscriptions through 12/31/2023 may be purchased
at the rate of \$2.00/month.**

**Please make you check payable to Southport Springs 723 HOA,
place it in an envelope along with this form addressed to Joe Grigevich
and drop it in the HOA mailbox located in The Little Clubhouse Lobby**

Signature _____

Date / /

**Your 2023 full year subscription form and payment must be received
on or before Friday, December 2nd 2022**

**Note: Your monthly copy can be picked up in the Coffee Café
on the 1st and/or 2nd business day of each month between 9:30 & 11:00am**

OCTOBER WAS DEFINITELY A MONTH FILLED WITH FUN

October was a fun month. On the 16th of October, the HOA hosted a Resource Fair to welcome new neighbors, followed by a bus trip to the Bishop Museum of Science on the 20th. The planetarium was amazing and the science museum was awesome! Got to see Priscilla, the 12,000 year old mammoth elephant and so many other wonderful displays. Did you know that the Gulf side shoreline of Florida once extended out 100 miles further than where it is today? Many of the ancient fossils displayed at the museum were actually found in the Gulf? Then on that same day Sun Communities hosted it's 3rd annual Halloween Roast (what a great time; especially the dunk tank). Then on Saturday the 22nd, the HOA sponsored its annual Halloween Party and Dance. The costumes were amazing!





**Include Your Personalized
Christmas/Holiday Greeting
In Our December Issue (in living color)**

Select Your Greeting (first come/first served)

How do you want your greeting signed ? (names only)

**Actual Size
Cost: \$5.00/greeting**

**Place this order form in an envelope along with \$5.00 in cash or with a check made payable to:
Southport Springs 723 HOA and bring your "unsealed" envelope to the Coffee Café on any
Wednesday between now and Wednesday, November 16th between 9:30am and 10:30am
AND SELECT YOUR GREETING**

THE IMPORTANCE OF STAYING HYDRATED *By Constance Shein, RN*

A number of folks here in Southport have recently been hospitalized due to dehydration which can be a pretty serious issue. So pour yourself a tall glass of water to sip while you read this hot topic about how important it is to keep our bodies well hydrated.



The definition of dehydration is that you lose more fluid than you take in. Many of us believe

dehydration is prevented by our body's natural sense of thirst to remind us to pour ourselves a glass of H₂O. But the fact is, as we get older, our sense of thirst diminishes significantly.

Hydration is vital because it keeps electrolytes balanced, blood volume normal, aids in digestion, transportation of nutrients, and kidney functioning. And as we age, it's not unusual if or when we become dehydrated that we have the added risk of mental confusion. It is recommended that adult men drink about ten cups of water per day (2500 ml), and women should drink roughly eight cups (2000 ml) per day. Common signs of dehydration include dry skin or cracked lips, confusion, fatigue, mobility difficulty, dizziness, dry mouth, sunken eyes, the inability to sweat or produce tears, rapid heart rate and low blood pressure.

FIVE REASONS SENIORS NEED H₂O

As we age, several physiological changes can put us at a higher risk of dehydration, such as increased fluid loss, reduced body water content, and a decrease in fluid consumption. The following five reasons highlight why as we age, that we need to pay close attention to the importance of our water intake:

1. **Decreased Thirst.** It's a fact that we lose our sense of thirst with age. Keeping up with our daily water or fluid intake will help prevent a major medical emergency.
2. **Kidney Function.** Our kidneys are responsible for filtering out blood by removing waste, controlling the body's fluid balance, and keeping electrolytes at the right levels. Kidney function can diminish as we age, leading to a decrease in the body's ability to create urine or remove waste. Staying fully hydrated helps to keep kidneys (cont. on pg. 24 STAYING HYDRATED)

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Mark L. Arey, MD
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11:00AM–7:00PM

CLOSED MONDAY

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& Guitarist/Vocalist
Dan Miller

**Miller & Mark
"Dance Party Duo"**
Are here the 3rd Thursday
of every month

Come Join The Fun
★ Thursday, November 17th ★
5-8pm ★

★ Compliments of ★
Sun Communities ★
& The Parkway ★ ☀

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"Ask and your shall receive" and our community certainly responded. Because of you and your amazing generosity, the Southport's Women's Club was able to donate 48 pairs of shoes and 517 pairs of socks which were donated to the Pasco County "Two Good Soles and Socks" drive which benefits Pasco County students. A BIG "Thank You" to everyone who contributed so that students can get off on the "right foot".

Cindy Judy & Chris Gale
Southport's Women's Club



CALLING ALL SOUTHPORT RIDERS

Hey Riders -

Even though it's Election Day, I'm looking at November 8th for our community ride. We'll be heading up some previous ridden roads to Lake Lindsey Mall Deli for a little break. From there we'll head over to Webster and make a brief stop at the Wild Horse Rescue Center (bring some baby carrots with you). Then it's on to a lunch stop and back home. The trip total is about 120 miles. I'd like to KSU (Kick Start Up) at 9:00am in front of the Little Club-house.

I'm looking forward to riding with you all again. If you have any questions or know of someone who would like to join us, you can call me at **219-775-3497**. See you all on Tuesday, November 8th. Rain date is November 18th.

