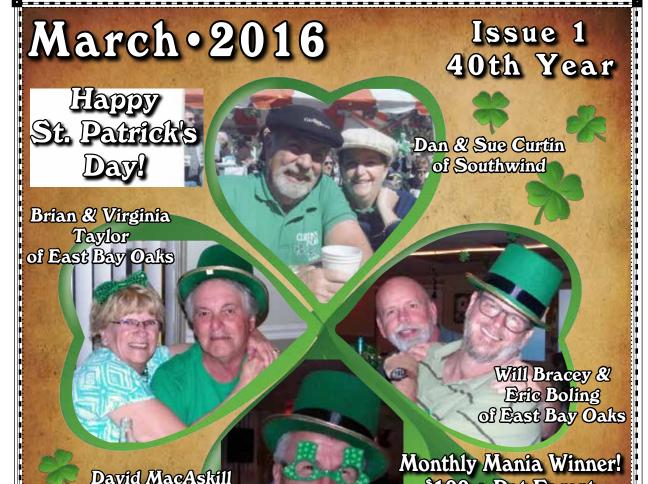


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Courier Editor Communications

Violet Escobar 727-278-7310 MyCrystalLake9301@gmail.com

<u>Block Captain Coordinator</u> Corky & Vickie Craver ... 248 Circle Drive Asst.: Violet Escobar70 6th St.

Reporter

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

Crystal Lake Facebook group link:

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

Neighborhood Watch

Corky & Vickie Craver, (727) 288-3991

We are always looking for more residents to help out with Neighborhood Watch, especially late at night. All you have to do to help protect our community is WATCH & CALL the PPPD when you see any suspicious activity.

Block Captains

Circle – 242 - 267 ... Vickie Craver (248)

1st St – 200 - 241Richie & Margie Vega (262)

2nd St – 184-199.....Dan Whallon (190)

3rd St – 164 - 183..... Violet Escobar (70)

4th St - 111 - 161 ...Kim Haswell (158) 5th St – 89 – 110Kim Haswell (158)

6th St – 65-87.....Kim Haswell (158)

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.







We Need Cover Pictures! Send in Your Interesting Photos!

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 here:



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LETTER FROM THE EDITOR

By Violet Escobar

Tonderful things are happening in our park: people are coming together and sharing in the beautiful life that we have here. We love seeing people out and about and coming to the affairs that the HOA provides.



Have you been to the lake lately to see all the wild-life that comes to visit and make Crystal Lake their home? We have a whole new kind of water bird and the ducks who have left will be returning soon. I can't wait to see them all again.

With the warm sun and cool breezes, it's a great time to begin a new walking program with your pet, your neighbor, your spouse or by yourself. I hope you can find time to go out and enjoy these lovely days.

DST – Daylight Saving Time begins on Sunday the 13th... the same day of our St. Patrick's Day Potluck. Remember to **SPRING FORWARD** one hour on your clocks before you go to bed Saturday night.

MONTHLY HOA MEETING – MARCH 7

Te look forward to seeing you at the monthly HOA meeting on Monday, March 7th at 7:00 p.m. This month's meeting will feature 2 speakers: FMO President, John P. Salvucci who will explain the many ways FMO protects us from those in State Offices who don't want to realize that we, as Mobile Home Owners are tax paying citizens who deserve the same rights and securities as those who live in other structured homes.

Terrie Brostek, our additional speaker, is returning from a visit with us last December. Terrie is a representative from the Preferred Provider Professional Insurance Systems of Florida, Inc. Terrie brought us hope that we could insure our mobile homes regardless of the age of the home.

Both of these speakers have the information that we have been needing for a long time. I'd like to suggest that you make a list of all the things you've been wanting to know about the things that concern you most as a Mobile Home owner. Then grab your neighbor by the hand and bring them with you on Monday night. If we have a good turnout it will be easier to show them that we care about our community and our way of life and maybe we can see them more often.



