



OFFICE: 15777 Bolesta Road • Clearwater • FL 33760 • 727-531-3118

# SHADY LANE OAKS

• WHAT'S NEW •

C

## February • 2019

## Issue 11 42<sup>nd</sup> Year

### Happy Valentine's Day!

Donna Gorneault of Doral Village shows off her Queen of Hearts Costume and Crown!



**Monthly Mania Winner!**

**\$100 • Karen Cook**

**Custom Cooling & Heating**

**Delivered Door-to-Door by**

**Park Residents**

**FREE Every Month**

view this newsletter on-line at [www.monthly-media.com](http://www.monthly-media.com)

113 31



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

## **Attention Shady Lane Oak Residents Editor Needed!!!**

**Would you like to see Shady Lane Oaks related articles in your newsletter?**

**Do you have a computer with email capabilities?**

**Then you could be the next editor of Shady Lane Oaks!**

**If you would be interested please contact Monthly Media  
at 727-484-7488**



# ROOF-OVERS • 727-547-8300

Lic #: C-2387

# ASC

Aluminum Specialty Contractors, Inc  
 "A No-Nonsense Company"  
 7420 Park Blvd. • Pinellas Park

visit: [www.ascaluminum.com](http://www.ascaluminum.com)

"Our Owner Has Been Serving Pinellas County Since 1980."

25

**NO Subcontractors**



**"Ask Your Neighbors About Us."**

29

**Valentine's Special!**

**10% Off**

expires 2/15/19

**STOP LEAKS NOW!**

"Thank you for doing a very professional job on my roof. I am not easily pleased with most contractors, ASC is the exception! Your crew was on time, sometimes even early. There are no leaks and it looks great. ASC was not the cheapest, which proves you get what you pay for."

Michael Ellis  
 Pinellas Park, FL



We Are Not a Franchise...  
 We Are TRULY Family Owned & Operated

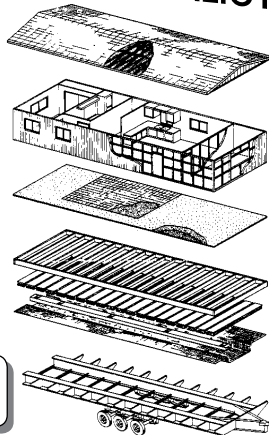
## FLOOR REPAIR

### MOBILE HOME SPECIALIST

- Any kind of damage to any kind of floor system.
- Small areas or whole homes.
- Replacement or deckover.

Ask About Our Other Services

**OWNER OPERATOR  
 NO SUB-CONTRACTORS**



Perfect Repair & Construction, Inc.

22 ★ State Certified Building Contractor 18

**FREE ESTIMATES • 539-0852**

Licensed and Insured • State License # CBC050061

## MODERN AIR CONDITIONING

& HOME SERVICES, Inc.



**Special!**  
 Expires 2/28/19  
**\$39<sup>00</sup>**  
**A/C & Heat Inspection  
 or Service Diagnostic**

Coupon required at time of service during regular business hours & cannot be combined with other offers.

- HONEST and FAIR - SAME DAY SERVICE
- FREE Estimates on A/C Installations

31 ★ **541-5541** 19

[www.modernac.com](http://www.modernac.com)

ALL BRANDS • Since 1976 • CACO 21320



# AJ's Beds & Furniture

**BUY • SELL • TRADE**

**New & Used Furniture**



**Furnishings for the Whole Home!**



- Over 10,000 Square Feet
- Dining • Living Room
- Bedroom • TV's
- Lamps • Pictures
- Plants • Rugs

Complete Line of New Park Place Bedding  
*"You'll Love Our Service - Family Owned"*

**12950 Starkey Road • Largo**

**13 ★ 588-0406 11**

*ROYAL* "We Keep Your Castle Clean"

## MOBILE HOME WASH N' WAX

- Apply Soap to exterior
- Hand brush mobile home
- Then light power rinse thoroughly



**\$75<sup>00</sup>**

Any Size Mobile Home

**394-7351**

20



20

Owner Operated - Over 25 Years Exp. • Licensed & Insured

## Mobile Home Electrical Specialist

**Tired of High Prices?  
Then Call Us!**

License # EC13005729

**Imperial Electric Service**

**535-0708**



22 ★



19

**\$500 Off**  
Tub to Shower Conversions

**MyBathMasters.com**

727.333.7997

Call Today to  
Schedule an  
Appointment

# BATHMASTERS.

**Full Service Bathroom Renovation**

**All Under One Roof**

LIC #CBCI261552



---

## Meditation, yoga on the rise

---

**M**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.

---

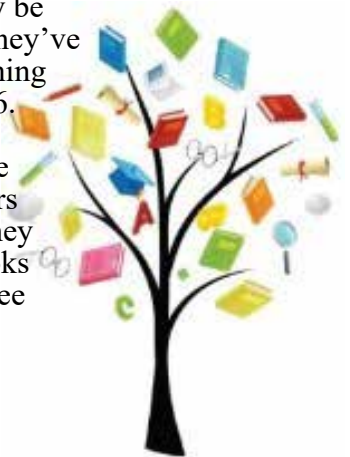
## Print books remain in the lead

---

**B**ooks 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.





## One sweet, simple thing

Ten years after John Chhan and his wife, Stella, emigrated to the United States from Cambodia, they opened a small doughnut shop in the southern California town of Seal Beach. They are there seven days a week and arrive at 2:30 every morning to make sure there are plenty of doughnuts ready when the shop opens at 4:30 a.m. This is how it's been since 1990, and they've enjoyed the love and support of loyal, longtime customers.

When Dawn Caviola, a customer of 13 years, noticed Chhan alone in the shop one morning, she inquired about Stella. Chhan explained his wife was recovering in a rehabilitation facility after suffering an aneurysm. Upon hearing this, Caviola realized she had to do something for this beloved, hardworking couple who are a fixture of the community.

Caviola took to the social media platform Nextdoor to spread the word in Seal Beach about Stella's illness. As awareness increased, customers of the doughnut shop began brainstorming ways to help. Chhan respectively declined when some of the regulars offered to start a GoFundMe campaign to raise money to help with expenses. Chhan told them what he wanted more than anything was time to be with his wife.

More social media posts followed. Soon people of the community were lining up to buy doughnuts and lots of them. Even people who didn't eat doughnuts were frequenting the shop to buy a dozen just to give away. "People can just do a simple thing for their neighbors," Caviola says.

On good days, John Chhan is sold out by 8:30 a.m. Whatever the time, as soon as all of the doughnuts are gone, Chhan closes up shop and goes to the rehabilitation center to spend time with Stella. He says his wife is getting better. She can speak again and has also relearned how to feed herself. He looks forward to the day that she is fully recovered and can once again be by his side in their shop. He is also grateful for all of those people who have given him this precious gift of time.

Sometimes the things that are most helpful result from simple gestures or small acts of kindness that create their own momentum and have a huge impact on the lives of the people we love and respect.

I suppose real old age is when one looks backward rather than forward.

