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OFFICE

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CRYSTAL LAKE MANAGEMENT AND STAFF



Manager Office Phone Office FAX Office Hours Carol Haney (727) 544-2745 (727) 549-1337 SEE SIGN BESIDE OFFICE DOOR FOR DAYS AND HOURS

Maintenance

Emergency - (813) 284-9005







HOA BOARD OF DIRECTORS

HOA Board Officers

President: 1st Vice President: 2nd Vice President Secretary: Treasurer: Cliff Shaffer Joan Mrowiec David Grinnell Kim Haswell Rosalie LeBlanc

Neighborhood Watch

Corky & Vickie Craver, (727) 288-3991 Richie Vega, 813-284-8071

Courier Editor

Violet Escobar 727-278-7310 <u>MyCrystalLake9301@gmail.com</u> <u>2L8again@gmail.com</u>

Block Captain Coordinator

Vickie Craver, 248 Circle Drive Assistant: Andi Rodriguez, 211 1st St.

Photographer/Reporter

Richie Vega 813-284-8071 CrystalLakeCourierMedia@gmail.com

Crystal Lake Facebook group link:

See/Call/e-Mail -Violet for your Invitation to join











BLOCK CAPTAINS

Circle – 242 - 267 Vickie Craver (248)
1st St – 200 - 241 Richie & Margie Vega (262)
2nd St – 184-199 Dan Whallon (190)
3rd St – 164 -183 Belinda Banks (167)
4th St – 111 – 161 Kim Haswell
5th St – 89 – 110 Kim Haswell
6th St – 65-87Kim Haswell

We are always grateful to our Block Captains who bring your copy of the Courier to your door every month. Block captains also hand out flyers and notices when needed.

To contact Vickie: call 727-288-3991 or see her at lot #248 after 3 o'clock.

THE HOMEOWNERS' ASSOCIATION

The Homeowners' Association continues to ask you to please support the organization that works to bring our residents together for a better home-life experience. Homeowner's meetings have been postponed for the summer. Meetings will resume in September. The date will be announced as time gets closer

FMO NEWS

The Federation of Mobile Home Owners fights for our rights as homeowners.

To help you better understand what FMO means to you and why as a Mobile Home Owner you need to have them 'watching your back' and protecting you from Park Owners' sometimes underhanded ways, see me (Violet): I'll give you information explaining exactly what it is FMO does to protect our rights under Florida Statutes 723. NO ONE else will fight for you like they do!

At this time our park has 4 Annual members and we just lost our only Life Time member. A Silver Membership for 1 year is only \$25.

See me for an application to join or go online to: www.fmol.org Information and applications will be available at the HOA Meetings.

A Complete Listing of Resident Services can be found on the page before your calendar CRYSTAL LAKE COURIER JULY, 2015 D

STORM WARNING (IMPORTANT)

epeated in case you missed it

Mark Twain once said: "Everybody talks about the weather, but nobody does anything about it." We can't do anything about the weather, but there are precautions we can take to protect ourselves and our belongings during storms.

Monitor the storm by keeping a battery powered radio tuned to a weather channel. Before the storm hits, bring in lightweight patio furniture and other outdoor objects that could be thrown around by high winds. Also, unplug expensive electronic equipment, such as your computer or television. If the

storm damage does your property, renter's insurance can help you recover the loss.

If you do not have renter's insurance, we advise that you look into getting a policy since management is not responsible for your belongings. Contact your insurance agent as soon as possible for more information on how to recover after a storm.

When is hurricane season? The Atlantic hurricane season runs from June 1 to November 30 with the peak period from early August through the end of October. The Atlantic basin includes the entire Atlantic Ocean, Caribbean Sea and Gulf of Mexico. Hurricanes coming from the Atlantic can impact vacations on the Southeast coast, all of Florida, and along the Gulf Coast from the Florida Panhandle to Texas.

What's typical? Based on historical weather records dating back to 1950, a typical year will bring 12 tropical storms with sustained winds of 39 mph, of which six turn into hurricanes with winds reaching 74 mph or greater, and three major hurricanes category 3 or higher with sustained winds of at least 111 mph.