FEBRUARY'S HOA MEETING

The were pleased to have Pinellas Park Mayoral Candidate, Keith Sabiel return for our HOA meeting in February. If Elected this month, Mr. Sabiel promises changes to the City of Pinellas Park, some of which we've already seen in our park with the clean-up of the land behind 1st. St. and the more frequent sightings of Pinellas Park's Police Department's Night Eyes. We enjoyed having someone with influence take an interest in our community BUT.... he's not Mayor yet!

The current mayor Sandra Bradbury, was elected to City Council in March 2002, and reelected in 2006, 2010 and elected as Mayor in 2012 and reelected as Mayor in 2014. Keith feels that Pinellas Park needs some new blood with some new ideas.

Elections are March 15. Your polling place is: Park Place Wesleyan Church, 4400 70th Ave., Pinellas Park FL 33781. It's important for you to vote for whomever you choose. But vote.

My Absentee Ballot came in the mail yesterday so I sent in my Vote today. Anyone can vote by Absentee Ballot so the you don't have to go to the polls or find a ride to go. You might consider doing this for the upcoming Presidential Elections that are so important.

NEIGHBORHOOD WATCH MEETING - January 21, 2016

The topic was: Home Solicitation / Door-to-Door sales
We had two Guest speakers: Anna Marie Millett who is an Investigator & Outreach
Coordinator Pinellas County Justice & Consumer Services with the Office of Consumer
Protection and Officer Donna Saxer from the Crime Prevention Unit of the Pinellas Park Police
Department and Liaison between the PPPD and our Park's Neighborhood Watch.

Anna Marie Millett and Officer Donna always provide us with so much good information. They open our eyes to the dangers that threaten us daily and help us know what to do when they arise. If you missed seeing these speakers and would like to have them back in the future, let us know.

STREET LIGHT OUT

Submitted by Ricardo Vega

If 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.



VALENTINE'S DAY SWEETS – February 12, 2016

This event was an experiment that I think went really well. What we offered was lots of Valentine's Day Sweets during our Snack Bar and before Bingo. If you like a variety of cakes, cookies, cupcakes, candy and something amazing called cracker crack... we had it all and lots of it. Some who came for the sweets, stayed and tried Bingo for the first time. It was a good, wholesome time and so much fun we're going to do it again at Easter time.

FOR YOUR INFORMATION

Submitted by Ricardo Vega

or a real emergency: Police, Fire, Medical, please dial 911. For non-emergency situations, please call the Pinellas Park Police Department at (727) 541-0758. POLICE STATION: If you need to go to the Police Station we are providing their physical address. PINELLAS PARK POLICE DEPARTMENT, 7700 59th Street (Between 77th and 78th Avenues), Pinellas Park, FL 33781.

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UP COMING

ST. PATRICK'S DAY POTLUCK - March 13 - 2 o'clock pm

et ready for Corned Beef and Cabbage and other traditional St. Patrick's Day spreads. This is a potluck so if you have a specialty dish that you'd like to share, bring it down to the Clubhouse on Sunday March 13th and let's have a feast. Sunday is also the beginning of Daylight Saving Time so don't forget to move your clocks forward on Saturday night.

EASTER DINNER – March 25, 2016

ou've gotten the flyer on your doors, but as a reminder, on Friday March 25th there will be Finger Foods and Easter Themed Desserts in lieu of the Snack Bar. It all starts at 6:00 pm. If you have something you'd like to make or bring to share, bring it on and let's have a great time like we did on Valentine's Day.

SNACK BAR AND BINGO & Easter Dinner

he Snack Bar is open at 6:15 p.m. every Friday Some prices may have changed due to a revision of the menu and increased choices. We invite everyone to come and have your Friday night meal with your friends and neighbors in the Clubhouse.

An exception to this routine will be the 25th (Good Friday) when we will provide **Easter Dinner** for everyone to come and share. Our Valentine Sweet offering was a big success with so many varied treats and a great turnout of new faces. We hope to see the same on the 25th.

At 7 pm, **BINGO** will begin. If you come for dinner and want to stay for BINGO, we'd love for you to join us... the more the merrier. If you haven't played for a while, or at all, there's always someone who will help you along the way. But if BINGO isn't your thing, we're just glad to have you join us for a quick no-fuss dinner and a fun time of socializing.