—Mary Sarton

# ROOF COATING & REPAIRS

## COMMUNITY

*Free Estimates*



## ROOFING OF FLORIDA, INC.

14042 66th St. N., Unit C  
Largo, FL 33771  
**(727) 536-9999**

Lic# CCC1330642

*"Proudly Serving Your Community"*

**We Do All  
Roof Coating, Roof Repairs,  
and Roof Inspections  
on all Manufactured Homes**

# 800-511-2517

[www.FloridasBestRoof.net](http://www.FloridasBestRoof.net)



# MOBILE HOME WASHING

**Protect Your Health!  
Eliminates Mold & Mildew**

**\$69<sup>00</sup>** Awnings, Carports  
& Screen Rooms  
Included  
**ANY SIZE**

Cleaning also available for...  
• Driveways • Patios • Walks

**Ron Wyngarden** INSURED

26

# 587-0876

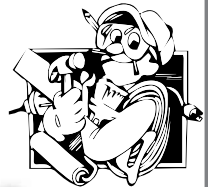
26

# Handyman Service

*Specializing In Mobile Homes*

Flooring • Doors • Awnings  
Carpentry • Siding • Remodeling  
& Other Handyman Services

**1<sup>st</sup> CLASS**  
**Handyman**  
Services, Inc.



**(727)**

Insured &  
Licensed  
Lic # C-9146

# 532-0709

[jhandymanservice@aol.com](mailto:jhandymanservice@aol.com)





**SUNRISE**  
Family Restaurant  
**727-535-4445**

7500 Ulmertton Rd | Largo FL 33771  
Between 66TH Street & Belcher Rd

*Ipswich Clams Available*

**Early Bird  
BREAKFAST  
SPECIALS**

**Oct & Nov  
Mon-Sat 7-9 am**

**\$3.75**

**ASK ABOUT OUR \$5 OFF BONUS CARD**

- #1 2 Eggs, Sausage & Tomato Omelette w/home fries or grits & toast
- #2 2 Egg Western Omelette w/home fries or grits & toast
- #3 2 Eggs w/home fries or grits & toast
- #4 2 Egg 1 Pancake, 1 Bacon or Sausage link
- #5 Biscuit & Gravy **DINE IN ONLY**

**COUPON REQUIRED**

**20%**

**OFF ON MEALS**

*Drinks Not Included*

*Dine-In Only Not Valid  
With Any Other Coupons  
Please present at time of  
order. Expires 30 days*



**MODERN PEST CONTROL**

**\$29** Under Home Chemical Powder Dusting Available

**Every Other Month** "Old Fashioned Service with Modern Technology" **410-1466** or **391-7584**

"Serving Pinellas County Over 26 Years" 12337 79th Place, N • Seminole • FL 33772 **11** ★ **Lisc. #JB2438** **9**

**CARPET DRY CLEANING  
DRIES IN MINUTES - NOT HOURS**

**Living Rm, Dining Rm. & Hall \$85**  
Includes...  
**FREE Deodorizer**

- SAFE FOR MOBILE HOME FLOORS**
- Leather Cleaning
  - Tile & Grout
  - Furniture
  - RV • Auto

**15** ★ • Truck Mount Steam Available • Insured **8**  
**BILL The CARPET GUY 727-521-4163**

**PAYLESS PAINTING SERVICES**

**Free Estimate** C8369 **727-470-5876**  
[www.paylesspainting.us](http://www.paylesspainting.us) **10** ★ **9**

**Dental Walk-In Clinic**

Learn More About Beautiful and Affordable Dentures **Full Service Dentistry** Relax With IV Sedation

**Open 7 Days A Week, With Extended Flexible Hours Including Holidays.**

*Our Team's goal is to treat each customer as an individual, while providing superb clinical treatment, compassionate care and being available when you need a dentist.*



State-of-the-Art Dental Implant Solutions Available

Specials are valid at Pinellas locations only.

**FREE Digital X-Ray**  
**\$30.00 Value**  
Coupon must be presented at time of service. Not valid with any insurance, other offers or prior service. Valid one time for new patients only. ADA Codes 220 - Exp. 2/28/19

**FREE DENTURE & IMPLANT CONSULTATION** Learn more about affordable Dental Implant Solutions. Includes Limited Examination ADA Code 140, \$65.00 Value & Digital Panoramic X-Ray ADA Code 330, \$80.00 Value  
Coupon must be presented at time of service. Not valid with any insurance, other offers or prior service. - Exp. 2/28/19

**New Year... New Dentures!**  
**25% OFF** premium dentures  
Coupon must be presented at time of service. Not valid with any insurance, other offers or prior service. Valid for ADA Codes 5110,5120,5213,5214. Not valid on ADA Codes 5130,5140,5211,5212 - Exp. 2/28/19



**Two Locations**

**727-533-9199** 1030 Belcher Road S. • LARGO

Tampa Location • 813-636-9400 • 4240 W. Kennedy Blvd.

Mark R. Holmes, DMD  
Lic. # DN15675

**12** ★ [www.dentalwalkin.com](http://www.dentalwalkin.com) **11**

\*Fee may vary with complexity of case. If any service, examination or treatment is performed within 72 hours & is a direct consequence of the original advertised full-fee or discounted service, examination or treatment, a patient or any other person financially responsible has the right to refuse, cancel, or be reimbursed for payment of the resulting procedure. Offers may not be combined.

## Mystery of the mummified priest

The 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 ozone-depleting 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

# Apurva Shah, M.D., M.P.H.

Board Certified in Internal Medicine

Dr. Shah is a board-certified MD in Internal Medicine and has been in practice for twelve years. He received internal medicine training from New York Medical College and also holds a Master's in public health from the University of South Florida.



Dr. Shah specializes in geriatric care. With his training and experience, he has been very successful in managing and treating high blood pressure, diabetes, back pain, heart problems, respiratory problems, and obesity.

The practice of Dr. Shah and Jill Coots, ARNP strives to remain open minded when building relationships with patients. A trusting relationship with atients and their families enables them to provide the most comprehensive and compassionate care. Emphasis is placed on preventive medicine, screening tests, timely interventions, and follow-up care. Dr. Shah and Jill have been successful with managing acute and chronic medical problems, reducing hospitalization and emergency room visits, and helping patients maintain a healthy and productive lifestyle.

We strongly believe patients are the biggest asset of our practice and customer service is the main motto of our practice. Patient feedback is extremely valuable and has helped us over the years to provide high quality and compassionate care. Dr. Shah does make personal rounds for his hospitalized patients and believes in continuity of care.

## Services Offered:

- Routine Physicals
- In-house blood draws
- Electrocardiogram
- Pulmonary function tests
- Wound care
- Dermatologic procedures
- Trigger point injections
- Nebulizer treatments
- Ear lavage
- Well women examinations
- Vaccinations

**24/7 Connectivity With Patients / All Major Insurances Accepted**  
**Same Day Sick Visit Appointments / Quick Access to Care and Less Waiting Time**

Accepting New Patients

# 727-533-2242

To Schedule an  
appointment



**13220 Belcher Rd.**  
**Suite 11**  
**Largo, FL 33773**

## Jill Coots, ARNP

Jill Coots, ARNP has been with the practice since 2015. She has been a great addition to the team and is a valuable resource for our patients. Jill is board certified in family practice and is a member of the American Academy of Nurse Practitioners and American Diabetic Association. Prior to joining Access Health Care, Jill worked at the VA Hospital in Tampa for six years in acute care and oncology. Jill, in pursuit of her passion and interests, is on track to be a certified diabetic educator in the near future.





www.golfcardepot.com • golfcardepot@hotmail.com

Preventive Maintenance, Repairs & Service

- Previously Owned & New
- Utility Cars
- Lifted Cars
- 2, 4 & 6 Passenger Cars
- Street Legal

We have the new EZ-GO Lithium golf cart

Refurbished Club Car Precedents and EZ-GO Carts.

Test drive the new 72-volt EZ-GO

Custom colors, high speed, lights: Call or stop by for details.

