

#### FOR AD RATES & INFO 727-484-7488 • info@monthly-media.com

1-855-222-0102

1-800-531-5000 826-3333

239-0211 (866) 745-3685 727-443-2641 1-800-228-8485 1-800-921-8101

411

#### **Important Phone Numbers**

#### **NON EMERGENCIES**

St. Petersburg Police Dept.	893-7780
St. Petersburg Fire Dept.	893-7694
Pinellas County Sheriff	582-6200
Florida Highway Patrol	570-5010

Seminole Police Dept 595-5414 Seminole Fire Dept 394-6905

**Emergency - 911** 

#### UTILITIES

SPECTRUM
Knology Sales
Service
Duke Energy
Power Outage
Frontier Services
Directory Assistance
DirecTV
Teco Gas

#### PUBLIC OFFICES

464-7777
821-4069
893-7171
(800) 275-8777
893-7724
(800) 772-1213
398-3107
888-964-9744
391-8345
1-800 827-1000

#### HOSPITALS

110011111100			
Bay Pines VA	10,000 Bay Pines Blvd., St. Petersburg	g, 33708	398-6661
Bayfront Medical Cente	er 701 6th St. S., St. Petersburg 33701		823-1234
Largo Medical Center	201 14th St. SW, Largo 33770		588-5200
Morton Plant	300 Pinellas St., Clearwater 33756		462-7000
Northside	6000 49th St. N., St. Petersburg 33709		521-4411
St. Petersburg General	6500 38th Ave. N., St. Petersburg 3371		384-1414
St. Anthony's	1200 7th Ave. N. St Petersburg	825-1100	

#### Harbor Lights Club Office 392-8858 • Marina 392-4933

ersburg		825-1100			
202 0050	3.6		202 4022		



#### ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

#### Coverages: =

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with AirBags, ABS and Anti-Theft device

\*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.



**BORDEROUSER A HOME SERVICES, Inc. Special State Special State A/C & Heat Source Diagnostic A/C & Heat Source Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Diagnostic Coupon required at time of service during regular Dispection Dispection Diagnostic Dispection Dispe** 

D'D'E'





# \*

#### **February Recognition**

s always, we sometimes forget the residents of Harbor Lights who give a little more so the rest of us can enjoy the activities offered here in our beautiful park. The following names were submitted for the month of February:

**THANK YOU:** Thank you to all our raffle ticket sellers who give us a chance on Wednesday mornings to become a little richer. They take our money and with a smile, they always promise us a "winning ticket". Thanks again Rita Girouard, Pam Gonzalez, Jeanne Marmarose, and Maryann DeCarli.

**LIBRARY:** For everyone who likes to check out puzzles, DVDs, and books from our own Harbor Lights Library, you need to appreciate Mary and Wayne MacDonald who work silently behind the scenes all year in keeping the library neat and clean and all the books back on the shelves.

**<u>UNSUNG HERO:</u>** Ray Jastremski is another person who never gets the recognition he deserves. Leo acknowledges his team but Ray is really involved with the cooking far more than as just one other person on the team. Thanks again Ray.

**BINGO:** Remember Bingo is held at 7PM on Tuesdays and Fridays. A great way to meet your neighbors. Refreshments are served at halftime and the evening ends about 9PM. Cost is 2 cards for \$1.00. Buy as many as you want. Pots are small but the socialization is priceless. No Bingo Fri Feb 15th. Thank you to our Bingo callers, Judi Farmer and Dave Gentner, and to our new volunteers, Steve Fee and Dennis Antoszewski.

**<u>OUILTING</u>**: For anyone interested in quilting, please come to the clubhouse on Mondays at 1pm. Margaret Tjoelker will be available to instruct, get you started, and will help with any quilting problems you may have.

#### **THANK YOU:**

Thank you Chairpersons Sheila Arlene and Tim Adams and Co-Chairpersons Janet and Jim Wagner for organizing a very special and enjoyable New Year's Eve party. What a magical night, dancing, food and a trip to Hawaii. All for \$16.00. A special thanks to Janet Wagner for finding all those fabulous decorations. A special thanks also to all who volunteered to decorate the hall, clean-up, and prepare the food. A great way to start the New Year!! Thank you again for all your hard work.

#### **PHONE DIRECTORIES:**

them to act in a respectful way.

vailable from Dennis and Mary Antoszewski at Social Club Meetings. Any changes to your phone number please call 586-980-211. Updates are posted each month when received.

# **PANCAKE BREAKFAST:**

ancake Breakfast will be held Saturday Feb 23rd from 8AM to 9:45AM, \$2.00pp. Tickets on sale at Social Club Feb 13th Please bring your own plates, cups, and utensils. A great way to spend Saturday morning. Tickets also available from Trudy or Bing Bingham.

6

t.Patrick's Corned Beef Dinner will be held on Sat March 9th. More info at a later date.

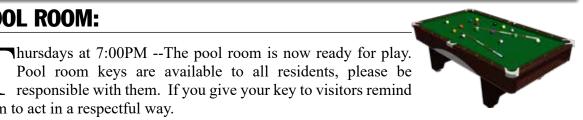
#### SOCIAL CLUB:

Wednesdays 9:00AM -Social Hour / 10:00AM- Meeting

pen to all, renters and owners. Coffee is complimentary and donuts can be purchased for \$1.00. A good time to get acquainted with your neighbors and to learn of all the activities and upcoming trips available in the park. Please attend!!







