



OFFICE: 3301 Alternate U. S. Highway 19 • Dunedin • FL 34698 • (727) 784-4380

WESTWIND 2

• H I - L I T E S •

February • 2026

Issue 12 49th Year

The Ladies of
Regency Heights
Help Fight
Breast Cancer!



Delivered Door-to-Door by
Community Residents
FREE Every Month

Monthly Mania Winner!
\$100 • Judy Matthews
MedRx Hearing Center

view this newsletter on-line at www.monthly-media.com

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

Westwind II

A Residential Cooperative Community for Ages 55 and Older

Park Manager: Joy Cripe jcripe@associagulfcoast.com

Ph: 727-784-4380

Fax: 727-781-8738

Westwind II Hi-Lites

Editor: Tim Burgner #451

440 212-3901

SEE WHAT YOU'RE MISSING....GET ON

THE "Hi-Lites" MAGAZINE

EMAIL LIST TODAY!

mitrengrub@gmail.com

Westwind II Resident Owned Community, Inc.

Officers

President.....	Mike Shay	mwshay001@gmail.com
1st Vice President.....	Jane Merucci	shorejane54@gmail.com
2nd Vice President	Glen Carson	glencarson50@gmail.com
Directors:.....	Shelley Wilson	swilson3039@gmail.com
.....	Nancy Brebner	nbrebner@comcast.net
.....	Scott Hall	sdhall@comcast.net
.....	Joel Daniels	none
Treasurer	Denise Hendzel	nisenatchez@gmail.com
Corporate Secretary	Elaine Blank.....	eandtblank@msn.com
Registered Agent:.....	Sylvia Harris	None

Westwind II Social Club

Officers

Co President: Dan Wilton	None.....	danielhwilton@outlook.com
Vice President: Cheryl Leigh	217 251-0670	tcbleigh@gmail.com
Secretary: Bob Evans.....	704 620-4841	bevans44@gmail.com
Asst. Secretary:		
Treasurer: Herschel Philpott	765 914-5758	hphilpott56@hotmail.com
Asst. Treasurer: Vacant		
Trustee: Vacant		
Trustee: Vacant		
Trustee: Shelley Lewis	734 320-2814	loddi75@yahoo.com

**A Complete Listing of Resident Services
can be found on the page before your calendar**

SUNROOMS, SCREENROOMS, & CARPORTS

ASK YOUR NEIGHBORS ABOUT US!



FREE
ESTIMATE

WHERE FLORIDA LIVING
MEETS LASTING QUALITY

OUR SERVICES

- ☒ PATIO COVERS
- ☒ VINYL SIDING
- ☒ CLAM SHELL AWNINGS
- ☒ BAHAMA SHUTTERS
- ☒ DOORS & WINDOWS
- ☒ & MORE

CALL FOR A FREE ESTIMATE

727-547-8300



www.ascaluminum.com

PINELLAS COUNTY HILLSBOROUGH COUNTY PASCO COUNTY

FINANCING OPTIONS AVAILABLE

Visit Us at 7420 Park Blvd,
Pinellas Park

Lic# C-11631, LA-009947, SP-00005

ASC
ALUMINUM

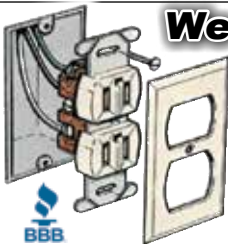
36



32

@ascaluminum

Boss ELECTRIC



We Specialize in
MOBILE HOMES

**EMERGENCY
SERVICE AVAILABLE**

- Family Owned & Operated
- Surge Protection
- Ceiling Fan Wiring
- Panel Upgrade & Repair

FREE ESTIMATES

791-1308

Senior & Military DISCOUNTS

www.bosselectriccorp.com

23



Lic. EC13005634
Bonded & Insured

16

**10% OFF
LABOR**
with this ad*

*DISCOUNT DOES NOT APPLY TO ESTIMATED WORK
ONLY SERVICE CALLS, CAN'T BE COMBINED



Available Services

- Inside, Outside & Underneath
- Drywood & Subterranean Termite Treatments
- Flea, Tick, & Mosquito Control
- Rodent Control
- Bee Removal

25



25

Starting At:

Household Pest Control* \$35 every 2 months

* Does not cover all services



Licensed • Insured

727-535-2629

CALL
OR
TEXT!