Wayne Oosterhoff



Southport Springs Resident Phone Directory

Please help us to insure that the Resident Directory for 2023 is as accurate as possible. The directory contains names, phone numbers and addresses for all residents. New directories will be available in early 2023. Anyone with directory changes or additions can call me at **631-741-8892** or email me at **Rbrown0698@yahoo.com** or you can complete the form below and drop it in the mailbox located under our carport (3724 Rockrose Lane).



Thanks to all for your help.

Ruthann Brown



Address _____

Name _____

Phone No. _____

Name _____

Phone No. _____

Comments _____

Please indicate if numbers are cell numbers by listing the first initial of the person the number applies to. Ex. Dave & Jane Smith, xxx-xxx-xxxx (D) or (J). Mark home numbers as (H).



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 11am Line Dancing (Baby Steppers) - MC 1pm - Hand & Foot - LC 1pm - Horseshoes 7pm Euchre - LC	2 8:30am Coffee & Donuts (meeting at 9am) MC 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC	3 8am Tennis - TC 9am Line Dancing (intermediate) - MC 10am Line Dancing (Advanced) - MC 11am Line Dancing (Baby Steppers) - MC Noon Bridge - LC 1pm - Horseshoes	4 9am Bible Study - LC 9:30am Power Walking - MC Noon Hand & Foot lunch followed by cards - LC 7pm - Farkle - LC	5 8am Tennis - TC 7-10pm - MC <i>Listen & Dance To The Music Of "Dance Party Duo"</i> 
6 Daylight Savings Time Begins 	 7 8am Tennis - TC 8:15am Yoga - MC 9:30am Power Walking - MC 11am HOA Entertainment Committee Meeting - CC 6pm Dominoes 6:30pm Shuffleboard	8 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 11am Line Dancing (Baby Steppers) - MC 1pm - Hand & Foot - LC 1pm - Horseshoes 7pm HOA Meeting - MC 7pm Euchre - LC	9 8:30am Coffee & Donuts (meeting at 9am) MC 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC	10 8am Tennis - TC 9am Line Dancing (intermediate) - MC 10am Line Dancing (Advanced) - MC 11am Line Dancing (Baby Steppers) - MC Noon Bridge - LC 1pm - Horseshoes	11 9am Bible Study - LC 9:30am Power Walking - MC 1pm Hand & Foot - LC 6pm Karaoke - MC 7pm - Farkle - LC	12 8am Tennis - TC 7pm - MC <i>Movie Nite "Grease"</i> 
13	 14 8am Tennis - TC 8:15am Yoga - MC 9:30am Power Walking - MC 1pm Genealogy - CC 6pm Dominoes 6:30pm Shuffleboard	15 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 11am Line Dancing (Baby Steppers) - MC 1pm - Hand & Foot - LC 1pm - Horseshoes 5:30pm Thanksgiving Pot Luck - MC 7pm Euchre - LC	16 8:30am Coffee & Donuts (meeting at 9am) MC 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC	17 8am Tennis - TC 9am Line Dancing (intermediate) - MC 10am Line Dancing (Advanced) - MC 11am Line Dancing (Baby Steppers) - MC Noon Bridge - LC 1pm - Horseshoes 5pm Dance Party Duo - MC	18 9am Bible Study - LC 9:30am Power Walking - MC 1pm Hand & Foot - LC 7pm - Farkle - LC	19 8am Tennis - TC 7-10pm - MC <i>Listen & Dance To The Music Of "Tom Davis"</i> 
20 10am Silver Needles Meeting & "Sew Day" - LC 	 21 8am Tennis - TC 8:15am Yoga - MC 9:30am Power Walking - MC 6pm Dominoes 6:30pm Shuffleboard	22 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 11am Line Dancing (Baby Steppers) - MC 1pm - Hand & Foot - LC 1pm - Horseshoes 7pm Euchre - LC	23 8:30am Coffee & Donuts (meeting at 9am) MC 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC	24 8am Tennis - TC 9am Line Dancing (intermediate) - MC 10am Line Dancing (Advanced) - MC 11am Line Dancing (Baby Steppers) - MC Noon Bridge - LC 1pm - Horseshoes	25 9am Bible Study - LC 9:30am Power Walking - MC 1pm Hand & Foot - LC 7pm - Farkle - LC	26 8am Tennis - TC
27	 28 8am Tennis - TC 8:15am Yoga - MC 9:30am Power Walking - MC 6pm Dominoes 6:30pm Shuffleboard	29 9am Line Dancing (Intermediate) - MC 10am Line Dancing (Advanced) - MC 11am Line Dancing (Baby Steppers) - MC 1pm - Hand & Foot - LC 1pm - Horseshoes 7pm Euchre - LC	30 8:30am Coffee & Donuts (meeting at 9am) MC 9:30am Power Walking - MC 2pm Mahjong - LC 6:30pm BINGO - MC			



