

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

#### In cases of emergency, first call 911 Water, Sewer & Electrical Emergencies after hours: (727) 423-6928

#### **Hillcrest Homeowners Assn. Board of Directors**

President Pat JonesFeb. 2016 to Feb. 2018 Vice PresJudy BobbFeb. 2016 to Feb. 2018 SecretaryBarb ConnorsFeb. 2015 to Feb. 2017 TreasurerRobert StrangFeb. 2016 to Feb. 2018 DirectorJohn HlawatiFeb. 2016 to Feb. 2018	
Social Club Officers	In cases of emergency, first call 911.
PresidentMarge O'Kane 1st Vice PresRoy Morgan	Water, Sewer & Electrical Emergencies after hours: (727) 423-6928
2nd Vice. Pres Jan Gruhala Secretary Tonya Bowman TreasurerRoger Barr	Hall Phone: 797-1612

### Hillcrest Shuffle Board Club - 2016-2017 Officers and Captains

President:
Vice President:
Secretary:
Treasurer:
"A" Captain:
"A" Co-Captain:
"B" Captain
"B" Co-Captain
Assistant

Fred Reynolds Doug Anderson Morna Rankin Charlie Barnum Jim O'Connell Robert Strang Roger Barr Doug Anderson Roy Morgan

791-8414 712-3816 791-2278 754-2751 669-2037 797-6064 701-8414 240-538-4489

814-218-8986



### **Friendship Officers**

President	Carole Sutherland
Vice Pres.	Diane Hlawati, #916, 799-1935
Secretary	Jane Perley, #1016, 723-8399
Treasurer	Sally Barr, #920, 797-6064
Sunshine Lady	Virginia Hopseker, #417, 797-5089









HILLCREST HIGHLIGHTS APRIL, 2016 E





#### **Hillcrest Ladies Friendship Club**

#### MINUTES, MARCH 8, 2016

The March meeting of the Hillcrest Ladies Friendship Club was called to order by President, Carole Sutherland, at 1:00 p.m. Thirty-nine people were present. Several relatives, guests and residents who joined us for their first time were introduced.

Judy Bobb led us in a meaningful prayer that included mention of those who were ill or convalescing.

Our luncheon was on the table and ready for us to partake. We filled our plates with croissants filled with chicken and egg salad, cole slaw and potato salad, condiments, fresh strawberries, peaches plus an assorted fruit salad. Then we were offered a choice of cakes for dessert. Coffee and tea were available. It was a delicious meal prepared and served by the board and the host-esses of the day. Those present heartily thanked them for a delightful repast.

Our meeting followed. The February minutes, read by Jane, were accepted as read.

Sally gave the Treasurer's report. We have \$71.77 in petty cash as of 2/29. \$50 was given to us from the Office for our luncheon. A Thank You note will be given to Leslie for her help.

Ginny, our Sunshine Lady, reported she sent Get Well cards to Grace Harrison. She also sent Get Well cards to Tony Warren and Jean Carden who are in the hospital. Ginny received a Thank You note from Grace as well.

Our Christmas Party in December will be handledby membership agreement to either be held at Kally-K's in Dunedin or as a Pot Luck in our clubhouse. pat Wilden & Hazel Frisby will collect a consensus after March 21st and make a decisiohn with our President at that time.

Over 20 lovely door prizes were distributed to various ladies. Our thanks to all who contributed these prizes.

Our April get-together, non-meeting, will be on Tuesday, April 12th, at 1:00 p.m. in the clubhouse. All Hillcrest ladies are invited. A soign-up sheet is on our Friendship board. Please bring your own munchies and beverage of your choice as well as plates, glasses, etc. to use. This is a do-it-yourself get-together as a farewellk party to all leaving for the summer. Bring your smile, a friend if you wish, and a donation for the Food Bank. No \$2 club donation this month.

We donated 88 pounds of food to the Food Bank this month. Good job, ladies.

Our meeting closed at 2:45 p.m.

Respectfully submitted, Jane C. Perley, Secret



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

### Manager's Corner

#### 💙 easonal Residents

Well, it's that time of the year again where we must say farewell to our family of "snowbirds" as they migrate back up north. You will all surely be missed around here. It was lovely getting to meet and know you this winter season. Safe travels as you journey back to your northern retreats!