**G J
PAINTING**

TEL: (813)-934-9024

FREE
ESTIMATES

- INTERIOR AND EXTERIOR PAINTING
- COMMERCIAL PAINTING CONTRACTORS
- EXTERIOR AND INTERIOR WOOD STAINING
- WALL REPAIRS
- FURNITURE PAINTING
- FENCE PAINTING
- PAINT AND COLOR CONSULTATION

LET'S MAKE
YOUR HOME
BRAND NEW
AGAIN!!

ON A MISSION TO ENSURE A HIGHER QUALITY OF LIFE

Email: Mrsanchezb51@gmail.com

2



2

We Buy Clean Quality Trucks, Vans, SUV's, & Cars

WeBuyNiceCars.com



CASH NOW | NOBODY PAYS MORE

WE COME TO YOU!!
727-798-2921

9



42

RAIN GUTTERS DIRTY OR CLOGGED?

FL Corp #: L21000043062



4

15

Rain Gutter Cleaning
and Replacement
Clean Roof and Downspouts
Financing Available
Windows & Patios
Rescreened

Rain Gutters
Saint Pete.
727-242-1373

Locally Owned & Operated

For Advertising Info Call or email:

727-484-7488
sales@monthly-media.com



Monthly Media
220 Bahama St.
Venice, FL 34285



Jean
Satterfield

AVON

- 26 Years Representing Avon
- Top Seller In Pinellas County
- Delivery to Your Home

To Receive a Brochure call:

727-724-6450



ur4avon@tampabay.rr.com
www.youravon.com/jsatterfield

Attention Westwind II Residents

Editor Needed!!!

Would you like to see Westwind II related articles in your newsletter?

Do you have a computer with email capabilities?

Then you could be the next editor of Westwind II!

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

**For Advertising Info
Call or email:**

727-484-7488

sales@monthly-media.com



**Monthly Media
220 Bahama St
Venice, FL 34285**





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.



AMS

WC INC.

Family Owned & Operated Since 1977

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

SPECIALIZING IN ALUMINUM ROOF OVERS



DO YOU NEED A NEW ROOF?
Our Weather-Lok Roof Over System
Exclusively from AMS is:

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



*"This is simply the best roof over system available. We love our new roof.
Thanks you and your staff."*

- J. Howard, Pinellas County

100% FINANCING AVAILABLE
(with approved credit)

23



23

FREE ESTIMATES
Evening & Weekend
Appointments Available

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 and view our informative video
FL State Certified • Licensed & Insured • Roofing Contractor CC C1329853

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



AMS

WC INC.

Family Owned & Operated Since 1977

VINYL SIDING

**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 for more info.

800-282-3572 • 727-471-0820

FL State Licensed & Insured • General Contractor CG1515749



AMS

WC INC.

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



"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 for more info.

800-282-3572 • 727-471-0820

FL State Licensed & Insured • General Contractor CG1515749

SUB-FLOOR & FLOORING EXPERTS!

Flood Damage???
We can HELP!!!

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



A+ Rated
ACCREDITED
BUSINESS



727.237.6772

800.681.3772

11590 US HIGHWAY 19 N CLEARWATER, FLORIDA 33764

17



17

HAVE YOUR FLOORS SUFFERED FROM WATER OR FLOOD DAMAGE?

Fully Guaranteed Subflooring and Floor Repairs

- Licensed
- Bonded
- Insured

Lic. # IH 1132335



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

727-431-6875



Precision Mobile Home Services LLC

27

flatworksremodel@yahoo.com

15

UNICO DESIGN/BUILD INC CGC #1511054

AIR MASTERS

of Pinellas, Inc.

• A Name Worth Repeating •

AIR CONDITIONING & HEATING

Comfortmaker®

Air Conditioning & Heating

MOBILE HOME SPECIAL \$5195⁰⁰

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



727

586-6969



35



34

MOBILE HOME DEPOT

YOUR MOBILE HOME PARTS WAREHOUSE!

• Mobile Home Supplies • RV Accessories • Aluminum Products

33 ★ **Do It Yourself & Save!** 20

- Largo - 13777 66th Street North • **535-1100**
- New Port Richey - 7118 U.S. Hwy. 19 • **849-4900**



Store Hours: M - F 8-5 • Sat. 9-3

www.mobilehomedepot.net



727-799-0287

www.jonesandsons-plumbing.com

PLUMBING SERVICES

Specializing in Mobile Homes for Over 53 Years!

