

# OHIGHTS OF

March · 2020

Issue 1 44<sup>th</sup> Year

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Glenwood Estates Residents Pictured: Norma Murphy, Carol Fariel, Mary Edmonds, Don Fariel, Kitty Wagner and Patrick Moore



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#### **SOCIAL CLUB NEWS FOR FEBRUARY**

eeting was held on February 1 after coffee and donuts. A Superbowl Party was held in the Clubhouse on Feb. 4, and was enjoyed by all. On Valentine's night a dance will be held from 7 to 10 p.m. No food, but each table can provide snacks. Bring your own drinks. Sweet Charlie will be entertaining. On February 13, there will be a fried chicken



potluck, hosted by Robert and Simone Strange. Attendees will furnish dishes to share. A Pork Fest will be held on February 29. Dick Rankin is our host. Tickets will be needed to attend and you must sign up by February 24; preferably sooner, in order to attend. On December 4, we will have the Welcome Back Party for all snowbirds (that are back) and current year round residents. Be sure to check the March calendar for all activities at Hillcrest MHP. Your Social Club officers are Sid Bobb, 1408; Juanita Ferguson, 148; Barb Connor, 906; Maureen Palombo, 162; Mary Ellen Coyne, 1411; and most have tickets for the Pork Fest.

Submitted by Mary Ellen Coyne, Social Club Secretary

#### **Shuffleboard Club News**

s of February 1st, 2020, our Monday "B" Team is in 4th Place in the Big Ten League and our Wednesday "A" Team is in 7th Place. Keep up the good work teams and have fun! Upcoming events for March are:

The Big Ten Tournament on March 14, 2020 at the Clearwater Courts.

Fun Shuffle Games are being held every Friday@>2:30 PM followed by pizza for all shufflers. The cost Is \$1.00 per person and any HIillcrest 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.

#### FRIENDSHIP CLUB.

Submitted by Janet Boswell

RIENDSHIP CLUB meeting was held on Tuesday, February 4, 1020 with 25 members in attendance. Our meeting was changed from the 11th to the 4th due to a shuffleboard tournament, We all enjoyed an ice cream social with vanilla ice cream and various toppings. The meeting was



brief and the March meeting was discussed. There will be a presentation by author Debi Graham-Learn, who writes mysteries. We will also celebrate the end of our snowbird season with a light lunch, since many will be leaving soon, sign-up sheet is on the bulletin board, please join us.



### The business of forgiveness

marketer and a retail merchant, who attended the same church, struck a business deal together. The marketer heard that the merchant wanted to expand his operation, so the marketer offered the merchant a line of credit on goods to be sold in the store.



Soon after the merchant had used the line of credit, he fell on hard times. Business was bad, and he was unable to pay off his debts. The marketer was troubled. Not only had his first deal with the merchant gone sour, but now it seemed that he might never recover the thousands of dollars owed to him.

In his heart, the marketer knew that the merchant was an honest man who just did not have the resources to settle the debt. The marketer didn't want to contribute to the ruin of the merchant, so he followed his heart and forgave the debt. Soon afterward, the merchant went bankrupt and closed his store.

Years passed. One day, the daughter of the bankrupt merchant visited the marketer. She offered him a small diamond-studded bracelet—a family heirloom—as partial payment for her father's debt.

The marketer explained to the woman that the debt had been long forgiven. But the woman insisted that he accept the offering—if not as payment, then as a token of appreciation. The marketer humbly accepted.

Several days later, he took the bracelet to a jeweler to be appraised and was astonished to learn that its value equaled the amount of the merchant's debt. The marketer returned to his office and entered "Paid in Full" into his ledger—next to the merchant's name.

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—Chris Brogan









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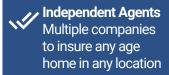
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### New Earth-like world detected light-years away

he hunt for Earth-like worlds outside our solar system has reached another milestone. The Science Daily website reports that NASA's Transiting Exoplanet Survey Satellite (TESS) has discovered an Earth-size planet in a star's habitable zone, the orbital area where conditions could be right for life.

Although many extrasolar worlds have been found, few the size of Earth have been seen in the "Goldilocks zone"—an orbit that's neither too close to a sun nor too far away, but "just right." The planet, TOI 700 d, is 100 light-years away in the southern constellation of Dorado. It orbits its sun every 37 days and receives 86% of the energy that our sun provides to Earth. It and other planets in the system appear to be tidally locked, meaning as they circle in their orbits, one side is constantly bathed in daylight.

It's the first time TESS has discovered an Earthlike planet. Other such planets have been detected by NASA's Kepler Space Telescope.