26 26 26 26 26 26 26 26 26 26 26 26

P.S. Don't forget to make arrangements to take care of your properties while away - Thank you!

#### **Maintenance Crew Duties**

Kudos to our maintenance guys hard work to keep up our community. Some of their tasks include picking everyone's bagged trash on Mondays and Fridays, fixing any issues related to the common grounds and our rentals, keeping our property tidy and ensuring everything is up to par.

#### **Renters and Owners**

If you are a renter and have a home-related issue that needs immediate attention, please contact our office. We will write up a work order for our maintenance crew or vendor to stop by. Please let us know if you will allow us to come inside your home when you are not there. Otherwise, we will have to schedule a time that you will be home.

Renters are NOT allowed to sublet their homes. Please refer to the Rules and Regulations in your lease packet. If found doing this, the renters may be evicted and will lose ALL deposits.

Owners may sublet. If you are subleasing your home, please have the prospective renter stop by our office to fill out our application. They MUST be approved by us before you sign a lease with them.

Should an owner decide to sell their property, please have the prospective buyer stop by our office to fill out our application. Once again, they will need to be approved through our office before a sales contract can be signed.

#### **Complaints Against Neighbors & Gossip**

Should you have a grievance with your neighbor, please try to work it out for yourselves. The only time a complaint should be brought to our attention is when there is a verbal or physical threat against your or against our community's property. If you are threatened or attacked physically, CALL 911. We understand that some people just do not get along. But as a community, we all need to ry to keep the peace.

Gossip is just that, gossip. If you do not have facts associated with something someone said, please disregard it. Gossiping only brings on hurt feelings, distrust and hateful thoughts. We are a family and community here. Please do not allow your feelings or opinions to get the better of you. You don't know anything about the other peson until you have walked in their shoes.

On a Final Note - We want to thank you all for helping out our newest residents who have gone through a tough few months. Stepping up to the plate and assisting this couple in need was a blessing to them. Your donations were much appreciated. This is what family is about, caring and sharing! Thank you for making them feel at home here at Hillcrest!







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:



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

# PODIATRIST FOOT SPECIALIST East Bay Drive near Starkey/Keene Road Dr. Peter M. Mason

- Trusted 
  Caring
- Foot Care and Surgery
- Over 34 Years Experience
- X-Rays on Site
- Foot Supports Orthotics
- All Treatment Performed by the Doctor
- Insurance Accepted 
  Board Certified
- No Insurance? No Problem

#### 2700 East Bay Drive • Largo ⊕ ★ 535-1919 4

### Kitchen and Bath "MAKEOVERS"

We can give your Cabinet/Countertop that "WOW" Appeal & save you thousands of \$\$\$\$ in Replacement & Refacing costs with our Superior Color Finish & New Door Designs

> REFINISH your past... for a brighter tomorrow!

OUF

FREE Estimates 727-556-0701 or email: paul.brown@electroglousa.com

Insured A + Rating BBB Angie's List "A-Rated" Company Licensed #C9835



## Social Club

Submitted by Tonya Bowman

The March 4th meeting kicked off with a pizza party. The end of the season party was held on March 20th. Entertainment was provided by the ever popular Rat Pack. The final meeting of the season will be held on April 1st.

If you are new to the park we invite you to join the social club. We sponsor events all through the winter season which begins in November. This is a great way to meet new friends and get involved with your new community. The Executive Board would like to thank all those who attended meetings and helped out with the different events held this season. Wishing everyone a safe trip home. We will see you in the fall.

#### Hillcrest Residents, Inc.

Submitted by Pat Jones

A s the season draws to a close, the Board wishes all those traveling throughout the summer, safe travels. Before you leave, please be sure to secure your home. This includes, among other things, shutting off the water, arranging for someone to keep an eye on your home, arranging for someone to care for your shrubs and gardens. Chains across the driveway will keep others from using your carport, but it is a clear indication to the unsavory elements that you will not be returning any time soon. Please make sure your carport is cleared of ALL items, including statuary in the garden. During wind storms these become dangerous flying missiles. Don't forget to stop at the post office (near the Clearwater/St. Pete airport) to leave your change of address. Finally be sure to stop by the office to make them aware that you are leaving for home.