If you do choose to stay and play Bingo, a pack of 10 games is \$5.00 and there's a special 1-card game we play at half-time for \$1.00 with an even higher pay out; sometimes \$100+.

We have been seeing many new faces at Bingo each week and would like to see more. We have a great time and love seeing our winnings grow as more people attend. Come and have fun with us. If you need a ride, call me (Violet 727-278-7310).



RECIPES

Copycat Pioneer Woman Chicken Spaghetti

Serves: 8

Ingredients

- 1 1/2 pounds of chicken (breasts, thighs or a combination of both)
- 8 oz. spaghetti, broken into 3-inch pieces
- 3 cups grated sharp cheddar cheese, divided
- 2 cans cream of mushroom soup
- 1/4 cup diced onion
- 1/4 cup finely diced green bell pepper
- 1/4 cup canned pimento, drained (one 4-ounce jar)
- 1/8 teaspoon smoked paprika

Instructions

- Preheat oven to 350 degrees F and spray a 3-quart bake dish with cooking spray.
- In a 4-quart saucepan, place the chicken and cover with 4 cups water. Over medium high heat, bring to a boil, lower the heat and simmer 20 minutes until chicken is cooked through. Remove chicken from the pan but leave the liquid in the pan.
- Return pan to high heat and bring to a boil, add pasta and cook 10 minutes until spaghetti is al dente. Drain and reserve the liquid.
- While pasta cooks, shred cooked chicken and measure out 2 cups meat; discard any skin and bones.
- In a large bowl, combine the chicken, drained pasta and 2 cups of the cheese, then stir in the soup, onion, bell pepper, pimento and paprika. Add 1 cup of the reserved cooking broth.
- Spoon into the bake dish and top with the remaining 1 cup cheese. Bake 45 minutes until cheese is melted and casserole is bubbly.

Source: Pioneerwonam.com

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BIRTHDAYS & ANNIVERSARIES

The 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 MARCH BIRTHDAY

- 7 Cliff Shaffer
- 11 Helenjean Dougherty
- 13 Mark Tucker
- 23 Richard Preil

HAPPY BELATED FEBRUARY BIRTHDAY

- 19 Diana Earley 3rd St.
- 24 Kimberly Haswell 4th St.

HAPPY BELATED FEBRUARY ANNIVERSARY

21 - Cornelia & Vladimir Moldovan – 4th St.



10 Facts about the Amazon Forest

- 1. 20% of the Earth's oxygen is produced by the Amazon Rain Forest
- 2. The Amazon River once flowed in the opposite direction, from East to West
- 3. The amazon represents more than half of the Earth's Rain Forests.
- 4. Amazonian butterflies drink turtle tears.
- 5. There's an underground river 4 KM (2.4 mi.) beneath the Amazon River in Brazil, that might be as long but hundreds of times wider.
- 6. Sand from the Sahara is blown by the wind all the way to the amazon, recharging its minerals. The desert literally re-fertilizes the rainforest.
- 7. In 2008, Norway donated one-billion US dollars to help save the Amazon Forest.
- 8. The amazon River discharges 5-times as much water as any other river on the planet.
- 9. Iquitos, Peru is the largest city in the world inaccessible by road. It's located deep in the Amazon Rainforest and has over 400,000 people.
- 10. There are no bridges over the Amazon River.

Source:factslides.com



March Is...

merican Red Cross Month. The American Red Cross was founded by Clara Barton in 1881. Today its supporters, volunteers, and employees provide compassionate care in five vital areas: People affected by disasters in America; support for members of the military and their families; blood collection, processing, and distribution; health and safety education and training; and international relief and development.

Music In Our Schools Month. An annual celebration sponsored by the National Association for Music Education, Music In Our Schools Month engages music educators, students, and communities from around the country in promoting the benefits of high-quality music education programs in schools.

