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HAPPENINGS

Manager:
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March • 2026

Issue 1 50th Year

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Paradise Island Update

Cheryl Mathews Park 1 President

March is here. It seems that time just keeps moving faster and faster. I feel like it was just summer and now we are already coming back into spring. March will bring our Membership

Carnival the first Saturday. Please come and attend the Membership Carnival. We provide Hot Dogs and games for all residents who have paid their Association Dues for each Park. The Carnival will begin at 3pm and ends at 6pm. It's also an opportunity to bring in your Association Dues for your Park and HOA Dues. Park Association dues per person will be \$10.00. HOA dues per Household will be \$10.00.

Remember to check the calendar in this month's happenings for all the fun events going on in our Lake Haven Community! Park 1's regular events; Meeting 1st Saturday, Ladies Hobby Club every Tuesday, Bingo every Thursday, and the I Got It game the 3rd Friday of each month.

Check out our facebook page Lake Haven Park Happenings to see what's going on.

I hope to see you around



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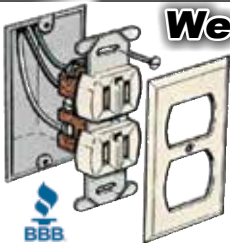
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Lake Haven HOA

President: Bobby Kawasaki

Capital Expenditure Updates



2025 Carryover

Park 3 Canal Seawall reinforcement is completed.
Park 1 Pool Heater install has not started. The engineer has submitted his final report and Park Management is scheduled to send that report to the Department of Health the week of February 9. Expectation is to have an installation date by the time this newsletter is published and delivered by the end of February.

Q1 2026

Three projects were approved for Q1 of 2026.

Park Office Ramp is completed.

Pool 2 Repairs to be scheduled to start the week of February 9.

Parking Lot restriping work to be scheduled to start the week of February 9.

The board will follow up with Park Management on the progress of these projects and report the status back to all residents.

Florida State Legislature

Senate Bill 594 has passed unanimously through all committees and is scheduled for a vote by the full chamber the week of February 9. Let us cross our fingers that this bill is passed and DeSantis signs it into law. The bill will amend Chapter 420, Part VII, of Florida law to assist eligible mobile homeowners who own their homes that are placed on leased land with lot rent payments.

I wanted to thank Lake Haven residents who were able to sign the petition online or in person that was sent to our State Senator Bill Hooper asking for his support of **SB 1550**. We will continue to monitor and update all residents on the progress of this critical bill. Special shout out to **Peggy Poole** and **Debbie Skorupsky** who delivered the leaflets during one of the coldest days we had this winter and collected signatures in person.

Thank You!



Special THANKS to all the residents who have volunteered their time planning and working several events held throughout the community including Park 1 First Saturday Potlucks, Park 2 Cornhole Tournament and London Broil dinner, Park 3 Soup & Salad night and Super Bowl Party!

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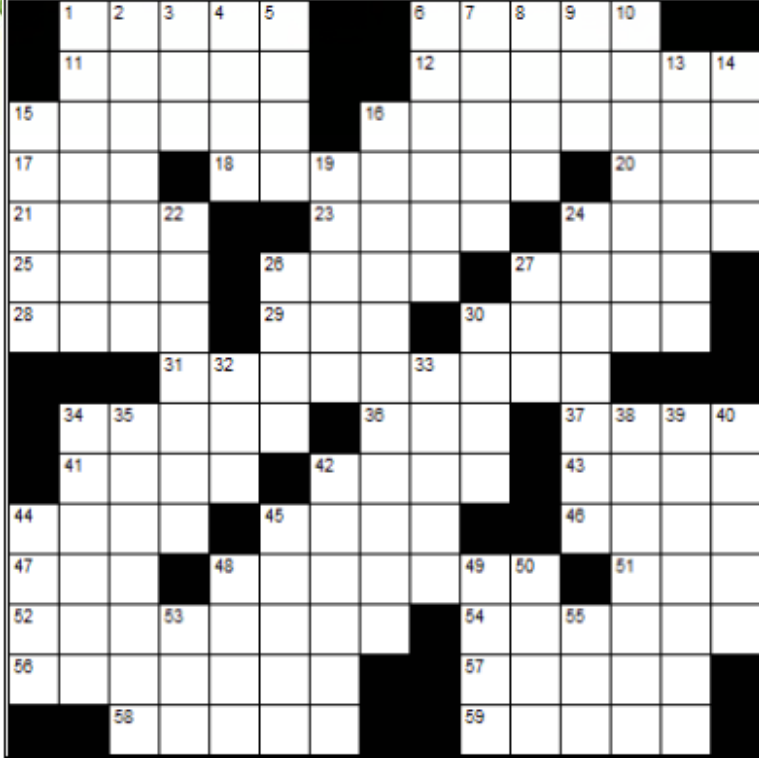
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MARCH CROSSWORD