Fun fact: The star was initially classified incorrectly in the TESS database as being similar to our sun, which made its planets appear bigger and hotter than they actually are. One of the researchers who identified the error was a high-school student.

### **Genetic tweak makes earthworms live longer**

e can't make people immortal—yet—but scientists have discovered some genetic tweaks that can extend the lives of earthworms by 500%, according to the Science Alert website.

The earthworms in the study live only two or three weeks, making them good candidates for experiments involving genetic and metabolic processes that they share with humans. Scientists have already discovered that changing the worms' insulin signaling pathway can increase their lifespan 100%. Similarly, alterations to a pathway called TOR (target of rapamycin) results in a 30% extension.

A new study has found that genetically shifting both pathways appears to cause an effect four to five times higher than the single genetic procedure—a synergistic approach that pulls a combination of networks together for the long term.

It's unclear whether the research will ever result in expanded human lifespans, as humans live longer than a few weeks, making experimentation more difficult (and ethically problematical). For now, scientists will have to rely on shorter-lived species like worms, fruit flies, and mice—although in the last year scientists were able to extend the life of mice and reduce their chances of cancer by working with their telomeres.



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### **Obesity affects teen brains**

besity is a problem at any age, but a new study suggests it has specific risks for teenagers. As the U.S. News & World Report website explains, advanced MRI techniques show that obese teens tend to have less integrity in the white matter of their brains (white matter contains fibers that connect different parts of the brain). The lower white matter integrity was observed in the region of the brain associated with emotional control and reward seeking.

The study looked at 120 teenagers, and its findings are considered preliminary. Researchers speculate that excess body fat damages the brain through inflammation. The study found a correlation between higher levels of inflammatory substances in the blood and lower white matter integrity. Excess body fat can contribute to inflammation.

The teens whose brains were affected tended to have higher levels of leptin, which is involved in appetite control, in their blood, as well as insulin, which regulates the body's blood sugar.

Doctors point out that obesity has many causes and shouldn't be dismissed as a simple lack of willpower about eating. It's unclear at this point whether obesity is responsible for the change in white matter integrity, or vice versa—or a combination of both.

## **Exercise lowers depression risk**

If you or someone you know suffers from depression, this news could help. An article on the MedicineNet website reports that 35 minutes of exercise a day could help lower the risk of depression, even among people with a genetic predisposition for it.



Researchers at Massachusetts General Hospital in Boston analyzed two years' worth of medical records and genetic information from close to 8,000 people. They calculated a genetic risk score for each person that predicted the likelihood of depressive episodes. The data showed that people with a higher genetic risk were likely to be diagnosed with depression within two years, but physically active people with the same score—or even a higher one—were less likely to suffer from depression. For every four hours of exercise a week, the risk of depressive episodes decreased by 17%. Both intense, aerobic workouts and low-intensity practices like stretching and yoga showed the same effect.

Getting active may be the key to mental as well as physical well-being.

# \*\*\*

### What you know is what you know



man driving through the country stopped at a small farm to ask for directions. "Can you tell me how to get to Route 49?"



"Nope," drawled the farmer as he chewed on a piece of straw.

"Well, then do you know where the turnpike is located?"

The farmer thought for a minute and then shook his head, "Nope."

"How about Duncan? Surely you can tell me how far I am from the town of Duncan?"

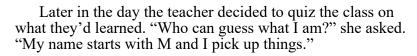
Again the farmer just shook his head.

Frustrated, the driver snapped, "You don't know much of anything, do you?"

To which the farmer replied, "Nope, but I know I'm not lost."

### An unexpected answer

preschool teacher showed her students a display of magnets and explained their uses. The children were excited and amazed by these items and spent the rest of the morning playing with the magnets and asking the teacher questions.





Imagine her surprise when the children shouted in unison, "Mommy!"

Curiosity about life in all of its aspects, I think, is still the secret of great creative people.

—Leo Burnett



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### **New technology**

**66** T've finally done it!" shouted the inventor. "I've created a computer that is almost human."

"You mean it can actually think?" asked another scientist in the room.

"No," said the inventor. "However, when it makes a mistake, it blames another computer."

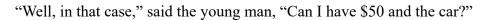


#### **Priorities**

college freshman at home for a weekend asked his father, "Do you think it's better to be healthy or wealthy?"

His father replied, "Son, when you have good health, you have everything.

My health means more to me than any money or material possession."



# \$

### A dog's life

man was walking through the park when he came upon a boy playing a game of chess against a dog. "This is incredible," the man shouted. "That is one smart dog!"