**Water Heaters • Toilets • Drain Clogs • Leaks
Sinks • Faucets • Disposals • RePipes**

Small Company = Lower Overhead = Lower Prices!

54



20

ROOF OVERS & 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" Family Owned and Operated
100% Maintenance Free Roofs!

**We Do All
Roof Overs, Roof Coatings
Roof Repairs & Inspections on
all Manufactured Homes**

800-511-2517



Lifetime Warranty on Labor & Materials!
www.CommunityRoof.com



A little praise

As 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

Rock 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:

We 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



Daydreaming can be good for you

Daydreams 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

Even 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:

Every 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

Barron's

Air Conditioning & Heating



ACCREDITED
BUSINESS



License # CAC1824214 / CAC1817291 • Insured • Bonded

"Service is Our Specialty"

Comfortmaker
Air Conditioning & Heating

Comfort with Confidence.



40

We Service

★

All Makes

40

& Models

www.BarronsAC.com

727-784-1603

VINYL SIDING

Complete Mobile Home Service

*"Workmanship
Makes the Difference"*

by **Mitchell
Siding**
INCORPORATED

**Top Quality
Work At
Low Prices**

Licensed & Insured
Aluminum Contractor • PCCLB #C-7812

30



★



37

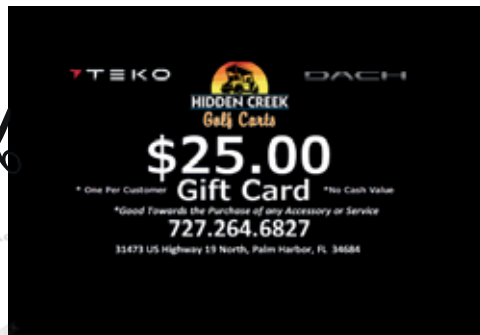


586-6315

FULL
SERVICE FOR
ALL MAKES &
MODELS



NEW LITHIUM
CARTS
STARTING
@ \$8,495



FREE LOCAL PICKUP AND DELIVERY



Need affordable Medicare that's in step with your life?

Choosing the right Medicare coverage can be confusing.

I can help you find a plan that's right for YOU and YOUR BUDGET.



**health
markets**

Dawn-Rae Crutchfield
Licensed Insurance Agent



13 ★ 5

Call today for personalized service! 727-499-8461

HealthMarkets Insurance Agency Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by state. Sales agents may be compensated based on enrollment. No obligation to enroll. HMIA008253 5-2020

Gulf Coast Power Washing LLC



- Driveways
- Sidewalks
- Roof Wash
- Gutters

...and more!



727-902-3899

Licensed & Insured | L2100484236



Tarpon Pest Control

In service for over 30 years

"There When You Need Us"

Experts in Mobile Home Bug Control
& Certified Termite Inspections

39 ★ 7

727-738-4058



CoolToday™
COOLING • PLUMBING • ELECTRICAL

SPECIALIZING IN MOBILE HOME REPAIRS
\$50 OFF ANY PLUMBING SERVICE

SERVICE TODAY! UPFRONT, FLAT-RATE PRICING - NO SURPRISES

39 ★ 46

- ✓ Toilets Repaired and Replaced
- ✓ Sinks & Faucets Repaired and Replaced
- ✓ Water Heaters Repaired and Replaced

- ✓ Drain Clearing
- ✓ Drain Jetting
- ✓ Rooter Services

- ✓ Leaky Pipe Repairs
- ✓ Water Line Repairs
- ✓ Drain Pipe Relining

727-201-3117 WWW.COOLTODAY.COM

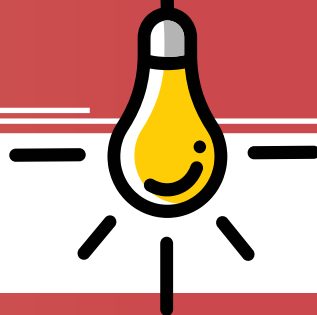
CFC142879 | CAC050400 | EC13005317





Did You Know?

Due to the extra 'r' in the word February, it is considered one of the most misspelt words in the English language. along with words like 'Definitely' and 'Believe'.



AND... Your community receives this newsletter for FREE because of these business sponsors!

Monthly Media ads come with three icons that let you know the people behind it:
Get to know our advertisers with our rating system!