Should we focus on the number of storms? Yes and no. The only storms most of us need to worry about are those that actually make landfall, which can have little correlation to the total number of storms in any given season. For example, 2010 was an extremely busy season, with 19 named storms and 12 hurricanes; yet no hurricane, and only one tropical storm, made landfall in the US that year.

What do experts say about hurricane season 2015? Most major forecasting agencies will make their predictions for 2015 in the spring. Last year's predictions were generally on target.

As most agencies predicted, the 2014 hurricane season was quieter than normal. Only one tropical cyclone made landfall in the United States—Hurricane Arthur, which made landfall in North Carolina in early July—but the year continued an incredible lull in major hurricane landfalls in the United States.

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Did You Know About These Great Monthly Media Services?

Summer Mailings - If you are heading north for the summer but still want to receive a printed copy of your monthly newsletter, just call our office and sign up for Monthly Media's Summer Mailing Service. We will ship (USPS 1st Class) a printed copy of each month's newsletter to your northern address, for as long as you're away, the cost is \$4 per month. Dozens of residents are already taking advantage. Please see our brightly colored insert for more information.

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are located the bottom of this page.

Emporium/Classified Listing - Do you have an event in your community such as a Bake



Sale or Flea Market? An item for sale like an old set of golf clubs that needs to go? Help needed or vendors wanted for an event? Maximize the people that see your listing and use the Emporium! Your listing will be printed & delivered to over 20,000 homes in Pinellas County. See the Emporium page toward the end of the newsletter for more info

Lars er Print Newsletters - At the request of some residents we are now offering Larger Print Newsletters to those who request them. The newsletter type will be approximately 20% larger (16 pt article body type vs. 12 pt normally). There is a small service charge of \$2 per newsletter for those who request. The larger type newsletters can either be delivered to you every month like they are now or we can mail them directly to your home for an additional \$2 per issue shipping charge. Please call Monthly Media (phone number listed below) for more information.



Monthly Media PO Box 1023 • Venice, FL 34284 info@monthly-media.com • 727-484-7488



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FOODS TO AVOID HIGH CHOLESTEROL

Submitted by Ricardo Vega Health Articles

- Limit saturated fats and oils, such as butter, bacon drippings, lard, palm oil, and coconut oil. Instead, use soft tub margarine or vegetable oils, such as olive or canola oil.
- Avoid trans fats or partially hydrogenated vegetable oils. These oils go through a process that makes them solid. They're found in some hard margarines, snack crackers, cookies, chips, and shortenings.
- Limit fatty meats such as corned beef, pastrami, ribs, steak, ground meat, hot dogs, sausage, bacon, and processed meats like bologna. Also limit organ meats like liver and kidney. Replace with skinless chicken or turkey, lean beef, veal, pork, lamb, and fish. Try some meatless main dishes, like beans, peas, pasta, or rice.
- Limit meat, poultry, and fish to no more than two servings, or 5 oz (140 g), a day. Remember that a serving is about the size of a deck of playing cards.
- Limit egg yolks.
- Limit milk products that contain more than 1% milk fat. This includes cream, most cheeses, and nondairy coffee creamers or whipped topping (which often contain coconut or palm oils). Instead try fat-free or low-fat milk (0% to 1% fat) and low-fat cheeses.
- Limit snack crackers, muffins, quick breads, croissants, and cakes made with saturated or hydrogenated fat, whole eggs, or whole milk. Try low-fat baked goods, and use any spreads or toppings lightly.
- Instead of using butter or margarine on bread, try dipping it in olive oil.
- Avoid fast foods like hamburgers, fries, fried chicken, and tacos. They are high in both total fat and saturated fat. When you eat out, choose broiled sandwiches or chicken without skin, salads with low-fat dressing, and foods that aren't fried. Ask the server to leave off the cheese and high-fat dressings like mayonnaise.
- For help changing your diet, ask your doctor or a dietitian.