BATTERY SPECIAL

# Golf Car Depot

**EZGO** Authorized EZGO Distributor **Club Car**  
STAREV 727-333-7556 Tomberlin

16117 US Hwy 19 North  
Clearwater, FL 33764

Sales • Service • Accessories • Parts • Gas & Electric

## Sherman's Painting LLC

Interior & Exterior Specialist



Licensed & Insured  
30 Years Experience  
Free Estimates

Lic. # C-4435

**727-458-6923**

## WEST BAY CLIPPERS

*Great Prices!*

**MEN'S HAIRCUT**  
**\$10.75** EVERY DAY  
Ladies \$10.95

**YOUR CHOICE \$35.00**

- Redken Perm & Cut
- Color & Blow Dry
- Cap, Frost & Dry
- Partial Foil Highlights

Ask About Your Park Discount

The Bay Area's Finest  
33 Years - Same Owner

[www.westbayclippers.com](http://www.westbayclippers.com) **581-3637**

**23** ★ Village Plaza • 1901 West Bay Dr. • Largo



**530-1391**



Denny Ryder • Master Plumber • License CFC1426510



- Water Softeners - Natural Gas Work
  - Water Heaters • Faucets • Sinks • Toilets
  - Disposals • Sewer & Drain Cleaning
- MOBILE HOME SPECIALISTS**

## DISCOUNT COMPUTER REPAIR

**(727) 320-2965** 2343 Drew St. Clearwater

Completely **FREE** Estimates  
Viruses, Hardware, Training  
Senior, Military, Teacher Discounts

Over 25 years experience. Family Owned and Operated. Licensed, Secure and Confidential.

## MOBILE HOME PARTS / ACCESSORIES

- Plumbing Supplies
- Electrical Supplies
- Windows & Parts
- Aluminum Products
- Sinks & Faucets
- Tubs & Showers
- Safety Rails
- Water Heaters
- M.H Accessories
- Interior Doors
- Exterior Doors
- Screen & Vinyl Reroll



Open Sat. 8-12  
Installation  
Serv. Available  
Est. 1988



**SOUTHEAST MOBILE HOME SUPPLIES, INC.** **522-2090**

[www.southeastmobilehomesupplies.com](http://www.southeastmobilehomesupplies.com)



★ 4508 62nd Avenue North • Pinellas Park **12**

# ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

## Coverages:

Bodily Injury .....\$100,000 Each Pers./ \$300,000 Ea. Occur.  
 Property Damage .....\$100,000 Each Occur.  
 Uninsured Motorist ....\$100,000 Each Pers./ \$300,000 Ea. Occur.  
 Pers. Injury Prot.....\$10,000 Ea. Person, Wage Loss Excluded  
 Medical Payments.....\$5,000 Each Person  
 Comprehensive .....ACV - \$500 Deductible  
 Collision .....ACV - \$500 Deductible  
 Road Trouble Serv. ....\$50 Each Occurrence  
 Additional Exp.....\$30 Per Day / \$900 Each Occurrence



**Annual Paid In Full Premium..... \$994.55\***

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 Air-Bags, 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.

*O & E Wilson Insurance Inc.*

34



**727-535-0524**

13

*ROYAL* "We Keep Your Castle Clean"

**SHATTERPROOF YOUR WINDOWS**

**SOLAR FILM**



20

- Heat Reflection
- Old Film Removal & Replacement



20

**394-7351**

**FREE ESTIMATES**

Owner Operated - Over 25 Years Exp. • Licensed & Insured  
**Ask About Our Other Cleaning Services**

# 50% OFF KITCHEN REFACING

1000s of Satisfied Customers Since 1996

**New Doors, Matching Laminate & Countertops**

**Why Pay Double • When You Can Pay Half**

*Don't Replace It...*

*Have*

*Swales*

Since 1996

# RE-FACE IT! LLC.

We are a **FULL SERVICE** refacing company.  
 We can also add extra cabinets, pantries,  
 and so much more...

**Roll-Out Shelves • Wine Racks • Specialty Molding  
 Flutes & Appliques • Islands**

[www.JustReFaceIt.com](http://www.JustReFaceIt.com)

**727-804-1689**



# HURRICANE ANCHORS LEVELING & BLOCKING

- Add Anchors • Carport Strapping
- Longitudinal Stabilizing
- Replace Rusted Anchors
- Retro-fit to Current State Standards



7



7



Insured • Bonded  
 State Lic. IH/102459/1

**727-330-7821**

**FLORIDA ANCHOR AND BARRIER COMPANY**



Family Owned & Operated Since 1977

# WINDOW REPLACEMENT

## 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



12



12



*"Our new energy efficient windows installed by AMS are beautiful. Everything from start to finish was great."*

*C. Wallace  
 Pinellas County*

Visit [www.AMSOFFLA.com](http://www.AMSOFFLA.com) for more info.

**800-282-3572 • 727-471-0820**

FL State Licensed & Insured • General Contractor CG1515749

## 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/>.





## Start on the path to better heart health

Taking 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



Mobile Home  
**2nd**  
Generation  
Specialist

Quality Workmanship Honest Pricing

- 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 home!



**LIC. # IH-1110636**  
**INSURED**  
FAMILY OPERATED

**Office Location:**  
12355 62nd St N  
Unit B  
Largo, FL 33773



**ESTIMATES &  
SMILES ALWAYS FREE**

**(800) 377-7885 or (727) 282-2045**

# WINDOWS • VINYL SIDING • 727-547-8300

Lic #: C-2387

# ASC

Aluminum Specialty Contractors, Inc  
"A No-Nonsense Company"

Visit Our Showroom Display  
7420 Park Blvd. • Pinellas Park

We Are Not a Franchise... We Are **TRULY** Family Owned & Operated

29 ★ 25



**Improve the Looks of Your Home While Saving Energy & Money**



**Free Window Installation!** (minimum 6 windows)  
expires 2/15/19



**Vinyl Siding**  
**10% Off**

expires 2/15/19

**VINYL IS FINAL**

"...I am so happy with my new windows...I'd like to commend your work crew. Earbie and Larry were fantastic! I couldn't believe the clean-up EVERYDAY! The whole job took just a week even with all the rain delays. I would and WILL highly recommend your company to my friends and neighbors. Of course I won't need to say a word - the house is doing all the talking! Thank you so much for my beautiful new house."

Carol Zapiecki, Clearwater, FL

"Just a short note to express my appreciation for the work done on my mobile home. The crews that worked here...were gentlemen at all times, efficient, knowledgeable and prompt. You can be sure if I run into anybody who needs your type of work, I will surely recommend your company. It has been a very satisfying experience!"

George Lordstrom, Saint Petersburg, FL



visit: [www.ascaluminum.com](http://www.ascaluminum.com)

# LOOKED UNDER YOUR MOBILE HOME LATELY?



Insist on 8 Ft. Wide Vapor Barrier for a Seamless Fit!

**OVER 10,000 VAPOR BARRIERS INSTALLED!**

**WE CAN FIX YOUR SOFT FLOORS!** 7 ★ 7

WE ALSO SPECIALIZE IN MOBILE HOME FLOORING REPAIRS, AND LAMINATE FLOORING.