49 **Circle with a Number:** This shows how many years the advertiser has been a certified business.



Star: A Gold Star means this advertiser has a clean slate with us - No unresolved complaints.

49

Square with a Number: This counts the years the advertiser has been sharing their story in Monthly Media. A sign of their commitment to your community!

These icons help you spot the seasoned, trustworthy, and loyal businesses at a glance. Happy reading!



727-484-7488
220 Bahama St. Venice, FL 34285

@monthlymedia



SERVICES DIRECTORY

AIR CONDITIONING SALES/SERVICE

Air Masters of Pinellas, Inc. 727-586-6969
Barron's Air Conditioning 727-784-1603
E & E Gliddon, Inc. 727-546-4343

AUTO BUY/SELL

Stingrays Inc (CASH NOW) 727-798-2921

AUTO SERVICE/REPAIR

Costa Oil: 10 Min Oil Change 727-223-3566

BEAUTY CARE

Jean Satterfield - Avon 727-724-6450

CARPET CLEANING

Quality Care Plus/Doll Brothers 727-761-8222

DERMATOLOGIST

Florida Dermatology & Skin Cancer 727-446-6217

ELECTRICAL CONTRACTOR

Boss Electric Corp. 727-791-1308
Haseney Electrical Services, Inc. 727-441-8434
Palm Harbor & Dunedin Electric 727-773-1622

ESTATE SALES

BNG Treasures 727-484-0146

FLOOR REPAIR

Flatworks 727-431-6875
Florida Anchor & Barrier Co. 727-237-6772
Perfect Repair & Construction, Inc 727-539-0852

GOLF CART SALES/SERVICE

Hidden Creek Golf Carts 727-264-6827

GUTTERS

Rain Gutters St. Pete 727-242-1373

HANDYMAN

Ron's Handyman Service 727-657-2491
Around the House 727-900-6858

INSURANCE: HEALTH - MEDICARE

Dawn-Rae Crutchfield 727-499-8461
Humana - Mike Pinchotti 727-366-5437

KITCHEN CABINET REFACING

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

MANUFACTURED HOME SALES/NEW

Citrus Homes/Meadowood Homes 727-535-5262

MEDICAL CARE

Physical Therapy Now 727-687-0265

MOBILE HOME SUPPLIES - RETAIL

Mobile Home Depot, Inc. 727-849-4900

MOBILE HOME WASH/WAX

All Pride Mobile Home Washing 727-945-4125
Gulf Coast Power Washing LLC 727-902-3899

PAINTING/INSIDE & OUTSIDE

G&J Painting 813-934-9024
Payless Painting Services 727-470-5876

PEST CONTROL

Buggin Out Termite & Pest Control 727-535-2629
FL Termite & Pest Experts 727-785-2552
Tarpon Pest Control 727-738-4058

PLUMBING SERVICE

Apex Plumbing 727-761-4744
Jones & Sons Plumbing, Inc 727-799-0287
Plumbing Today 727-201-3117

ROOF REPLACEMENT

All Weather Roofing 800-297-3758
AMS Advanced MH Systems 727-471-0820
Community Roofing of Florida, Inc 727-536-9999

ROOF WASHING

Heller's Mobile Home Washing 727-733-1166

ROOM ADDITIONS

ASC Aluminum Specialty Contr. 727-547-8300
Florida Anchor & Barrier Co. 727-237-6772

STORAGE FACILITY

Aaron's Stor-All 727-447-3133

TIE DOWNS/MOBILE HOMES

Florida Anchor & Barrier Co. 727-237-6772
Underhome Armor 727-282-2045

VAPOR BARRIER

Florida Anchor & Barrier Co. 727-237-6772
Precision Vapor Barriers 727-431-6875
Underhome Armor 727-282-2045

VINYL SIDING

AMS Advanced MH Systems 727-471-0820
ASC Aluminum Specialty Contr. 727-547-8300
Mitchell Siding 727-586-6315

WINDOW REPLACEMENT

AMS Advanced MH Systems 727-471-0820
ASC Aluminum Specialty Contr. 727-547-8300
Clear-View Windows 727-726-5386

Ron's
HANDYMAN SERVICES
Odd Jobs • Home Projects • Installations
Licensed & Insured

727-657-2491

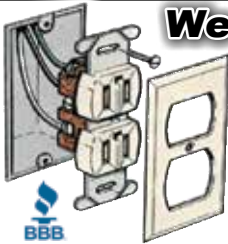
For Advertising Info Call or email:

