

CRYSTAL LAKE OGOURIERO B

November • 2025

Issue 9
49th Year

An early morning view of Lake Seminole, taken from the dock at Lake Seminole resort.

Thank you Pam for this great picture.

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	crystallake@lakeshoremhc.com
Maintenance	Scott Sheppard
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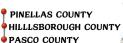
ASK about financing

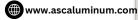




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Attention Crystal Lake Residents Editor Needed!!!

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If you would be interested please contact Monthly Media at 727-484-7488 or newsletter@monthly-media.com



Do you belong to 'Team Coyote'?

In their book, Beep! Beep! Competing in the Age of the Road Runner, Chip R. Bell and Oren Harari discuss the messages we can learn from one of the most recognizable pair of antagonists around: Wile E. Coyote and the Road Runner. The authors describe two different cartoons:

In one, the coyote holds a medicine bottle labeled "Acme Hi-Speed Tonic—Contains vitamins R+P+M." When he gives a spoonful to a small mouse, the rodent zooms around at jet speed. The coyote drinks the whole bottle and zips off after the Road Runner. But the Road Runner stops suddenly, sticks out his foot, and trips Mr. Coyote.

The second cartoon begins with a close shot on a box labeled: "One Acme Jet-Propelled Pogo Stick." Wile E. removes the pogo stick from the box, switches it on, mounts it, and waits for the Road Runner. As the Road Runner races by, Wile E. begins bouncing up and down after him. But soon the coyote loses control of the stick and falls backward over a cliff.

"What these scenes show is that you cannot remain a coyote and expect to compete against road runners by simply copying their movements," write the authors. "Sure, the coyote can buy high-speed tonic or jet-propelled pogo sticks, but his body and soul are still coyote. If you are a coyote team or organization, no matter what fads or quick fixes you jump into, you are just imitating a road runner—and the real thing will beat you every time."

What is a moment really worth?

n the bulletin board of a California company, someone once posted this sign to remind everyone of how time is relative—but the value of time is priceless:

- To realize the value of **one year:** Ask the student who has failed his final exam.
- To realize the value of **one month:** Ask the mother who has given birth to a premature baby.
- To realize the value of **one week:** Ask the editor of a weekly newspaper.
- To realize the value of **one day:** Ask the daily wage laborer who has 10 kids to feed.
- To realize the value of **an hour:** Ask the lovers who are waiting to meet.
- To realize the value of **a minute:** Ask the person who has missed the train, the bus, or the plane.
- To realize the value of a second: Ask the person who has survived an accident.
- To realize the value of a millisecond: Ask the person who has won a silver medal in the Olympics.



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In dreams, you can control your reality

The movie *Inception* explored the idea of controlling one's dreams. Although that featured collapsing cities and struggles in zero gravity, the concept of guiding your own dreams isn't so outlandish. "Lucid dreaming" can allow you to fly, conquer nightmares, and solve real-life problems.

Here's how to take control of your nighttime visions:

- **Keep a dream journal.** The first step to controlling dreams is remembering them. Keep a journal close to your bed, and write down any dream you have as soon as you wake up (or keep a digital voice recorder handy). Look for recurring themes—people, situations, etc. This trains your brain to become more aware of dream activity.
- **Do a "dream check."** Throughout the day, pause and ask yourself, "Am I dreaming?" This trains your mind to start asking the same question while you're asleep.
- Nap. Some studies suggest the best time to attempt a lucid dream is during a nap taken a few hours after getting up in the morning. If you wake up during a dream, stay quiet and try to return to the dream as you drift off again.
- **Perform a reality check.** After some practice, you'll start being aware of the fact that you're in a dream. To confirm this, try some experiments: Look at a clock, turn away, then look again. In dreams, the time will change. Or look at yourself in a mirror; in a dream, the image you see will be distorted or blurry.
- Take off! Once you're aware that you're dreaming, try taking charge of the environment. Jump up and down to see if you can fly, for example. If you're having a nightmare, confront the danger instead of running away; this can reduce the fear you feel when you

'Double' your brain power with this exercise

ere's a simple exercise for your brain: Pick a small number and then double it in your mind—no paper, no calculator. How far can you get?