ESTIMATES ALWAYS FREE  
FAMILY OWNED & OPERATED

FLORIDA  
**ANCHOR AND BARRIER COMPANY**

727.330.7821 800.681.3772

11590 US HIGHWAY 19 N CLEARWATER, FLORIDA 33764



STATE CERTIFIED GENERAL CONTRACTOR  
#004138

STATE CERTIFIED MOBILE HOME INSTALLER  
#FH102549/1



# SERVICES DIRECTORY

## AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc. .... 727-586-6969  
 Barron's Air Conditioning ..... 727-784-1603  
 Modern A/C Service Co. .... 727-541-5541

## APPLIANCE REPAIR

Appliance Specialty, Inc. .... 727-520-6002  
 Rick's Appliance Repair ..... 727-637-4789

## AWNINGS

Bay Area Aluminum Services, Inc. .... 727-585-4442  
 Century Awnings Co. .... 727-559-8811

## BATHROOM REMODELING

BathMasters ..... 727-333-7997

## BLINDS & DRAPERIES

Rod Runners ..... 727-394-9534

## CARPET CLEANING

Bill the Carpet Guy ..... 727-521-4163  
 Doll Brothers Carpet/Upholstery Clnrs. .... 727-596-2249

## 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

## DOCTOR - INTERNAL MEDICINE

Apurva Shah, M.D., M.P.H. .... 727-533-2242  
 Suncoast Family Medical Assoc. .... 727-588-9572

## DRIVEWAY COATING

Concrete Wizard, Inc. .... 727-789-5444

## DUCT / VENT CLEANING

E & E Gliddon, Inc. .... 727-546-4343  
 Velocity Air ..... 727-754-7956

## ELECTRICAL CONTRACTOR

Imperial Electrical Service ..... 727-535-0708  
 Palm Harbor & Dunedin Electric ..... 727-773-1622

## FLOOR COVERINGS/RETAIL

At Home Floors - Carpets + Tile ..... 727-584-3711  
 Floors to Windows ..... 727-317-9900

## FLOOR REPAIR

Flatworks ..... 727-288-4680  
 Florida Anchor & Barrier Co. .... 727-330-7821  
 Perfect Repair & Construction, Inc. .... 727-539-0852

## FURNITURE & MATTRESS

AJ's Beds & Furniture ..... 727-588-0406

## GOLF CARTS SALES & SERVICE

Capital Golf Carts, Inc. .... 727-772-8833  
 Golf Car Depot ..... 727-333-7556  
 Recreational Golf Cars of Florida ..... 727-548-8460

## HAIR SALON/BARBER SHOP

West Bay Clippers ..... 727-581-3637

## HANDYMAN

1st Class Handyman Services ..... 727-532-0709

## INSURANCE/AUTO

O. E. Wilson - Auto ..... 727-535-0524

## INSURANCE/HEALTH - MEDICARE

Humana - Jennie Albert ..... 727-517-6418

## KITCHEN CABINET REFACING

Swalles Re-Face It, LLC ..... 727-804-1689

## MANUFACTURED HOME SALES/NEW

Citrus Homes/Meadowood Homes ..... 727-535-5262

## 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 ..... 727-733-1166  
 Royal Enterprises ..... 727-394-7351  
 Wyngarden Mobile Home Wash ..... 727-587-0876

## MOBILE HOME WINDOW FILM

Royal Enterprises ..... 727-394-7351

## PAINTING/INSIDE & OUTSIDE

Payless Painting Services ..... 727-470-5876  
 Sherman's Painting ..... 727-458-6923  
 Socia's Painting & Waterproofing ..... 727-345-6856

## PEST CONTROL

Buggin Out Termite & Pest Control ..... 727-535-2629  
 Modern Pest Control, Inc. .... 727-410-1466  
 Nature's Resource Pest Control ..... 727-785-2552

## PLUMBING SERVICE

Denny's Plumbing, Inc. .... 727-530-1391  
 Jones & Sons Plumbing, Inc. .... 727-799-0287  
 Largo Plumbing Co. .... 727-596-0525

## RESTAURANT

Golden Bear ..... 727-586-5131  
 Sunrise Family Restaurant ..... 727-535-4445

## ROOF COATING

Community Roofing of FL, Inc. .... 727-536-9999  
 Socia's Painting & Waterproofing ..... 727-345-6856

## ROOF REPLACEMENT

All Weather Roofing ..... 1-800-297-3758  
 AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300

## ROOM ADDITIONS

Bay Area Aluminum Services, Inc. .... 727-585-4442

## TIE DOWNS/MOBILE HOMES

Florida Anchor & Barrier Co. .... 727-330-7821

## TRAVEL/VACATION

Glory Tours ..... 813-850-5444

## VAPOR BARRIER

Florida Anchor & Barrier Co. .... 727-330-7821  
 Florida Underhome Solutions ..... 727-492-1884  
 Underhome Armor ..... 727-282-2045

## 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

## Golden Bear

### Restaurant



8 Breakfast Specials - M-F  
 Breakfast - Lunch

Good Food, Good Service, Right Price

12540 Starkey Rd. 727-586-5131





**BAY AREA** Since 1972  
**ALUMINUM**  
**SERVICES, INC.**

• Lic. # C2399 • Lic. # C6060

## ROOM ADDITIONS

- Carports • Awnings
- Acrylic, Glass & Screen Enclosures
- And More! •

== **FREE ESTIMATES** ==

**727-585-4442**

12350 Belcher Road • Bldg. #5-K • Largo

**36** ★ • Bonded • Insured • Licensed • Free Estimates **36**

*Make Your Ugly, Cracked*  
**DRIVEWAY**  
*Look Like New!*

**We Repair,  
 Fix Cracks,  
 & Re-Surface Your  
 Existing Driveway**

**FREE ESTIMATES**

[www.ConcreteWizard.us](http://www.ConcreteWizard.us)

**727-430-9000**



★ **15** **9** Lic. #C5528

**CONCRETE WIZARD**

# FEBRUARY • 2019

Sunday							Monday							T	
MARCH															
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	
							10							11	
							17							18	
														President's Day	
							24							25	
													Linco		

# Shady Lane Oaks

Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2  Groundhog Day
5	6	7	8	9
12  Lincoln's Birthday	13	14  Valentine's Day	15	16
19	20	21	22  Washington's Birthday	23
26	27	28		

# 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*

**Florida**  **dermatology**<sup>®</sup>  
AND SKIN CANCER CENTERS

EXPERIENCE THE MOHS FELLOWSHIP DIFFERENCE

*Trust is more than skin deep*

[www.FLDSCC.com](http://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





# AMS

Family Owned & Operated Since 1977

# WC INC.

**Call Today!**  
**800-282-3572**  
**727-471-0820**

SPECIALIZING IN ALUMINUM ROOF OVERS
 MADE IN THE  
**USA**

DO YOU NEED A NEW ROOF?

Our Weather-Lok Roof Over System Exclusively from AMS is:

- Energy Star Rated
- Maintenance Free
- A Full Sheet Blanket of Protection
- Lifetime Warrantied & Transferable
- Quiet



10%  
Discount

"This is simply the best roof over system available. We love our new roof. Thanks you and your staff."  
 - J. Howard, Pinellas County

12

100% FINANCING AVAILABLE

(with approved credit)

Serving your community for over 35 years.  
 Great Price • Great Products • Great Workmanship  
 Your neighbors have used us. How About You?

Visit [www.AMSOFFLA.com](http://www.AMSOFFLA.com) and view our informative video

FL State Certified • Licensed & Insured • Roofing Contractor CC C1329853

★

FREE ESTIMATES

Evening & Weekend  
Appointments Available

12

SAVE TIME AND MONEY BY CALLING US TODAY TO GET YOUR PROJECT STARTED!