We hope everyone has had a chance to stop into the clubhouse and check out the new ice machine and refrigerator. Just a friendly reminder that the ice machine is not meant for you to fill youir coolers when heading to the beach or boating. It is for use by residents using the pool or for events held in the clubhouse. The refrigerator is for use during park sanctioned events. It is not for personal use.

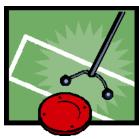
Our membership drive is underway. If you are new to the park or the organization, there is a \$5.00 initial fee and \$5.00 for the year's dues. In future years there is only the \$5.00 dues. We work for you, following up on issues brought to our attention.

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

# Shuffleboard Club News

The shuffleboard Team Captains and Co-Captains for the 2016-2017 season has changed. Jim O'Connell is the "A" Team Captain and Robert Strang as Co-Captain. Roger Barr is the "B" Team Captain with Doug Anderson as Co-Captain, and Roy Morgan as Assistant. Our "A" Team is still in 1st Place in the Big Ten League and our "B" Team is in 6th Place. Keep up the good work teams while enjoying the games!

The Annual Big Ten spring meeting was held at South Gate Mobile Park February 26, 2016,



and Hillcrest had 6 members attending. It was announced at this meeting that The Big Ten Tournament on March 19-20, 2016 at the Clearwater Courts would have the last call out to play at 4:00 p.m. on Saturday and games would resume at 1:00 p.m. on Sunday.

Fun Shuffles on Fridays (a) 1:00 p.m. have been well attended with everyone having a great time. Several Hillcrest residents who have not shuffled on the team did very well and we're hoping they will consider joining the team in the fall. The 2016-2017 Season begins November 7, 2016.



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

April Sudoku



g	9	8			٢		4	ω
2	6	4	8	З	S	٢	9	٢
L	ε	l	9	6	4	8	G	2
8					З			
4	G	6	2	Z	٢	ε	8	9
ε	l	Ζ	G	9	8	L	6	4
6	4	L	3	ç	2	9	ŀ	8
	8	3	4	L	6	2	L	S
٢		S	L	8	9	4	3	6



Quality Workmanship Honest Pricing

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







#### HILLCREST HIGHLIGHTS APRIL, 2016 E

# April Is...

**F** inancial Literacy Month. With taxes due, this may be a good time to learn more about good financial practices. Are you ready to accept responsibility for changing your financial situation? Do you believe that you can and will change the way you make financial decisions? If so, it's time to start.

**Month of the Military Child.** More than 2 million children in grades K-12 have parents who are serving in our military. Make a difference in the life of a military child by seeking out opportunities to acknowledge their sacrifice, volunteering for organizations that support them, and recognizing their contribution to the nation.

**National Autism Awareness Month**. A nationwide effort to promote autism awareness, inclusion, and self-determination for all and to ensure that each person on the autism spectrum is provided the opportunity to achieve the highest possible quality of life.

**National Garden Month.** Gardening grows fun for the whole family. Whether you're digging in the dirt, enjoying the magic of a small seed transforming into a beautiful flower, or observing the bugs, birds, and butterflies, gardening is a delightful way to celebrate the coming of spring.

### Weekly

**Ational Robotics Week, Apr. 2-10.** The purpose of National Robotics Week is to celebrate the United States as a leader in robotics technology development, educate the public about how robotics technology impacts society, and advocate for increased funding for robotics technology research and development.

Animal Control Officer Appreciation Week, Apr. 10-16. This week recognizes the hardworking men and women who risk their lives and devote huge amounts of personal time and resources while serving the public and helping animals when no one else can.

**National Environmental Education Week, Apr. 17-23.** The nation's largest celebration of environmental education, EE Week reaches hundreds of thousands of students and educators across the United States with non-biased, high-quality, environmental education materials grounded in accurate, timely scientific information and tied to local, state, and national learning standards.