Take the number 7, for example:

7, 14, 28, 56, 112, 224, 448, 896 . . .

Most people can get close to 10 doublings. Try reaching 20 to really test your concentration. By the way, 7 doubled 20 times is 3,670,016 (but we cheated and used a calculator).

Quotes:

Ye met a few people in my time who were enthusiastic about hard work. And it was just my luck that all of them happened to be men I was working for at the time.

—Bill Gold

Don't waste time learning the "tricks of the trade." Instead, learn the trade. —*unknown*

People who work sitting down get paid more than people who work standing up. — Ogden Nash



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NOVEMBER

ACROSS

- 1. Distinctive flair
- 5. Operatic solos
- 10. Money owed
- 14. Location
- 15. Dining room furniture
- 16. Margarine
- 17. Skidoo
- 19. Ice cream holder
- 20. Poetic dusk
- 21. Licoricelike flavor
- 22. Canvas shelters
- 23. Smiled contemptuously
- 25. Coming and
- 27. Donkey
- 28. Relax
- 31. Burn maliciously
- 34. High, low and neap
- 35. Orange pekoe
- 36. Salt Lake state
- 37. Fine thread
- 38. Female chickens
- 39. Bite
- 40. Shabby
- 41. Woman's undergarment
- 42. University
- 44. What we breathe
- 45. Angler's basket
- 46. Implore
- 50. Extraterrestrial
- 52. Tropical vine
- 54. 56 in Roman numerals
- 55. Backwards "Door"
- 56. Elephantine
- 58. Strike heavily
- 59. Coral island
- 60. Norse god
- 61. If not
- 62. Segments of DNA

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- 2. Flax fabric
- 3. Redress
- 4. Not used
- 5. Makes amends

- 6. Fanatical
- 7. Nile bird
- 8. Supposedly
- 9. Behold
- 10. Instructor
- 11. Stetched
- 12. Not straight
- 13. Foot digits
- 18. Fen
- 22. Fastens
- 24. Every single one
- 26. Curved molding
- 28. Panorama
- 29. Care for
- 30. Not difficult
- 31. Bluefin
- 32. Ear-related
- 33. Voracious
- 34. Excite pleasurably
- 37. Disabled
- 38. German for "Mister"

- 40. Adolescent
- 41. Moon of Saturn
- 43. Scoop shovel
- 44. Chronicles
- 46. American symbol
- 47. Avoid
- 48. Utilize
- 49. Of very poor quality
- 50. Backside
- 51. Take it easy
- 53. Weightlifters pump this
- 56. Muzzle
- 57. Craggy peak





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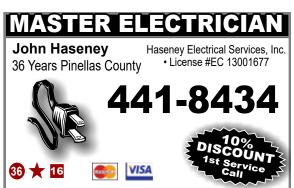
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NOVEMBER · 2025

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Crystal Lake

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		Thanksgiving Day		









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Health

Are you a few years away from a heart attack? Or maybe just a few minutes? No one can tell you for sure, but you can evaluate your risk for suffering a coronary. Just be on the lookout for these health and lifestyle factors that can indicate the likelihood of having a heart attack at some point in your life:

• Age. The older you are, unfortunately, the higher your risk. Men who are 45 or older and women 55 or older are more likely to suffer heart attacks than younger people.

• Gender. Men are more at risk than women, although at older ages women are more likely to die within a few weeks of a heart attack than men are.

