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MONTHLY  
MEDIA  
Newsletters

484-7488

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## February • 2026

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49<sup>th</sup> Year

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# February Word Search

C	G	M	S	E	R	V	I	C	E	F	M	S
O	S	L	E	B	W	F	C	I	S	U	M	U
L	N	A	K	D	A	O	I	I	R	Z	Z	O
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baggage  
bats  
balls  
blaze  
blown  
colorful  
dekes

field  
fight  
fuzzy  
ground  
lease  
master  
medium

music  
newt  
opera  
outside  
parges  
plane  
poet

practical  
raffle  
service  
singer  
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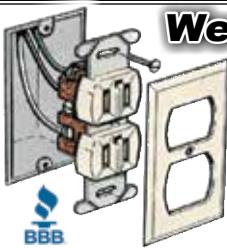
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## **Publishers Note:**

Monthly Media has published The Lake Highlander Piper (at no cost to your community) for decades and we very much want to continue providing a printed version for all the community residents. A printed newsletter showcases important community events and activities, as well as shares messages from dozens of businesses that provide valuable products and services for the Lake Highlander residents. Digital and e-mail newsletter alternatives are convenient and they are a great compliment to the printed version, we publish this newsletter online too. However, a digital only newsletter as a replacement to this printed version might leave some residents in the dark.

**The printed Lake Highlander Piper provides the following:**

- Familiar formatted community news ready for you to read
- No websites or cluttered e-mail in-boxes to comb though to find your community news
- Relevant businesses who offer specialized services for your home and lifestyle
- Puzzles and games for you to enjoy throughout the month
- Monthly Media's Emporium page where we showcase home goods for sale, other Pinellas County community events for you to visit (craft fairs, bake sales, etc.), and many other great classified listings

**If you would like to keep Lake Highlander specific info published in this newsletter please let your community leaders know!**

-Monthly Media Staff

## **Attention Lake Highlander Residents**

### **Editor Needed!!!**

**Would you like to see Lake Highlander related articles in your newsletter?**

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

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**If you would be interested please contact  
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## Meeting of minds

The famous movie actor/director Charlie Chaplin once met the world-renowned physicist Albert Einstein at a public event. According to the Storypick website, Einstein told the comedian: “What I most admire about your art is your universality. You don’t say a word, yet the world understands you.”

To which Chaplin replied, “True. But your glory is even greater. The whole world admires you, even though they don’t understand a word of what you say.”

## Mistaken identity

Even Queen Elizabeth II sometimes goes unrecognized. A story from the Hello magazine website tells of a time when the queen’s car drove up to the Royal Windsor Horse Show in 1991. A guard walked up and told her, “Sorry, love, you can’t come in without a sticker.”

Unfazed, her majesty answered, “I think if you check, I will be allowed to come in.”

He did, and she was. The guard admitted later that he’d thought the queen was just “some old dear” who was lost.

## Penalty box

Gordie Howe was one of the greatest hockey players of all time. One night his team, the Detroit Red Wings, was playing the Toronto Maple Leafs at Maple Leaf Gardens. Howe believed one referee was favoring the home team, so he skated over and asked, “Hey, refer, what would you do if I called you a homer?” (a sports official who makes obvious calls for the home team.)

“I’d have to give you two minutes in the penalty box,” the ref replied.

“What would you do if I only thought you were a homer?”

“I couldn’t do anything. Your thoughts are your own.”

“Good, because I think you’re a ----ing homer!”

And yes, Howe got two minutes in the penalty box.



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## A little praise

**A**s a speechwriter for presidents Ronald Reagan and George H.W. Bush, Peggy Noonan introduced such phrases as “a thousand points of light” into the vernacular. But she derived her greatest personal satisfaction from a simple note of praise.

As recounted in her book, *What I Saw at the Revolution* (Ivy Books), four months into her job as Reagan’s speechwriter, Noonan had yet to meet the boss. Then he returned the draft of one of her speeches bearing the hand-scrawled words “Very Good.”

Noonan was overjoyed—so overjoyed that she cut out the note, taped it to her blouse, and walked the halls beaming with the pride of a schoolgirl who’d suddenly discovered she was teacher’s pet.

