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President Pat Jones	Feb. 2016 to Feb. 2018
Vice Pres Judy Bobb	Feb. 2016 to Feb. 2018
Secretary Ken Foster	Feb. 2017 to Feb. 2019
Treasurer Robert Strang	
Director John Hlawati	Feb. 2016 to Feb. 2018

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Vice President:	Doug Anderson	
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Michael Ellis Pinellas Park. FL











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Hillcrest Manager's Corner - March 2018

APPY ST. PATRICK'S DAY!!

St. Patrick is one of the patron saints of Ireland. He is said to have died on March 17 in or around the year 493. He grew up in Roman Britain, but was captured by Irish raiders and taken to Ireland as a slave when he was a young adult. After some years he returned to his family and entered the church, like his father and grandfather before him. He later returned to Ireland as a missionary and worked in the north and west of the country.



According to popular legend, St. Patrick rid Ireland of snakes. However, it is thought that there have been no snakes in Ireland since the last ice age. The "snakes" that St. Patrick banished from Ireland, may refer to the druids or pagan worshipers of snake or serpent gods. He is said to be buried under Down Cathedral in Downpatrick, Ireland.

Speed Bumps

The speed limit through the park is 10 mph. Please ensure that everyone is driving safely as we have many power walkers as well as leisure strollers in our residence. If you notice someone speeding in our community, please get their tag numbers and contact the office - 727-797-5432.

Home Exteriors

We all love our community and want to keep it as beautiful as possible. Kindly make sure that you keep your yard maintained throughout the year - shrubbery and plants trimmed, flowerbeds weed-free and manicured. We also encourage flower gardens to enhance our homes! Please contact our office if you would like to plant a small garden around your home!

Neighborhood Watch

We all need to work together in harmony to keep our neighborhood safe. If you see anything suspicious, someone you do not think should be on our property, PLEASE CALL THE POLICE! Especially if something happens in the evening. Our residents are the eyes and ears of your community. We want everyone to be safe and secure.

Rent/Lot Fees

Please ensure that all rent/lot fees are due on the first of each month. We will accept payments up to the 5th of the month. Late fees will be assessed on the 6th of each month. Please DO NOT post-date your checks. They will be returned to you. If you find that you will be late with your checks, please come by our office or call us at 727-797-5432.

Let's make March an awesome month! Thank you all for all your kindness and help!



Social Club

he monthly meeting was held on February 2. The following upcoming events were discussed. Valentine's Dance will be held on February 14th. The pork roast BBQ will be held on Saturday, Feb. 24th. This is a free event for all residents, not just members. St. Patrick's celebration will be held on Friday, March 16. Tickets for the dance will be \$8.00 for members and \$10 for non-members. March 21 will be the End of Season going away party. This is a free event for members.

The March meeting will be held on Saturday, March 3rd after coffee. Please plan on attending. If you are not a members of the social club, see any Board Member for your cards. Membership is \$5.00 per person.

Craft Fair

The clubhouse will be the scene of the 2nd annual craft fair at Hillcrest on March 10th. Doors open at 9:00 a.m. Several residents will be offering their wares for sale, and several others will also be present. Choose from handmade greeting cards, crochet items, shell items, jewelry, quilts, and much more. There will also b lunch available and some baked products. Stop by to see what's new in the crafting world.

Shuffleboard Club News

everal residents from Hillcrest played in the ELS Tournament @ the Clearwater Courts on February 6, 2018. Roger & Sally Barr, Dave Boswell, Fred Reynolds, Roy Morgan, Ken Foster, Elaine Jourdan, Mel Jones Dick & Morna Rankin were all money winners. Congratulations to all!

As of February 7, 2018, our "A" Team is in 4th Place in the Big Ten League and our "B" Team is tied for 3rd Place. Keep up the good work teams and have fun!

Upcoming events for March are:

The Big Ten Tournament on March 17-18, 2018 at the Clearwater Courts.

Fun Shuffle Games are being held every Friday @ 3:00 p.m. followed by pizza for all shufflers. The cost is \$1.00 per person and any Hillcrest resident is welcome to come and enjoy the fun.

Our end-of-the-year banquet will be held after the season with the date, time, and place to be determined.