- Family history. Heart disease can have a genetic component. If your parents, grandparents, or siblings have suffered heart attacks, your own risk rises. Race may also play a role: Heart disease seems to be more common among African-Americans, Mexican-Americans, Native Americans, and some other ethnic groups.
- Smoking. Cigarettes, cigars, and second-hand smoke can increase your risk of heart attack. Cigarette smoking doubles the threat.
- Cholesterol. High levels of low-density lipoprotein (LDL) raise your risk, as does an excess amount of triglycerides.
- High blood pressure. The harder your heart has to work, the greater your chances of suffering a heart attack, as well as stroke and kidney failure.
- Diabetes. Your body's inability to produce enough insulin to process glucose in your blood can contribute to heart disease.
- Weight issues. Obesity, which is often linked to the three factors listed above, places stress on your heart.
- Lack of physical activity. Regular exercise can alleviate many of the risk factors associated with heart attack, controlling weight, blood pressure, and cholesterol.
- Alcohol and drug use. Yes, a moderate amount of alcohol can limit your risk, but the key
 word is "moderate." And drugs like cocaine and amphetamines can trigger muscle spasms
 in your heart that could cause an attack.
- Stress. Stress and anger can elevate your blood pressure and tempt you toward overeating and drinking too much.

Surprising sources of pain

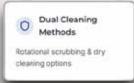
It's an old joke: "Doctor, it hurts when I lift my left arm over my head!" "Well then, don't do that!"

The causes of pain aren't always obvious. Consider these unexpected sources:

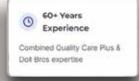
- Back pain. Taking your vitamins? Chronic back pain can be caused by low levels of vitamin D. Another possibility: constipation caused by block—age in the colon. Eat more fruits, vegetables, and fiber for better digestion. (Source: Prevention magazine)
- Achy feet. Wearing sandals or flip-flops can cause pain in your feet, ankles and knees due to poor arch support. (Source: the Web MD website)
- **Headache.** Cheese may be the culprit. A substance called tyramine in cheese can trigger headaches. Also, low blood sugar can create a headache even before you realize you're hungry. A snack like whole-grain crackers with peanut butter can bring quick relief. (Source: the Web MD website)



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Where do alligator shoes come from?

lawyer from the big city was visiting Florida. He wanted to take home a pair of genuine alligator loafers in the worst way, but he was reluctant to pay the high prices the local vendors were asking.

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He was certain that with all his legal training he could negotiate a better price, but at shop after shop he had no luck. After getting frustrated with one sales associate who wouldn't budge, the lawyer shouted, "Well then, maybe I'll just go out and catch my own alligator!"

The saleswoman smiled. "I'd like to see you try."

The lawyer turned on his heel and headed out toward the swamps, determined to catch an alligator.

Later in the day the saleswoman was driving home, and she spotted the lawyer standing waist deep in the murky swamp water, shotgun in hand, a huge 9-foot gator swimming rapidly toward him. The saleswoman pulled over as the lawyer took aim, shot, and killed the creature. With a great deal of effort, the lawyer hauled it onto the swamp bank—right next to four more dead alligators.

The saleswoman stood on the side of the road, watching the lawyer struggle to flip the gator on its back.

Then, looking up toward the sky in great frustration, the lawyer shouted, "No! This one is barefoot, too!"

A Teachable Moment

kindergarten teacher was helping one of her students put his boots on. It was quite a struggle, but after a lot of pulling and pushing, they succeeded in getting one boot on, and then the other.

Then the little boy said, "But they're on the wrong feet!" The teacher looked and sure enough, he was right. Pulling the boots off wasn't any easier than putting them on was, but she managed to stay calm as they worked together to get the boots back on—this time on the right feet.

"Why are your boots so hard to get on?" she asked when they were finished.

"But these aren't my boots," the boy said.

"Why didn't you say so? Take them off." And they worked up a sweat getting the boots off again.

"Now, where are your boots?" the teacher asked.

"They're at home. These are my brother's boots. My mom made me wear them."

"OK . . ." the teacher sighed, and again they fought to get the boots back on the little boy's feet. "Now, where are your mittens?"

"I stuffed them in the toes of my boots," the little boy said.