**National Pet ID Week, Apr. 17-23.** Collars and tags are a reliable way to identify your pets should they become lost. Make sure your dog, cat, or other animal friend always wears a current identification tag. Pet supply catalogs, stores, veterinary offices, and animal shelters often have forms to order ID tags.





## **April Fool!**

t's April 1st—the day for practical jokes large and small. If you're looking for inspiration, remember one of the all-time great media hoaxes.

In 1957, the BBC's respected news program Panorama ran a story celebrating a bumper spaghetti crop in Switzerland—thanks to a mild winter and the near elimination of the

destructive "spaghetti weevil." The program included footage of Swiss farm workers pulling strands of spaghetti from trees and laying them in the sun to dry.

Although some viewers caught on-and chastised the BBC for playing fast and loose in a news program-others fell hook, line, and pasta ladle. Many even telephoned the network to ask where they could get their own spaghetti trees.

#### Make new friends all through your life

uilding friendships and creating thriving social circles is a key component of good health throughout your entire life. From Mayo Clinic's HealthQuest newsletter come these suggestions for making new friends no matter how old you are:

- Take your pet for walks. Make conversation with folks who stop to chat. •
- Join a hobby group.
- Volunteer in community groups or at a hospital, church, or school.
- Take a course at your local community college.
- Shape up while meeting new people in an exercise class.
- Get active in a social cause or goal.
- Go out to lunch with a work or social acquaintance at least once a month.
- Ask a small favor of a neighbor or co-worker, and do the same for him or her.
- Volunteer to usher at your local community theater.











25 🛨 ASK ABOUT OUR OTHER SERVICES

with washing

FREE Roof Inspection

Heller's Mobile Home Washing 667-81

INC. Family Owned & Operated Since 1977 LOOKING TO REPLACE YOUR WINDOWS? AMS carries a wide range of windows designed to fit your home and are energy efficient. Standard features include: PVC Vinyl Frame Insulated, Double Pane Glass • Low E MAX Manufacturer's Lifetime Warranty "Our new energy 12 efficient windows installed by AMS are beautiful. Everything from start to finish was 12 great." C. Wallace Pinellas County Visit www.AMSOFFLA.com for more 800-282-3572 • 727-471-0820 FL State Licensed & Insured • General Contractor CG1515749



# Services Directory

#### **AIR CONDITIONING SALES/SERVICE** APPLIANCE REPAIR Bob's Appliance Repair......727-637-4789 Sunset Appliance Service ...... 727-559-1137 **AUTO SALES / PURCHASING** AUTO REPAIR AWNINGS Bay Area Aluminum Services, Inc...... 727-585-4442 Century Awnings Co. ..... 727-559-8811 BATHROOM REMODEL CABINET REFINISHING CARPET CLEANING Bill the Carpet Guy...... 727-521-4163 Doll Brothers Carpet/Upholstery Clnrs. 727-596-2249 **CLEANING/INTERIOR** Betty's Cleaning & Custom Services ... 727-280-4841 Kathy's Cleaning Service ......727-804-1116 COMPUTER SERVICES **DRIVEWAY COATING** DUCT/VENT CLEANING Velocity Air ......727-754-7956 ELECTRICAL CONTRACTOR Haseney Electrical Services, Inc......727-441-8434 EMERGENCY MEDICAL TRAVEL **FLOOR COVERINGS/RETAIL** At Home Floors - Carpets + Tile ......... 727-584-3711 FLOOR REPAIR Perfect Repair & Construction. Inc ..... 727-539-0852 **FOOT SPECIALIST - PODIATRIST FURNITURE & MATTRESS** AJ's Beds & Furniture ...... 727-588-0406 **GOLF CARTS SALES & SERVICE** Recreational Golf Cars of Florida ...... 727-548-8460 **HEARING AID/RETAIL INSURANCE/AUTO** INSURANCE/HEALTH Jim Slazas......727-831-2770