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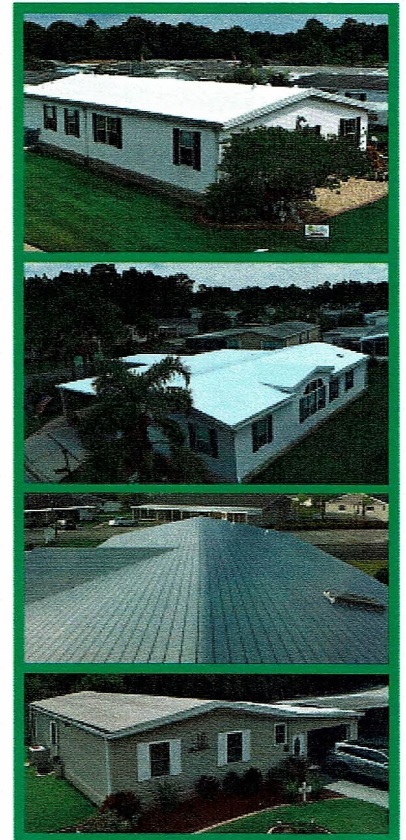
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Word Search - Thanksgiving Memories

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U Y A K M Y P X G D D F Z R L G L O Q U
F T N W A N C U L N B L N E N P L V L E
V M D K S M D D M A I U J I J X A N I L
M S L G S U Q J R P C K R M K E B D F S
I L E T A T J Y A O K E O L M N T H V N
R P S S C U M S P C H I T O P I O Y K N
G W T A H A G I O T S S N K C Q O Q L A
L D Q E U T A R A V L A W S V L F Q R H
I U S F S X K G C C E L E B R A T I O N
P O U T E Z M A Y F L O W E R N M R K E
I G R A T I T U D E P X I V D U O W U A
M I F A T H A N K S G I V I N G P C O H
G Z I S S V X J V N X Q M T E U Q N A B

FAMILY	FEAST	THANKSGIVING	COOKING
BAKING	FOOTBALL	BANQUET	HARVEST
GRATITUDE	AUTUMN	CORNUCOPIA	PUMPKINS
PILGRIM	CANDLES	GATHERING	CELEBRATION
MAYFLOWER	PLYMOUTH	ROCK	MASSACHUSETTS

(Words can go forward, up, down, diagonal and backward)

BRAIN TEASER



In which direction is the car moving?

answer found on another page

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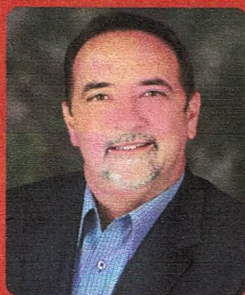
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WEDNESDAY MORNING COFFEE & DONUT SOCIAL

8:30am



Meeting At
9:00am
Main Clubhouse
Donation
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Power Walking

Monday, Wednesday & Friday Mornings
9:30am

MAIN CLUBHOUSE

Need More Info?
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Yoga

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MAIN CLUBHOUSE

Have Questions?
Call Terri at 813-713-0261



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Intermediate
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Advanced
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Baby Steppers
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BINGO



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(come early to get your play grids)



HAND & FOOT

Come join the fun every Tuesday and Friday
starting at 1:00pm in the Little Clubhouse.
On the first Friday of the month players are
invited to get together for lunch at Noontime
followed by cards.

Have Questions?
Call Lauren Waterman At 813-602-3782



DOMINOES
Every Monday evening
at 6:00pm
In The
Main Clubhouse

Need more info?
Call Lee Edwards at 863-207-2523

MAHJONG



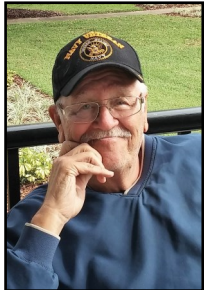
Attention all residents who are interested
in learning or playing a fun and exciting game.
Come join us in the Little Clubhouse on
Wednesdays at 2:00pm.

Have Questions?
Contact JoAnn Fearick at 813-335-7519



A BIT OF THIS AND SOME OF THAT

Bob Gallion rcgallion@gmail.com



Aphids are a common pest often seen on crepe myrtle trees. They feed on the sap then excrete tiny droplets of a sugary liquid called honeydew. This accumulates on the leaves and branches providing food for a black fungus called sooty mold. The mold doesn't damage the tree but is unsightly. Many crepes are too large to spray. You can best help control the aphids by drenching the base of each tree with the insecticide Imidacloprid. Read the label and closely follow the directions. Do not use near or on fruit and vegetable producing plants. This approach works best when the product is applied in April or May. It will take a while for the sooty mold to fade away and some patches will remain.



Tropical hibiscus can become infested with an insect called a Hibiscus Mealy Bug; a scale insect covered with a fuzzy powdery material. They are usually seen on new growth and flower buds before they open. Mealy bugs feed by sucking the sap out of a plant and then injecting a toxin that does further damage to a plant's flowers sometimes killing the plant. It is one cause of yellowing hibiscus leaves throughout the blooming season. Mealy bugs can be controlled with several applications of a light horticultural oil. I have also used a systemic insecticide from Bio Advance called Rose and Flower Care for several years with good results. As always read the label before use.