ACROSS

1. Boundary
6. Reveals
11. Battery terminal
12. Futile
15. Reply
16. Nasal spray, for example
17. Decay
18. Metal refinery
20. Sticky stuff
21. Distinctive flair
23. Secluded valley
24. Belch
25. One less than 10
26. Dry
27. Puncture
28. Against
29. Animal companion
30. Invoices to pay
31. Flashy
34. Earth tone
36. Small piece of cloth
37. A cooperative unit
41. Jury member
42. Chats
43. Decorative case
44. Darling
45. Carry
46. Tatters
47. N N N
48. Kneecap
51. Destroy the interior of
52. Snobs
54. Blood vessel
56. Nerve junction
57. Tally
58. Color of most grasses
59. Rip up

DOWN

1. Ointment ingredient
2. Blink of an eye
3. Cut grass
4. Mid-month days
5. Duration
6. Tapped without swinging
7. Pale
8. Towards the back
9. Addition
10. Mostly white aquatic bird
13. Breathes noisily while sleeping
14. Cease
15. Sporting venue
16. Nonreaders
19. Wading bird
22. Not one or the other
24. Fortify
26. Abbey area
27. Not hers
30. Pleads
32. Arrange (abbrev.)
33. Record company
34. Candidly
35. Discontinuing
38. Knickknack holder
39. Foretold
40. Foggy
42. Received
44. D D D
45. Thigh armor
48. Tube
49. Young woman
50. Curve
53. Driveway surface
55. Craggy peak





Sunny days ahead

Sam was the worst meteorologist in the history of the science. When he forecast sunshine it would rain, if he said it would rain it would snow. After a miserable run on a local TV station in the Pacific Northeast, Sam decided to apply for a job in a small town in Arizona.

“So, what prompted your decision to leave Washington?” the Arizona station manager asked.

“The weather didn’t agree with me,” Sam replied.



Just the music

When a famous violinist told a wealthy patron that his fee to perform at her upcoming party would be \$5,000, she balked at the price, but agreed to pay it.

“Please keep in mind,” she added, “I do not expect you to mingle with the guests.”

The violinist replied, “In that case, it will only be \$4,000.”



Dan’s lucky night

Dan had a bad case of stage fright and was nervous about a presentation he was to give at the community business forum. He’d rushed there after supper, and as he took his seat, he realized he’d left his dentures at home.

“I don’t know how I’ll get through this,” he lamented to the man seated next to him. “Without my teeth, people might have a hard time understanding me.”

“You’re in luck,” the man replied. “I happen to have a pair of dentures in my pocket. They won’t be an exact fit, but it’ll be better than nothing.”

Dan tried the dentures and they weren’t too bad a fit. He made it through his presentation and afterward found his new friend. “This was my lucky night, forgetting my dentures and meeting a dentist with an extra set.”

“Oh, I’m not a dentist,” the man replied. “I’m an undertaker.”



Quotes

If you can find humor in your own troubles, you will actually begin to see them in a different light.

Kristine Joy Escarilla

If you could choose one characteristic that could get you through life, choose a sense of humor.

—Jennifer Jones



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Be contrary to plumb new ideas

Following the crowd is usually a safe bet, but it doesn't usually lend itself to creative thinking. If you want to be creative, sometimes you have to go against the grain. The trick is figuring out when you have a situation that calls for you to stand out from the crowd and take a contrary point of view from the majority.