#### **MANUFACTURED HOME SALES/NEW** Citrus Homes/Meadowood Homes ...... 727-535-5262 **MEDICAL AIDS MOBILE HOME SUPPLIES - RETAIL** Mobile Home Depot, Inc. ..... 727-535-1100 Southeast Mobile Home Supplies ....... 727-522-2090 MOBILE HOME WASH/WAX Heller's Mobile Home Washing ...... 727-667-8110 MOBILE HOME WINDOW FILM **MOVING SERVICES** Shawn & Shawn Moving, Inc. ..... 727-234-7204 PAINTING/INSIDE & OUTSIDE One Stop Painting......727-656-4210 Socia's Painting & Waterproofing ...... 727-345-6856 PEST CONTROL Buggin Out Termite & Pest Control ...... 727-535-2629 Modern Pest Control, Inc ...... 727-410-1466 PLUMBING SERVICE Denny's Plumbing, Inc ...... 727-530-1391 Jones & Sons Plumbing, Inc ...... 727-799-0287 **REMODELING/INTERIOR** American Restoration Systems, Inc..... 727-525-7200 **ROOF COATING** Socia's Painting & Waterproofing ...... 727-345-6856 Community Roofing of Florida, Inc ... 1-800-511-2517 **ROOF REPLACEMENT** All Weather Roofing......1-800-297-3758 AMS Advanced MH Systems ...... 727-471-0820 **ROOF WASHING** Heller's Mobile Home Washing ...... 727-667-8110 **ROOM ADDITIONS** Bay Area Aluminum Services, Inc...... 727-585-4442 SCOOTER/MOBILITY CHAIR SALES TRAVEL/VACATION TIE DOWNS/MOBILE HOMES VAPOR BARRIER VINYL SIDING AMS Advanced MH Systems ...... 727-471-0820 ASC Aluminum Specialty Contr. ....... 727-547-8300 WINDOW REPLACEMENT AMS Advanced MH Systems ...... 727-471-0820 ASC Aluminum Specialty Contr. ....... 727-547-8300 WINDOW TREATMENTS/INTERIOR



# **APRIL**•2016

Sunday	Monday	Г
MAY 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 31		
3	4 Crafts - 7pm	Games
10	11	
17	18	
24	25	

# Hillcrest

luesday	Wednesday	Thursday	Friday	Saturday
			1 Social Club Meet- ing - 7pm	2
			April Fool's Day	
5 - 7pm	6 Bingo - 6:50pm	7	8	9 Coffee - 9am
12	13	14 Pot Luck - 6pm	15	16
19	20	21	22 Earth Day	23
26	27	28 Pot Luck - 7pm	29	30

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 Only with this COUPON



 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



**FREE ESTIMATES** 







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





HILLCREST HIGHLIGHTS APRIL, 2016 E



### The planets: A quick tour of our solar system

- hink you know a lot about the solar system we live in? The UPI website shares these intriguing facts about Earth's local neighborhood:
- Mercury. The planet closest to the sun can reach temperatures of 800 degrees Fahrenheit, but also a chilly low of -279 degrees at night.
- Venus. Farther from the sun but hotter than Mercury, Venus's surface has an average temperature of 875 degrees, hot enough to melt lead.
- Earth. Our rotation is slowing, but don't panic. The decrease is only about 17 milliseconds per 100 years, so we won't have 25-hour days for 140 million years.



- Mars. Looking for a rock from Mars? You can find them here on Earth. Meteorites from the red planet have been discovered in the Sahara, Antarctica, and other places.
- **Jupiter**. This gas giant has a magnetic field so powerful it draws space debris into its orbit, thus protecting the inner planets.



• **Saturn**. Saturn is famous for its ring, but they aren't unique. Jupiter, Neptune, and Uranus also possess rings, but they're harder to see from Earth.

- Neptune. Winds on Neptune can reach a speed of 1,500 miles per hour or more.
- Uranus. All planets rotate, but only Uranus does so on its side. Scientists speculate that a collision with another large object may have caused its tilt.
- **Pluto**. The dwarf planet really is small, relatively speaking. With a diameter of just 1,475 miles, Pluto is much smaller than the continental United States.

#### TO RAISE NEW QUESTIONS, NEW POSSIBILITIES, TO REGARD OLD PROBLEMS FROM A NEW ANGLE, REQUIRES CREATIVE IMAGINATION AND MARKS REAL ADVANCE IN SCIENCE.