SOURCE: WEDMD http://www.webmd.com/



REMINDERS

Submitted by Ricardo Vega

few things to remind the residents of CRYSTAL LAKE:

1. CLEAN UP AFTER YOUR DOG/S. It's not only a park rule, but also it is hygiene. Imagine when someone doesn't clean up after her/his dog and you step on it. GROSS, right? So, here are 10 reasons to clean up after your dog:

- 1 Stormwater carried pet waste and other pollutants directly into waterways.
- 2 Animal waste adds nitrogen to the water. Excess nitrogen depletes the oxygen in water necessary for beneficial underwater grasses, wildlife and fish.
- 3 Animal waste may contain harmful organisms such as Giardia, Salmonella and E. coli that can be transmitted to humans and other animals by ingesting contaminated water.
- 4 Roundworms and hookworms deposited by infected animals can live in the soil for long periods of time and be transmitted to other animals and humans.
- 5 It's the law! Many urban and suburban areas require you to pick up after your pet. Even if there is no restriction, cleaning up after your pet is always the right thing to do.
- 6 Joining the growing number of responsible pet owners may encourage hotel managers to accept pets when you are traveling and help keep fees to a minimum.
- 7 No one likes to step in pet waste and spread it into homes, cars and businesses.
- 8 Scooping on a daily basis and applying lime will help prevent odors.
- 9 It's easy to clean up by carrying plastic baggies and paper towels in your pocket. The baggies can be secured and thrown away in the garbage.
- 10Your neighbors will appreciate your good manners.
- We have received complains of a residents complaining on people that do not follow this rule. Please be responsible.

2. SPEED LIMIT

Speed limit in the park is always 10 MPH. Sign indicating speed limit are over different points in the park so there is no reason for residents, visitor or other to be speeding on our street. Remember we have some people with vision and hearing disabilities and they cannot hear or see when you are coming. So, please be careful while driving in Crystal Lake.



3. NEIGHBORHOOD WATCH

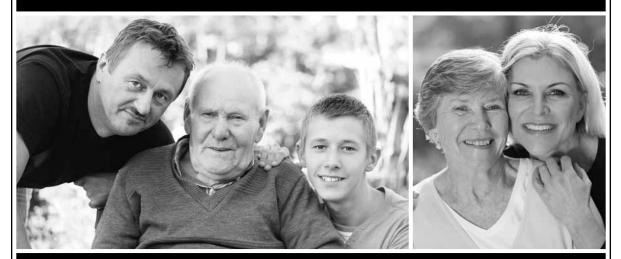


We have a NEIGHBORHOOD WATCH program in the park and by now, the team is of three/four people to name: Violet, Corky, Richie and Violet. So far, it only a few people for the size of the park. We need each of you to be involved. Watch for your neighbor home, car, etc. when he/she/they are away or in vacation.

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Memory Disorders Center at St. Anthony's Hospital



CONNECTING *families* to resources, education and support

The Memory Disorders Center at St. Anthony's Hospital connects those with memory disorders and their care partners with health care and community resources that can help enhance functioning and treat the symptoms of memory disorders. Led by the clinical director, a neuropsychologist and a licensed clinical social worker, the services of the Memory Disorders Center are free for patients and families.

Services include:

- Evaluation of patient's needs, development of a treatment plan, navigation of care and referrals to resources
- Support for caregivers through education, navigation and support groups
- Resource library

BC1502410 0415

Professional Office Building 1201 Fifth Ave. N., Suite 206 St. Petersburg, FL 33705

For an appointment: (727) 953-9140



St. Anthony's Hospital

StAnthonys.org

Report any suspicious activities to the Pinellas Police Department or call one of the Neighborhood Watch Team Member to document the event for recordkeeping.

4. POOL/CLUBHOUSE/AROUND THE PARK/ETC.

It is a rule: visitors must be accompanied by one of the residents all the time. So, when a NEIGHBORHOOH WATCH member approaches you, don't get upset; just follow the rule. We want everyone, including visitors to have a wonderful time while visiting their family and friends. At the pool, remember: NOALCOHOLIC beverages. No glass containers at any time, even cold beverages. This is for safety issues due to people walking barefoot in case a glass container should fall and break. Same applies when people would like to play POOL in the CLUBHOUSE,



they must be, at all times, accompanied by a resident. These rules can be found in the RULES AND REGULATIONS you must have or you can go to the office and ask for this.