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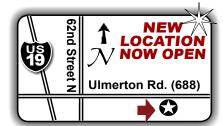
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Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please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



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Carol Zapiecki, Clearwater, FL





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George Lordstrom, Saint Petersburg, FL



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From HOA President

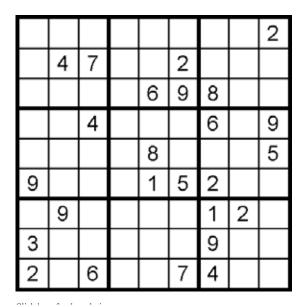
My name is Ken Foster and I have been appointed to take over as your HOA President. First let me say thanks to our previous President Pat Jones. Pat has been and will continue to be an asset to our community. Let me tell you a little about myself. I have lived here in HILLCREST Community for nearly seven years and have enjoyed the great people that make up our community. I am a retired NAVY man and a retired civil servant. I have owned my own Logistical business. During my career in the Navy I was a Quality Assurance Inspector, Aviation Machinist Mate, Navy counselor and as a civil servant I was a Quality Assurance Specialist ensuring standards compliance with industrial facilities. Such as Naval Air Station Mayport, Key West and Fleet Readiness Center South East Jacksonville. My past experience is very vast but still, I don't know it all. So I will need help from all of you, for a community that works together. I am speaking on your behalf and your input is not only warranted but, highly needed. Let me know what your concerns are and we both will work together to improve this community and make a safe and quiet enjoyment of our HILLCREST.

Thank you for the opportunity of working togeilier,

Respectfully,

Ken Foster

March Sudoku





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Families growing in size as remarriage rises

amily relationships can be complicated these days. The Bloomberg website reports that almost a third of U.S. households headed by adults under 55 have at least one stepchild, and among couples over 55 with adult children, 33 percent have at least one stepchild. Counting stepchildren boosts the size of a family by 55 percent among Americans with grown children.

Divorce and remarriage are driving the growth. The divorce rate for older Americans has almost doubled in the last 20 years, with almost 30 percent of people over 50 having been married more than once.

Life it is not just a series of calculations and a sum total of statistics, it's about experience, it's about participation, it is something more complex and more interesting than what is obvious.

—Daniel Libeskind

Beat sleeplessness through awareness of the risks

Insomnia is becoming a problem in our society, and it's attributable to complex interactions among dozens of factors. One in three American adults don't get enough sleep every night, and that number may rise if we don't work collectively to try and improve our sleep patterns. As health care writer Anna Johansson points out, the effects of sleep deprivation are dangerous, both in the short and long term:

- Lack of focus and memory. As both a short-term and long-term effect, losing sleep can interfere with your ability to create new memories, and may make it more difficult to focus during the day. This makes it difficult to perform in most professional roles.
- Declining cognitive abilities. Sleep loss also hinders your cognitive capacity, making it more difficult to think critically or solve problems. This gets more intense with more sleeplessness over time.
 - Obesity and diabetes. There's evidence to show that chronic sleeplessness can lead to obesity, as well as diabetes, which in turn can lead to even more serious health complications.
 - Heart disease and mortality. Chronic lack of sleep may even increase the likelihood and severity of heart disease, and decrease your lifespan.













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Living in a healthy state

oes the state where you live affect your health? Some U.S. states appear to be dramatically healthier than others, based on rates of infectious disease, obesity, smoking, infant mortality, air pollution, and other factors. United Health Foundation looked at the figures and identified the

healthiest—and unhealthiest—states in the country:

Healthiest

- Massachusetts
- Hawaii
- Vermont
- Utah
- Connecticut

Unhealthiest

- Mississippi
- Louisiana
- Arkansas
- Alabama



He who cures a disease may be the skillfullest, but he that prevents it is the safest physician.

— Thomas Fuller

Protect your eyes when dealing with car batteries

any people don't know that vehicle batteries contain acid and produce hydrogen and oxygen gases, making them lethal if improperly handled. It's particularly important to understand the dangers when jump-starting a dead battery. A spark or lighted cigarette can ignite the gases and turn the battery into a bomb of flying fragments and acid.

The first line of protection is to wear safety goggles when dealing with car batteries. If battery acid does splash into your eyes, though, don't panic. Flush your eyes with any "drinkable" liquid close at hand. It can be water, milk, juice, or even soda. Remember that every second counts. The longer acid sits in the eyes, the more damage it can do.