#### -ALBERT EINSTEIN

### 26 26 26 26 26 26 26 26 26 26

#### ACROSS

- 1. Decree
- 5. Yokels
- 10. Journey
- 14. Balcony section
- 15. Drink garnish
- 16. Hindu princess
- 17. Absent Without Leave
- 18. Intolerable
- 20. Deep purplish red
- 22. Sleep
- 23. Compete
- 24. Expectorates
- 25. Being present everywhere at once
- 32. Magnetic induction unit
- 33. Disorderly revelry
- 34. Chart
- 37. Connects two points
- 38. Growing old
- 39. Garden tool
- 40. N N N N
- 41. Display
- 42. Aromatic seeds
- 43. Walkers
- 45. Philippine tribal chief

1. Deception

3. All excited

4. Broadcast

2. Hawkeye State

6. Forearm bone

8. Nights before

9. Secure against

11. Jewish scholar

12. Arm of the sea

19. Out of practice

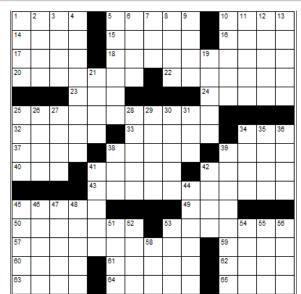
10. Vagabond

13. Wharves

leakage

- 49. Charged particle
- 50. Forward
- 53. Clothing
- 57. Officer
- 59. Roman robe
- 60. Portent
- 61. Slogan
- 62. Black, in poetry
- 63. Lease
- 64. Overweight
- 65. Writing table





#### DOWN

- 21. Bites 25. Leer at 26. Principal 27. Religious sisters 5. A type of power tool 28. Nosed (out) 29. A river through Paris 47. Not guite a teenager 7. Top part of an apron 30. Anagram of "Sneer" 31. Henpeck 34. Mother 35. Analogous 36. Writing implements 38. Card with one symbol 39. Demolished or subverted
  - 45. Painful grief 46. Japanese cartoon art 48. Razz 51. Audition tape 52. Prig 53. Picnic insects 54. Gown 55. Prima donna problems 56. Lean

41. Athletics

44. Walk guietly

S

42. Prune

58. Consumed food





Monthly Media PO Box 1023

Venice, FL 34284



8050 Seminole Blvd • Seminole 33772 • (Opposite Goodyear)





✓ Leather Cleaning Services ✓ Furniture Cleaning Services

www.dollbrothers.com

727.596.2249

HILLCREST HIGHLIGHTS APRIL, 2016 E

г

ΟΟΑΥ

### **Google answers your health questions**

People turn to Google for all kinds of information. Health is always a concern, so naturally the search engine fields a lot of questions about diseases and symptoms of illness. Take a look at some of the top health-related inquiries people typed into the Google search bar in 2015 (as reported on the CNN website):

- **"Is bronchitis contagious?"** Answer: Maybe, if it's the result of a bacterial infection.
- **"Is pneumonia contagious?"** Answer: It can be, because most cases of pneumonia are caused by bacteria.



- **"How much water should I drink per day?"** Answer: About half as many fluid ounces as your weight in pounds. For example, if you weigh 140 pounds, you should be drinking about 70 fluid ounces per day (nine cups), although factors like heat, exercise, pregnancy, and other considerations should be taken into account.
- "How many calories should I consume?" Answer: Check with a dietician to get advice tailored to your physical needs.
- **"What is Lupus?"** Answer: Lupus is a chronic autoimmune disease. Symptoms include headaches, fatigue, joint pain, fever, and rashes.

### Slow down to eat less

E ating too fast can lead to eating too much. But when you're busy, the temptation to cram a meal down your throat may be overwhelming. Here's how to slow down and savor every bite:

- **Stop multitasking.** Don't try to eat while you're working, texting, or doing anything else. Turn off your devices and focus on your meal. You'll have a better sense of how much you're eating and how full you feel.
- Sit down. Eating over the sink or grazing while you search the refrigerator may result in consuming more unneeded calories. Set the table and put your portions on a plate to keep control of how much food you're really eating.
- Chew slowly. Count each bite as you chew your food, and aim for about 20 seconds of chewing for each mouthful. You'll force yourself to slow down, < and your food will be digested more easily.