Spanish Moss is not a moss but a Bromeliad in the same family as a pineapple. It is found on trees around the Caribbean located in areas of warm and humid habitats. While found on many types of trees, southern oaks seem to be one of their favorite targets. While it grows on trees it is not a parasite as it does not take nutrients from the plant it is hanging on. The plant thrives on rainwater, fog, dew, sunlight, and summer heat. You will find it on large trees as well as microscopic



airborne dust particles, free to move and end up anywhere. The surface of Spanish moss is covered with tiny gray scales which trap moisture until it is absorbed when needed by the plant. This is an ongoing cyclical process. Seeds from the Spanish moss have a feathery appearance like a dandelion, allowing them to float freely in the air. The seeds are also carried tree to tree by birds, insects, and animals. A heavy buildup of moss can shade leaves slowing the plant's growth which will contribute to the plant's death. The weight of moss accumulation after a heavy rain can contribute to broken branches, some of significant size. The risk of a large branch, showing rot at the "V", where some branches meet the tree's trunk, presents a greater concern. I recommend contacting an arborist when concerns about safety exist. On smaller trees you can remove the moss by hand or using leaf rakes. For your safety avoid climbing ladders. Find a local contractor to do the work on larger trees. Remember, unless the tree is removed the moss will return. Have a great turkey day. See you somewhere around the community

Bob Gallion
813-838-3668

Southport Springs Servant Hearts Community Food Drive Food Pantries Are In Need Of The Following:

Non Perishables

Canned Fruits, Tuna, Gravy, Vegetables, Cranberry Sauce, Chicken, Vienna Sausage, Spaghetti Sauce, Apple Sauce, Condensed Milk

Boxes:

Mac & Cheese, Cookie & Biscuit Mix, Cereal, Breakfast Bars, Instant Mashed Potatoes, Stuffing Mix, Cake Mix, Frosting, Instant Pudding, Dinner Roll Or Bread Mixes

Perishables:

Margarine, Butter, Milk (all varieties), Hot Dogs, Sausage, Hamburg, Whole Chickens, Turkeys, Bacon, Yogurt, Cottage Cheese, Lunch Meat, Cans of Biscuits

Miscellaneous:

Juice Boxes, Capri Sun, Water, Gift Cards (no cash please)

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Nancy Hendricks, Treasurer
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912-401-9646



Lee Edwards, Social Events
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863-207-2523



Ruthann Brown, Entertainment/Special Events
ruthb@southportspringshoa.com
631-741-8892



Pam McGregor, Welcoming/Membership
pamm@southportspringshoa.com
813-716-5684



FMO Representative
Tim Carman
timc522@aol.com
618-978-8564

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- **FRONT GATE:** Daily 6am - 8pm
- **GOLF COURSE:** Daily 7am to 5pm
- **PRO SHOP:** Mon-Sat 7am - 5pm (Sun 7am-2pm)
- **POOL:** 8am - Dusk Daily (**residents & guests only**)
- **MAIN CLUBHOUSE:** Daily 7am to 10pm
- **COFFEE CAFE:** Daily 7am to 10pm
- **LITTLE CLUBHOUSE:** Daily 7am to 10pm
- **PARKWAY TAVERN:** See AD on Page 11 For Days and Hours of Operation

COMMUNITY CONTACTS

Community Manager - Braxton "Sean" Rankin
brankin@suncommunities.com

Sales Coordinator - Patricia Hall
phall@suncommunities.com

Office Coordinator - Sue Meschino
ameschino@suncommunities.com

Office Coordinator - Susan Andre
sandre@suncommunities.com

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Parkway Tavern Manager - Karen Muncey
kmuncey@suncomminties.com 813-715-9811

Pro Shop Manager - Earl Hines
813-780-7637 eines@suncommunities.com

DIVISIONAL AND REGIONAL CONTACTS

Regional Vice President - Amy Herndon
aherndon@suncommunities.com

Divisional Vice President - Brandon George
bgeorge@suncommiunities.com

AFTER HOURS EMERGENCY NUMBER
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CORPORATE CONTACTS

Sun Communities, Inc.
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Southfield, Michigan 48034

Gary Shiffman, Chief Executive Officer (CEO)
gshiffman@suncommunities.com
John B. McLaren, Chief Operating Officer (COO)
jmclaren@suncommunities.com

NEED TO RESERVE SPACE?

Main Clubhouse Ballroom & The Little Clubhouse: Please contact Patrick Winchester, HOA President at **260-609-0031** or E-Mail him at patrickw@southportspringshoa.com

Coffee Café: Please e-mail your request to the Community Office at southportsprings@suncommunities.com
Note: Reservations can be made by groups of 4 or more one month prior to the planned event. Standing reservations are not available.



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Practice
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1:00pm

Down At The Pits
Everyone is Welcome



SHUFFLEBOARD

Every Monday At 6:30pm

Down At The
Shuffleboard Court
Everyone is Welcome



WINTER SCHEDULE HORSEHOES

From now until Springtime (when we Spring
Forward), Southport's Horseshoe Team will
meet down at the horseshoe pits every
Tuesday and Thursday at 1:00pm.

Anyone who enjoys pitching horseshoes is
welcome to join in (men and women).
Beginners and seasoned players are welcome
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For more information Contact
Joe Seubert at 727-543-4621
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SOUTHPORT'S POT LUCK RECIPE OF THE MONTH Sharon Makin's Cranberry Jello Salad

Ingredients:

1 can whole cranberry sauce
3 large boxes of Jello (mixed fruit, cherry, strawberry etc.)
2 cups of hot water and cherry juice
to make 3 cups
1 - 2-oz. can crushed pineapple
1 can Oregon pitted Bing cherries in heavy syrup
(drain syrup in glass and cut cherries into thirds)

Instructions:

Mix dry Jello with cranberry sauce in the bottom of a 9x13 baking dish; add water (including cherry syrup) and remaining ingredients mixing well. Refrigerate until set.