..........

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



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





# Insulation and Vapor Barrier Repairs

UNDER HOME INSPECTION

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

Licensed by the State of Florida #IH/102549/1



727-330-7821 Toll Free - 800-681-3772

**FREE ESTIMATES** 





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



# Beauty Is Skin Deep, So Is Skin Cancer

Call To Schedule Your Free Skin Cancer Screening! New Patients Only | Offer Expires 03/31/19 | Code - MM



EXPERIENCE THE MOHS FELLOWSHIP DIFFERENCE

Trust is more than skin deep

www.FLDSCC.com

**Belleair | 727.446.6217** 609 Indian Rocks Rd., Belleair, FL 33756 **Pinellas Park | 727.548.9196** 6020 Park Blvd., Pinellas Park, FL 33781 \*

## **BOCCE:**

President Bing Bingham announces dates for the USA vs Canada Bocce Tournament. Please sign up by Feb 20th. Play begins Monday Feb 25th, continues Friday March 1st, Monday March 4th, ends Mon March 11th.



Tickets for the Bocce picnic will be on sale soon.

The Bocce picnic and award presentation to be held after the final games are played March 11th.

Bocce dues of \$3.00 are now due. Dues must be paid in order to participate in the tournaments.

#### **RUMMAGE SALE: Saturday February 16th**

ur annual rummage sale will be held Saturday Feb 16th – 9AM to 1PM. Large items will be collected on Friday Feb 15th. Please contact chairperson Marylou Belliveau 498-6874 to schedule pickup. Set up for the sale will be Friday Feb 15. Bingo will not be held that evening. Please note: No TV's except flat screens that work! No sofas, or large appliances such as fridges, stoves, washers and dryers! Our volunteers do not need back or leg injuries.

Our baked goods table is always a favorite and don't forget the jewelry counter. Your donations to both of these tables is greatly appreciated.

# SHUFFLING:

ur shuffling team is off to a good start. Those interested in learning this exciting game please come to the shuffleboard court on Wednesdays 7PM for fun shuffling. For those interested in becoming a more serious player private instruction is available. Come see our new refurbished courts.

# **POOL:**

To one under the age of 3. Still a problem!! Remind your guests.



#### 

# **SAFETY ISSUES:**

- Speed limit in the park 15mph cars and golf carts!!
- No one under age of 16 allowed to drive golf carts!!!
- Golf Carts and Bikes Lights on after dark!!
- Walkers Carry a flashlight !!
- Stop means stop at all intersections!!

# TRAVEL:

D <u>ay trip</u> – Kennedy Space Center Feb 26, 2019. A return trip by popular demand. \$109.00pp

<u>Day trip</u> - Big Cat Habitat March 28, 2019 - New trip for us to visit this amazing sanctuary of dozens of exotic animals. Lunch included at Der Dutchman. \$85.00pp

<u>CRUISE</u>: 2020 Season Jan 6, 2020 – Jan 11, 2020 5 night Caribbean Cruise Royal Caribbean – Brilliance of the Seas Sailing from Tampa to Key West and Cozumel See brochure in the clubhouse for more information



View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

# **SUB-FLOOR & FLOORING EXPERTS!**







STATE CERTIFIED GENERAL CONTRACTOR CGC# 004138

STATE LICENSED MOBILE HOME INSTALLER IH# 102549/1



# **727.330.7821 800.681.3772**

LICENSED INSURED

BONDED

HARBOR LIGHTS SCUTTLEBUTT FEBRUARY, 2019 D

THORIDA

COMPANNY

ANCHOR

AND BARRIE

# Call your local, licensed Humana sales agent

Talk with your local, licensed Humana sales agent today. 727-777-2898 (TTY: 711)

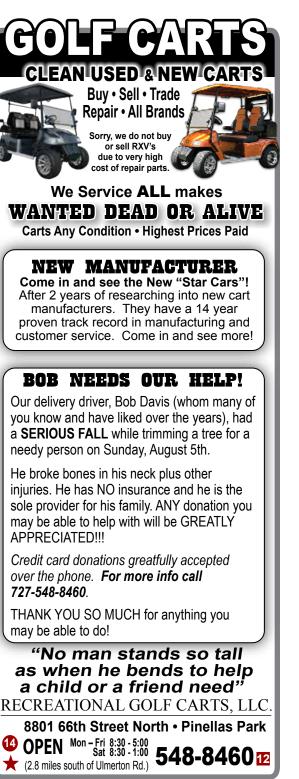


**Laurie Laferty** Monday – Friday 8 a.m. – 5 p.m.

Humana

GHHHJXDFEN 1018





#### \*

#### Time for a NFL Championship Joke:

y friend has 2 tickets for the 2020 NFL Championship, box seats. He paid \$2,000. for both tickets, but he didn't realize when he bought them that it was going to be the same day as his wedding. If you are interested, he is looking for someone to take his place. It's at St. Anthony's Church, Cambridge, Mass. at 3pm. Her name is Connie. She is 5'6" about 140 lbs. Good cook too. She'll be the one in the white dress.