Why is this article being written: To create a conscienceless so that all residents can obey and follow the rules. Be a good neighbor!

FOR YOUR INFORMATION

Emergency Dial 911
Non-Emergency (727) 541-0758 or (727) 544-1411
Physical Address
Pinellas Park Police Department
7700 59th Street North
Pinellas Park, FL 33781

INDEPENDENCE DAY HISTORY

Independence Day commemorates the signing of the Declaration of Independence on July 4,. 1776. Independence Day is the most important secular holiday held in the United States. Americans take this day to celebrate all that is American, remembering the great sacrifices of our forefathers as they fought and won our independence from Great Britain. The holiday is also referred to as 4th of July, named after the date it is celebrated each year. INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!



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INDEPENDENCE DAY FACTS & QUOTES

• In July 1776, there were approximately 2.5 million people living in the new nation.

• The first public reading of the Declaration of Independence didn't occur until July 8, 1776. It was sent to the printers on July 4th.

• The Statue of Liberty is a great symbol of American Freedom. It was given to the US by France in 1886. It was delivered in 214 crates and assembled on what is known as Liberty Island, in New York Harbor.

• Let every nation know, whether it wishes us well or ill, we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty. - John F. Kennedy

• The original Declaration of Independence can be viewed by visiting the National Archives, Washington D.C. The original copy is severely faded and sits under special glass in the Rotunda for the Chambers of Freedom.

INDEPENDENCE DAY TOP EVENTS AND THINGS TO DO



- Attend a Barbeque.
- Watch Fireworks.
- Read or recite the Preamble to the Declaration of Independence.
- Watch or attend Nathan's famous Hot Dog eating contest in Coney Island.
- Watch a Parade.

QUOTES

We are so accustomed to disguise ourselves to others that in the end we become disguised to ourselves.

Francois de La Rochefoucauld

"Being defeated is only a temporary condition; giving up is what makes it permanent".

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

CRYSTAL LAKE COURIER JULY, 2015 D

STREET LIGHT OUT Submitted by Ricardo Vega

f you know of a streetlight that is our or not working properly, you can call Duke Energy at (727) 443-2641 with the number on the pole and a nearby address. We need to keep our streets well lighted and safe. You can also use the Duke Energy website to make the report

YOUR SAFETY

Infortunately, we live in a society where no community is immune to crime, and as you can appreciate, no one can insure your safety. However, there are precautionary measures we can all take to help reduce the risk. Please report any exterior lights that are burned out.

Remember not to leave valuable items in your car, and always keep your car doors locked (especially when you are in the vehicle). By simply being aware of your surroundings, you can greatly reduce your chances of being a victim of crime. Let's all do our part to help make our community crime free!

SOMETHING IN THE AIR

uring the summer, ceiling and oscillating fans can be a great help in keeping your home cooler. But make sure your fan is rotating in the right direction. The fan should rotate in the direction that forces the airflow downward. This will help circulate the cooler air throughout the entire room.



NEW RESIDENTS

ave you seen many new faces lately? Yes, they are our new neighbors that found their homes in Crystal Lake. So, next time you see them around, say "HI" to them and make them feel welcome. WELCOME HOME!

LINE DANCING



herry and Ginny are taking a well deserved break from Line Dancing in the park. Plan to join them in September when the dancing begins again.