Social Work Month. The goal of Social Work Month is to educate the public about how social workers bring about positive social change and improve the lives of individuals and families. It's sponsored by the National Association of Social Workers, which works to enhance the professional growth and development of its 132,000 members, to create and maintain professional standards, and to advance sound social policies.

Women's History Month. Women's History Month has its origins as a national celebration in 1981 when Congress authorized the president to proclaim the week beginning March 7, 1982, as "Women's History Week." Since 1995, Presidents Clinton, Bush, and Obama have issued a series of annual proclamations designating March as "Women's History Month."

Weekly

Tational Cheerleading Week, March 1-7. National Cheerleading Week recognizes cheerleading athletes around the world. Its goal is to build a more positive image of cheerleading by engaging in group activities, community service, and fundraising projects.

NO MORE Week, March 6-12. NO MORE is a movement to raise public awareness around ending domestic violence and sexual assault. NO MORE Week is a national effort to engage individuals and organizations to say "No more" to abuse, and to make domestic violence and sexual assault awareness and prevention a priority year-round.

Brain Awareness Week, March 14-20. A global campaign to increase public awareness of the progress and benefits of brain research, Brain Awareness Week unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages. Activities include open days at neuroscience labs, exhibitions about the brain, and more.



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| Sunday | Monday | Т |
|---------------------------------------|--|------------------------------|
| Sunday | Monday | |
| 6 | 7 HOA Meeting SPEAKERS: See Article | 11A - 2 Private Card S |
| 13 2P St. Patrick's Day Potluck | 14 | |
| 20 | 21 | |
| 27 Easter Sunday | 28 | |

Crystal Lake

| Tuesday | | Wednesday | Thursday | Friday | Saturday |
|------------------------|----|-----------|----------------------|--|---|
| • | 1 | 2 | 3 | 6:15P- 7P Snack Bar 7P BINGO | 5 |
| P Club – tamping | 8 | 9 | 10 | 6:15P- 7P Snack Bar 7P BINGO | 12 |
|] | 15 | 16 | 17 St. Patrick's Day | 6:15P- 7P Snack Bar 7P BINGO | 19 |
| 2 | 22 | 23 | 24 | 25 6P – 7P No Snack Bar ~ Easter Dinner: See Article 7P BINGO | 26 |
| 2 | 29 | 30 | 31 | | APRIL 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 |



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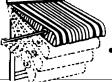
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Huge exoplanets not as plentiful as thought

stronomers have discovered more than 100 giant exoplanets orbiting distant stars, but some are now saying that many of those huge worlds aren't planets at all.



According to the website of the American Association for the Advancement of Science (AAAS), scientists analyzed the findings of the Kepler Space Telescope, which identifies exoplanets by scanning stars for long stretches of time in search of changes in their brightness. These changes suggest the presence of planets or other objects temporarily causing their light to dip.

Instead of monitoring brightness, a second group of scientists looked for signs of movement in the stars as planets circled them. The differences in the slight movements between planets and other objects has led the team to conclude that as many as 55 percent of "exoplanets" have been misidentified. More likely, they're stars themselves—possibly brown dwarfs, a type of failed star, sharing an orbit with a larger sun.

Science is a way of talking about the universe in words that bind it to a common reality. Magic is a method of talking to the universe in words that it cannot ignore. The two are rarely compatible.

—Neil Gaiman

You can't get out what you don't put in

otivational speaker Zig Ziglar likes to tell the story of his friend, Walter Hailey. Although he became a star salesman, Hailey's early career as an insurance salesman was rough. He endured frustration, anxiety, slammed doors, low sales figures, and uncertainty about his future.

One day he grew so discouraged that he went to his boss and told him that he was going to quit. His boss's response? "You can't."

Hailey repeated that he was quitting. The manager repeated, "You can't."

Angry now, Hailey shouted, "Yes, I can!"

His manager replied, "Walter, you can't get out of the insurance business because you have never really gotten into the insurance business."

The words hit Hailey like a ton of bricks. For the first time in his life he realized that you can't get something out of an endeavor if you never put anything into it. Or as Ziglar puts it, "There are many people who 'join' a sales organization but never get into the business of selling."