## Handling the press

**R**ock star David Bowie knew how to charm reporters. According to the Digital Spy website, when a magazine ran a series on some of the journalists who’d interviewed him over the years, they discovered that he’d played the same trick on them over and over again:

Bowie would schedule a 45-minute interview. When his aide came in to show the reporter out, he’d say, “Look, I know we’re on a schedule, but we’re having such fun here, could we do an extra 15 minutes?” Every journalist felt flattered by the attention, which usually resulted in a positive review of whatever album Bowie was publicizing. Only years later did they realize that he’d scheduled them for a full hour all along.

## Quotes:

**W**e are storytelling animals and cannot bear to acknowledge the ordinariness of our daily lives.  
—Stephen Jay Gould

Storytelling reveals meaning without committing the error of defining it.  
—Hannah Arendt



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## Daydreaming can be good for you

**D**aydreams aren't necessarily a waste of time. We daydream for different reasons, but it can have a positive affect on your life and career. Consider these facts about daydreaming from the LiveScience website:

- Daydreaming can be controlled—up to a point. Most people daydream intentionally because they're bored or working on something simple. When tasks require more concentration, drifting off is less frequent, but still happens.
- Blinking is a clue. Wonder if someone is daydreaming while you're talking? Look closely at their eyes. Studies show that people blink more often and more rapidly when they daydream.
- Daydreaming can help with problem solving. Let your mind wander when you're working on a tough problem. Scientists have observed that the areas of the brain involved in problem solving turn more active when we daydream.

## These thoughtful habits can spark your imagination

**E**ven if you don't think of yourself as the creative type, you can always amp your imagination up with a little effort. Keep this advice in mind when you're searching for an original idea or an innovative solution:

- **Meditate.** Spend some time each day visualizing something pleasant and peaceful. It doesn't have to relate to anything you're working on—just picture a lake, a forest, or even a loved one. You'll relax your brain and body while creating a mental environment that attracts fresh thinking.
- **Pretend.** Look at ordinary objects around you and pretend they're something different. Your pen is a magic wand, for example, or a pair of scissors is a spaceship. Explore the premise, and you'll teach your mind to look at everything a little differently.
- **Try something new.** Break out of your routine on a regular basis. Read a book on a subject you're unfamiliar with, try a new sport, talk to someone you don't know well. Different experiences can help loosen up stiff ways of thinking about things.
- **Commit some art.** Try sketching a picture or writing a poem. It doesn't have to be a masterpiece. Just give yourself mind and body space to roam in a fresh direction. You may see and hear the world differently later.

## Quotes:

**E**very child is an artist; the problem is staying an artist when you grow up.  
—Pablo Picasso

It is better to fail in originality than to succeed in imitation.  
—Herman Melville



## Monthly

**A**frican American History Month. An annual observance to recognize and commemorate African American culture, African American History Month (or Black History Month) is celebrated annually in the United States and Canada in February, and in the United Kingdom in October.

**Dog Training Education Month.** Every day of the month, perform one training activity with your dog: jumping, herding, racing, etc. By the end of the month, you'll notice an improvement in your dog's temperament, and you'll share a closer bond.

**National Haiku Writing Month.** Write one haiku a day throughout February—the shortest month for the world's shortest genre of poetry. Don't think writing a good haiku is easy, though. As French philosopher and literary theorist Roland Barthes once observed, "Haiku has this rather fantasmagorical property: That we always suppose we ourselves can write such things easily."

**Teen Dating Violence Awareness Month.** A national effort to raise awareness about abuse in teen and 20-something relationships and promote programs that prevent it. One in three teens in the United States will experience physical, sexual, or emotional abuse by a partner in a relationship before they become adults. Spread awareness, and stop dating abuse before it starts.

## Weekly

**B**urn Awareness Week, Feb. 1-7. Observed the first full week in February, Burn Awareness Week is intended to provide an opportunity for burn, fire, and life safety educators to share the message of burn awareness and prevention in communities around the nation.