Services Directory

AIR CONDITIONING SALES/SER	
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	
Bob's Appliance Repair	. 727-637-4789
Sunset Appliance Service	. 727-559-1137
ASSISTED LIVING FACILITY	
Palm Terrace of St. Pete	. 727-526-7000
	707 500 4440
Suncoast Auto & Tire AUTO SALES / PURCHASING	. 727-520-1148
Tampa Bay Car Cash	777 590 0590
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co.	727-559-8811
	. 121 000 0011
Bill the Carpet Guy	727-521-4163
COMPLITER SERVICES	
Largo Tech Services, LLC	. 727-474-4285
DUCT / VENT CLEANING	
Velocity Air	. 727-754-7956
DRIVEWAY COATING	
Concrete Wizard, Inc	. 727-789-5444
ELECTRICAL CONTRACTOR	
Haseney Electrical Services, Inc	. 727-441-8434
Imperial Electrical Service	. 727-535-0708
FLOOR COVERINGS/RETAIL	707 044 4004
Affordable Floor Covering	. 727-641-1301
Affordable Floor Covering	707 641 1201
Flatworks	727 288 4680
Perfect Repair & Construction, Inc	727-539-0852
GOLF CART REPAIR	. 121-333-0032
Pinellas Golf Carts, LLC	727-754-2923
GOLF CARTS SALES & SERVIC	E
Capital Golf Carts, Inc	
Recreational Golf Cars of Florida	. 727-548-8460
INSURANCE/AUTO	
O. E. Wilson MANUFACTURED HOME SALES	. 727-535-0524
Citrus Homes/Meadowood Homes	. 727-535-5262
MEDICAL CARE	
Bay Care ERwww.	BayCareER.org
MOBILE HOME SUPPLIES - RET	AIL
Mobile Home Depot, Inc.	. 727-535-1100
Southeast Mobile Home Supplies MOBILE HOME WASH/WAX	. 121-522-2090
Heller's Mobile Home Washing	727 667 8110
Royal Enterprises	727_304_7351
MOBILE HOME WINDOW FILM	
Royal Enterprises	727-394-7351
PAINTING/INSIDE & OUTSIDE	
Payless Painting Services	. 727-470-5876
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Buggin Out Termite & Pest Control 727-535-2629 Modern Pest Control, Inc	6
PLUMBING SERVICE	
Jones & Sons Plumbing, Inc	7
Ray Duncan Plumbing, Inc 727-733-0968	8
Enos Plumbing	
REMODELING/INTERIOR	
American Restoration Systems, Inc. 727-525-7200	0
ROOF COATING	Č
Community Roofing of FL, Inc 1-800-511-251	7
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AMS Advanced MH Systems 727-471-0820	٥
ASC Aluminum Specialty Contr 727-547-8300	ň
Bay Area Aluminum Services, Inc 727-585-4442	
ROOF WASHING	2
Heller's Mobile Home Washing 727-667-8110	^
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Sunday	Monday	Г
5	6	6:30P - Sweatin Oldies
12	13	6:30P - Sweatii Oldies
19	20	6:30P - Sweatii Oldies
26	27	6:30P - Sweatin Oldies

Crystal Lake

Tuesday		Wednesday	Thursday	Friday		Saturday
		1	2 6P- 7P Sweatin' to the Oldies 7P – 10P Game Night	6:15P Bingo & Snack Bar	3	4 Independence Day
- 7:30P n' to the	7	8	9 6P- 7P Sweatin' to the Oldies 7P – 10P Game Night	6:15P Bingo & Snack Bar	10	11
- 7:30P n' to the	14	15 10:30A – 3:30P Pri- vate Card Making Group	1:00P – Free Pro-16 duce - Speaker 6P- 7P Sweatin' to the Oldies 7P – 10P Game Night	6:15P Bingo & Snack Bar	17	18
- 7:30P n' to the	21	22	23 6P- 7P Sweatin' to the Oldies 7P – 10P Game Night	6:15P Bingo & Snack Bar	24	25
- 7:30P n' to the	28	29	30 6P- 7P Sweatin' to the Oldies 7P – 10P Game Night	6:15P Bingo & Snack Bar	31	AUGUST 2015 F S S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



SWEATIN' TO THE OLDIES

ake it a date to get into shape every Tuesday and Thursday with the guys and girls dancing to the Oldies. See you there.

CARDS AND GAMES

B ring your favorite card or board game and some friends or join another group. You are always welcome: The more the merrier. If you like Poker, we've got chips and lots of 'em. Just try to let us know in advance so Cliff can bring them out of the HOA office.

Maybe you'd like to shoot some pool (billiards) or take a dip in the pool after; I hear the water is just right. Not too hot, not too cold.



LET'S GO FISHING!



F ishing is one of the things our park offers that is available to everyone anytime. Not only is it relaxing but can be very exciting when you reel in that "big one". Our lake has all sizes and many kinds of fish including, blue gill, tilapia, large-mouth bass, catfish, and others.