4 oz. cream cheese
2/3rds jar of Jet Puff marshmallow crème
6 to 8oz. Cool Whip

Instructions:

Cream cheese well, add marshmallow crème and mix. Add Cool Whip a spoonful at a time until desired consistency. Spread on Jello and sprinkle with nuts.



Can be served as a salad or desert.
Enjoy!

Happy Thanksgiving....



COCKTAIL HOUR

Dick Knoles, Resident Mixologist



Brooklyn Egg Creams Are
Delicious, But We Need An
Adult Version. So Let Me
Introduce

The Southport Egg Cream

Ingredients:

1 oz. Vanilla Vodka
1 oz. Chocolate White Liqueur

1 oz. White Cream de Cocoa
1/2 oz. Advocaat (or spiked Eggnog)
1/2 oz/ Half & Half (or cream for a richer flavor)

Instructions:

.Put all liquid ingredients into a shaker with ice and shake well until chilled. Strain into your favorite cocktail glass and garnish with whipped cream and a maraschino cherry. You can also decorate you glass with stripes of chocolate syrup.

Note: You can also pour the drink into a highball glass with ice and pour club soda in before garnishing making the drink look more like a real Egg Cream.

It's 5 o'clock somewhere....

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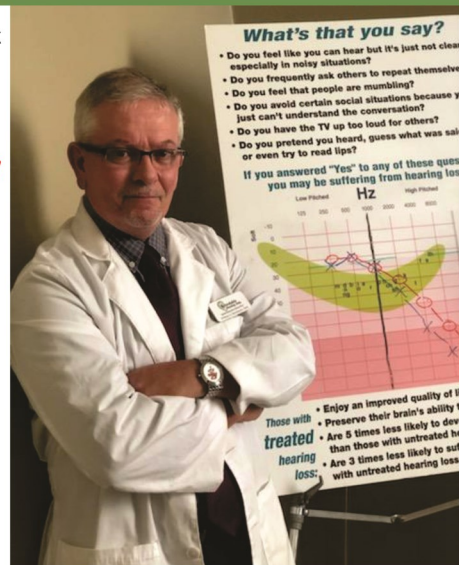
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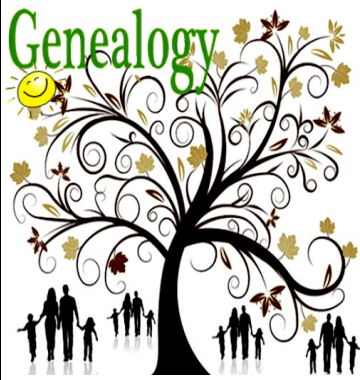
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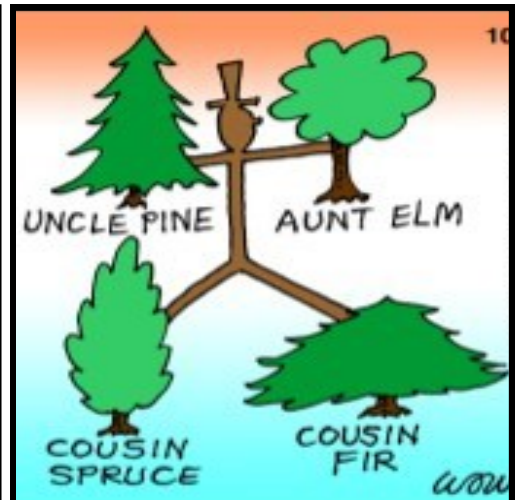
The Southport Genealogical Society

will meet Monday, November 14th 2022 at 1pm in the Main Clubhouse Coffee Cafe. This month's feature presentation will be **The Melungeons**. We have internet service, so bring your laptops and tablets with you. For more information, you can text me at **813-713-3547** or you can E-mail me at **mtrent43@yahoo.com**

Marty Trent



All Residents Welcome



Morning Bible Study

Southport's Morning Bible Study group meets every **Friday morning at 9am** in the Little Clubhouse. "Studying the Bible helps

us grow in faith, grow in joy and grow in wisdom". Everyone is welcome. For more information, you can call me at:

813-778-4027

Rita Walters

"Your word is a lamp for my feet, a light on my path." **Psalm 119:105**



STAYING HYDRATED (Cont. from Pg. 8)

functioning to the best of their ability.

3. Brain Power. Dehydration symptoms in seniors can mimic signs of dementia. Why is that? Because dehydration is just as critical for brain function as it is for body function. Cognitive function is enhanced when brain cells get the proper amount of hydration.

4. Urinary Incontinence. It is uncomfortable and frustrating. Some seniors avoid drinking to avoid the experience which can lead to other health risks. Reduction in fluids can cause urinary tract infections which can cause pain and sometimes dementia-like confusion.

5. Digestion. Dehydration can cause constipation. Staying hydrated and consuming the proper amount of fiber helps seniors stay regular. Lack of water can lead to gastritis, acid reflux, and in some cases, ulcers because the stomach doesn't have enough water to produce digestive acid. Research has shown that drinking water can help limit acid reflux symptoms by temporarily raising the stomach pH.

HOW DEHYDRATION AFFECTS THE BRAIN

You may be surprised to learn that about three-fourths of the brain is made up of water, and that the organ requires an ample supply of liquid to work at peak capacity. Gray matter actually shrinks when the body is dehydrated. And consistent dehydration can cause the brain to age quicker than normal. It's a growing concern among older adults in general. Government research shows that dehydration is one of the primary reasons people age 65 and older are sent to the emergency room.