#### **ADDITIONS:**

Bent, Joe and Sandy 256-2887 LeBlanc, Richard 290-6420 Miller, Teri 810- 348-3861 Mock, Jim and Shirl 9394 50th Terrace North 498-7819 Rumble, Norman 9233 49th Terrace North 498-6203 Schwacke, Steven and Beth 4940 93rd Street North Tompkins, Pat and Kevin 727-317-2999 Zander, Nancy 9150 48th Ave. North 425-686-2299



#### **DELETE:**

Beeman, Diana Miller, Jill 9240 50th Avenue North Rumble, Ron and Thompson, Jane 9233 49th Terrace North

#### **DECEASED:**



#### Spring is coming!



#### It Pays To Patronize the Advertisers in This Newsletteri

With our monthly cash give-a-way, <u>Monthly</u> <u>Mania</u>, residents can win up to \$100 for simply using the businesses in the newsletter. See the winners listing page toward the end of this newsletter for more info. We give out \$400 monthly to residents just like you!

Do you want more chances to win? Let us know any businesses you would like to see advertising in the newsletter. The more advertisers you use, the more chances you have to win!



Monthly Media 220 Bahama St. Venice, FL 34285 info@monthly-media.com 727-484-7488



## \*

#### Meditation, yoga on the rise

ore and more people are practicing meditation and yoga, according to the CNBC website. The Centers for Disease Control and Prevention's National Center for Health Statistics reports that the number of U.S. children and adults practicing "mindfulness" exercise has jumped significantly in the past five years.

Researchers studied how many people practiced meditation or yoga or visited a chiropractor within the past year. Yoga was the most common technique among adults, with 14.3 percent practicing it in 2017, up from 9.5 percent in 2012. Meditation came in a close second, with 14.2 percent of American adults saying they meditated within the past year, an increase

from 4.1 percent in 2012. Also, 10.3 percent of adults visited a chiropractor, up from 9.1 percent in 2012.

Yoga among teens and younger children rose from 3.1 percent in 2012 to 8.4 percent in 2017, and meditation by adolescents increased from 0.6 percent to 5.4 percent over the same period.

The researchers did not report on any reasons driving the growth beyond noting that some teachers have started incorporating yoga and meditation in their lesson plans.

#### Print books remain in the lead

Books are alive and well in the digital age, but we're consuming them differently from the way we have in centuries past. The Pew Research Center reports that 74 percent of Americans say they've read a book in the past year, a figure that's remained fairly constant since 2012.

We're not all "reading" the same way, though. Print books may be the most popular format, with 67 percent of Americans reporting they've read one in the past 12 months, but the share of Americans consuming audiobooks has increased from 14 percent to 18 percent since 2016.

E-books are also a factor in our reading choices, though they're not taking the place of paper for now. Thirty-nine percent of readers say they read only physical print books, although 29 percent say they read both print and digital books. Just 7 percent report reading books exclusively in digital format and say they haven't read any dead-tree books in the past year.



# **Services Directory**

#### AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	727-5/1-55/1
AWNINGS	. / 2/ -04 1-004 1
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co.	
AUTO REPAIR	. 727-555-0011
Suncoast Auto & Tire	727-520-11/18
BATHROOM REMODELING	. 121-520-1140
BathMasters	727-333-7007
BLINDS & DRAPERIES	.121 000 1001
Rod Runners	727-394-9534
	.121 004 0004
Bill the Carpet Guy	727-521-4163
COMPUTER SERVICES	
Discount Computer Repair	727-320-2965
Largo Tech Services, LLC	727-474-4285
DENTIST	
Dental Walk-In Clinic	727-533-9199
DERMATOLOGIST	
Florida Dermatology & Skin Cancer	727-548-9196
DRIVEWAY COATING	
Concrete Wizard, Inc.	.727-789-5444
DUCT / VENT CLEANING	
Velocity Air	. 727-754-7956
ELECTRICAL CONTRACTOR	
Haseney Electrical Services, Inc	. 727-441-8434
Imperial Electrical Service	. 727-535-0708
FLOOR REPAIR	
Flatworks	. 727-288-4680
Florida Anchor & Barrier Co	. 727-330-7821
Perfect Repair & Construction, Inc	. 727-539-0852
<b>GOLF CARTS SALES &amp; SERVICE</b>	
Capital Golf Carts, Inc	. 727-772-8833
Golf Car Depot	. 727-333-7556
Recreational Golf Cars of Florida	. 727-548-8460
INSURANCE/AUTO	
O. E. Wilson	. 727-535-0524
INSURANCE/HEALTH - MEDICARI	
Humana - Laurie Laferty	. 727-777-2898
KITCHEN CABINET REFACING	
Swailes Re-Face It, LLC	. 727-804-1689