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Sunday	Monday	Т
APRIL 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		
4	7p Crafts 5	7p Game
11	7p Crafts	1p Frien 7p Game
Daylight Savings Begins @ 2am		
18	7p Crafts	7p Game
		First I
25	7p Crafts 26	7p Game
Palm Sunday		

Hillcrest

uesday	Wednesday	Thursday	Friday	Saturday
·	·]		9a Coffee Social Club Meeting after coffee
es 6	7	6p Potluck	1p Line Dancing	9-1a Craft Fair
dship Club	14	15	16 1p Line Dancing St Patrick's Celebration Dance	9a Coffee St. Patrick's Day
20 es	End of Season party 21	6p Potluck	1p Line Dancing	24
Day of Spring 27 es	28	29	1p Line Dancing	9a Coffee 31
			Good Friday	

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> HILLCREST HIGHLIGHTS MARCH, 2018 E













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HILLCREST HIGHLIGHTS MARCH, 2018 E



ACROSS

- 1. Minute floating marine tunicate
- 5. A Semitic people
- 9. Bowel cleansing
- 14. Blacken
- 15. A South American hare-like rodent
- 16. A small 3-masted boat
- 17. Automatic (abbrev.)
- 18. Ends a prayer
- 19. Consent
- 20. Characterized by vigor
- 22. Emotional states
- 23. Pinfish
- 24. Financial inspection
- 26. Chief Executive Officer
- 29. Conundrum
- 33. One piece work clothes
- 38. Approached
- 39. African river
- 40. Farewell
- 42. Goodbye (slang)
- 43. Enrol
- 45. Savior
- 47. Spiritualist meeting
- 48. Away from the wind
- 49. Disappeared gradually
- 52. Rhythmic ways of speaking
- 57. A colorless inert gas
- 60. The throne of God (2 words)
- 63. Sheared
- 64. Make indistinct
- 65. Minor Western Samoan monetary
- 66. Tranquility
- 67. Anagram of "Neat"
- 68. Impulse
- 69. Satisfied
- 70. Coarse file
- 71. Anagram of "Pose"

13 20 23 26 29 38 39 43 59 62 63 67 66

DOWN

- 1. Sings in a particular jazz
- 2. Title for benevolent deities (Zoroastrianism)

style

- 3. Not now
- 4. A pointed projection
- 5. Nursemaid
- 6. Avatar of Vishnu
- 7. Sporting venue
- 8. A family of African languages
- 9. Analyze closely
- 10. Bargain
- 11. Anagram of "Bore"
- 12. A fitting reward (archaic)
- 13. Cards with just one symbol

- 21. A source of cocaine
- 25. Lay bare
- 27. Jubilant
- 28. Not young
- 30. Metric unit of weight
- 31. Anagram of "Teem"
- 32. Hebrew month
- 33.1111
- 34. A climbing plant
- 35. Singer Fitzgerald
- 36. Make stronger
- 37. Term of address for a man
- 41. Anagram of "Lee"

- 44. Examined quickly
- 46. Resembling snake-like fishes
- 50. A piece of hot glowing coal
- 51. 4th letter of the Greek alphabet
- 53. Publish a magazine
- 54. Looks lasciviously
- 55. Latin-American ballroom dance
- 56. Having a sharp inclination
- 57. Vipers
- 58. Goddess of fertility (Greek mythology)
- 59. Anagram of "Toga"
- 61. Hurries on foot
- 62. A ludicrously false statement



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Coffee may cut risk of death, studies say

tarting the day with a cup of coffee helps many of us wake up. New evidence suggests it may help us live a longer life, too.

In one study written up in the journal Annals of Internal Medicine, researchers at the University of Southern California's Keck School of Medicine surveyed more than 185,000 Americans for 16 years. Their results: People who drank one cup of java a day were 12 percent less likely to die than those who didn't, and people who drank two to three cups were less likely to die by 18 percent—regardless of whether the coffee was caffeinated or not.

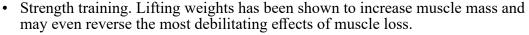
In another study reported in the same journal, researchers analyzed data from more than half a million people across Europe, and found that higher levels of coffee drinking were associated with a decrease in the risk of death from many causes, including circulatory and digestive tract diseases.

So enjoy your cup of coffee. It may add years to your life.

Keep your muscles strong at any age

s we grow older, we often lose muscle mass. Muscle mass decline typically starts in the 40s but increases after age 50. One study of about 200 men and women ages 64-93 found that it affected 22.6 percent of the women and 26.8 percent of the men.

Take these steps to keep your muscles intact:



- Aerobic exercise. Healthy muscle tissue needs capillaries to infuse it with blood. Regular exercise, like a brisk half-hour walk every day, can provide this.
- Protein. Inadequate protein in the diet, or difficulties digesting and absorbing protein, may be a factor in susceptibility to lost muscle mass. Older adults may need to increase their consumption of protein to maintain their lean body mass.

Facts are stubborn, but statistics are more pliable.

—Mark Ewain



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Monthly

Women's History Month. Celebrate the achievements of women like Juliette Gordon Low, who founded the Girl Scouts in 1912, before women had the right to vote and despite her severe hearing impairment.