"He's all right, I guess," the boy replied. "I've already beat him two out of three games."









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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 zin code 33771, equipped with Air-Baes, 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.



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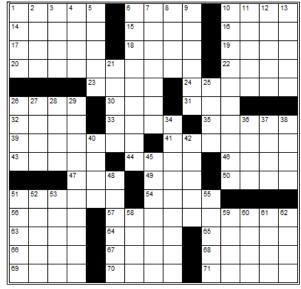


#### ACROSS

- 1. Creep
- 6. Behold, in old Rome
- 10. Temporary

living quarters

- 14. Creepy
- 15. Nonclerical
- 16. Not under
- 17. Stoop
- 18. At one time (archaic)
- 19. Adriatic resort
- 20. Stretchability
- 22. Reclined
- 23. Savvy about
- 24. Frolic
- 26. Blackthorn
- 30. Zero
- 31. Consume
- 32. French for "We"
- 33. Always
- 35. Handrail post
- 39. Make less visible
- 41. Improvement
- 43. Test versions
- 44. Japanese wrestling
- 46. Anagram of "Sage"
- 47. Morning moisture
- 49. It is (poetic)
- 50. Gave temporarily
- 51. Scant
- 54.1111
- 56. Dry riverbed
- 57. Phantom
- 63 Wicked
- 64. Conceited
- 65. Twilled fabric
- 66 Rind
- 67. French for "State"
- 68. Supporting column
- 69. Not false
- 70 Flows
- 71. Affirmatives





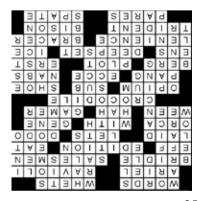
#### DOWN

- 1. Formally surrender 13. Lying facedown
- 2. Bobbin
- 3. Diva's solo
- 4. Hairpieces
- 5. Slowly, in music
- 6. Optional school courses
- 7. Open one-horse
- carriage 8. A box or chest
- 9. A copy from an original
- 10. Concomitant
- 11. Birdlike
- 12. Army doctor

- 21. Not outer
- 25. Telephoned 26. Prig
- 27. Part of the outer ear 52. One who lays
- 28. Dethrone
- 29. Squadron
- 34. Cud-chewing
- hoofed mammals
- 36. Hourly pay
- 37. Biblical garden
- 38." we forget"
- 40. Applications

- 42. Show-off 45. Perfect 48. Cloth maker
- 51. Used a broom
- asphalt
- 53. French farewell
- 55. Pantywaist
- 58. A Maori club
- 59. French for "Head"
- 60. Colored part of an
- eve
- 61. Leer at
- 62. Catches/font>







# March Word Search

Ζ Ε N Ε Ε Ε N D Ε Р S M Ν G Т Т C Α Н S Т Ε O Ε F U R Т S O R O Ε R Ν R Ε Α W Z R Ε Α S Т Е N Ε M T ٧ N D Α R O Ε D U В N Ε Т Ε S C Ε С Ν R Η R R U S F Ε Е В Т O N R A P В G I N Ρ O N G Y R Е C S M Р Ε R Ε



bean brave

care climate conflict conservation crave culture dart decline

eclipse energy event

fable freeze frost ghost

international

little

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paper piece plate

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storm

story

teach

usage

world













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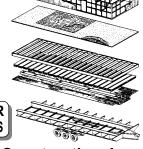




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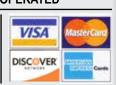
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#### **EVENTS & PROGRAMS**

Roberts MHP Community Yard Sale, Saturday, March 7th, 8:00-Noon. 3390 Gandy Blvd North

March 7th, 8am-1pm - ANNUAL BAZAAR - Briar Creek II MHP Clubhouse (Near Mease Countryside Hospital)

Blue Jav Estates Rummage Sale, 2755 Curlew Rd. Palm Harbor. Saturday, March 7 - 8:00am-1:00pm. Bakery, Kitchen, lunch.

Ranch Mobile Park Wide Yard Sale, Saturday, March 7th, 8:00am - 1:00pm at 6800 150th Ave. N., Clearwater (Largo).

Regency Heights Carport Sale, Saturday, March 7th, 8am-2pm. 2550 State RD 580, Clearwater.

WHITE ELEPHANT SALE. Saturday 3/7 9-Noon. Americana Cove, 7201 lst St. NE, St. Pete. Antiques, collectibles, jewelry, kitchenware, furniture, furnishings, electronics, books, paintings, records, CDs, DVDs, VCRs, linens, bakery, plants, 50/50.