#### MANUFACTURED HOME SALES/NEW Citrus Homes/Meadowood Homes ..... 727-535-5262 **MOBILE HOME SUPPLIES - RETAIL** Southeast Mobile Home Supplies....... 727-522-2090 **MOBILE HOME WASH/WAX** MOBILE HOME WINDOW FILM PAINTING/INSIDE & OUTSIDE Payless Painting Services ......727-470-5876 Sherman's Painting 727-458-6923 PEST CONTROL Buggin Out Termite & Pest Control ...... 727-535-2629 PLUMBING SERVICE Jones & Sons Plumbing, Inc......727-799-0287 **REMODELING/INTERIOR** American Restoration Systems, Inc.....727-525-7200 **ROOF COATING** Community Roofing of FL, Inc...........727-536-9999 **ROOF REPLACEMENT** All Weather Roofing......1-800-297-3758 AMS Advanced MH Systems ...... 727-471-0820 **ROOM ADDITIONS** Bay Area Aluminum Services, Inc...... 727-585-4442 TIE DOWNS/MOBILE HOMES Florida Anchor & Barrier Co......727-330-7821 VAPOR BARRIER Florida Underhome Solutions ...... 727-492-1884 VINYL SIDING ASC Aluminum Specialty Contr. ....... 727-547-8300 WINDOW REPLACEMENT





HARBOR LIGHTS SCUTTLEBUTT FEBRUARY, 2019 D



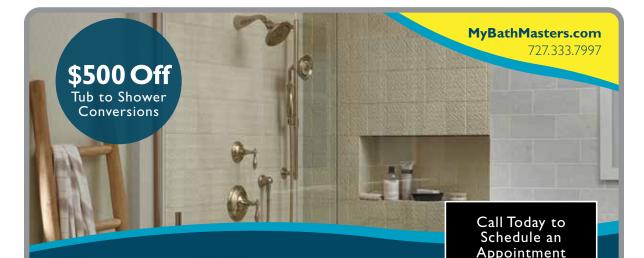


# FEBRUARY•2019

-			_					_	
		Su	ınd	ay			Monday		Г
s	М		larc W		F 1	S 2			Not
3	4	5	6	7	8	9			onl
10	11	12	13	14	15	16			If n
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
31									
						3	Bocce 9:00AM Quilting 1:00PM	4	Aquacise Power W Bingo 7:
						10	1 Bocce 9:00AM Quilting 1:00PM	.1	Aquaciso Power W Bingo 7:
									Linco
						17	1 Bocce 9:00AM Quilting 1:00PM	.8	Aquaciso Power W Bingo 7:
							President's Day		
						24		25	Aquacise Power W Bingo 7: Kennedy Trip

# Harbor Lights- St. Pete

uesday	Wednesday	Thurs	sday	Friday	Saturday	
y on the first a	Bus to Shop will be ava and third Fridays. be discontinued.	iilable		Bocce 9:00AM 1 Bus to Shop - 9:20AM - Note change – Bus will be available only on the first and third Fridays. Bus leaves sharply at 9:30 from the clubhouse. Bingo 7:00PM	Power Walk 10AM Groundhog Day	2
5 e - 9:00AM Valk 10AM 00PM	6 Social Club Hour 9AM- Meeting 10AM HLA Inc, Board Meet- ing after Social Club meeting Funshuffling - 7:00PM	Aquacise - 9 Power Walk Pool 7:00PM Room above	10AM - Pool	8 Bocce 9:00AM Bingo 7:00PM	Power Walk 10AM	9
12 e - 9:00AM Valk 10AM 00PM In's Birthday	13 Social Club Hour 9AM- Meeting 10AM Funshuffling - 7:00PM	Aquacise - 9 Power Walk Pool 7:00PM Room above Valenting	10AM - Pool library	15 Bocce 9:00AM Bus to Shop - 9:20AM - Note change – Bus will be available only on the first and third Fridays. Bus leaves sharply at 9:30 from the clubhouse.	Rummage Sale 9AM Power Walk 10AM	16
19 e - 9:00AM Valk 10AM 00PM	20 Social Club Hour 9AM- Meeting 10AM Funshuffling - 7:00PM	Aquacise - 9 Power Walk Pool 7:00PM Room above Dance – Mus vided by Al F	10AM - Pool library sic pro-	22 Bocce 9:00AM Bingo 7:00PM Washington's Birthday	Pancake Breakfast – 8:00AM to 9:45AM - tickets \$2.00 Power Walk 10AM	23
26 e - 9:00AM Valk 10AM 00PM v Space Center	27 Social Club Hour 9AM- Meeting 10AM Social Club Board meeting – after Social Club meeting Funshuffling - 7:00PM	Aquacise - 9 Power Walk Pool 7:00PM Room above	10AM - Pool			



BATHMASTERS. Full Service Bathroom Renovation

LIC #CBCI26I552

# LOOKED UNDER YOUR MOBILE HOME LATELY?



HARBOR LIGHTS SCUTTLEBUTT FEBRUARY, 2019 D

All Under One Roof





JUNC OF A CONSTRUCTION OF A CO

Carol Zapiecki, Clearwater, FL

VISA visit: www.ascaluminum.com

Viny



\*

#### Cave drawing of bull is earliest of its kind

rcheologists have discovered the oldest known drawing of an animal on the wall of a cave in Indonesia, according to the U.S. News & World Report website. It's some 40,000 years old, about five feet wide, and it depicts a bull-like creature in a red silhouette.