**National School Counseling Week, Feb. 1-5.** This year's theme, "School Counseling: Helping Students Realize Their Potential," will focus public attention on the unique contribution of school counselors and highlight the tremendous impact they can have in helping students achieve school success and plan for a career.

**Children of Alcoholics Week, Feb. 8-14.** A campaign led by the National Association for Children of Alcoholics (NACOA) to raise awareness of children affected by parental alcohol problems. Children of Alcoholics Week is celebrated internationally each year during the week in which Valentine's Day falls.

**National Invasive Species Awareness Week, Feb. 23-27.** Raise awareness and identify solutions to invasive species issues at local, state, tribal, regional, international, and national levels. Participating organizations include the Association of Fish and Wildlife Agencies, the Environmental Law Institute, and the Nature Conservancy.



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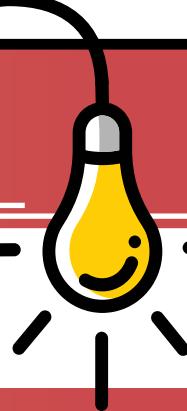


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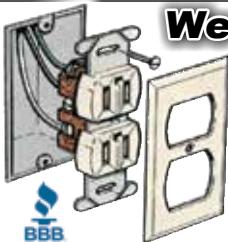
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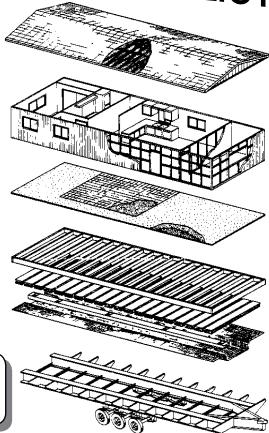
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## Your family's medical history may be key to a longer life

**F**itness and a good diet are important to staying healthy and living longer, but scientists say our genetic traits and inheritance also determine health and longevity. By keeping track of your family's medical history, you and your doctor may be able to detect diseases you're likely to develop before they get the best of you. Here's what to learn:

### Whom should you ask to find out about your family's health/medical history?

- Mother
- Father
- Siblings
- Aunts
- Uncles



### What information should you document?

- Causes of death
- Diseases and disorders, such as visual impairment, glaucoma, hearing impairment, obesity, diabetes, high blood pressure, coronary heart disease, cancers, depression, muscular dystrophy, Tay-Sachs disease, hypothyroidism, Down syndrome, etc.
- Habits, such as smoking, diet, alcohol or drug use, exercise, and fitness.

### Where should you keep the information?

Record your family's health and medical history in a journal. Create a chart or family tree listing any health traits under each person's name. Take the journal with you whenever you or your immediate family members are scheduled to see your family physician. Share all of your findings on your family's medical history with your doctor and record any new information after each physical.

## Listen to the advice of these millionaires

**T**o manage your money wisely, good advice is imperative. Listen to these words of wisdom from millionaires around the world:

- Robert Kiyosaki, author of *Rich Dad, Poor Dad* (Warner Books): "It's not how much money you make, but how much money you keep."
- Warren Buffett, investor: "Never depend on a single income. Make investments to create a second source."
- Tony Robbins, inspirational speaker: "Don't think in terms of taking huge risks to get huge rewards. Think about the least amount of risk for the greater reward, and be disciplined about that."
- Dave Ramsey, entrepreneur and radio host: "Financial peace isn't the acquisition of stuff. It's learning to live on less than you make, so you can give money back and have money to invest."





## Help out friends when they're sick

**A** friend is sick. Sending a get-well card is nice, but for a serious illness, it's not enough. What can you do to really help? Try some of these thoughtful gestures:

- Text when you're at the store: "Can I pick up anything for you?"
- Plan a lunch date.
- Offer to run their errands.
- Help out around the house, cleaning up or doing laundry.
- Offer to drive to doctors' appointments, the store, or anywhere else they need to go.