Most of us have a "catch and release" policy but if you want to fry up a few of your catch, go right ahead. You don't need a fancy pole... pretty much anything with a line and a hook will bring you hours of fun.

DO YOU NEED A RIDE?

• <u>EZride Program</u> – this is a fee for service transportation program offered by Neighborly Care network. The program serves Pinellas county residents aged 55 and older, and disabled residents.

EZride service is offered for ANY trip purpose in Pinellas County with destinations that also include southern Pasco, as well as specific destinations in northern Hillsborough, such as H. Lee Moffitt Cancer center, the VA Hospital/Medical Clinic and the University of South Florida Medical clinics at a flat rate fee.

EZride requires an annual membership fee of just \$25, which can be given as a gift. The *CRYSTAL LAKE COURIER JULY, 2015 D ...continued on page 22* 21

cost of each trip is based on a \$3.00 pickup fee plus a charge of \$1.50 per mile for each one-way trip. You can visit the website at www.Neighborly.org or call 727-571-4384. Not too bad for a quick trip to the Dr. or the Grocery store or pharmacy.

• Neighborly Care Network Senior Services Transportation Program is the second option.

This is a door to door service, pick up and drop off for medical appointments. At this time there is NO FEE for adults who are 60 or older or transportation disadvantaged and not on Medicaid.

Medical trips must be within 10 mile radius from pick-up. Vehicles are wheelchair accessible. Clients must register by phone before service begins.

Call to register: 727-571-4384

CREAMY SKILLET CORN

Serves 8 Prep Time - 5 min Cook Time - 20 min Total Time - 25 min

Ingredients 24 oz frozen corn (or about 3 cups of fresh corn scraped off the cob) 1 tbsp. sugar 2 tsp pepper 2 tsp salt



3 tbsp. butter, cut into cubes 1/2 cup water 1 tbsp. flour 1/4 cup fat free milk

Instructions

1. In a large skillet (with a lid) combine corn, sugar, pepper, salt, butter & water over medium heat

- 2. Cover and simmer for 15 minutes, stirring occasionally
- 3. In a small bowl combine flour & milk until smooth

4. Once corn is tender, stir into corn reducing heat to medium low and cook for an additional 5-10 minutes, stirring often

5. Serve immediately

6. ENJOY!







EGGPLANT PARMESAN

Ingredients

1 medium eggplant, peeled and cut into 1/4-inch slices (1 1/2 pounds)

Cooking spray

1/3 cup finely shredded Parmesan cheese

1/4 cup ProgressoTM dry bread crumbs (any flavor)

2 teaspoons olive or vegetable oil

1 cup spaghetti sauce

1 1/2 ups shredded reduced-fat mozzarella cheese (6 ounces)

Directions

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Set oven control to broil. Generously spray both sides of each eggplant slice with cooking spray. Place on rack in broiler pan. Broil with tops 4 to 5 inches from heat about 10 minutes, turning once, until tender.

While eggplant is broiling, mix Parmesan cheese and bread crumbs; toss with oil.

Heat spaghetti sauce in 1-quart saucepan over medium heat about 2 minutes or until heated through. Remove from heat; cover to keep warm.

Sprinkle 1 cup of the mozzarella cheese over eggplant slices. Spoon bread crumb mixture over cheese. Broil about 1 minute or until cheese is melted and crumbs are brown. Top eggplant with spaghetti sauce and remaining 1/2 cup mozzarella cheese

Bon Appetite

BIRTHDAYS & ANNIVERSARIES

****We would like to acknowledge all birthdays and anniversaries in our newsletter each month. Because this information was gathered at the Meet and Greet, not everyone was available to fill out the very short form. Please call, e-mail me or see me so that I can get this information from you. Thank you so much for your participation.