# **B**ATH**M**ASTERS

#### THE MASTERS OF BATHROOM RENOVATION

- Economical tub to shower conversions
- Extensive portfolio and references online
- We listen, we respond excellent communication skills
- Showroom in Clearwater
- Fixed price packages customized to meet vour needs

C8369

Licensed · Insured 535-2629

Any Size

Mobile Home

394-7351

#### Your choice of:

The most advanced easy-to-clean, solid surface tub and shower surrounds on the market or custom tile installation.

#### Special Offer

Free Estimate

· Apply Soap to exterior

· Hand brush mobile home

No High Pressure

No Bleach 
 No Chlorine

· Then light power rinse

thoroughly

RUGG

727-470-5876

www.paylesspainting.us

## Tub to Shower Conversion Packages

For Seniors Age 55+. Up to \$500. 4/30/16.



#### Call (727) 333-7997 now for your **FREE** in-home estimate!

2260 Gulf to Bay Boulevard | Clearwater, FL 33765 (727) 333-7997 • www.BathMasters.us

Certified Residential Contractor: CRC1331061



HILLCREST HIGHLIGHTS APRIL, 2016 E



## Fast and funny

ooking to get a few quick laughs? Try some of these short zingers:

- Explaining puns to kleptomaniacs is hard because they always take things literally.
- What's the best thing about Switzerland? I don't know, but its flag is a huge plus.
- I told my doctor that I broke my arm in two places. She told me to stop going to those places.
- I asked my friend in North Korea what living there is like. He said he couldn't complain.
- I was wondering why the Frisbee seemed larger the closer it got. Then it hit me.
- Have I told you this déjà vu joke before?
- I didn't know my husband stole things from construction sites, but when I got home all the signs were there.



• They all laughed when I said I wanted to be a comedian. Well, they're not laughing now.

### A bull by the tail

n old rancher filed a lawsuit against a railroad company when his prize bull went missing because a train damaged a section of his fence. The rancher only asked to be paid the fair value of the bull.

A date for the hearing was set, and the railroad sent a slick lawyer to represent it. Just before the hearing began, the railroad attorney approached the rancher and started to pressure him to settle the case immediately. After a few minutes, the rancher gave in, agreeing to half the money he was asking for.

After signing the settlement papers and handing over the check, the lawyer said, "You know, I have to admit, you would have won this case. The engineer was asleep and the train was going too fast when it passed your farm."

The old rancher shrugged. "I was a little worried myself. The darned bull came back this morning."







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





#### **EVENTS & PROGRA**

As you prepare to leave this Florida weather please rem Dunedin Cares Pantry. Your food items would be greatl ated. Please call 727-559-2 formation

#### ARTICLES FOR SA

USED CAST IRON SKILLI 10 1/2"GH, 10"L, 8"TA HANDLE ALL \$63, INDIV \$2 inch LEAVE MESSAGE 0702

#### 10 WORDS for \$8.55 - Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR FMAIL

AMS	Curio Cabinets, coffee table, wood, excellent condition, good prices. 727-408-5966	WANTED TO BUY When selling on consignment	
s wonderful nember the r unexpired ly appreci- 2112 for in-	40" Flat TV, Metal Stand w/Glass Shelves. 1 Year Old/Like New. \$200/ OBO. 727-754-2611, Largo.	always get a WRITTEN QUOTE on the sellers' commission.	
	Adjustable Walker w/Padded Seat, Brakes, Storage. Like New. \$50/OBO.	College Gal needs a good, inexpen-	
LETS 12"L, AI, WITH VIDUALLY E 727-797-	727-754-2611, Largo. Moving Sale: April 9th. 638 Poinsettia Drive, Largo. Many Items!		