National Nutrition Month. The Academy of Nutrition and Dietetics wants you to develop good eating habits and make better food choices. The theme of this year's campaign

make better food choices. The theme of this year's campaign is, "Go further with food."

National Craft Month. Paint a picture, learn to scrapbook, piece together a quilt, develop a new hobby, but most important, create something. Optimism Month. Find the silver linings amidst the clouds, shed the negativity, and improve your "uplook."

Expanding Girls' Horizons in Science and Engineering Month. This is a time to promote education, diversity, and future career opportunities for girls in the fields of science, technology, engineering, and math. Take your daughters, nieces, and little sisters to a science center for a day of exploration and fun.

Weekly

Girl Scout Week, March 11-17. Founded to help create a network of girls and experiences that foster their individuality, intellect, and growth, the Girl Scouts celebrate the organization's birthday every March 12. Visit GirlScouts.org to learn more.

International Brain Awareness Week, March 12-18. It's the time of year to shine a spotlight on the advancements in the field of brain research. Check out the websites for The Dana Foundation and the Society for Neuroscience to find out about lectures, events, and exhibits in your area.

Act Happy Week, March 19-25. The third week of the month is devoted to embracing your inner joy and sharing it with others. If you're looking for a reason to be happy, think spring.

National Poison Prevention Week, March18-24. The American Association for Poison Control Centers handles over 2 million calls annually dealing with exposure to dangerous substances. Contact the information hotline for the AAPCC at 1-800-222-1222, or follow it on Facebook and Twitter to learn about prevention measures.



Outer space mineral found on Earth

rare mineral from outer space has been discovered at the site of an ancient meteor strike on the Isle of Skye, according to the Fox News website. British geologists were investigating volcanic rocks when they identified the mineral osbornite from a previously undiscovered meteor impact. Before this, osbornite had only been picked up as space dust by NASA space missions.



The discovery has raised questions about where the meteorite hit, as well as whether the impact caused an eruption of volcanic lava that began at the same time.

Clues to Saturn's rings

Scientists and non-scientists alike have long been fascinated by the rings of Saturn. Data from NASA's Cassini space probe, which ended its mission by plunging into the seventh planet's dense atmosphere in 2017, have provided fresh insights into the origin and age of the rings, according to an article on the Science News website.

During its final orbits, Cassini measured the difference between the gravitational pull the probe experienced from Saturn alone and the pull from the rings and the planet together. The data showed that the largest ring, which represents about 80 percent of the rings' total mass, was lighter than expected, suggesting that it's also relatively young. Instead of being composed of particles during the same time Saturn was being born, the rings are probably the remnants of at least one of Saturn's moons, scientists now think. How the rings actually formed remains a mystery.

Climate change spurred migration from Africa

Lieved the move was spurred by a wet climate that created pathways to Eurasia. New studies, though, show that the migration may have occurred for the opposite reasons—to escape an increasingly dry climate.

The Sci-News website reports that researchers analyzed the Horn of Africa's climate 200,000 years ago by studying a core of ocean sediment taken from the western end of the Gulf of Aden, off modern-day Somalia. They looked at chemicals created by a type of algae that changed composition depending on water temperature. The team determined that the climate in the Horn of Africa some 70,000 years ago shifted from a wet phase to one that was drier and colder than it is now. The transition would have prompted early humans to migrate from Africa to the Middle East and Asia.

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HUGE Rummage Sale at St. Paul United Methodist Church, March 2nd & 3rd. 1199 Highland Ave., Largo, Florida, 33770. (Corner of Highland and Rosery.) Early Bird Friday, 5-8pm; \$1 admission. Free admission Saturday, 8am–2pm.

Jewelry Sale: FRI/SAT. MARCH 2/3, 9-3. Preowned; Values to \$100. Modern styles. Sterling, Gemstones. Hundreads of items! No price over \$10! Cash only. 599 Rosa Ct., Doral MHP, between Main & Curlew between U.S. 19N. And Belcher.

Sat. March 3rd, 8-1 White Elephant & Bake Sale, Lamps, Small Appliances, Dishes, Linens, Jewelry, etc. Lake Highlander 1500 County Road 1, Dunedin.

Huge Church Garage Sale: 3/8 Presale 5pm-7pm \$5.00 entry fee. 3/9 8am-4pm. 3/10 8am-2pm. Clothing, Household Items, Small Furniture, Items, Christmas. Connect2Christ Church 9398 Oakhurst Road Seminole, FL 33776

ART/CRAFT FAIR. Friday, March 9th, 9-1. Lake Highlander MHP, 1500 County Road 1, Dunedin. Something for everyone!