November

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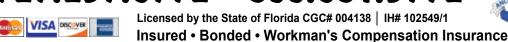








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Monthly

november

merican Diabetes Month. In the United States, 23.6 million people have diabetes—children and adults. That's 7.8 percent of the population. For years, the American Diabetes Association has used this month as an opportunity to communicate the seriousness of diabetes and the importance of diabetes prevention and control.

Epilepsy Awareness Month. More than 3 million people in the United States have epilepsy, and 200,000 new cases develop each year. The purposes of Epilepsy Awareness Month are to dispel common myths about the disorder, promote public awareness, and inform people with seizure disorders and their families about service programs and informational resources.

National American Indian Heritage Month. To honor the original inhabitants of North America and recognize the contributions American Indian and native Alaskan peoples have made to the U.S.

Peanut Butter Lovers' Month. Peanut butter is one of America's favorite foods, and it's found in about 75 percent of American homes. For more information and ideas, browse www. peanutbutterlovers.com.

Vegan Month. Just about every food made from dairy products or eggs has an animal-friendly alternative, with products easily available in shops and supermarkets. Go to www. veganmonth.com for information and ideas on cutting meat and other animal products out of your diet.

Weekly

ational Animal Shelter Appreciation Week, Nov. 7-13. Sponsored by the Humane Society of the United States in 1996 to acknowledge and promote the invaluable role shelters play in their communities, and to increase public awareness of animal welfare issues and shelter services.

Kids Goal Setting Week. Nov. 9–12. The driving force behind National Kids Goal Setting Week is to give the parents, teachers, and coaches of the world some practical suggestions and ideas to help children set goals that will equip them to lead a life full of meaning and direction. For more information browse: www.goalsguy.com.

Geography Awareness Week, Nov. 14-20. Launched in 1987, Geography Awareness Week promotes the importance of geography education in the United States. Its goals: to draw attention to what geography is, why it is important, and how American citizens can ensure access to a robust geography education that prepares them to participate in global social and economic activities and to make decisions regarding people, places, and environments.

National Games and Puzzles Week, Nov. 21-27. Encouraging families and friends to spend more time together playing games, doing puzzles, challenging their brains, and having fun.





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A cool idea: Keep food safe in your refrigerator



our workplace refrigerator (and your fridge at home, for that matter) should keep everyone's lunches and beverages safe. But we've all heard jokes about biologi-cal horrors growing inside a storage container on the bottom shelf in the back. Keep your food, your co-workers, and your family healthy with these refrigerator safety tips:

- **Monitor the temperature.** The interior of your refrigerator should stay at 40° F or below at all times, and your freezer should be set to 0° F. Install a thermometer to ensure foods are stored at safe temperatures.
- Check food regularly. At least every three months, go through your fridge top to bottom (and don't forget the door). Check expiration dates, and look for food that's obviously spoiled.
- Store food properly. Don't crowd items—allow cool air to circulate freely through the space. Be sure that raw meats, fish, and poultry are carefully wrapped so they don't contaminate any surfaces. Don't keep anything perishable in the door—the temperature fluctuates as the door is opened and closed throughout the day, which can contribute to rapid spoilage.
- Check the seal. If you're losing air, food will go bad more quickly (and you'll waste energy, too). Test the seal by closing the door on a sheet of paper. If you have to tug the paper to get it free, you're probably OK.
- If the power goes out . . . Monitor the temperature inside your fridge if the power goes out for longer than two hours. If it rises above 40° F for more than two hours, you'll need to discard perishable items. Your freezer should remain at 40° F or below for two full days in a power failure, if it's kept full. Arrange foods so meats don't drip their juices onto other foods if they thaw.