ACROSS

- 1. A-line line
- 5. Wings
- 9. Ordered by the pope
- 14. Encourage
- 15. Pesters
- 16. Really love
- 17. Protective ditch
- 18. Bypass
- 19. Care giver
- 20. Deserving of the highest esteem
- 22. Adjust
- 23. Stop
- 24. Construct
- 26 American Medical
- Association
- 29. Required
- 33. Ranking above all others
- 38. Seldom
- 39. Biblical garden
- 40. Hindu loincloth
- 42. Lack of difficulty
- 43. A small node
- 45. Registered in a permanent form
- 47. An unchanging intonation
- 48. "I knew it!"
- 49. Nab
- 52. Laser printers need this
- 57. Step
- 60. Offensive
- 63 Heathen
- 64. Parisian airport
- 65. Bituminous fuel
- 66 Critical
- 67. Russian emperor
- 68. Largest continent
- 69. Horse
- 70. Protagonist
- 71. Count upon

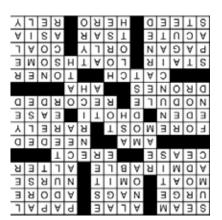
16 19 20 22 21 26 43 44 46 46 52 62 64 67 66

DOWN

- 1. Poison plant 2. Chip away at
- 3. A type of small lizard
- 4. Mixed-blood
- 5. Dwarf buffalo
- 6. Young sheep
- 7. Nimble
- 8. Aromatic compound
- 9. Cure-all
- 10 A husband who cheats
- 11 Harbor
- 12. Backside
- 13. Lascivious look

- 21. 500 sheets of paper
- 25. Make wealthy
- 27 Humble 28. Residue from a fire
- 30 Not alive
- 31. Alternatively
- 32. Not the original color
- 33. Manage
- 34. Smell 35. Start over
- 36. Express or state clearly
- 37. Crag
- 41. Orange pekoe or Earl Grev

- 44. Found out
- 46. Pledge
- 50. Fabric
- 51. Steed
- 53. Movie prize
- 54. Hangman's knot
- 55. Electronic messages
- 56. Pass-the-baton race
- 57. Resorts
- 58. Diplomacy
- 59. Chills and fever
- 61. Winged
- 62. Apprentice





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

Now You Have More Chances to Win!

We are now offering unlimited entries into our Monthly Mania drawing by just SUGGESTING a business to advertise.

Here is how is works:

- 1. Call our office and suggest a business to advertise in the newsletter
- 2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
- 3. The more businesses you suggest, the more chances you have to win. (To qualify each resident can only suggest a business once)

What businesses would you like to see advertising? We have spots available in the following categories:

- Accountant/Tax Prep
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- Automotive Repair/Sales
- Awnings
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- Bicycle Repair & Sales
- Bingo
- Chiropractor
- Computer Services
- Dentist
- Driveway Coating
- Fitness Center/Gym
- Floor Coverings/Retail

- Foot Specialist Podiatrist
- Golf Cart Sales & Service
- Hair Salon/Day Spa
- Hearing Aid/Retail
- Home Care
- Home Furniture & Mattress
- House Cleaning
- Insurance Home/Auto/Health Restaurants
- Investment/Brokerage
- Jewelry Sales/Design/Repair
- Manufactured Home Sales
- Massage Therapy
- Medical Doctor
- Mobile Home Supplies -Retail
- Motorcycle/Moped Sales & Repair

- Moving Services
- Optometrist
- Painting Inside & Outside
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- Pharmacy
- Remodeling/Interior
- Resale Store
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Teed off

olf courses typically have two sets of tees, one for women and one farther back for men. One day at the first tee a man was stepping up to his ball when a voice came over the clubhouse loudspeaker: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The golfer looked up, surprised, then addressed his ball again. The voice on the loudspeaker repeated, "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

Irritated now, the golfer backed away, took a deep breath, and once again approached his ball. For a third time, the loudspeaker blared: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The man flung his golf club down. "Will the announcer please shut up and let me hit my second shot?"



wo bass players performing Beethoven's Ninth Symphony realized that for some time at the end of the piece, the bassists play nothing. They decided to sneak out of the auditorium for a quick drink at the bar in the lobby.