---

## Cave drawing of bull is earliest of its kind

---

**A**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.

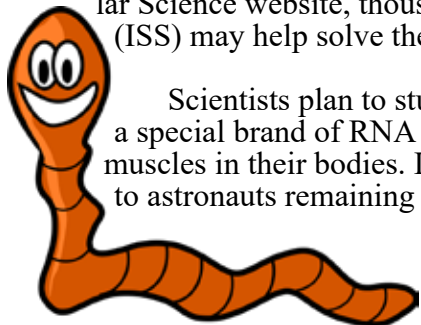


---

## Invasion of the space worms

---

**L**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

# Barron's

☎ 784-1603

## Air Conditioning & Heating, Inc.

License # RA0058337 / CAC1817291 • Insured • Bonded



*"Service is Our Specialty"*

We Service  
All Makes & Models



**NOW CLEANING &  
SANITIZING DUCTS**



32 ★ New Installations 32

# Comfortmaker

Air Conditioning & Heating

Comfort with Confidence.

## UV Light

for Healthier Indoor Air

UV LIGHT DISINFECTION SYSTEMS

(727)

**784-1603**

[www.BarronsAC.com](http://www.BarronsAC.com)



**\$20<sup>00</sup> OFF** *With Coupon*  
Any Air Conditioning Repair

**\$100<sup>00</sup> OFF** *With Coupon*  
Any New Central  
14 S.E.E.R. A/C Unit



**Lot Model Clearance Sale  
SAVE THOUSANDS NOW!**



JACOBSEN  
HOMES  
"A Family Tradition Since 1959"



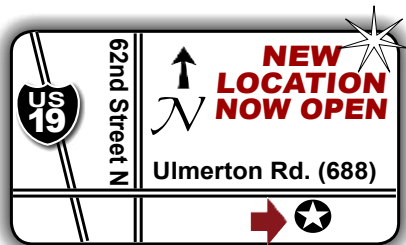
**6030 Ulmerton Road  
Clearwater • FL 33760  
(1/3 mile east of U.S. 19)**

**727-535-5262**

**Citrus Homes  
Meadowood Homes**  
of Florida  
"Building Dreams... One Home At A Time"

- We DO It A LL...**
- Removal • Replacement • Carports
  - Garages • Screened Rooms
  - Landscapes & Much More!

Visit Our Website to Learn More  
[www.citrus-meadowood.com](http://www.citrus-meadowood.com)



Since 1984  
**AllWeatherRoofing Inc.**  
Home of the Lifetime Transferable Warranty!  
Florida Licensed Contractor #CCC058045 & #CCC1330500

**30+ YEARS AS #1!**

**SAVE OUR FLYER FOR 10% OFF**

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

**Your #1 Mobile Home Roofing Company**  
**1-800-297-3758**  
**www.YourBestRoof.com**



For over 3 decades, we have made it our aim to provide the highest quality 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!**

**Family Owned & Operated**



**For Over 3 Decades!**

# Rick's APPLIANCE REPAIR

formerly Bob's

- Refrigerators
- Washers
- Dryers
- Ice Makers & More



(727) 637-4789

## ROOF COATING & MINOR REPAIRS

**SOCIA'S** PROFESSIONAL PAINTING & WATERPROOFING

Pin. Cnty. #C-3950  
 23 ★ FREE Roof Inspection 727-345-6856 3

## BUGGIN-OUT PEST CONTROL



Household Pest Control - \$35 every 2 mos.  
 • Inside, Outside & Underneath Termite Treatments  
 • Drywood & Subterranean Termite Treatments

15 ★ Licensed • Insured 535-2629 15

# Call your local, licensed Humana sales agent

Talk with your local, licensed Humana sales agent today.

727-517-6418 (TTY: 711)



Jennie Alpert

Monday - Friday  
 8 a.m. - 5 p.m.

Humana.

GHHHJXD FEN 1018



Where the Plumbing Bird says...

"Cheap Cheap"

Small Company = Lower Overhead = Lower Prices!

# PLUMBING SERVICES

Specializing in Mobile Homes for Over 35 Years!

- ★ Family Owned & Operated ★ Water Heaters
- ★ Gray Pipe ★ Remodel ★ Water Conditioning
- ★ Sprinklers ★ Toilets, Sinks & Faucets

**JONES & SONS**

LIC. # PLUMBING INC. CFC 1428749

42 ★ 8  
[www.jonesandsons-plumbing.com](http://www.jonesandsons-plumbing.com)

# ROD RUNNERS, INC.

Custom Window Fashions & Interiors

7671 Starkey Road • Seminole

Visit our showroom or call today for an appointment

394-9534



- Blinds • Shades
  - Shutters • Drapes
  - Valances • Sheers
  - Factory Direct Vertical Blinds
  - Bedding and More
- ALWAYS ON SALE!



FREE In-Home Estimates

36 ★ WWW.RODRUNNERSINC.COM

MONTHLY MEDIA DISCOUNT 10% OFF Orders Over \$200.00

26





## 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

---

We 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

---

If 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.

**VELOCITY**  
AIR CONDITIONING 

**Air Conditioner Duct Cleaning**  
*Super Fast Service 7 Days a Week*

**Super A/C Duct Cleaning Inspection \$39<sup>00</sup>**  
(Call for Details)

**\$15<sup>00</sup>** Per Supply **Deep Scrub Rotobrush Cleaning**

www.VelocityAirConditioning.com  
**Same Day Service**  
**727-202-4662**

AT HOME FLOORS INC.

**A H F**  
**Carpets Plus**  
**COLORTILE** 

AMERICA'S FLOOR STORE  
SINCE 1953

**CARPET - TILE - WOOD**  
*"Where Quality & Value Count"*  
*Family Owned & Operated*  
**FREE Shop at Home Estimates**

**Largo - Clearwater**  
621 Missouri Ave. N., Largo, FL  
**727-584-3711**

LIC #C9371 • #C9533  
[www.athomefloors.biz](http://www.athomefloors.biz)

 **AMS** **WC INC.**  
Family Owned & Operated Since 1977

**VINYL SIDING**

**12** **★** **12** **WANT TO UPGRADE YOUR HOME EXTERIOR?**  
Our premium vinyl siding offers:

- Many Color and Style Choices
- Insulation Package
- Beauty and Durability
- Manufacturer's Lifetime Warranty





Visit [www.AMSOFFLA.com](http://www.AMSOFFLA.com) for more info.

**800-282-3572 • 727-471-0820**  
FL State Licensed & Insured • General Contractor CG1515749

**Drywood Termite - Treatments - Without Tenting**

- No Roof Damage
- No Move-Out
- No Odor

**10 Year Warranty**

**Other Services**

- Rodent Control
- Subterranean Termite Treatments
- Once-A-Year Pest Control

**NATURES RESOURCE PEST CONTROL, INC.**

**727-785-2552** **FREE Estimates**  
State Lic. JB6861



**16** **★** • Convenient • Family Owned  
• Serving Pinellas County Since 1993 **12**  
• 12410 Trotter Court, Tampa, FL 33626

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

# LOOKED

## UNDER YOUR MOBILE HOME LATELY?

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



**FREE**  
**UNDER HOME INSPECTION**  
 Only with this COUPON



**Photographs  
Taken of  
Damaged Areas**



### **Insulation and Vapor Barrier Repairs**

- 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**

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

**MILITARY  
& SENIOR  
DISCOUNTS**

**Family Owned  
& Operated**



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



## **FLORIDA ANCHOR AND BARRIER COMPANY**

**7 ★ 11590 U.S. Highway 19 North • Clearwater • FL 33764 7**

# AIR MASTERS

of Pinellas, Inc.