ART/CRAFT FAIR. Friday, March 9th, 9-1. Lake Highlander MHP, 1500 County Road 1, Dunedin. Something for everyone!

Annual Penny, Bake Jewelry, Craft Sale: Saturday, March 10th, 9:00amnoon. Golden Acres R.O. Park 1040 Main Street Dunedin, Florida. Palm Hill Country Club Bazaar Sat. March 3rd, 9am - 1pm. 1800 Seminole Blvd., Largo. Food Served. Lots of bargains, come find some treasures. Early bird 8:30am \$1.00.

Craft Clearence Carport Sale at Hillcrest MHP, 2346 Druid Rd. Clearwater, lot 1009 on Saturday March 3rd from 8am. Books, beads, fabric, components and finished items and more!

Hillcrest Spring Craft fair: Saturday, March 10th, 9-1pm. Handmade items: Jewelry, Soaps, Quilts and more! 2346 Druid Rd Clearwater located between Belcher & US19N.

FRIDAY, MARCH 2nd, 9am-1pm, Flea Market/Bake Sale Lake Seminole Resort MHP Clubhouse, 10245 110th Ave. North, East off Seminole Blvd. Refreshments, Lunch.

Trinkets & Treasures Saturday, March 3rd - 9AM - 12PM. Americana Cove. 7201 St NE. St. Pete. Antiques, collectibles, jewelry, furniture, kitchenware, electronics, books, paintings, plants, records, CDs, DVDs, VCRs, furniture, linens, bakery.

Park Royale Art & Craft Sale: Saturday, March 24, 2018, 8am to 2pm. 10611 66th St N. Pinellas Park. Benefits Pinellas Park K-9 police officers.

Annual Community Yard Sale: Holiday Shores Park, 10289 Paradise Dr, Largo. Sat, March 24, 8-1pm.

Caribbean Isles Rummage Sale: March 17th 8-1. Food and baked goods. Tables \$10 two for \$15. Call Brenda 262-331-0030

APRIL AD DEADLINE - MARCH 10, 2018

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.

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Specials are valid at Pinellas locations only.

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

THOUSANDS manufactured home residents have won over \$138,400 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 mail your paid receipt 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:

Battleline Termite & Pest Control, Inc.
Imperial Electric Service of Pinellas
Ron Wyngarden Mobile Home Wash
Recreational Golf Carts, LLC
Rod Runners, Inc
The Plumbing Patrol, Inc.
Royal Enterprises
Mobile Home Depot, Inc.
AMS
Bill the Carpet Guy
Buggin Out Termite & Pest Control
Hellers Mobile Home Washing
Shonna Bender, LMT
Hellers Mobile Home Washing
Appliance Specialty, Inc.
Air Masters of Pinellas, Inc.
Boss Electric Corp.
Palm Harbor and Dunedin Electric
Bob's Mobile Home Washing
Royal Enterprises

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Kellye Petty	\$5	Buggin Out Termite & Pest Control
Sandy Ravelin	\$5	Battleline Termite & Pest Control, Inc
		Perfect Repair & Construction, Inc.
Gwen Schultz	\$5	Recreational Golf Carts, LLC
Margaret O'Connell	\$5	Natures Resource Pest Control
Robert McClure	\$5	Jones & Sons Plumbling, Inc
		Boss Electric Corp.
Jessie Marshall	\$5	Air Masters of Pinellas, Inc.
Joyce Ondish	\$5	Ron Wyngarden Mobile Home Wash
		Jones & Sons Plumbling, Inc
Barbara Mason	\$5	Bob's Mobile Home Washing
Al Smith	\$5	Shonna Bender, LMT
Lesley Zuckerman	\$5	Discount Computer Repair
Kathy Jennings	\$5	
Lynda Porter	\$5	Appliance Specialty, Inc.
Berkley Reynolds	\$5	Boss Electric Corp.
Nancy Karhoff	\$5	Bob's Mobile Home Washing
Gail Turner	\$5	Appliance Specialty, Inc.
Al Woodlock	\$5	Bob's Mobile Home Washing
Gloria Dille	\$5	Battleline Termite & Pest Control, Inc
David Turner	\$5	Hellers Mobile Home Washing
Sid Stacey	\$5	Air Masters of Pinellas, Inc.
		Discount Computer Repair
Jeanna Reedy	\$5	Jones & Sons Plumbling, 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 • Green tickets available at participating Monthly Media advertisers.

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