Tips for staying awake at the wheel

nap can be pleasant and relaxing—unless you're at the wheel of a car when it happens. The U.S. Department of Transportation estimates that sleep-related driving accidents Leause 40,000 injuries and 150 deaths every year. Don't be one of them. Follow these tips for staying awake and alert on the road:

- Get enough sleep. If you know you'll be driving a long distance, plan to get the sleep you need ahead of time. Take a nap before you leave if you'll be driving late—but avoid driving late at night if at all possible, as you'll be naturally sleepy anyway no matter how rested you feel.
- Get proper nutrition. Stay hydrated—drink lots of water. Coffee, tea, and energy drinks may provide a temporary boost, but remember that they can wear off quickly and leave you with less energy than before. The same goes for candy. Eat fruit, sunflower seeds, or high-carb granola bars, and don't gobble them down in a few bites. Eating slowly forces you to keep your attention level up.
- Don't get too comfortable. Open the window to keep cold air blowing on your face, or adjust your seat just enough to be noticeable as you drive (but not enough to distract you). Listen to loud music—maybe music you don't like—or talk radio, as long as it doesn't get you too
- Pull over. If all else fails, find a safe spot to pull over and take a nap. Fifteen or 20 minutes may be enough to get you through the rest of your trip safely.

The road to millions is paved with hard work

The game show query, "Who Wants to Be a Millionaire?" generally prompts an enthusiastic, "Me! Me!" But achieving success isn't a game—it's a way of life. Here are some secrets of self-made millionaires that you can use to make your own fortune:



- Set some clear goals. You've got to dream big if you want to succeed on a large scale. Don't be afraid of your ambitions. Start with a list of what you want to achieve this year, and then select the one goal that would have the greatest positive impact on your life, something you feel real passion for. Then get to work.
- Educate yourself about money. Even if you don't have your sights set on becoming the next Warren Buffett, a good understanding of finance will help you set priorities and make decisions about spending, investments, and savings. Immerse yourself in all the information you can find about the field that interests you. Knowledge is power.
- Think of yourself as your own CEO. Whether you work for a boss or for yourself, view your career and success as your own. That means taking full responsibility for what happens to you—your decisions, failures, and triumphs. It also means putting all your energy into your goals. Motivational guru Brian Tracy advises taking the "40+" approach: You work 40 hours a week for survival, but that's only the beginning. Every minute you devote past that 40 hours is devoted to your success.
- Serve other people. Structure your goals so they're not just about you. You'll earn support from the people whose help you need by showing them how your achievements will benefit them—and you'll feel better about yourself than you would if you concentrate only on what's in it for you.
- Learn to sell yourself. Whatever you create, you have to sell to someone else. You'll need to understand sales and marketing no matter what industry you're in. But at the same time, you have to sell others on your abilities. Be honest and reliable so customers, investors, and other important stakeholders know they can trust you to take care of them.

Find greater passion at work—and in life

That can you do to be more productive and passionate about your work and your life? Good question. The answer can be found in asking these questions at the beginning of every day:

- 1. Why is it vital for me to involve myself in my work fully and passionately today?
- 2. How can my attitude affect the way I respond to stressful situations?
- 3. When do I feel most passionate: When I'm working with a customer, solving a problem for a family member, working on a project for myself, or some other time?
- 4. Where can I best put my passion to work? With colleagues? Customers? My family?
- 5. With whom do I need to spend time in order to do my best work?
- 6. How can I effectively align my interests and passion with what I have to do today?
- 7. What kind of person am I called upon to be today to best express my passion for life and work?

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EVENTS & PROGRAMS

Attention shufflers! Friendly League is looking for additional teams to join our league a smaller league to merge with ours. Our teams are located within 10 miles of East Bay Drive in Largo and play our games on Thursday. Please contact John Halliday, Embassy Park, johnhalliday3@aol.com, 508-360-3875

Glen Ellen Mobile Park Community Garage Sale. Saturday, November 1st 8-4 and Sunday, November 2nd, 8-12!