• A Name Worth Repeating •

## AIR CONDITIONING & HEATING

### Comfortmaker

Air Conditioning & Heating

# MOBILE HOME SPECIAL \$3495<sup>00</sup>

**3 Ton Package Unit**

- \* 14 Seer \* 10kw Heat Strip
- \* New Digital Thermostat
- \* 10 Year Limited Warranty On All Parts

Savings Available on Other Sizes.  
Call for Free Estimate

Incl. Tax

1562-D South Missouri Avenue • Clearwater  
Lic. # CAC 1814176



## 586-6969



Largo 64 ★ 21

FL State Lic. #RF11067210

# PLUMBING

## 596-0525



Mobile Home Repairs



Pinellas/Pasco County's  
**YAMAHA**  
Authorized Dealer  
4 Convenient Locations  
LARGO, PALM HARBOR,  
OLDSMAR, HUDSON



Authorized Dealer

Sell and service all major brands, Club Car, Yamaha, and EZGO golf carts.  
40 years in business thanks to our GREAT customers!



**\$250 off** The purchase of a new or used golf cart\*

\*with this coupon. limited time offer  
Eligible on sale carts greater than \$5,500.00 of value.

Sales Parts Service Rentals Accessories  
[WWW.CAPITALGOLFCART.COM](http://WWW.CAPITALGOLFCART.COM)

## 727-772-8833

Come Visit Our Showrooms!

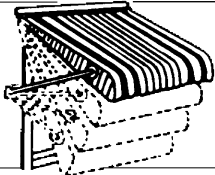
4

16

Monday thru Friday 9:00am-5:00pm  
Saturday 9:00am-3:00pm



# CENTURY AWNINGS



- Fabric & Aluminum AWNINGS
- MINI BLINDS

• Free Estimates • Licensed & Insured

**10% OFF**  
to Park Residents

- ALL WEATHER CURTAINS
- VERTICAL BLINDS



**559-8811** 56 ★ QUALITY PRODUCTS LOCALLY MADE - SINCE 1959 38  
13170-A 90th Street N., Largo • Previously Located on Starkey Road




# Remember When your family physician was part of the family?

Our talented and innovative physicians are there for you every step of the way. Whether you need personal care at the hospital or rehabilitation facility, our team of licensed family physicians is happy to be there for you 24/7.

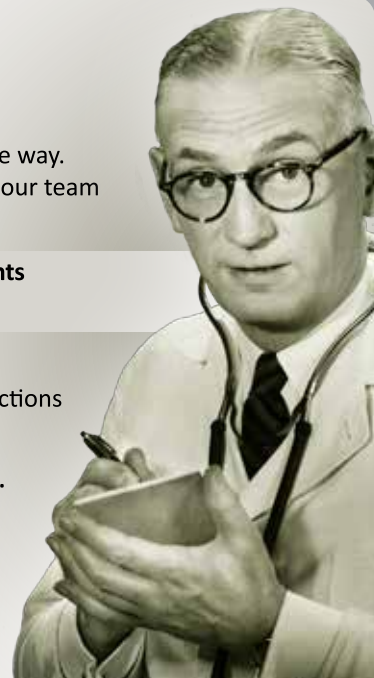
Physician on call 24/7, for you ♦ Urgent care same day appointments  
Accepting new Medicare and Humana patients

- ♦ Blood Work and X-ray on-site
- ♦ Skin Procedures
- ♦ Heart and Lung Tests
- ♦ Patient Education
- ♦ PRP/Stem Cell Therapy Injections
- ♦ Trigger Point Injections

Eugene M. DiBetta Jr., D.O. ♦ Karen C. Joseph, M.D. ♦ Enrique J. Urrutia Jr., D.O.  
N. Nicholas Engelman, D.O. ♦ Krista Keith, D.O.

 **Suncoast Family  
Medical Associates**  
*Healing Through Caring Family Medicine*

12020 Seminole Blvd.  
Largo, FL 33778  
**727-588-9572**



[www.SuncoastFamilyMed.com](http://www.SuncoastFamilyMed.com)

## Appliance Specialty, Inc.

**FREE Service Call**  
with Repair

- Refrigerators
- Microwaves
- Ranges
- Freezers
- Cooktops
- Disposals
- Wine Coolers
- Dishwashers
- Wall Ovens • Washer/Dryers • Icemakers



**10% DISCOUNT**  
with repair - with this ad

- GE • Sears
- Whirlpool
- Frigidaire
- & Many others

**MAJOR APPLIANCE  
REPAIR SPECIALIST**

**727-520-6002 • 727-441-8172**

10 ★ • Licensed & Insured • 37+ Years Exp. 5



## CARPET "DRY" CLEANING FURNITURE & LEATHER CLEANING

We have cleaned Thousands of Manufactured Homes in Pinellas County with incredible success!

Carpets are Clean, Sanitized, Deodorized and Scotch-Guard Protected on every job for everyone of our customers!



6 yrs.  
Straight!

A+  
Rating



★★★★★  
OVER 600 Customer Reviews  
Google, Facebook, BBB, Angies List

Family Owned & Operated Over 53 Years



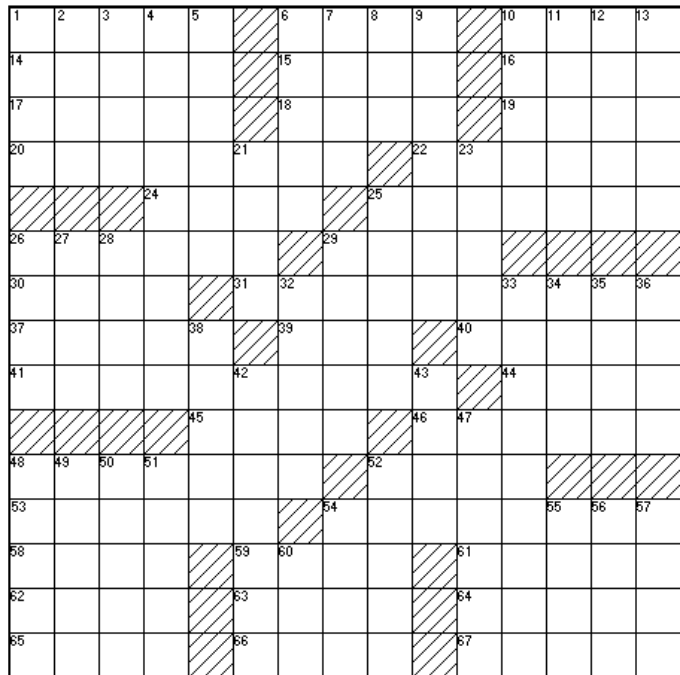
**727-596-2249**

14 ★ [www.dollbros.com](http://www.dollbros.com) 14



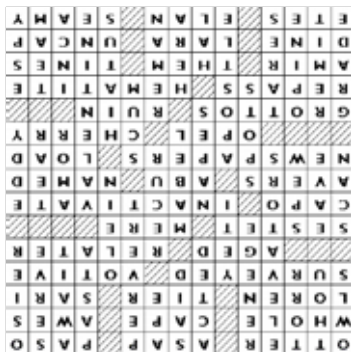
**ACROSS**

- 1. Aquatic carnivorous mammal
- 6. Right away
- 10. El \_\_\_\_\_ Texas
- 14. Entirety
- 15. Worn loose from the shoulders
- 16. Inspires reverence
- 17. Actress Sophia \_\_\_\_\_
- 18. Level
- 19. Indian dress
- 20. Measured and recorded land boundaries
- 22. Fulfillment of a vow
- 24. Matured
- 25. Narrator
- 26. A poem or stanza of 6 lines
- 29. Small lake or pond
- 30. Crime syndicate boss
- 31. Taken out of service
- 37. Affirms
- 39. Capital of the United Arab Emirates, \_\_\_\_\_ Dhabi
- 40. Identified
- 41. Daily information publications
- 44. Burden
- 45. German car company
- 46. Red fruit
- 48. Caverns
- 52. Total destruction
- 53. Overtake again
- 54. Chief ore of iron
- 58. Chieftain
- 59. Not us
- 61. Prongs
- 62. Eat
- 63. Poem by Byron
- 64. Remove a container cover
- 65. French for "Summers"
- 66. Style
- 67. Sordid