727-484-7488
sales@monthly-media.com



Monthly Media
220 Bahama St.
Venice, FL 34285

Boss ELECTRIC



**We Specialize in
MOBILE
HOMES**

**EMERGENCY
SERVICE AVAILABLE**

- Family Owned & Operated
- Surge Protection
- Ceiling Fan Wiring
- Panel Upgrade & Repair

FREE ESTIMATES

791-1308

Senior & Military DISCOUNTS

www.bosselectriccorp.com

23



Lic. EC13005634

Bonded & Insured

16



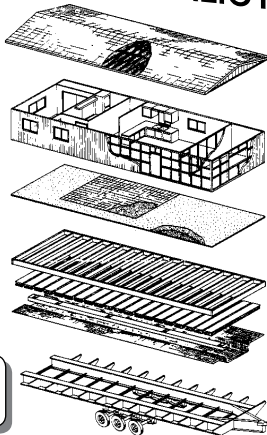
FLOOR REPAIR

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.

34



State Certified Building Contractor

29

FREE ESTIMATES • 539-0852

Licensed and Insured • State License # CBC050061

FEBRUARY • 2026

Sunday	Monday	Tuesday
1	2 Groundhog Day	
8	9	
15	16 President's Day	Ma
22	23	

Westwinds II

Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28



Prioritize Your Skin Even On Winter Strolls.

Call To Schedule Your Free Skin Cancer Screening!

New Patients Only | Offer Expires 4/30/26 | Code - MM

Floridadermatology[®]
AND SKIN CANCER CENTERS

EXPERIENCE THE MOHS FELLOWSHIP DIFFERENCE

Trust is more than skin deep

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

15



8

ALL PRIDE PRESSURE WASHING

727-945-4125

LOW PRESSURE SOFT WASHING

\$99 Single or Double Wide

Includes Awnings, Carport and Screen Porches

Special Additions may be extra

Driveway and Sidewalk Cleaning and other
services offered



Owner operated
25yrs+ Experience
License and Insured
#090504

All Work Done with Pride!

allpride1026@yahoo.com

MASTER ELECTRICIAN

John Haseney

36 Years Pinellas County

Haseney Electrical Services, Inc.

• License #EC 13001677



441-8434

36 ★ 16



**10%
DISCOUNT**
1st Service
Call

HURRICANE ANCHORS LEVELING & BLOCKING

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



16



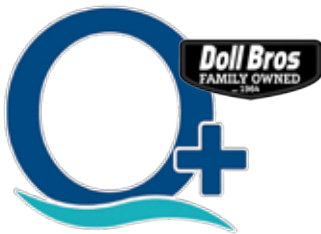
16



Insured • Bonded
State Lic. IH/102459/1

727-237-6772

FLORIDA ANCHOR AND BARRIER COMPANY



Over 1,400
5 Stars
Google
Reviews

- Dry Carpet Cleaning
- Low Moisture Carpet Cleaning
- 60 + Years Experience
- Complete Odor Control

60+ years of experience professionally cleaning mobile homes by only DRY CLEANING or LOW MOISTURE CLEANING your carpets and upholstery. We understand the importance of reducing moisture levels in mobile homes and how important it is to avoid mold and mildew. We aim to give you the best results without any risk!

727-761-8222

Dry Carpet and Upholstery Cleaning



www.QualityCarePlusCarpetCleaning.com

WANTED! We Buy!



Antique, Estate & Fine Jewelry
All Watches, Coins & Collections
Sterling Silver, Flatware & Vertu
Gold, Diamonds, Gems & Pearls
Antiques, Collectibles & Fine Arts

Free Appraisals - Expert Evaluations - Top \$\$\$ Paid

WE COME TO YOU! - (727) 484-0146

Visit Us Online @ www.bngtreasures.com

Shop / Studio - 1115 Ponce de Leon Blvd. Clearwater, FL 33756



**TIE DOWNS
&
ANCHORING**

- Anchors and Strapping
- Re-fit to Current Code
- Longitudinal Stabilizing

LIC. # IH-1110636
FL State General Contractor Lic. #1531303

10 Yrs Exp.

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

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

Swailes

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

727-804-1689



CLEAR-VUE, Inc.