HAPPY ANNIVERSARY

1 – Rose Adamson 10 – Diana Earley 12 – Corky & Vickie Craver 27 – Tom & Pam Swoveland





HAPPY BIRTHDAY

7 – David Escobar 14- Vickie Kunkle 14 – Corky Craver

- 16 Gary Mrowiec
- 22 Barb Ingerson

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

14,492 manufactured home residents have won over \$124,374 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or <u>mail your paid reciept</u> to us at **Monthly Media • PO Box 1023 • Venice, FL 34284.** That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

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

	or manning or	check). This month's cash		
Roy Martin	\$100.00	Perfect Repair & Construction	Eric Lynn\$5.00	Knoblach Hearing Care
Mary Deperto	\$10.00	Čommunity Roofing	Shirley Reish\$5.00	Ron Wyngarden
Bill Janes	\$10.00	Jones & Sons Plumbing	Everett Wardell\$5.00	Perfect Repair & Construction
		Kathy's Cleaning		Bob's Appliance
Janice Cook	\$10.00	Modern Pest Control	Gary Jira\$5.00	
Chris Campbell	\$10.00	Modern Air	Marilyn Shipley\$5.00	Chambers Specialties
Angie Simon	\$10.00	Largo Automotive	Carole Silver\$5.00	Battleline Termite
Peggy Gronek	\$10.00	Boss Electric	Gloria Dillie\$5.00	Marti's Hair Salon
		Ron Wyngarden		Sunset Appliance Service
Patricia Osdras	\$10.00	Jean Satterfield	Linda Baker\$5.00	Doll Brothers
James Patton	\$10.00	Mobile Home Depot		Battleline Termite
Philip Scott	\$10.00	Knoblach Hearing Care		Doll Brothers
		Largo Plumbing		Mitchell's Siding
		Master Plumbers & Septic		Royal Enterprise
		Bob's Mobile Home Washing		Boss Electric
		Buggin Out		Debbie's Salon
		Kathy's Cleaning		Bob's Mobile Home Washing
George Klett	\$5.00	Largo Plumbing		Dr. Peter Mason
Joe Jacobi	\$5.00	OE Wilson		sShonna Bender, LMT
		Bill The Carpet Guy		Dunedin Electric
		Air Masters		Air Masters
		Debbie's Salon		Sunset Appliance Service
		Jones & Sons Plumbing	Thomas Cooke\$5.00	Natures Resource Pest Control
Arthur & Jane Perle	ey .\$5.00	Kathy's Cleaning		

• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • No purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers.

July Is...

Eye Injury Prevention Month. Eye injuries occur at a rate of more than 2,000 per day, with an estimated 1,000 eye injuries occurring in American workplaces alone. In addition to wearing proper safety evewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision throughout your life.

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

National Hot Dog Month. What better month to enjoy a delicious hot dog? The National Hot Dog and Sausage Council estimates that Americans eat over 7 billion hot dogs between Memorial Day and Labor Day, with 150 million consumed on the Fourth of July alone. Do your part.

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

July Daily News...

World UFO Day, July 2. Have you had a close encounter? Spread the word on this day that explores the unexplained.

Independence Day, July 4. The United States declared its independence from Great Britain on this day in 1776.

Global Forgiveness Day, July 7. "To forgive is to offer opportunity for a new beginning to the offender, and provides a process of healing for the victim."

Shark Awareness Day, July 14. As much as we enjoy being frightened by this predator of the sea, remember that the shark has a key role to play in keeping marine ecosystems in balance.

World Ranger Day, July 31. Sponsored by the International Ranger Federation to commemorate rangers killed or injured in the line of duty and to celebrate the work rangers do to protect wildlife around the world.









CRYSTAL LAKE COURIER JULY, 2015 D





ACROSS

- 1. Daisylike bloom
- 6. Bygone era
- 10. Doing nothing
- 14. Rental agreement
- 15. Matured
- 16. Mangle
- 17. Collection of maps
- 18. Formally surrender
- 19. Rumple
- 20. Shield
- 22. Initial wager
- 23. Bran source
- 24. Shabby
- 26. In a forward direction
- 30. Sudden burst
- 32. Crystal-lined rock
- 33. A guest cabin
- 37. Space
- 38. Without company
- 39. Hawkeye State
- 40. Gift
- 42. Stares
- 43. Poverty-stricken
- 44. Assault sexually
- 45. Extraterrestrial
- 47. Average
- 48. Blockhead
- 49. Astounded
- 56. Hindu princess
- 57. Razzes
- 58. France's longest river
- 59. Chocolate cookie
- 60. Stringed instrument
- 61. Move forward suddenly
- 62. Small slender gull
- 63. Hearing organs
- 64. Eagerness