After a few quick shots, one of them checked his watch. "Uh-oh, we have to get back in two minutes."

"Don't worry." His friend ordered another round. "I tied down the last page of the conductor's score, so they'll keep playing the same part over and over. No one will notice."

After a few more drinks, they staggered backstage and made their way back to their chairs as the conductor struggled to untie his music score with one hand while conducting the orchestra.

One usher at the rear of the auditorium whispered, "What's going on?"

The other usher answered, "Well, it's pretty exciting. It's the bottom of the Ninth, the score is tied, and the bassists are loaded!"

I guess I laugh to keep from crying. And I guess if you ever get me crying, I might not stop. This is the way I look at tragedy or else I'll cry.

—Bob Newhart











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Take the perfect family portrait

Portraits of your children as they grow up can become a treasured memory, but getting them taken can sometimes be a struggle. If you're determined to take just the right picture, try these for tips for portrait photography without tears:



- Take the picture early. A photo session first thing in the morning is easier on everyone. You can dress your kids appropriately and let them change into "play clothes" afterward instead of forcing them to get cleaned up and changed later in the day, when they're more apt to be tired and cranky.
- Have some variety. If you have more than one child, restrain the urge to dress them in matching outfits. A more picturesque option: Dress them in different outfits of the same color.
- Don't overdo things. Keep clothes and accessories simple. Remember that your focus should be on the child's face.
- Plan ahead of time. Get your child a haircut a few days before the portrait session, not that morning. If the cut turns out to be too short or severe, time will relax the look.
- Smile! Try to avoid a forced, insincere smile on your subject's face. Relax and let your child's personality shine through.

Need for confession

young priest went to his older mentor for help. "Father, no one wants to let me hear their confession. What should I do?"

Let me sit in the confession booth with you and listen to how you conduct yourself," the elder priest suggested.

After hearing a few confessions, the two priests met in the senior priest's office. "Now, I want you to try a few things," the elder priest said. "Practice crossing your arms over your chest and rubbing your chin with one hand."

The young priest did as he asked.

Then he was told, "Try saying some things like, 'I see ... Yes ... Go on ... I understand ... How do you feel about that?"

The priest rehearsed the lines until the other one nodded.

"Now," said the senior priest, "don't you think that works better than slapping your knee and saying, 'No way! What happened next?""



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









March Sudoku



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Fun Night with Silent Auction, March 10th 7pm, Sugar Creek MHP, Largo, North at 101st.

PARADISE ISLAND ANNUAL FLEA MARKET, March 12, 2016. Paradise Island MHP 1001 Starkey Rd. Largo. EARLY ENTRY \$1 @ 8am. Very Large Market with over 65 vendors and Treasures Galore. Food from the canteen. For Tables call Marcia 727-953-3616

ART/CRAFT FAIR. Friday, March 11, 9am - 1pm. Lake Highlander MHP. 1500 County Road 1, Dunedin.

Annual Blue Jay Rummage Sale: Sat. March 19th 8:00am-1pm. 2755 Curlew Road Palm Harbor.

FRIDAY, MARCH 4TH, 9am-1pm, Flea Market/Bake Sale Lake Seminole Resort MHP Clubhouse, 10245 110th Ave. North, East off Seminole Blvd. Refreshments, Lunch.

Nova Scotia Picnic March 24th. 10065 Park Blvd Seminole State Park. Site 13. 727-475-9470

HUGE Rummage Sale at St. Paul United Methodist Church March 4 & 5. Address: Christian Life Enrichment Center, 1498 Highland Ave, Largo, FL 33770. Early Bird Friday, 4-8 pm; \$1 admission. No admission fee Saturday, 8am–2pm. Food available.

Community Yard Sale. Lake Tarpon Village, 36299 U.S. 19 North. Saturday, March 5. 8am - 3pm.