**For the finest in Vinyl, Glass, & Acrylic Windows
Serving Tampa Bay for 54 years**

Great Free Estimates!!

We install and custom make Enclosures, New Screen Rooms, Lanais, & Florida Rooms

We re-vinyl your windows and doors!

Replace your windows with new & improved Hurricane Impact Windows and Doors

Need new screens? Call us!

We are located at 905 Delaware St.

Safety Harbor, FL 34695

Toll Free: 1-800-962-8813 or 727-726-5386

clearvuewindows.net

54 ★

7



**INDOOR AIR CONDITIONED
SELF STORAGE UNITS!**

ONE MONTH FREE!

- Pest Controlled • Security Cameras •
- Alarm Systems • Good Customer Service •

LOWEST PRICES!

2100 Calumet Street • Clearwater
(Between Hercules and Belcher)

(727) 447-3133

Aarons.storall@gmail.com

WWW.AARONSSTORALL.COM

**HAD RECENT FALLS?
FEELING WEAK OR UNSTEADY?**



PHYSICAL THERAPY Now

OUR FRIENDLY PT TEAM SPECIALIZES IN:

- BALANCE • GAIT & MOBILITY
- STRENGTH • JOINT & BACK PAIN

**SCHEDULE YOUR EVALUATION WITH
OUR DOCTOR OF PHYSICAL THERAPY (DPT)**

727-772-0953

**ACCEPTING MEDICARE, MEDICARE ADVANTAGE,
VA COMMUNITY CARE & MORE!**

- | | |
|------------|-----------|
| ✓ HUMANA | ✓ OPTIMUM |
| ✓ CAREPLUS | ✓ UNITED |
| ✓ WELLCARE | ✓ AETNA |

WE COMMUNICATE WITH YOUR PCP OR SPECIALISTS!

33143 US HIGHWAY 19 N, PALM HARBOR, FL 34684



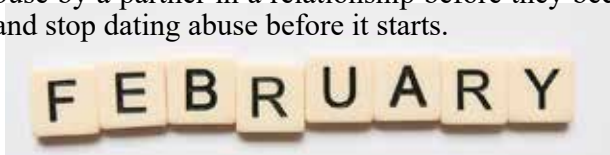
Monthly

African 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

Burn 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.



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

Fitness 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

To 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."



**Do you want to see your
Picture on the Cover of
Monthly Media??**

Send us your Photos!

**Every month we select a new photo
from residents just like you!**

**Email us at
info@monthly-media.com**



Park Activities, Fun Events, Holiday Parties, Wildlife...
Please include a description of the image and a brief
release allowing us to reprint the picture, along with
what community you live in.

If your photo is selected your photo will be seen by
21,000 homes across Pinellas County.

You may also mail in your submission:

Monthly Media
220 Bahama St. Venice, FL 34285



PAYLESS PAINTING SERVICES

Free Estimate C8369

727-470-5876

17 ★ 16



Around the House
Handyman
Home Updates & Repairs
(727) 900-6858

*"No project too small,
Your home is worth our time."*

Mobile Home Makeovers
Energy-Saving Upgrades
Install Cabinets, Shelves, Vanities
Misc. Repairs and Projects
And so much more

www.aroundthehouse727.com
Serving the Pinellas County Area

10% Discount
for Veterans and
First Responders

Florida State Registration #G24000107600

♥ Thank You for Your Service ♥

WINDOWS, DOORS, & VINYL SIDING

**BEAUTY THAT LASTS
PROTECTION THAT MATTERS**

OUR SERVICES

- ☒ PATIO COVERS
- ☒ CLAM SHELL AWNINGS
- ☒ SUNROOMS & SCREENS
- ☒ CARPPORTS
- ☒ BAHAMA SHUTTERS
- ☒ & MORE

CALL FOR A FREE ESTIMATE

727-547-8300



www.ascaluminum.com

PINELLAS COUNTY HILLSBOROUGH COUNTY PASCO COUNTY

FINANCING OPTIONS AVAILABLE

Visit Us at 7420 Park Blvd,
Pinellas Park

Lic# C-11631, LA-009947, SP-00005

ASK YOUR NEIGHBORS ABOUT US!



ASC
ALUMINUM

@ascaluminum

Flood Damage??? We can HELP!!!