For a person who has trouble remembering or often feels disoriented, even mild dehydration can be detrimental to their health and quality of life. A lack of water can aggravate symptoms of dementia, causing mental fatigue, sudden changes in mood, confusion, and

trouble processing information. They can also experience feelings of nausea, loss of balance, and headaches. In severe cases, dehydration can lead to heatstroke and even unconsciousness.

On the other hand, a well-hydrated brain can enhance concentration, memory function maintenance, mood balance, and even better sleep quality. Water is also essential for heart health and muscle-joint function, which are necessary to stay physically active to keep the brain oxygenated and sharp.

TIPS ON HOW TO STAY HYDRATED

Prevention is the key to avoiding dehydration. You might assume that when you tend to be sedentary that you consume more water than you could possibly lose in a day. But that is simply not the case. Dehydration is common regardless of whether you use a wheelchair or are up and about moving around and active. Here are a few helpful tips to keep fully hydrated:

1. Make sure you have plenty of appealing fluids available throughout the day including flavored water, plain water, juices or smoothies. Even coffee and tea (decaffeinated) which are largely made up of water can help hydrate although not as effective as previously mentioned options.

2. Fruits and vegetables are a terrific way to sneak in some added water. Cucumbers, watermelon, grapefruit, strawberries, celery, pineapple, kale, lettuce, grapes and tomatoes are great options. Vegetable broth or soups are great with a meal or as a snack.

3. Strategically place a water bottle or cup on your bedstand or next to your favorite TV chair to remind you. Remember to bring a bottle of water or juice whenever you leave your home to do an errand or when you head to the clubhouse to play cards.

4. Make an occasion out of drinking with things like an afternoon tea with friends or plan a patio party serving iced drinks, mock cocktails or smoothies (add a paper umbrella or fresh fruit for fun).



**"Make Water
Your New Best Friend"**

Note: Constance Shein is a registered nurse who has worked for more than 25 years in senior-focused healthcare organizations and has led Aegis Living's major nursing and care initiatives.



Let's all welcome the following new residents who recently joined Our Southport Springs Family.

"Welcome To Your New Home Folks"

Julio Mayorga
4008 Ranger Parkway

Debra Smith
3605 Azinger Loop

Al Phipps & Teri Harris
3742 Russian Olive Lane



**Cranberries without vodka?
Must be Thanksgiving.**



WHAT'S IN A WORD?

WORD SCRAMBLE (Thanksgiving Feast)

ROSL
BURTET
TRYUEK
SNTFIGUF
CRNARAYEBR
CONRADRBE
GVARY
SAUSHQ
TIPURN
DSSIENRG
NORC

CASSLEREO
MAH
PTEATOOS
ASAGSRAPU
SPYONO
EIP
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I'll bring the turkey

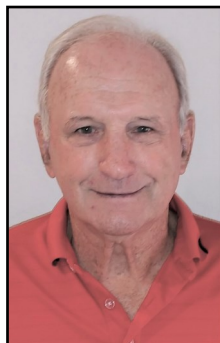
I really don't like beef jerky

Happy Thanksgiving



Golf Club

Jim Teixeira, President



A special welcome to our 'Snowbird' friends who have begun the fall migration back to Southport Springs. It is a wonderful time to be out on the course with the glorious weather!! Make the time to join one of our many groups/leagues to enjoy the weather and company—even if the golf is a bit frustrating!!

The Golf Association Meeting was held on October 11: The letter the Committee sent to Sun regarding our concerns with Member decline and the relationship between Sun and the

Southport Springs Residents was published. We are concerned with the loss of Membership currently down to 95 (55 Individual/40 Family) from 107 (53 Individual/54 Family) March 2022.

By now everyone has received the 2023 Monthly Membership Dues: Individual - \$166.48 and Family - \$227.47. Additionally, those who desire to be Members (including current Members) will be required to sign a 'Membership Application and Agreement' no later than December 31, 2022 otherwise your membership will be suspended.

The next Golf Association Meeting will be held on Tuesday, November 15 at 6:00 PM in the Main Clubhouse.

Match Play: Men on Thursdays beginning November 17th and Ladies on November 21st. We're planning a Thanksgiving Scramble Tournament. Details to follow.

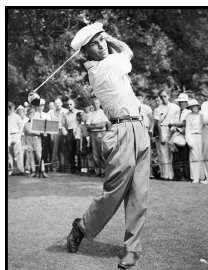
League Coordinators will coordinate Winter Start Tee Times for their leagues with Sun. They will notify you of new days/tee times for each league.

Stay respectful to yourself and others. It is only a game. Take the time to find the joy in it...it is there!! Life is way too short to be miserable!

Jim Teixeira

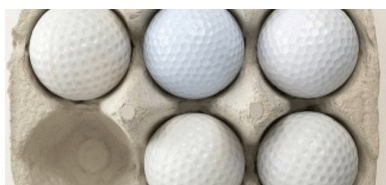
MJT161946@Gmail.com

Note: An updated golf calendar for the coming winter season was not available for inclusion in this month's newsletter.



"The most important shot in golf is the next one."