Carport Sale - Oak Crest Acorn, 9925 Ulmerton in Largo, Nov 1st, 8am-2pm

Annual Craft Fair Saturday November 1st 9-3pm Paradise Island Clubhouse 1001 Starkey Rd. Largo. 80 plus Tables, Handmade items & Bake Sale

EVENTS & PROGRAMS

Serendipity Carport Sale. 29081 US Hwy 19 N, Clearwater, FL. November 8, 2025. 8am-2pm

14th Annual Arts & Crafts Sale- Sat. Nov. 8, 2025 - 9AM-1PM Lake Haven MHP, Paradise Island Clubhouse, 1415 Main Street (SR580 & Lake Haven Rd.) Dunedin, FL. Hand crafted projects including bottle art, paintings, greeting cards, crocheted items and decorative crafts for home or gifts.

HOLIDAY BAZAAR. Saturday, November 8th, 2025 from 9am - 2pm. First Lutheran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Free admission. 217-251-4382 or jayneb1227@gmail.com

FALL BAZAAR Ranchero Village 7100 Ulmerton Road Hacienda Clubhouse. Sunday 11/9/25 from 11am – 3pm. Crafts, baked goods, raffle baskets & more. Vendors: Rent a table for \$15 Contact: Donna Dahmm 309-263-2640

HOLIDAY CRAFT FAIR, 11/15/25 10 a.m. to 1 p.m. AMERICANA COVE 721 1st Street NE Saint Petersburg

Holiday Craft Fair, Sunset Palms, 3401 Gandy Blvd., Pinellas Park. November 15, 9:00am until 2:00pm. Handmade arts and crafts. Homemade baked goods.

Craft Fair & Bake Sale. November 15th 9am-1pm. Clearwater Cascades Clubhouse, 9790 66th Street N. Pinellas Park

Crafters Fair Nov 15th at Palm Hill Country Club 401 8th Ave, Largo 8am - 1pm. Over 25 crafters, bake goods and lunch sale.

EVENTS & PROGRAMS

Craft Fair, Saturday, November 15 2025 from 10am-5pm. Regency Heights, 2550 State Road 580, Clearwater. All indoor craft show. Food trucks on site. Contact regencyheightscraftfair@gmail.com with questions.

Community Bazar Nov 29th at Palm Hill Country Club 401 8th Ave Largo 8am- 1pm. Christmas Decorations, Household Items, Bake Sale, Hot Dogs.

December -Events

Crafters Wanted. Pointe West MHP Holiday Market, Dec. 6th, 2025, 12651 Seminole Blvd, Largo. E-mail susanbarnard930@yahoo.com for info and application.

Annual Carport & Craft sale, Lincolnshire Estates: 1071 Donegan Rd., Largo FL 33771. Saturday December 6th 8AM to 1PM. Over 50 homes: housewares, arts & crafts, clothes, furniture, tools, and lots more. Maps available at entrances.

CRAFT FAIR. Saturday December 6th 8:00 am - 2:00 pm. East Bay Oaks Clubhouse 601 Starkey Road, Largo

Ranch Mobile Park, Park-Wide Yard Sale, Saturday, December 6, 2025, 8:00am -2:00pm at: 6800 - 150th Ave. N., Clearwater, (Largo).

Annual Craft & Bake Sale. Saturday December 6th 9am-1pm. Park Royale 10611 66th St N Pinellas Park. 1 table & 2 chairs \$10 Signup soon. Contact Person: Cheryl L 727-685-6895



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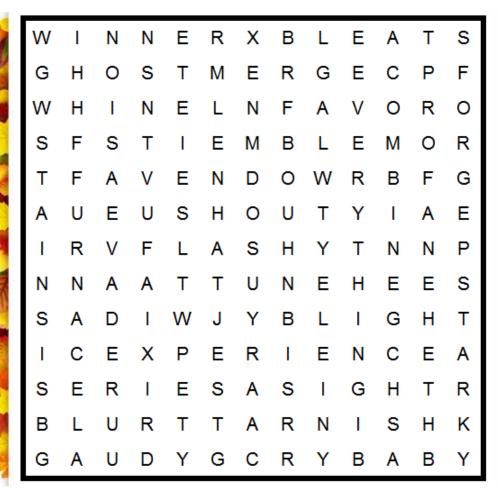
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