Annual Penny, Bake, Jewerly, Craft SALE: Saturday, March 7th, 9am noon. Golden Acres R.O. Park, 1040 Main Street, Dunedin.

Palm Hill Country Club Bazaar: Sat., March 7, 9am-1pm. 1800 Seminole Blvd., South Clubhouse. Food Served, Lots of bargains. Come on over and find some Treasures!

Annual Paradise Island Flea Market 1001 Starkey Rd. Clubhouse 33771. March 7, 9-1 Early Entry @8 \$1. Over 100 tables, Furniture, Household items, Linens, Collectibles, Jewelry, and much more.

Regency Heights Open House, March 12th, 10am-2pm. 2550 State RD 580, Clearwater.

Community Yard Sale: Holiday Shores Park, Mar. 20th and 21st. Entrances on 104th Avenue North and 106th Avenue North, Largo. 8am to 2pm.

ART/CRAFT FAIR. Saturday, March 21st. 9AM -1PM. Lake Highlander MHP. 1500 County Road 1, Dunedin. Something for everyone!

ART/CRAFT FAIR. Saturday, March 21st. 9AM -1PM. Lake Highlander MHP. 1500 County Road 1, Dunedin. Something for everyone!

Oak Crest/Acorn MHC (over 600 units) Semi-Annual Carport Sale, Saturday, March 21st 8:00am-3:00pm. Ulmerton Rd. or 2nd entrance (off Seminole) 16th Ave. SE, Largo.

Teakwood Village East Carport Sale-Saturday, March 21, 2020, 8 AM-1PM. North Missouri Ave. between East Bay and Rosery 33770.

Sat. March 21, 8am-1pm. Community Sale, Lake Haven MHP 1415 Main Dunedin (behind Subway). Housewares, Linens, Clothes, Dishes, Raffle, etc. The BEST Bake Sale in town.

Caribbean Isles Rummage and Craft Sale: March 21st 8-1. Food, baked goods, and raffle baskets available.

ART SHOW: Sunday, March 22, 12pm-4pm. Westwind MHP, 3301 ALT 19.

AMBER GLADES ANNUAL YARD SALE, April 4th, 8 a.m. - 2 p.m., 3113 State Road 580, Safety Harbor.

AMBER GLADES ANNUAL YARD SALE, April 4th, 8am-2pm, 3113 State Road 580, Safety Harbor.

CALL FOR MEMBERSHIP - We are the "Canadian Club Canadien", a group of friendly Canadian snowbirds and United States citizens with a strong interest in fellowship with Canadians. We regularly meet between November and April for lunch with speakers and activities such as museum visits, dinner-theatre and a Blue Jays' baseball game. We are always on the look-out for new members. Check out the fall Monthly Media Newsletter for our Membership Call. In the interim you can reach us at cccgcfl@galt.biz

# APRIL AD DEADLINE - MARCH 10, 2020

 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.



### **March Days**

Blame Someone Else Day, March 13. Because it's Friday the 13th and guaranteed to bring some calamity, if you're the superstitious type, you might as well dodge the responsibility for all your other mistakes and bad choices. Warning: Tomorrow might be just as bad, if not worse.



St. Patrick's Day, March 17. Celebrate Irish heritage and culture on this day in honor of the uncanonized saint who brought Christianity to Ireland.

United Nations International Day of Happiness, March 20. Everyone deserves to be happy. In fact, there are 17 criteria that contribute to people's ability to live happy, healthy lives. Visit https://www.un.org/en/events/happinessday/ to learn about the U.N.'s 17 sustainable development goals and what you can do to increase happiness in our world.

Walk in the Sand Day, March 21. Nothing feels better than warm sand under your bare feet as you walk along the shoreline listening to the ebb and flow of the water. However, today is about more than just taking a stroll along the beach. It's the perfect time to become aware of conservation and environmental protection efforts to keep beaches clean and safe for all to enjoy. Learn more at https://walkinthesand.com/day/

World Bipolar Day, Mar. 30. The International Society for Bipolar Disorders is behind this global effort to raise awareness of these disorders and their effect on individuals diagnosed with them and their loved ones. Learn more at https://www.isbd.org/world-bipolar-day

### A snapshot of social media use in the past year

dult use of social media stayed the same in the past year compared with 2018, according to the Pew Research Center. Facebook and YouTube are most popular, with 69% of respondents saying they visit Facebook and 73% enjoying the video sharing site. Among younger adults 18–29, Instagram and Snapchat lead the pack; 67% use Instagram and 69% frequent Snapchat.