COME ONE, COME ALL!!! It's that time of year again!!! The 2016 Palm Hill Bazaar is on March 5th 2016. Early bird admittance \$1.00 at 8:30am. Regular Admittance 9:00am till 1pm. Everything must go!!!

1800 Seminole Blvd. Largo, FL 33778

White Elephant Sale. Lake Haven MHP 1415 Main St. Dunedin. Huge Bake Sale, Lunch Availble. Saturday March 12th 8am-1pm Park 3 (Behind Subway)

WHITE ELEPHANT SALE. Saturday March 5, 9AM-12PM. Americana Cove. 7201 1st Street NE, St. Petersburg. Jewelry, antiques, treasures, collectibles, electronics, housewares, furniture, linens, books, DVD's, CD's, Tapes, LP'S, Xmas decos.

March 5th, 8am-1pm. ANNUAL BAZAAR - BRIAR CREEK II MHP Clubhouse (Near Mease Countryside Hospital)

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March 4th & 5th. Carport Sale, Doral Village, 29250 US Hwy 19 North #85 & #87. Furniture, Housewares and Miscellaneous. 9am - 3pm

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-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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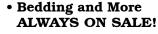
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Going the store? Why leave the house?

hopping online has exploded in recent years. One example: A survey conducted by 72 Point Inc. and commissioned by Door to Door Organics, an online organic grocer, found that shoppers increased their online grocery purchases by an average of 29 percent in the past year, and those shoppers do about 19 percent of their weekly grocery shopping via the Internet.

Extra sleep may not lead to longer life

ost of us look forward to sleeping late on the weekend. After a hard week of work, we deserve a few extra hours, right? But a study from the Journal of Clinical Endocrinology & Metabolism suggests that sleeping in may contribute to a higher risk of diabetes and heart disease.

Researchers tracked more than men and women age 30-54, using devices that recorded their movement to determine when they fell asleep and woke up for a one-week period. Close to 85 percent went to bed later and got up later on their days off from work, and those people tended to experience lower levels of HDL cholesterol (the good kind) along with higher triglycerides, greater resistance to insulin, and a higher body mass index, even after controlling for factors like physical activity, calorie consumption, and alcohol use.

The implications are clear: Maintaining a consistent sleep schedule, even on weekends, is better for everyone's long-term health.

Aspirin prevents skin cancer?

spirin is known to cure our aches and pains and improve heart health. It may also be useful in preventing certain kinds of skin cancer, according to an article on the Discover magazine website.

Non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin and ibuprofen are already known to help prevent cancers in the colon, lungs, prostate, and breasts. A meta-analysis of studies, some previously unavailable to researchers, turned up evidence that non-aspirin NSAIDs can reduce the risk of developing squamous cell carcinoma by 15 percent, and that when aspirin is added

to the mix, the risk drops to 18 percent. NSAIDs are known to inhibit COX-2, an enzyme produced by skin cells in response to ultraviolet light.

Talk to your dermatologist about aspirin, and otherwise limit your exposure to UV light to stay safe from skin cancer all year round.



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

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| Debbie Mathe | \$10 . | D & W Heating & Air Conditioning |
| Phil Pante | \$10 . | All Around Tours |
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| Cheryl Meyer | \$10 . | Largo Plumbing Co. |
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| | | Bill The Carpet Guy |
| | | Appliance Specialty, Inc. |
| Betty Hudd | \$10 . | The Plumbing Patrol |
| Miles Wilson | \$10 . | Jones & Sons Plumbing, Inc. |
| | | Underhome Armour, LLC |
| Joseph A. Lopez | \$5 | Bob's Appliance Repair |
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| | | Boss Electric Corp. |
| | | Air Masters of Pinellas, Inc. |
| | | Boss Electric Corp. |
| | | Jones & Sons Plumbing, Inc. |
| Marilyn Webber | \$5 | . Modern Air Conditioning & Appliance |
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| | | Air Masters of Pinellas, Inc. |
| Thomas Foley | \$5 | |
| | | |

| Marilyn Christian S | \$5 | |
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