## Get up and work out

**T**he alarm rings. Do you leap out of bed to head for the gym? Or hit snooze and tell yourself you'll work out tomorrow? Motivating yourself to get up and start exercising can be tough. If you give in to temptation to skip the health club more than you'd like, try these tips to get moving:

- Watch what you eat before bedtime. A heavy snack right before you hit the mattress will make you feel lethargic in the morning. Stick to fruit, vegetables, and lean, protein-rich foods, and don't eat anything for at least 90 minutes before you go to bed.
- Go to bed early. You'll wake up feeling refreshed and ready to work out if you get enough sleep—seven to eight hours. Limit your TV, computer, and cellphone use before bedtime so you can get to sleep easier.
- Look forward to something. Don't think of exercise as drudgery. Find something you enjoy about it so you wake up excited about hitting the gym, or give yourself a reward for working out once you're finished.
- Find a workout buddy. Exercising alone can be boring. Ask around your neighborhood, workplace, or health club and find someone who works out on the same schedule you do. When you know you've got someone waiting for you, you'll be more motivated to show up.

## Quotes:

Health is the natural condition. When sickness occurs, it is a sign that nature has gone off course because of a physical or mental imbalance.

—Jostein Gaarder

Health is more than the absence of disease. Health is about jobs and employment, education, the environment, and all of those things that go into making us healthy.

—Joycelyn Elders

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## Feeling sick? Don't depend on the internet for a cure

The internet is good for some things, but when you want to find out what's making you feel sick, you're generally better off with your doctor than with a medical website or smartphone app. That's the diagnosis of a study by Harvard Medical School that was recently written up in the JAMA Internal Medicine journal.

The research involved 234 physicians and 23 diagnostic tools offered by such websites as the Mayo Clinic and Web MD, along with apps for the iPhone and Android smartphones. Given 45 hypothetical patients and their symptoms, the human doctors got the correct diagnosis right away in 72 percent of the cases, while the computerized symptom checkers were correct only 34 percent of the time.



When asked to provide not one but three possible diagnoses, physicians again outperformed their technological counterparts, hitting the right diagnosis with their top three 84 percent of the time. Websites and apps found the correct diagnosis just 51 percent of the time.

So although you might be tempted to just Google your symptoms and head to the drugstore, most of the time you're better making an appointment with your doctor.

## Spare your back by lifting safely

A major cause of back pain and injury is improperly lifting heavy items at work or in the home. Remember these basic techniques for safe lifting:

- Assess whether you need help. Before you even think of lifting an object, ask yourself whether you can really handle the load alone or you should ask a co-worker for assistance, or get some kind of mechanical aid, like a dolly.
- Always bend your knees. Bending at the waist when you lift something strains your back. Bending at the knees helps you maintain your balance and lets your stronger leg muscles do the work of lifting.
- Hug your load. Keep the object as close to your body as you can. Gradually straighten your legs to a standing position.
- Don't twist. Twisting can overload your spine and cause serious injury. Keep your feet, knees, and torso pointed in the same direction when you lift.
- Put your load down carefully. Use the same techniques in setting down the object that you do when lifting it.

## Quote:

We must respect the past and mistrust the present if we wish to provide for the safety of the future.  
—Joseph Joubert



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## Eating healthy: The choices we make

**M**ore Americans are trying to make healthier choices about the food they buy and eat these days. A study of 2,000 consumers by health food manufacturer Earth Balance looked at the foods we're buying and why we choose them. Here's a look at the top "better for you" selections:

- **Dairy products:** 29 percent
- **Alternative oils and fats (such as avocado, sunflower, or coconut oil):** 28 percent
- **Alternative snacks (gluten-free crackers, Greek yogurt, etc.):** 28 percent
- **"Superfoods" (such as chia, quinoa, and acai):** 28 percent
- **Plant-based proteins (lentils, spirulina, and so forth):** 18 percent
- **Wheat flour alternatives:** 12 percent

## How are you spending your days?

**Y**ou may think you're working out a lot. But as a percentage of your lifespan, it's probably not that much. In fact, a global study by Reebok found that the average human spends less than 1 percent of his or her entire life exercising—0.69 percent to be exact.