- 56 59 62
- 1. Wings
- 2. Collections

14

17

26

27 28 29

- 3. After-bath powder
- 4. Brother of Jacob
- 5. Repair
- 6. Luxury boat
- 7. Curved molding
- 8. Start over
- 9 Without teeth

21. Knave

25. Consumed food

15

18

21

16

19

22

24 25

- 27. A noble gas
- 28. Comes from trees
- 29. Rebuke
- 30. Obdurate
- 31. Breathe hard
- 33. Sleigh
- 34. Exude
- 35. Is endebted to
- 36. Spar
- 38. Willing to comply
- 53. Posterior 54. Therefore

52. Not sweet

41. Tiny

covering

walk

47. Models

42. Big ape

44. Adult male

45. Cognizant

46. A protective

48. Gait faster than a

50. Kind of bean

51. Unit of pressure

55. Bambi was one



32 33 34 35 36 39 40 42 41 42 45 46 47 48 49 50 51 52 54 55 53 57 58 60 61 63 64 DOWN

30 31

- - 26. Monster

July Crossword





Trust in others rises as people grow older

In a cynical world, trust can seem hard to come by. But new research suggests it may grow as we get older. The World Values Survey, collecting data from more than 200,000 people in 83 nations, found that more than a third of people 80 years old or older agreed with that most people can be trusted, although just a quarter of 20-year-olds said the same.

The results were consistent regardless of nationality, gender, education, and income.

A similar study, analyzing data from the General Social Survey of 1,230 U.S. citizens over time, also found that our willingness to trust increases as we grow older.

One possible explanation: As time goes on, most people tend to simplify their lives and spend more time with their families, resulting in a more positive and generous attitude about the world.



That morning cup of coffee may be really good for you

A lot of us depend on a cup of coffee or two to get going in the morning. But coffee may have even more significant health benefits. Here's a quick look at what it may do to improve your life:

- Melanoma. A study by the National Institutes of Health and the AARP found that the more coffee people drink during the day, the lower their chances of developing melanoma over a 10-year period. Four cups of coffee a day was associated to a 20 percent drop in melanoma risk.
- Multiple sclerosis. An analysis of two studies of people diagnosed with MS (one in the U.S. and one in Sweden) found that consuming at least four cups of coffee a day appears to delay the onset of symptoms. The caffeine, researchers say, seems to have neuroprotective properties that inhibit MS development.
- Liver cancer. Drinkers of three or more alcoholic beverages a day may be able to cut their risk of liver cancer by drinking coffee, according to a recent World Cancer Research Fund report. Coffee and coffee extracts appear to have a preventative effect on the expression of genes involved with inflammation—an effect that's most prevalent in the liver.



July Sudoku

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

Happy 4th of July!



			_	-	_			
L	9	7	2	L	G	8	6	ε
3	Σ	Z	6	L	8	S	4	9
8	6	G	3	7	9	2	Z	
6	8	9	G	3	4		2	Z
G	L	2	8	9	<u> </u>	6	3	4
4	S		7	6	2	9	8	S
2	ŀ	8	4	G	L	3	9	6
Z	G	6	9	8	3	4		2
9	4	3	L	2	6	Z	G	8

Support innovation with continuous learning

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

- Laughter is good for the brain. Find the humor in whatever you do. Laughter will help you remember incidents better, and also generate a sense of security which supports a well-balanced mind.
- Learn in chunks. Instead of trying to memorize information in big blocks, concentrate on learning a few individual points at a time. You'll retain more without the mental exhaustion of cramming.



• **Study a foreign language**. Bilingual speakers tend to process information more efficiently than those who speak only one language. People who exercise their brains by learning Spanish, Japanese, or some other tongue frequently find they don't have to work as hard performing other cognitive tasks.

Keep your mouth shut

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

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

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

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

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

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

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





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HELP WANTED

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

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

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ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,000 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

Thanks!

-Monthly Media Staff

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Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284.
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