Along with similar drawings on cave walls in Borneo, the drawing sparks renewed debate about the role of art in ancient times. Similar cave paintings have been found in France and Spain, though they're just 33,500 to 37,000 years old.

Cave dwellers began sketching humans engaged in hunting activities and dancing some 14,000 years ago in both Europe and Asia. The findings raise the possibility that humans migrated from Africa to Europe and then Asia, bringing their artistic sensibilities with them.

#### Invasion of the space worms

ong-term space travel poses many challenges, but one of the most daunting is the loss of muscle mass in a zero-gravity environment. On a voyage to Mars, for example, space travelers could arrive on the red planet too weak to stand. Now, reports the Popular Science website, thousands of worms headed to the International Space Station (ISS) may help solve the problem.

Scientists plan to study muscle atrophy in the worms and then treat them with a special brand of RNA designed to stop the breakdown of protein and preserve the muscles in their bodies. If all goes according to plan, this could alleviate one danger to astronauts remaining in space for long periods of time.

Science is simply common sense at its best, that is, rigidly accurate in observation, and merciless to fallacy in logic.

-Thomas Henry Huxley

## 

#### Many Americans still worried about their finances

The stock market may be up, but many Americans are still struggling with financial security, according to a story on the USA Today website. A September 2018 Bankrate. com survey found that among people earning less than \$30,000 a year, 78 percent said that their financial situation has failed to improve over the past two years, and many said it had gotten worse. On the other hand, people earning \$75,000 a year or more reported feeling better about their money.

The survey found other divides as well. People 65 and older reported the least financial improvement, and millennials ages 28–37 felt the most improvement. In addition, men reported doing better in earlier years than women did.

## **Coffee still in demand**

e sure like our coffee. The U.S. National Coffee Association's 2018 National Coffee Drinking Trends report says that the number of Americans who drank coffee in the past day is the highest it's been in six years.

According to the report, based on a study of more than 2,700 adults 18 or older, 64 percent said they drank coffee within the past day, the highest amount since 2012. This is higher than the growth from 57 percent in 2016 to 62 percent in 2017. The study also found that past-day consumption traditional coffee, defined as "regular coffee" brewed from "gourmet quality" beans, held steady over the previous years, at 16 percent. Similarly, consumption of espresso-based drinks held steady from 2017, at 24 percent.

#### Try these tips for healthy eating habits

f you've already slipped off your New Year's diet, it's not too late to get back on track. Just follow these tips for healthy weight loss from the Harvard Health Publishing website:

• Make a list. Keep track of what you eat and drink for at least three days. Include what you consume, where, how much, and so forth.

• Set a goal. Be specific—do you want to lose a certain number of pounds, lower your blood pressure, or something else? Identify strategies for reaching your goal in a reasonable amount of time.

• Anticipate obstacles. What might prevent you from hitting your goal? If a busy schedule might keep you from working out, plan to get up a little earlier. If an empty pantry tempts you to order take-out, spend some time looking up healthy recipes, then go to the grocery store for ingredients and make enough for a few nights of leftovers.





HARBOR LIGHTS SCUTTLEBUTT FEBRUARY, 2019 D





# Since 1984 **Weather**Roofing Home of the Lifetime Transferable Warranty!

Florida Licensed Contractor #CCC058045 & #CCC1330500

**ROOF INSPECTION** Ne shoot a detailed VIDEO of your roof so **you** can see EXACTLY what the problems are at the time of our FREE estimate.



SAVE OUR LYER FOR

> For over 3 decades, we have made it our aim to provide the highest guality mobile home roofing services in our community. You can always count on us to give you an honest assesment of your roof. Not only will you get the best experience at a fair price, you'll also get the best warranty coverage available on the market! Don't risk getting a cheap job or being taken advantage of by another company, call us today!



304

/EARS 1S #

HARBOR LIGHTS SCUTTLEBUTT FEBRUARY, 2019 D

Your #1 Mobile Home Roofing Company

#### \*

#### Start on the path to better heart health

Aking control of your heart health is one of the best ways to lead a long life. It's not that hard, especially if you follow this basic advice from the Time magazine website:

• Eat more plants. Fruits and vegetables contain fiber, antioxidants, and lots of vitamins and minerals.

• Limit animal fat. Butter and other forms of fat from animals have been linked to higher cholesterol and increased risk of heart disease. Stick to monounsaturated fats found in olive oil, avocados, and many nuts, along with polyunsaturated fats from fish like wild salmon and sardines.

• Watch your sugar intake. Many foods add sugar, which can add calories and weight. The American Heart Association recommends that women have no more than six teaspoons' worth of added sugar a day and men stick to nine—although the average intake for all Americans is roughly 22 teaspoons per day. Check the labels on everything you buy.

• Exercise often. You don't have to run for five miles every day. The American Heart Association advises about 150 minutes of moderate exercise a week, or 30–60 minutes every day.

• Stand up. Sitting for hours at a time has a negative impact on your heart. Even if you work at a desk job, make a point of getting up and moving around regularly for five to 10 minutes every hour.

• Watch your stress. Stress can heighten your heart disease risk at a rate similar to smoking and diabetes. Practice meditation and yoga to keep yourself calm and reduce your heart's workload.