The Reebok study is part of the 25,915 Days campaign, which is named for the number of days in the average human lifespan of 71 years. The survey data came from more than 90,000 respondents the United States, United Kingdom, Canada, Germany, France, Mexico, Russia, Korea, and Spain. In terms of days spent on specific activities, here's what Reebok found:

- **Exercise:** 180 days
- **Looking at a tech device:** 10,625 days
- **Sitting down:** 7,709 days
- **Socializing with family and friends:** 1,765 days



## Quotes:

**I**f people do not believe that mathematics is simple, it is only because they do not realize how complicated life is.

—John Louis von Neumann

The essence of mathematics is not to make simple things complicated, but to make complicated things simple.

—S. Gudder





## An ancient mystery: How old are Saturn's rings?

The rings of Saturn have dazzled humans ever since they were found in the sky, but they contain many unexplained mysteries. One is how old they are. One theory states that they date back approximately 4.6 billion years; another suggests that they're just 100 million years old.

Scientists backing the younger theory contend that the rings should show more evidence of space debris from the Kuiper Belt, which would make them darker than they appear today. Proponents of the older view note that the rings were probably created by a moon or some other icy object falling apart as it passed close by Saturn, an event which doesn't seem to have happened in recent times ("recent" in astronomical terms, at any rate).

Some of the trouble comes from not knowing precisely how massive the rings are—a lighter series of rings could have formed more recently than a heavy-scale one.

The case may be solved by the Cassini space probe, which is scheduled to fly between Saturn and its rings in September 2017 on the last leg of its mission. Inside the rings, researchers can measure the gravitational pull on Cassini from both directions and compare those figures with earlier data from orbits farther out, when Saturn and the rings tugged the probe together from the same direction. Scientists are eager to know—according to the Science News website, researchers have a betting pool on the findings.

## One more reason to fear spiders? Their hearing

Spiders can't "hear" exactly, but they can sense and respond to vibrations in the air over relatively long distances. Until recently, scientists believed they were only sensitive to sounds from a few inches away. However, the Sci-News website reports that researchers at Cornell University have found that jumping spiders (*Phidippus audax*) can pick up low-frequency sounds from up to 10 feet away.

The spiders apparently sense vibrations through the hairs on their forelegs, which produce a response in acoustically sensitive neurons. Physically probing a single hair produced the same type of response. The jumping spiders are most sensitive to frequencies produced by the wingbeats of wasps, one of their natural enemies. Scientists plan to examine the brains of fishing spiders and wolf spiders for similar abilities.

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ARTICLES FOR SALE	DORAL VILLAGE YARD SALE BAZAAR, Saturday, February 28th, 8am-1pm, 29250 US Hwy 19 N, Clearwater. Furniture, Clothing, Linens, Books, Electronics, Glassware, Jewelry, Kitchen Items, Baked Goods, Lunch, and Great Raffles and Prizes!	Rummage Sale, Unitarian Universalists of Clearwater, 2470 Nursery Rd, Clearwater, Saturday March 7, 8am-2pm. Kitchen ware, home decor, books, clothing/accessories, linens and more
EVENTS & PROGRAMS	 ATTENTION RESIDENTS! Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something. -Monthly Media Staff	Crafters Wanted March 21st at Palm Hill Country Club. 401 8th Ave, Largo, 8am - 1pm. Contact Tom Sagitas at 727-315-4369. \$20 per table.
ANNUAL RANCHERO VILLAGE CARPORT SALE. Ranchero Village, 7100 Ulmerton Road, Largo, will be hosting their annual carport sale on Saturday, February 7, 2026 from 8 AM to 8 PM. A wide variety of items will be for sale throughout the park!	Embassy Mobile Park, Inc. Rummage Sale, Saturday, February 7th, 9:00 a.m. to 2:00 p.m., in the clubhouse on 4th Street. 16416 US Highway 19 N., Clearwater - Largo area. Off East Bay just West of Tri-City Plaza; come in by Wendy's onto Pine Forest Drive.	Paradise Island Annual Flea Market, March 28th 9am-2pm. 1001 Starkey Rd. Largo. 8am early entrance \$1.00. Large selection of home goods, tools, furniture, linens, clothes, bake sale and more. Follow signs for Clubhouse.
Clearwater Cascade park-wide yard sale. Saturday, February 21, 8:00am - 2:00pm. 9790 66th Street N, Pinellas Park	Blue Jay Estates - Annual Community Rummage Sale. Friday and Saturday, February 27 and 28, 2026. 8am - 1pm. Bake Sale and Lunch available both days. In clubhouse and deck. 2755 Curlew Road, Palm Harbor, FL 34684	