Among other platforms:

- Pinterest. More women than men use Pinterest, 42% to 15%.
- LinkedIn. Half of college graduates and people in high-income households use LinkedIn, with 10% or fewer of people without some college or in lower-income households doing so.
- WhatsApp. The messaging app is particularly popular among Hispanics, 42% of whom use it, compared with 24% of African Americans and 13% of non-Hispanic white people.



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THOUSANDS manufactured home residents have won over \$152,600 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	):

(Allow 4-6 weeks for file	illing of check). Tries months cast
	00Royal Enterprise
Edward Hart\$	10 D & W Heating and Air
	10Doll Borthers
Rick Freer\$	10West Bay Clippers
Lori Roczniak\$	10Heller's Mobile Home Washing
Dave Campbell\$	10 Boss Electric
	10Battleline Termite & Pest Control
	10Bill the Carpet Guy
John Lampkin\$	101st Class Handyman Service
Heather Looby\$	10 Jones & Sons Plumbing
	10Bob's Mobile Home Washing
	10Royal Enterprise
Gwen Schultz\$	10Largo Automotive Repair
Gerald Richter\$	10Ricks Appliance Repair
Kristin Bacon \$	5Heller's Mobile Home Washing
Keith Sassenger \$	5Boss Electric
Julie Henkel \$	55Buggin Out Pest Control
Dana Riffle \$	5Clear-Vue
	5Largo Automotive Repair
	5Heller's Mobile Home Washing
	5Doll Brothers
Jessie Owens \$	5Modern Air
	5Ricks Appliance Repair
Darlene Blair\$	5 Boss Electric

minicio arc.		
Diane Chartrand	\$5	Appliance Specialty
Davis Radecki	\$5	West Bay Clippers
Marsha Cameron	\$5	Imperial Electric
Lanny Jordan	\$5	Discount Computer
		Perfect Repair
Renee Ciofu	\$5	The Plumbing Patrol
		Jones & Sons Plumbing
		Battleline Termite & Pest Control
Donna Robertson	\$5	Debbies Salon
Patrick Rosenheim	\$5	Jones & Sons Plumbing
Andy O'Conner	\$5	Doll Brothers
Kathleen Bazzano	\$5	Air Masters of Pinellas
Bruce Broad	\$5	Largo Automotive Repair
William Wilson	\$5	Royal Enterprise
Robert Pavin	\$5	Discount Computer
Connie Beaver	\$5	Buggin Out Pest Control
Rae Philbrick	\$5	Heller's Mobile Home Washing
Gerry Langford	\$5	Air Masters of Pinellas
Willa Ford	\$5	1st Class Handyman Service
Dorothy Haller	\$5	Battleline Termite & Pest Control
Barbara Green	\$5	Boss Electric
Tony Protano	\$5	Modern Pest Control
Berdie Ledee	\$5	The Plumbing Patrol
Harriette Reimer	\$5	Air Masters of Pinellas

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### **March Monthly**

mployee Spirit Month. It's that time of year. Raise the bar and make morale the No. 1 priority in your workplace.

National MS Education and Awareness Month. Multiple sclerosis is a chronic neurological condition that affects more than a million people in the United States. Throughout March, organizations such as the Multiple Sclerosis Foundation will be raising



awareness of the challenges faced by those diagnosed with MS, the treatments available, and what you can do help. Go to MSFocus.org to learn more.

**National Nutrition Month.** The Academy of Nutrition and Dietetics wants you to "Eat Right. Bite by Bite" in 2020. It works throughout the year to provide tools and resources that will allow you to make better food choices and lead healthier lives, with the month dedicated to a larger effort of awareness and education. Let's get healthy. Visit https://www.eatright.org/food/resources/national-nutrition-month for more info.

**National Women's History Month.** Museums, galleries, and libraries across the nation will be celebrating the struggles and accomplishments of women throughout history. Make time to attend cultural events in your area to learn stories of these great ladies.

### Weekly

ational Consumer Protection Week. March 1–7. The Federal Trade Commission devotes this week to consumer education, awareness, and fraud prevention. Learn more at https://www.consumer.ftc.gov/features/national-consumer-protection-week

Words Matter Week, March 1–7. The first full week of March has received this designation from the National Association of Independent Writers and Editors (NAIWE), but you don't have to be a professional to participate. Play word games with friends and family members, and find exercises to help strengthen your vocabulary and grammar. Words matter.

**Shakespeare Week, March 16–22 (United Kingdom)**. Our friends across the pond believe that children deserve some time to get acquainted with the literary masterworks of William Shakespeare. They provide online resources for parents, educators, and homeschoolers at https://www.shakespeareweek.org.uk/





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