The foundation of success in life is good health. That is the substratum fortune; it is also the basis of happiness. A person cannot accumulate a fortune very well when he is sick.

—*P. T. Barnum* 

**........** 

#### Monthly

American Heart Month. Because heart disease is a leading cause of death in the United States, make sure you are doing all you can to keep your heart healthy: Limit your intake of sodium and tobacco products, avoid fried and fatty foods, increase your intake of fruits and vegetables, and get at least 30 minutes of exercise five days or more each week.

**Declutter for a Cause Month.** Don't wait for spring to tidy up. Purge unwanted and unused items from your home this February, and donate them to a local nonprofit.

**International Boost Self-Esteem Month**. Because we are often our biggest critics, pledge to do away with the negative self-talk. Show yourself some love by focusing on your positive attributes. Make an effort to smile at the face you see in the mirror.

Low Vision Awareness Month. It's projected that by 2030 at least 5 million baby boomers will suffer from this condition, which cannot be corrected by surgery, medication, or wearing eyeglasses. Everyday activities like writing, reading, cooking, and getting around, as well as the ability to recognize faces, become challenging. Visit the website for the National Eye Institute to learn more and find resources available for seniors living with low vision: https://nei.nih.gov/nehep/lvam

**Plant the Seeds of Greatness Month**. Do something each day this month that moves you closer to your short- and long-term goals.

#### Weekly

**Freelance Writer Appreciation Week, Feb. 11–15.** Give a shout-out to these important members of your team. Find a creative way to show your appreciation for the freelance writers contributing to your organization this second week of February.

**Telecommuter Appreciation Week, Feb. 24–March 2**. Since 1993, the American Telecommuting Association has been promoting the work/life and overall benefits of this flexible employment option. Though most consider this arrangement to be a perk, keep in mind that your remote workers often lack access to the physical resources your organization provides, so show them some love this week.

**National Eating Disorders Awareness Week, Feb. 25–March 3**. Eating disorders affect more than 30 million Americans. The National Eating Disorders Association (NEDA) uses this week to highlight the struggles faced by individuals with these conditions and their loved ones, as well as ways to support them. To learn more, visit https://www.nationaleatingdisorders.org/.



HARBOR LIGHTS SCUTTLEBUTT FEBRUARY, 2019 D



**Quality Workmanship Honest Pricing** 

BEFORE



- Vapor / Moisture Barrier
- Underhome Encapsulated Insulation
- Hurricane Tie-Down Anchors

8 Yrs Exp.

We Keep rodents, snakes, spiders, bugs, mold, mildew, and damaging moisture out of your homel



## \*\*\*\*\*\*

#### Mystery of the mummified priest

he mummified remains of an 18th-century Austrian priest have been identified, the Fox News website reports, as well as the reason behind the mystery of why the priest's body hasn't decayed for more than 300 years.

The priest, Franz Xaver Sydler von Rosenegg, lived from 1709 to 1746 in the district of St. Thomas am Blasenstein in Upper Austria. He was a heavy smoker who died of tuberculosis and was interred in a church crypt in his lederhosen, his body stuffed with branches, wood chips, and scraps of cloth. Along with the conditions in the crypt, this prevented the body from decomposing over time, instead mummifying and preserving the body.

Examination of the skin and bones showed that the priest was well fed and probably didn't have to do much physical work. Abrasions on his teeth suggest that he smoked a pipe for many years.

In another mystery, a glass bead was discovered in the priest's lower abdomen. Some suspected a poisoning attempt, but researchers have determined that the bead was probably from a rosary and fell into the body during the stuffing process.

#### **Ozone layer is recovering, scientists report**

Some good news about the environment comes from the UPI website: Scientists say that the hole in the ozone layer above Earth's Northern Hemisphere is expected to disappear in the 2030s.

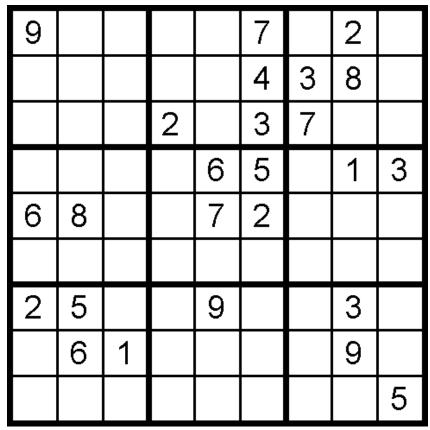
The ozone layer protects the surface of the Earth from hazardous ultraviolet rays from the sun. When the rupture was measured in the late 20th century, many nations joined the Montreal Protocol, which sought to reduce the use of chlorofluorocarbons and other ozonedepleting substances from aerosol cans, cooling and refrigeration systems, and other sources. A second measure, the Kigali Amendment, is expected to reduce even more ozone-eroding gases in refrigerators, air conditioners, and other products.

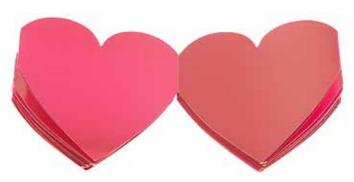
The Southern Hemisphere's ozone layer is expected to fully recover in the 2050s, followed by polar regions in the 2060s.