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## Romanian find sparks ancient astronaut theories

A thousands-year-old piece of aluminum is generating controversy and fueling theories that aliens visited Earth in the distant past. The shard of metal, which resembles the head of an axe, was discovered in Romania in 1973, when that nation was still part of the now-defunct Soviet Union. The shard and two bones were found approximately 30 feet under the ground on the shores of the Mures River, near the town of Aiud. All three objects were taken to the Transylvanian city of Cluj for testing.

The bones were determined to be from a mammal 10,000-80,000 years old, but analysis showed that the lightweight metal was manufactured some 250,000 years ago. The findings were confirmed by a laboratory in Lausanne, Switzerland. More recent tests, however, suggest a younger age, although with a wide range—anywhere from 400 years old to 80,000 years old. Still, aluminum production began only about 200 years ago, making the metal much older than any previously found by archeologists.

The discovery has sparked speculation by UFO theorists, but a more prosaic explanation is at hand: A local Romanian historian believes it could have come from a German aircraft during WW II, although that doesn't explain the artifact's apparent ancient age.

## Top TV shows reflect their state

What's the most popular show in your state? The folks at the CableTV website crunched the numbers on the 200 most popular TV shows as identified by IMBD, and cross-referenced them with data from Google Trends. One interesting finding: Top shows in some states are programs shot or taking place in that state. For example:

- California
- Colorado
- District of Columbia
- Hawaii
- Louisiana

- Silicon Valley*
- South Park*
- Scandal*
- Lost*
- Queen Sugar*



- Maryland
- Massachusetts
- New Jersey
- New Mexico
- New York
- Tennessee

- The Wire*
- Ray Donovan*
- The Sopranos*
- Breaking Bad*
- Gotham*
- Nashville*

## Quotes:

**A**n experiment is a question which science poses to nature, and a measurement is the recording of nature's answer.  
—Max Planck

Science is the acceptance of what works and the rejection of what does not. That needs more courage than we might think.  
—Jacob Bronowski



## Einstein in 'Tinsel Town'

In his book *Great Hollywood Wit*, famed movie critic Gene Shalit recounts this famous Hollywood anecdote. Albert Einstein once ventured into the alternate universe known as Hollywood. Many celebrities made it their business to get invited to the sumptuous bash thrown in the physicist's honor. No doubt many at the star-studded event had heard of his theory of relativity—but it's unlikely that many understood it. At the party, it came to pass that one of the 20th century's greatest minds was introduced to Jack Warner, a movie producer who ruled Hollywood for many years. Warner's studio was responsible for introducing stars like Bette Davis, Humphrey Bogart—and Bugs Bunny. When Einstein was introduced to Warner, the movie maker said, "I have my own theory of relatives. Don't hire 'em."



## Things you'll never hear your consultant say:

- You're right; we're billing you way too much for this.
- How about you only pay me based on the success of this project.
- The whole strategy is based on a Harvard business case I read the other night.
- I don't know enough about that to speak about it intelligently.
- Implementation? I was just going to write a long report for you.
- The only real problem you have is too much work for too few people.
- Everything looks OK to me. You really don't need me.

## No future in it

**J**ohn: "I don't think Steve is going to make it as a speaker." Ed: "Why?" John: "Because yesterday, when he asked if they could hear him in the back, and the answer was no, everyone in the front moved to the back."



### *On success*

*If you have achieved any level of success, then pour it into someone else. Success is not success without a successor.*

—T.D. Jakes

*There are no secrets to success. Don't waste time looking for them. Success is the result of perfection, hard work, learning from failure, loyalty to those for whom you work, and persistence.*

—Colin Powell



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