Ben Hogan



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Are Like
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***They're white,
They're sold by the dozen
and a week later you have to buy more.***



GOLF COMMITTEE



Jim Teixeira

Pat Quick

Ron Greene

Sue Wampler

Ken Kelley

Barbara Holdridge

Jerry Pritchard

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pman396@yahoo.com

FOR SAFETY'S SAKE



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A003478

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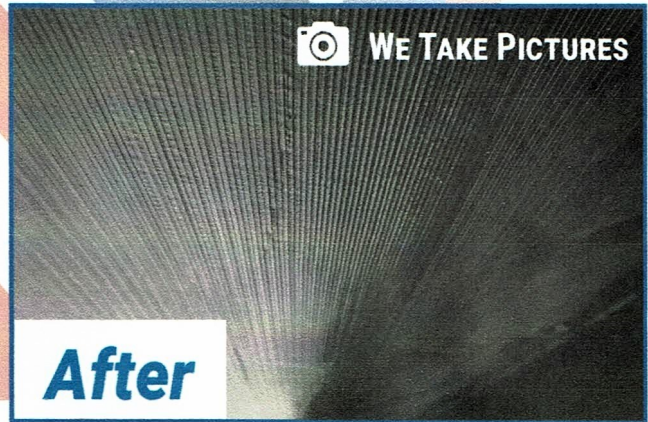
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Time to...

November

Collins, Deborah	Nov	2
Marsh, Linda	Nov	5
Lynch, Janice	Nov	9
Vogrin, Kim	Nov	9
Angel, Lynn	Nov	9
Thull, Marie	Nov	10
Haworth, Julianna	Nov	12
Weigel, Marah	Nov	13
Prescott, Susan	Nov	17
Bernier, Shawn	Nov	18
Malone, Mary	Nov	18
Whitney, Nancy	Nov	19
Kohler, Kathy	Nov	20
Rumbaugh, Lynne	Nov	20
Rankin, Donna	Nov	21
Koontz, Sandy	Nov	21
White, Sheryl	Nov	22
Anyon, Sandra	Nov	21
Jacques, Sue	Nov	24
Miller, Dee	Nov	24
Wedemeyer, Mary Margaret	Nov	26
Winslow, Judy	Nov	27
Gunderson, Donna	Nov	28
Coffaro, Carol	Nov	29
Sykes, Sami	Nov	29
Menth, Jody	Nov	29
Hand, Kathleen	Nov	30
Maynard, Lyn	Nov	30

December

Conkie, Colleen	Dec	1
Paduano, Maureen	Dec	1
Lambert, Darlene	Dec	2



Celebrate!

November

McCoy, Randy	Nov	3
Winterfeld, Art	Nov	5
Fenlock, Richard	Nov	10
Bringedahl, Bill	Nov	11
Kleine, Bill	Nov	12
Robinson, Mike	Nov	14
Barnhardt, Chuck	Nov	14
Cluck, Ed	Nov	14
Wigand, Charles	Nov	14
Shelton, Joe	Nov	15
Wnukiewicz, Stan	Nov	16
Anderson, Burl	Nov	29
Michalek, Bob	Nov	21
Bernard, Roger	Nov	22
Caster, Dave	Nov	23
Earon, Gary	Nov	24
Geyer, Keith	Nov	24
Calkins, Don	Nov	24
Cox, Don	Nov	25
Jaggers, Jim	Nov	25
Gaver, Ken	Nov	26
Orlando, Jack	Nov	27
Cherry, Bob	Nov	27
Hinton, Joe	Nov	28

November

Brown, Fred	Dec	3
Blair, Dave	Dec	3



- Question:** What did the Pilgrims use to bake bread? **Answer:** May-flour
 - Question:** What's a popular Thanksgiving dance? **Answer:** The Turkey Trot
 - Question:** What do you call a turkey that runs? **Answer:** Fast Food
 - Question:** Why was the turkey arrested? **Answer:** the police suspected fowl play
- My family and friends told me to stop telling Thanksgiving jokes. I tired, but I couldn't stop cold turkey.**



**Note: Please contact
Desdie Eberman at 912-401-9646
or E-mail her at
desdie@southportspringshoa.com
with any corrections
or omissions.**



November

Greene, Ron & Helen	Nov	4
Schenher, Ron & Ann	Nov	4
Howard, Dan & Kathy	Nov	6
Baxter, Myron & Lorri	Nov	6
West, Jerry & Colleen	Nov	6
Norvick, Bob & Sue	Nov	7
Sanderson, Jim & Raelene	Nov	9
Hadley, Steve & Kay	Nov	11
Gilmore, Dave & Bonnie	Nov	11
Brown, Dave & Louise Steber	Nov	12
Finley, Joe & Becky	Nov	12
Gallenstein, Bill & Mary	Nov	14
Mackie, Ken & Jacquie	Nov	14
Mull, Gregg & JoAnn	Nov	17

Burt, Ernie & Bette	Nov	21
Wallis, Richared & Ann	Nov	24
Falco, Dan & Donna	Nov	25
Grever, Don & Marsha	Nov	25
Blair, Dave & Eileen	Nov	26
Batal, Ed & Marilyn	Nov	27
Chavez, Del & Lauri	Nov	27





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EDITORIAL *Joe Grigolevich, Editor*