Treasure the love you receive above all. It will survive long after your good health has vanished. —Og Mandino



# **February Sudoku**





G	9	8	٢	2	L	6	4	3
2	6	4	8	ε	G	٢	9	2
L	3	٢	9	6	4	8	ç	2
8	Z	9	6	4	З	S	2	٢
4	S	6	2	Z	٢	З	8	9
ε	٢	2	G	9	8	L	6	4
6	4	٢	ε	G	2	9	٢	8
9	8	3	4	٢	6	2	L	S
١	2	G	L	8	9	4	ε	6



HARBOR LIGHTS SCUTTLEBUTT FEBRUARY, 2019 D



Shangri-La

Annual

Bazaar,

#### EVENTS & PROGRAMS

EVENTS & PROGRAMS	Jasper St. off Missouri. Many items,	8am – 11:30am in Crosswinds MHP	
East Bay Oaks Annual Carport Sale: Saturday, February 16, 2019, 9AM to	too numerous to mention. Bake Sale. February 16th, 8am-1:00pm.	4125 Park St. N., St Petersburg. RUMMAGE - HUGE BAKE SALE -	
2PM. 601 Starkey Rd Largo, FL 33771 Carport Sale - February 16th, Ranchero	Art in the Park: Lake Seminoile Resort 10245 110th Ave. February 17th,	DUNEDIN. Saturday, February 23rd, 2019, 8:00AM-2:00PM, Lake Haven	
Village, Ulmerton Rd, 8am-3pm	1-4pm.	Mobile Home Park - Treasure Cove Clubhouse. 1415 Main St. (SR580).	
FLEA MARKETS & CARPORT SALES - Saturday, February 9, 8am - 1pm. Teakwood Villages East & West join forces to bring you a GIANT shopping experience! Double your fun!	Harbor Lights MHP Annual Rummage Sale, Saturday 2/16/19, 9-1:00pm, 9191 Bay Pines Blvd., 33708. Jewelry, baked goods, furniture, clothing, household items. Lunch 11-1:00pm. Low Prices!	South on Lake Haven Road, East into Treasure Cove, watch for signs. Small Appliances, Linens, Clothing, Funiture, GREAT BAKE SALE, Coffee, Soda, Water & Lunch available	
Shop for furniture, clothes, jewelry, kitchenware, collectibles, art & more, on both sides of Missouri Ave! Between Largo High School & Walmart. Flea Markets in clubhouses, carport sales throughout both parks. Refreshments	Palm Hill Counrty Club Bazaar: Sat., March 2, 9am-1pm. 1800 Seminole Blvd., South Clubhouse. Food Served, Lots of bargains. Come on over and find some Treasures! Early admission 8:30am \$1.00.	Golden Gate MHP, 8201 40th St. N. Amazing Ladies' Botiques - 8AM- 12PM. Clothes sizes 6-3X. Jewlery, Shoes, Purses, all clean, excellent condition. Reasonable.	
in Aloha Hall. ANNUAL FLEA MARKET: Four Seasons Estates MHP, Largo. Saturday, February 23, 8am-1pm. \$1.00 early bird entry at 7:30am. Furniture,	HUGE SALE: Saturday, Feb. 2nd. Eldorado Village Mobile Home Park, Community Hall 8:00am-1:00pm. 2505 East Bay Dr. Largo (East Bay & Starkey).	SALE: Saturday, February 23, 8A- 1P. Household, clothing, furniture, misc., bakery, lunch. Bag sale 12-1. Westwind I and II Clubhouses. 3301 Alt 19, Dunedin. Enter off County Rd 1 or Alt 19.	
clothes, tools, jewelry, linens, books, baked goods, snack bar, raffles and more. 13225 101st Street, Largo, off Ulmerton behind the Largo Mall and Golden Corral.	Paradise Island Annual Flea Market, March 9th, 1001 Starkey Rd., Largo, FL 33771, at the Clubhouse 9am- 1pm. 60+ vendors and a huge room of community donations. Furniture,	White Elephant and Bake Sale: Sat March 2, 8am-1pm. Appliances, small furniture, home décor, lamps, dishes, linens, jewelry, baked goods, etc. Lake	
CARPORT SALE: Clearwater Cascades MHP, 9790 66thh St. N.,	clothing, household, tools, collectibles, Treasures for sale! Canteen open for	Highlander Park, 1500 County Road 1, Dunedin, FL.	
Pinellas Park. Sat. Feb. 23rd, 8am- 12pm.	food. Early entry @ 8am \$1. Vendors Wanted! Paradise Island	ANNUAL BAZAAR - Lincolnshire Estates: 1071 Donegan Rd, Largo. Sat.,	
Colonial Village Flea Market, 2000 East Bay Dr. Sat. Feb. 23rd, 8-12 noon.	Annual Flea Market, March 9th. 60+ spaces sold each year. Tables are \$15	Feb. 2 8-noon. Breakfast and Lunch Available.	
SHADY LANE OAKS ANNUAL BAZAAR: February 9, 2019, 9:00am- 1:00pm. Shady Lane Oaks, 15777	for wall, and \$10 for interior. Please call 727-953-3616 or email me at wte@ tampabay.rr.com for info.	La Plaza MHP Carport Sale: 6700 150th Ave. N., Clearwater. Friday- Saturday, February 22nd-23rd, 8am-	
Bolesta Rd., Clearwater. Breakfast and Lunch available. Collectibles, household items, furniture and more. 50/50 drawing and raffles.	"FRIDAY, MARCH 1st, 9am-1pm, Flea Market/Bake Sale Lake Seminole Resort MHP Clubhouse, 10245 110th Ave. North, East off Seminole Blvd. Refreshments, Lunch."	1pm. Note: Emporium is 2 pages	