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

**0%
FINANCING**
UP TO 18 MONTHS

Insulation and Vapor Barrier Repairs



Licensed by the
State of Florida
#IH/102549/1



FREE ESTIMATES

727-237-6772
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

16 ★ 11590 U.S. Highway 19 North • Clearwater • FL 33764

16



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

The 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



Scan for
Virtual
Tours of
all models



18 ★ 15

www.MyJacobsenHomes.com

Schedule a Tour to Our Sales & Model Center



6030 Ulmerton Road

Clearwater, FL 33760

(1/4 mile East of US-19)

**My JACOBSEN
HOMES**
(727) 535-5262

WE ARE FLORIDA'S #1 RETIREMENT COMMUNITIES PARTNER!

IT'S TERMITE SEASON! IS YOUR HOME PROTECTED?



FL TERMITE & PEST EXPERTS

Family Owned &
Operated



Over 30+ Years
Experience

Veteran Discount & Senior Discounts

(727) 785-2552



PRICE MATCH



*Terms & Conditions
Apply

32 ★ 20

- TERMITE CONTROL
- BED BUG EXTERMINATION
- ANTS, SPIDERS, WASPS
- ROACHES, FLEAS, & MORE

Call now for a FREE estimate!

Visit us at FLPestExperts.com



13 ★ 9

Mobile Home
2nd
Generation
Specialist

Quality Workmanship Honest Pricing

- Vapor / Moisture Barrier
- Underhome Encapsulated Insulation
- Hurricane Tie-Down Anchors **10 Yrs Exp.**



We Keep rodents, snakes, spiders, bugs, mold, mildew, and damaging moisture out of your home!



LIC. # IH-1110636
INSURED
FAMILY OPERATED
FL State General
Contractor Lic. # 1531303

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



**ESTIMATES &
SMILES ALWAYS FREE**

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



AllWeatherRoofing

Your #1 Mobile Home Roofing Company Since 1984



**We Offer
Financing!**

- A+ Better Business Bureau Rating
- People's Choice Award Winner
- Celebrating 40 years in business

1-800-297-3758

www.yourbestroof.com

CCC-058045 CCC-1330500

**FREE
Estimates**

Free video roof inspection

- Energy Efficient
- Hurricane Rated
- Lifetime Warranty

40



11

FLORIDA



Carports



Benefits of Having a Carport:

- Easy to Maintain
- Better Protection from the Elements
- More Cost-Effective than a Garage



17



17

FREE ESTIMATES



727-237-6772

**MILITARY
& SENIOR
DISCOUNTS**

**Family Owned
& Operated**



Licensed by the State of Florida CGC# 004138

Insured • Bonded • Workman's Compensation Insurance

FLORIDA ANCHOR AND BARRIER COMPANY

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**

WANTED TO BUY

FURNITURE, good clean, pre-owned.
Top dollar paid. Charles, 727-657-7021

STAMP COLLECTIONS - wanted
to buy. Price depends on quality and
quantity. Highest prices paid. Call 709-
682-9499

ARTICLES FOR SALE

For Sale: 1929 Model A Roadster
Original. 727-588-0950 C: 727-560-
6140

NEW 3 Wheel Bike. \$250.00. 727-412-
8905

EVENTS & PROGRAMS

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.

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
Curlw Road, Palm Harbor, FL 34684

EVENTS & PROGRAMS

Rummage Sale 2/28, Westwind MHP
1&2. 3301 Alt 19 Dunedin, 8-1

Community Flea Market,
2000 East Bay Drive, Largo. Sat. Feb
28. 8 to 12. Bikes, Furniture, Small
Appliances, Golf & Household Items,
Apparel, Baked Goods

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!



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

EVENTS & PROGRAMS

March Events

White Elephant/Bake Sale. Saturday
March 7, 2026 8:00AM - 1:00PM.
Lake Highlander Park: 1500 County
Road #1, Dunedin, FL. Small
appliances, furniture, lamps, linens,
jewelry, household appliances, tools,
outdoor furniture, miscellaneous
items, baked goods, snack bar

Palm Hill Country Club Annual Bazaar,
Saturday March 7th. 8am - 1pm. 1800
Seminole Blvd. Largo

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

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.

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.



MARCH AD DEADLINE - FEBRUARY 10, 2026

Advertise EVENTS, 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. Each new word indicated by a space, numbers included. No mobile home sales, no professional products or services. Envelope must be postmarked by 10th of the month to meet deadline. **SORRY: No ads accepted by phone or email.**



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

ARE YOUR HOME'S SUPPORT BEAMS COMPROMISED?