**DOWN**

- 1. "Wise" birds
- 2. You (archaic)
- 3. Unit of pressure
- 4. Lifts
- 5. Fail to meet a commitment
- 6. Played the part
- 7. Indicated
- 8. Gorilla or chimpanzee
- 9. Corrupt
- 10. Italian dish
- 11. Expect
- 12. Wait on
- 13. A type of willow
- 21. Abominable snowman
- 23. Naturally occurring glyceride of oleic acid
- 25. Happen again
- 26. Scrutinize
- 27. Projecting overhang
- 28. Expel
- 29. Name that means "My fair maid"
- 32. Backs of necks
- 33. Sweetheart
- 34. God of love (Roman mythology)
- 35. Weep
- 36. Counter-current
- 38. Stains
- 42. Disciple of Christ
- 43. Grime
- 47. Gap or break
- 48. Level at school
- 49. Make payment
- 50. State one's opinion
- 51. Empty weights
- 52. Staff again
- 54. Consort of Zeus (Greek mythology)
- 55. Central American native
- 56. Collective
- 57. See
- 60. Computer in "2001: A Space Odyssey"



February  
Crossword



# COMPUTER HELP AT HOME

- Virus & Spyware Removal • Tune-Ups
- New Computer Set-Up • Wireless Routers
- Repairs/Upgrades • Training • Custom Builds
- Data Backup / Recovery / Destruction • Recycling
- Printers • Cameras • Advice • 36+ Years Experience

**Less than In-Store Prices 727-474-4285**

• Appointments 8 am - 9 pm • 7 Days per Week

**8** ★ [www.LargoTechServices.com](http://www.LargoTechServices.com) **8**

# PAINTING

**Mobile Home Specialist**  
**FREE 727-345-6856**  
 Estimates cell: 727-215-1498

Pin. Cnty. #C-3950

## SOCIA'S



**27** ★ PROFESSIONAL PAINTING & WATERPROOFING **7**

## PALM HARBOR & DUNEDIN

# ELECTRIC

COMPANY INC.

### SPECIALIZING IN SERVICE

- ◆ 21 Years Experience
- ◆ Licensed & Insured
- ◆ Free Estimates



**24 HOUR EMERGENCY SERVICE**

**26** ★  State Lic. EC13002291  **26**

[www.dunedinelectric.com](http://www.dunedinelectric.com)

# 773-1622

# GOLF CARTS

## CLEAN USED & NEW CARTS

Buy • Sell • Trade  
 Repair • All Brands



Sorry, we do not buy or sell RXV's due to very high cost of repair parts.

**We Service ALL makes**  
**WANTED DEAD OR ALIVE**  
 Carts Any Condition • Highest Prices Paid

**NEW MANUFACTURER**  
 Come in and see the New "Star Cars"! After 2 years of researching into new cart manufacturers. They have a 14 year proven track record in manufacturing and customer service. Come in and see more!

**BOB NEEDS OUR HELP!**

Our delivery driver, Bob Davis (whom many of you know and have liked over the years), had a **SERIOUS FALL** while trimming a tree for a needy person on Sunday, August 5th.

He broke bones in his neck plus other injuries. He has NO insurance and he is the sole provider for his family. ANY donation you may be able to help with will be GREATLY APPRECIATED!!!

*Credit card donations gratefully accepted over the phone. For more info call 727-548-8460.*

THANK YOU SO MUCH for anything you may be able to do!

**"No man stands so tall as when he bends to help a child or a friend need"**  
 RECREATIONAL GOLF CARTS, LLC.

8801 66th Street North • Pinellas Park

**14** **OPEN** Mon - Fri 8:30 - 5:00  
 Sat 8:30 - 1:00 **548-8460** **12**

★ (2.8 miles south of Ulmerton Rd.)

# SUB-FLOOR & FLOORING EXPERTS!

## Sub-Floor Repairs



## Laminate Flooring



**FREE**  
ESTIMATES

**30**  
**YRS**  
EXPERIENCE

STATE CERTIFIED  
GENERAL CONTRACTOR  
CGC# 004138

STATE LICENSED  
MOBILE HOME INSTALLER  
IH# 102549/1

LICENSED  
INSURED  
BONDED

FLORIDA  
ANCHOR AND BARRIER  
COMPANY



**727.330.7821**

**800.681.3772**

11590 US HIGHWAY 19 N CLEARWATER, FLORIDA 33764





# EMPORIUM

**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 EMAIL**

## EVENTS & PROGRAMS

East Bay Oaks Annual Carport Sale: Saturday, February 16, 2019, 9AM to 2PM. 601 Starkey Rd Largo, FL 33771

Carport Sale - February 16th, Rancho Village, Ulmerton Rd, 8am-3pm

**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! 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 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, 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.

**CARPORT SALE:** Clearwater Cascades MHP, 9790 66th St. N., Pinellas Park. Sat. Feb. 23rd, 8am-12pm.

Colonial Village Flea Market, 2000 East Bay Dr. Sat. Feb. 23rd, 8-12 noon.

**SHADY LANE OAKS ANNUAL BAZAAR:** February 9, 2019, 9:00am-1:00pm. Shady Lane Oaks, 15777 Bolesta Rd., Clearwater. Breakfast and Lunch available. Collectibles, household items, furniture and more. 50/50 drawing and raffles.

Shangri-La Annual Bazaar, 249 Jasper St. off Missouri. Many items, too numerous to mention. Bake Sale. February 16th, 8am-1:00pm.

Art in the Park: Lake Seminole Resort 10245 110th Ave. February 17th, 1-4pm.

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!

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.

**HUGE SALE:** Saturday, Feb. 2nd. Eldorado Village Mobile Home Park, Community Hall 8:00am-1:00pm. 2505 East Bay Dr. Largo (East Bay & Starkey).

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, clothing, household, tools, collectibles, Treasures for sale! Canteen open for food. Early entry @ 8am \$1.

Vendors Wanted! Paradise Island Annual Flea Market, March 9th. 60+ spaces sold each year. Tables are \$15 for wall, and \$10 for interior. Please call 727-953-3616 or email me at wtc@tampabay.rr.com for info.

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

Annual Yard Sale. February 2nd 2019 8am - 11:30am in Crosswinds MHP 4125 Park St. N., St Petersburg.

**RUMMAGE - HUGE BAKE SALE - DUNEDIN.** Saturday, February 23rd, 2019, 8:00AM-2:00PM, Lake Haven Mobile Home Park - Treasure Cove Clubhouse. 1415 Main St. (SR580). South on Lake Haven Road, East into Treasure Cove, watch for signs. Small Appliances, Linens, Clothing, Furniture, GREAT BAKE SALE, Coffee, Soda, Water & Lunch available

Golden Gate MHP, 8201 40th St. N. Amazing Ladies' Botiques - 8AM-12PM. Clothes sizes 6-3X. Jewelry, Shoes, Purses, all clean, excellent condition. Reasonable.