# MAY AD DEADLINE - APRIL 10, 2016

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284. • 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. HILLCREST HIGHLIGHTS APRIL, 2016 E



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

14,492 manufactured home residents have won over \$130,374 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 mail your paid receipt 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:

(Allow 4-6 weeks for main	ig of check). This month's cash	williers are.	
Richard Proctor \$100	Sunset Appliance Service	Shirley Raymond \$5 .	
Bill Schumacher \$10	Knoblach Hearing Care, Inc.	Bob Sharp \$5 .	Battleline Termite & Pest Control
Patricia Curran \$10	Barrons AC & Appliance Service, Inc.	Sharon Andersen \$5.	AJ's Beds and Furniture, Inc.
Shirley Moreland \$10	Jones & Sons Plumbing, Inc.	Marvin Odette \$5.	Debbie's Salon
		Joan Taylor \$5 .	ASC Aluminum Specialty Contractors
Doris Breault \$10	Debbie's Salon	Karen Brown \$5.	Bob's Mobile Home Washing
	Boss Electric Corp.	Robert Gornicki \$5 .	O.E. Wilson Insurance
Frank Melanson \$10	Largo Plumbing Co.		Florida Anchor & Barrier
	A Happy Cleaning & Services	Robert McGrath \$5.	Bill the Carpet Guy
		William Kinney \$5.	Knoblach Hearing Care, Inc.
Donald Opel \$10		Peggy Gronek \$5.	Jones & Sons Plumbing, Inc.
Diane Price\$10	American Dream Carpet Cleaning	Paul Johnston \$5.	Ron Wyngarden MH Washing
	Dental Walk-In Clinic of Pinellas	Ann Matter \$5 .	Doll Brothers Carpet
	E & E Gliddon Air Conditioning, Inc.		Sunset Appliance Service
	Imperial Electric Service of Pinellas	Marie Gengarelli \$5 .	Bob's Mobile Home Washing
	Jones & Sons Plumbing, Inc.		Air Masters of Pinellas
Charlotte Ernest \$5	Knoblach Hearing Care, Inc.	Frank Guido \$5 .	Jones & Sons Plumbing, Inc.
Mary Marks \$5 .	Kathy's Cleaning Service		Hellers Mobile Home Washing
Shirley Ellsworth \$5	Hellers Mobile Home Washing		Doll Brothers Carpet Cleaners
Janie Nickerson \$5	Bill the Carpet Guy		Debbie's Salon
Harold Stofer \$5.	Royal Enterprise	Gene Arend \$5 .	Ray Duncan Plumbing, Inc.
	Battleline Termite & Pest Control	Armand Allard \$5 .	Suncoast Auto & Tire, Inc.
	Air Masters of Pinellas	Patty Booth \$5.	Bob's Appliance Repair
Ilah Meddles \$5	Doll Brothers Carpet Cleaners	David McAnally \$5.	All Weather Roofing
1 · · · · · · · · ·			the state is the state of the s

• 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.



#### Love and money: Pet products are big online

You can't put a price tag on love, but you can spend a lot of money on those you love and that includes your pets. The pet care and pet product industry is a yearly \$60.59 billion business, serving almost 80 million households. And like everything else, more and more of that business is online. Forrester Research estimates that online

purchases of products for pets hit \$3.7 billion in 2014—6 percent of the total representing a rise of 76 percent since 2010. Experts expect the online pet case market to grow by 15-20 percent in 2016-2017.



### Lift your glass to these wine stats

o you enjoy a glass of wine with dinner? If so, you're not alone. Decanter Magazine estimates that 93 million people drink wine regularly in the U.S., which adds up to 40 percent of all adults. The amount of wine Americans drank last year rose from 2014 by 0.2 percent, but Decanter predicts that by the year 2025, 11 million more people will be wine fans, for a total of 104 million dollars. That's a lot of wine.

### Save your cash when you eat out

ating in restaurants can get expensive in a hurry. When you want to get out of the house but you don't want to spend a lot, try these tips to lower your tab:

- Have a snack first. Eat something healthy before you head out. Then order a smaller meal or an appetizer instead of a full dinner.
- Skip the extras. Don't have cocktails or order dessert. These can add up quickly. Have a glass of wine and your own dessert at home instead.
- Go out for dessert only. You can prepare an inexpensive yet romantic meal at home, then go out for ice cream or your favorite dessert afterward.



Creative confidence is about believing in your ability to create change in the world around you. —Tom and David Kelley