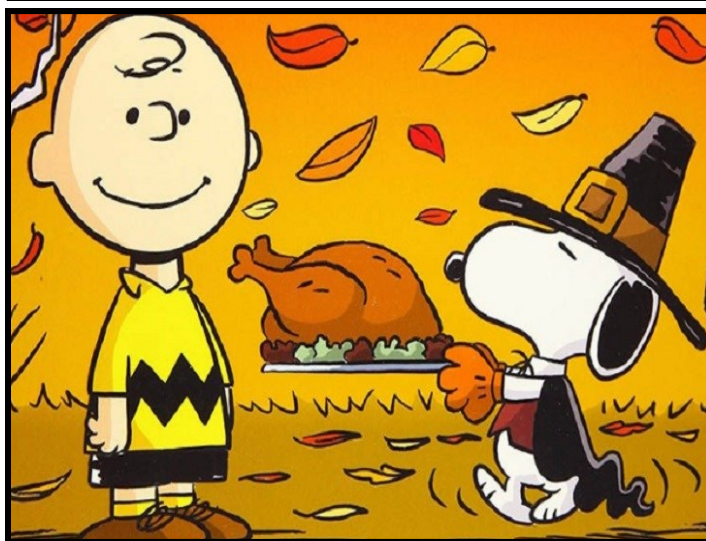
And so here we are once again getting ready for the holidays. Seems like not that long ago we set our clocks ahead one hour and here we are about to set them back an hour (again). I'm nearly 80 years old and I've never understood the rationale as to why we fool around with our clocks the way we do twice a year. I've googled it and read why we supposedly do it; but it still doesn't make a whole lot of sense to me. Having more sunlight towards the end of the day seems to make perfect sense.

Then comes November and we shorten the day by an hour and find ourselves in darkness while having dinner. Why? The idea came about as early as 1784 by Benjamin Franklin and was later proposed to the British Parliament in 1907 by William Willett and was originally instituted during World War I in order to take advantage of longer daylight hours and to save energy for the war production. There are no reputable studies that ever supported such a premise.

Following World War II, some States adopted it as an ongoing practice while others did not which created lots of confusion because there were cities virtually within a short distance from each other each adopting a different time zone. To bring a halt to the confusion and chaos, in 1966 Congress passed the Uniform Time Act which standardized the Daylight Savings time for the entire country. However, Arizona, Hawaii, Puerto Rico, The U.S. Virgin Islands and America Samoa did not and do not observe it. So once again, I ask why? I vote we leave the clocks alone. Let's decide which one makes more sense (Standard Time or Daylight Savings Time) and stick with it.

I personally like Daylight Savings (longer daylight hours towards the end of the day). As a retiree, I'm good with sleeping later in the morning when it's dark and I enjoy more daylight towards the end of the day. However, if you have to get up early in the morning to go to work or school, there've been scientific studies that show that seeing light in the morning can contribute to good health and that without it we seem to be more prone to things like cancer, diabetes and obesity. Apparently, waking up in the dark is tough on our internal clocks and sleep.

The United States is one of a few countries that continues the practice of changing our clocks twice a year. Most countries around the world have voted to no longer engage in the practice and most have adopted Daylight Savings (longer daylight hours towards the end of the day). I think it's time we decided on one or the other as well. If you agree, then drop a note to Senator Marco Rubio and ask that he propose the appropriate legislation (go on-line and google [marco rubio email](mailto:marco.rubio@sen.gov)). In the meantime, don't forget to set your clocks back one hour at midnight on Saturday, November 5th and don't forget to check the batteries in your smoke alarms. By the way, have a nice Thanksgiving.

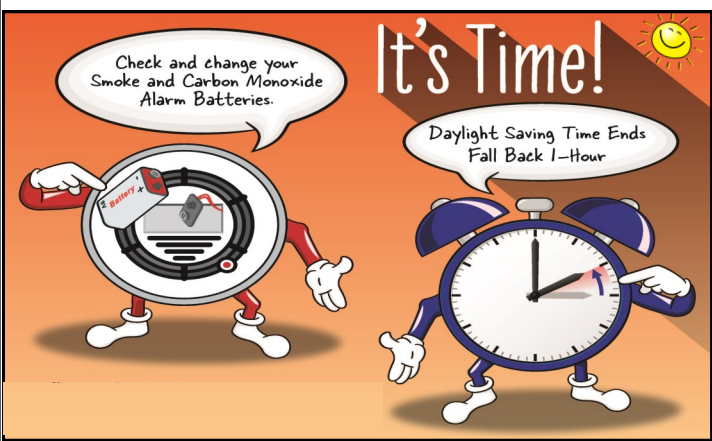


If you'd like, you can view and even print this issue and prior issues (or individual pages) of The Southport Sun in **color** or in B&W by going on line to:
southportspringshoa.com



DEADLINE: Deadline for submitting articles, pictures, "thank you" notes etc. is the 19th of the month. Anything received after the 19th will appear in the following month's issue.

DISCLAIMER: When submitting an article or articles for publication, please indicate if you do not wish your article(s) to be edited by our editorial staff and/or if you would prefer not to have photos or artwork included. In those instances, the editorial staff will not be held responsible for content, structure, spelling, grammar etc. Type written submissions greatly assist in minimizing errors. Thanks for your understanding, help and cooperation.



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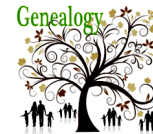
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