# MARCH AD DEADLINE - FEBRUARY 10, 2019

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285. • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

249 Annual Yard Sale. February 2nd 2019

#### **Emporium Continued**

CARPORT SALE: Gateway MHP, Sat., Feb. 2nd, 8am-2pm. 10100 Gandy Blvd., St. Petersburg.	Wanted To Buy - Adult 3 Wheel Bike. Call 727-421-9573	Curio cabinet, hummels, angels, lighthouses, cherry wood, lights up inside. 717-669-7160.
Down Yonder Ladies Auxiliary Bazaar. Sat., Feb. 23, 8-12noon. 7001 142nd Ave. N., Largo.	ARTICLES FOR SALE	1890's antique mantel clock, excellent
	Three bike rack trunk mount. Excellent condition, \$50. Bob 727-437-7286	condition, needs cleaned. 717-669-7160.
WANTED TO BUY	2008 Mercury Sable, One owner, Good shape. 83,000 K, \$4,000.00 OBO.	Bushels new pastel yarns, 6 pc new luggage set. 727-401-1076
FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780	Please Call: 727-453-2539	

#### We Need Cover Platures: 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:



#### 220 Bahama St. • Venice, FL 34285 info@monthly-media.com • 727-484-7488

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

**THOUSANDS manufactured home residents have won over \$146,400** 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 receipt</u> to us at **Monthly Media • 220 Bahama St. • Venice, FL 34285.** 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:

(Allow 4-0 weeks for maining of check). This month's cash	Winners are.
Karen Cook \$100 Custom Cooling & Heating Inc.	Lora Brown \$5 Appliance Specialty, Inc.
Beverly Parkinson \$10Dental Walk in Clinic	Ron Benoit
Russell Sapia \$10Imperial Electric Service of Pinellas	Richard Fletcher \$5Battleline Termite & Pest Control, Inc.
Harriette Reimer \$10 Debbie's Salon	Verna Balcerek
Marcia Fay \$10 Jones & Sons Plumbing, Inc.	Deane Fink \$5 Debbie's Salon
Portlandf Smith	Brenda King \$5 Appliance Specialty, Inc.
John Leeh \$10 Doll Brothers Carpet Cleaners	John Wood \$5 Natures Resource Pest Control, Inc.
Lois Wysokowski \$10	Lee White
Dolores Dwelis \$10 Air Masters of Pinellas, Inc.	Peggy Hedden \$5 Jones & Sons Plumbing, Inc.
Richard Proctor \$10Royal Enterprises	Barbara Grogan
Bobbie Faulkner \$10Heller's Mobile Home Washing	Tim Garsline \$5 Modern AC & Appliance Service
Anne Marshlow \$10Ron Wyngarden MH Wash, LLC	Fran Doyle
William Wilson \$10 Appliance Specialty, Inc.	Roger Smith \$5 Community Roofing of Florida, Inc.
Richard Frechette \$10 Battleline Termte & Pest Control, Inc.	Terri MacGilvray \$5Battleline Termite & Pest Control, Inc.
Lindell Miller \$5 Heller's Mobile Home Wash	Peter Lenorewoods \$5Imperial Electric Service of Pinellas
Richard Morris \$5 Natures Resource Pest Control, Inc.	Joe Stewart \$5 Jones & Sons Plumbing, Inc.
Joan Pattison \$5 Debbie's Cleaning Services	Mary Fleming \$51st Class Handyman Service, Inc.
Frank Novara \$5 Air Masters of Pinellas, Inc.	Edwin Palka \$5Buggin Out Pest Control, Inc.
Robert Lemaster \$5 Modern AC & Appliance Service	Alma Bunting \$5
Lorraine Harwood \$5 Flanigans Porch & Windows, Inc.	B. Ledee \$5 The Plumbing Patrol, Inc.
Heinz Mletzko \$5 E & E Gliddon Air Conditioning, Inc.	Shircee Bresnahan \$5 Jones & Sons Plumbing. Inc.
Peggy Wallace \$5 Rod Runners, Inc.	Norm Mitchell \$5
Jerry Sonnenberg \$5 Dunedin Plumbing, Inc.	Michael Contant \$5 Air Masters of Pinellas, Inc.
Richard Milner	Terry Kaley \$5 Jones and Sons Plumbing, Inc.
· · · · · · · · · · · · · · · · · · ·	

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 •Tickets available at participating Monthly Media advertisers.
 *HARBOR LIGHTS SCUTTLEBUTT FEBRUARY, 2019 D*

<sup>i</sup>cture