The steel I-beams that support your home can rust and weaken over time.
Call for a **FREE** under home inspection, we can help restore your I-beams!



**MILITARY
& SENIOR
DISCOUNTS**

**Family Owned
& Operated**

**A+ Rated
BBB ACCREDITED
BUSINESS**



727.237.6772 800.681.3772



Licensed by the State of Florida CGC# 004138 | IH# 102549/1

Insured • Bonded • Workman's Compensation Insurance



FLORIDA ANCHOR AND BARRIER COMPANY



It Pays (Up to \$100) To Patronize the

MONTHLY

THOUSANDS of manufactured home residents have won



Advertisers in Your Newsletter

MANIA

over \$217,600 since our contest began!



HOW IT WORKS:

1. Patronize the advertisers in this month's newsletter
2. Ask the business for your Monthly Mania ticket, **OR a copy of your receipt and clip this ad**
3. Mail it back to us at: **Monthly Media | 220 Bahama St. Venice, FL 34285**
4. Every month we draw new tickets for **CASH PRIZES** and mail winners a check! **Every month is a new chance to win!**

NAME	DATE
COMPANY'S NAME	DATE
ADDRESS (Please Print Name, Address)	DATE
PHONE	DATE

Judy Matthews..... \$100	Med RX Hearing	Donald Lawdel..... \$10	Gulf Coast Powerwashing
Cheryl Hewak..... \$10	Air Masters of Pinellas	James Huck..... \$5	Gulf Coast Powerwashing
Douglas Howland..... \$10	Air Masters of Pinellas	John Chico..... \$10	Gulf Coast Powerwashing
Bill Dixon..... \$10	Air Masters of Pinellas	Bob Kimsel..... \$10	Jones & Sons Plumbing
John Cobb..... \$10	Barron's A/C	Debbie Girard..... \$10	Jones & Sons Plumbing
Dorothy Clegg..... \$5	Battleline Termite Pest Control	Elaine Magee..... \$10	Jones & Sons Plumbing
Evelyn Ruppel..... \$10	Battleline Termite Pest Control	Margaret Fake..... \$5	Jones & Sons Plumbing
Floyd Morin..... \$10	Bay Area Aluminum Services	Michael Arkanoff..... \$5	Jones & Sons Plumbing
Philip Willix..... \$10	Boss Electric	Todd Pickerd..... \$10	Jones & Sons Plumbing
Sharon Fusner..... \$10	Boss Electric	Annie Fox..... \$10	Rod Runners
Fran Gillette..... \$5	Buggin Out Termite	Steven Dehler..... \$10	Ron Wyngarden Mobile Wash
John Anderson..... \$10	Buggin Out Termite	Marilyn Jones..... \$10	Royal
Bill O'Sullivan..... \$10	Gulf Coast Powerwashing	Joyce Billis..... \$5	Air Masters of Pinellas
Cathy Watson..... \$5	Gulf Coast Powerwashing		

• Limit of one ticket per visit • Advertiser may have up to 5 winners per month • Advertiser must have bill paid current to qualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers •



Eating healthy: The choices we make

More 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?

You 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:

If 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



**PALM HARBOR
& DUNEDIN
ELECTRIC**
COMPANY INC.

SPECIALIZING IN SERVICE

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

**SENIOR
★
DISCOUNT**

38 ★  State Lic. EC13002291  33

www.dunedinelectric.com

773-1622

 Precision
Vapor Barriers

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 & worn vapor barriers can create high energy costs and allow mold & mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture & 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**

727-431-6875
800-492-3890

27 **Sales@PrecisionVaporBarriers.com** 15
License #OCL0027169 • Bonded • Insured

New A/C System As Little As \$100 Monthly

10 yrs. PARTS **Free UV Light w/ purchase of a new unit**

Wells Fargo Financing with Approved Credit

E&E GLIDDON LIC # CACO 24340

Comfortmaker
Air Conditioning & Heating

**FREE ESTIMATES on NEW UNITS
SAME DAY INSTALLATION**

www.eegliddonac.com

100% SATISFACTION GUARANTEE

\$65⁰⁰ A/C INSPECTION or Repair Call

Open Mon-Sun, 8am-9pm

42 YEARS IN BUSINESS

727-546-4343 42 ★ 42

After Hours Service
Service All Units