**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.

White Elephant and Bake Sale: Sat.. March 2, 8am-1pm. Appliances, small furniture, home décor, lamps, dishes, linens, jewelry, baked goods, etc. Lake Highlander Park, 1500 County Road 1, Dunedin, FL.

**ANNUAL BAZAAR** - Lincolnshire Estates: 1071 Donegan Rd, Largo. Sat., Feb. 2 8-noon. Breakfast and Lunch Available.

La Plaza MHP Carport Sale: 6700 150th Ave. N., Clearwater. Friday-Saturday, February 22nd-23rd, 8am-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.

## Emporium Continued

CARPOR SALE: Gateway MHP, Sat., Feb. 2nd, 8am-2pm. 10100 Gandy Blvd., St. Petersburg.

Down Yonder Ladies Auxiliary Bazaar. Sat., Feb. 23, 8-12noon. 7001 142nd Ave. N., Largo.

### WANTED TO BUY

FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780

Wanted To Buy - Adult 3 Wheel Bike. Call 727-421-9573

### ARTICLES FOR SALE

Three bike rack trunk mount. Excellent condition, \$50. Bob 727-437-7286

2008 Mercury Sable, One owner, Good shape. 83,000 K, \$4,000.00 OBO. Please Call: 727-453-2539

Curio cabinet, hummels, angels, lighthouses, cherry wood, lights up inside. 717-669-7160.

1890's antique mantel clock, excellent condition, needs cleaned. 717-669-7160.

Bushels new pastel yarns, 6 pc new luggage set. 727-401-1076

## 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:



220 Bahama St. • Venice, FL 34285  
[info@monthly-media.com](mailto: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 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:**

Karen Cook..... \$100 .....	Custom Cooling & Heating Inc.	Lora Brown..... \$5 .....	Appliance Specialty, Inc.
Beverly Parkinson..... \$10 .....	Dental Walk in Clinic	Ron Benoit..... \$5 .....	Heller's Mobile Home Wash
Russell Sapia..... \$10 .....	Imperial Electric Service of Pinellas	Richard Fletcher..... \$5 .....	Battleline Termite & Pest Control, Inc.
Harriette Reimer..... \$10 .....	Debbie's Salon	Verna Balcerok..... \$5 .....	Royal Enterprises
Marcia Fay..... \$10 .....	Jones & Sons Plumbing, Inc.	Deane Fink..... \$5 .....	Debbie's Salon
Portland Smith..... \$10 .....	Bill The Carpet Guy	Brenda King..... \$5 .....	Appliance Specialty, Inc.
John Leeh..... \$10 .....	Doll Brothers Carpet Cleaners	John Wood..... \$5 .....	Natures Resource Pest Control, Inc.
Lois Wysockowski..... \$10 .....	Haseney Electrical Services, Inc	Lee White..... \$5 .....	Imperial Electric Service of Pinellas
Dolores Dwelis..... \$10 .....	Air Masters of Pinellas, Inc.	Peggy Hedden..... \$5 .....	Jones & Sons Plumbing, Inc.
Richard Proctor..... \$10 .....	Royal Enterprises	Barbara Grogan..... \$5 .....	Largo Tech Services, LLC
Bobbie Faulkner..... \$10 .....	Heller's Mobile Home Washing	Tim Garlsline..... \$5 .....	Modern AC & Appliance Service
Anne Marshlow..... \$10 .....	Ron Wyngarden MH Wash, LLC	Fran Doyle..... \$5 .....	Doll Brothers Upholstery Cleaners
William Wilson..... \$10 .....	Appliance Specialty, Inc.	Roger Smith..... \$5 .....	Community Roofing of Florida, Inc.
Richard Frechette..... \$10 .....	Battleline Termite & Pest Control, Inc.	Terri MacGilvray..... \$5 .....	Battleline Termite & Pest Control, Inc.
Lindell Miller..... \$5 .....	Heller's Mobile Home Wash	Peter Lenorewoods..... \$5 .....	Imperial 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..... \$5 .....	1st Class Handyman Service, Inc.
Frank Novara..... \$5 .....	Air Masters of Pinellas, Inc.	Edwin Palka..... \$5 .....	Buggin Out Pest Control, Inc.
Robert Lemaster..... \$5 .....	Modern AC & Appliance Service	Alma Bunting..... \$5 .....	Heller's Mobile Home Wash
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 .....	Palm Harbor & Dunedin Electric
Jerry Sonnenberg..... \$5 .....	Dunedin Plumbing, Inc.	Michael Contant..... \$5 .....	Air Masters of Pinellas, Inc.
Richard Milner..... \$5 .....	Tarpon Pest Control	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.



# MOBILE HOME WASHING

## Hand Washing

Ed Since 1988

LICENSED &amp; INSURED

 Single or  
Double Wide

**\$79<sup>00</sup>**
**733-1166**

 Triple Wide or Special Additions  
May Be Extra  
Screen Removal  
Not Necessary

**Heller's Mobile Home Washing**

ASK ABOUT OUR OTHER SERVICES

29



27

# MOBILE HOME DEPOT

**YOUR MOBILE HOME PARTS WAREHOUSE!**

• Mobile Home Supplies • RV Accessories • Aluminum Products

**26 ★ Do It Yourself & Save! 13**

 • Largo - 13777 66th Street North • **535-1100**

 • New Port Richey - 7118 U.S. Hwy. 19 • **849-4900**

 Store Hours: M - F 8-5 • Sat. 8-12  
[www.mobilehomedepot.net](http://www.mobilehomedepot.net)


# FLORIDA Under Home SOLUTIONS

where budgets and home solutions meet

## AFFORDABLE VAPOR BARRIER

**Have You Looked UNDER  
Your Home Lately? PROTECT  
YOUR HOME**
**Fix Small Problems Today  
Before They Cause Serious Damage!**

We will inspect and photograph any issues, showing you pictures of the underside of your home. Damaged &amp; worn vapor barriers can create high energy costs and allow mold &amp; mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture &amp; Animals out of your Home.


 Repairs will be made quickly and include a  
**20 Year Transferable Warranty!**
**10%  
MILITARY  
DISCOUNT**

 Call Us for a **FREE NO-PRESSURE No-Obligation Estimate**

7

**727-492-1884**

 • Licensed  
#OCL0027169

7

[info@FloridaUnderHomeSolutions.com](mailto:info@FloridaUnderHomeSolutions.com) • Bonded • Insured

# E&E GLIDDON

## Air Conditioning & Electric

## AIR DUCT CLEANING

- Deep Scrub by Rotobrush Cleaning
- Sanitizing/Deodorizing
- Ultra Violet (UV) Treatment System
- Hepa Filter

**\$45<sup>00</sup>** Service Call  
or Inspection

M - Fri 8am-4:30pm

**727-546-4343**

Lic # CAC024340

Lic # ER0014368

# HAVE YOU SUFFERED FROM WATER OR FLOOD DAMAGE?

**Fully  
Guaranteed  
Property  
Repair Service  
& Floor Repairs**

 Call Us for a **FREE  
NO-PRESSURE No-Obligation Estimate**
**727-288-4680**

 • Licensed  
• Bonded • Insured

[flatworksremodel@yahoo.com](mailto:flatworksremodel@yahoo.com)

7

**FlatWorks  
INCORPORATED**


7

CGC #1511054

Paid advertisement by FLUHS, Inc. d/b/a A&amp;E Services