The first thing to do before launching your career as a rebel is ask yourself whether you have a good reason for your contrary opinion. Just going against the conventional wisdom for the sake of taking the other side isn't usually smart. For instance, if you think your organization should change the color of a product, but it has a long history of making the product in only one distinct color, you have to be able to back up your opinion with reasons why you think this will benefit the organization. You might believe, for example, that your product needs to be rebranded—that it has grown stale with time and overexposure. Even if you don't ultimately succeed, you'll stretch your creative muscles and show an ability to think independently, which can only boost your career.



Careers for creative types

You may consider yourself a creative person, an innovative thinker, an unconventional performer—but you're not cut out to be a starving artist or wait tables while waiting for your big break. What are your options? Look into these careers:

- **Teaching.** Teachers at any level have to be quick and creative when it comes to keeping their students' attention and presenting information in interesting ways.
- **Interior design.** Helping people create the space where they'll live and work calls for a wide range of talents and skills.
- **Catering.** Any kind of event-planning career requires skill in selecting and balancing the right ingredients, from the spices in the food to the arrangement of the venue.
- **Graphic design.** With the growth of the internet, the ability to create visually appealing graphics that are well organized as well as attractive is something employers are eagerly seeking.
- **Copy writing.** From advertising to in-depth web content, words are still important. Putting together readable, useful copy is an important skill, even in an age of multimedia.

Quotes

It's easy to come up with new ideas; the hard part is letting go of what worked for you two years ago, but will soon be out of date.

—Roger von Oech

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	P1* Ladies Poker 6:30pm	P1* Ladies 9:30am 3:00 pm Bocce
8	9	
	P1* Ladies Poker 6:30pm	P1* Ladies 9:30am 3:00 pm Bocce
	Daylight Savings Begins @ 2am	
15	16	
	P1* Ladies Poker 6:30pm	P1* Ladies 9:30am 3:00 pm 6:00 pm rick's D Music St. P
22	23	
P2 Clubhouse Re- served	P1* Ladies Poker 6:30pm	P1* Ladies 9:30am 10:00 a Archwe Fruits &
29	30	
P3 Clubhouse Re- served	P1* Ladies Poker 6:30pm	P1* Ladies 9:30am 3:00 pm Ball
	Palm Sunday	

Lake Haven

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
3 adies Hobby n m – P3 Ball	4 10:00 am – P3 Park 3 Assoc Meeting	5 3:00 pm – P3 Bocce Ball P1* Bingo 7pm	6	7 P1* Coffee 8:30am P1* Meeting 9am P1* Membership Carnival																																										
10 adies Hobby n m – P3 Ball	11 6:00 pm – P3 Bar Poker	12 3:00 pm – P3 Bocce Ball P1* Bingo 7:00pm	13	14 6:00 pm – P1 Ka- raoke																																										
17 adies Hobby – Bocce Ball – P3 St. Pat- rick's Day Party / Live	18 10:15 am – P1 An- nual HOA Meeting	19 3:00 pm – P3 Bocce Ball P1* Bingo 7pm	20 P3 Clubhouse Re- served P1* I Got It 7pm <i>First Day of Spring</i>	21 P3 Annual Rum- mage / Bake Sale																																										
24 adies Hobby m – P2 ell Free & Vegetables	25 P1* HOA meeting 10:15am 6:00 pm – P3 Bar Poker	26 3:00 pm – P3 Bocce Ball P1* Bingo 7pm	27 P3 Clubhouse Re- served	28																																										
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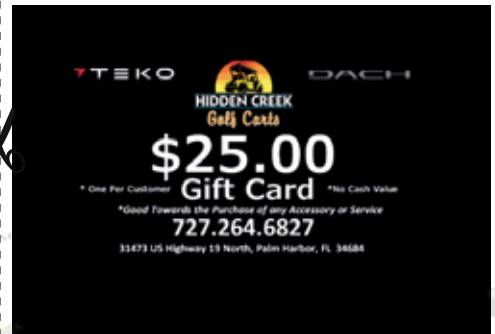


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The weight of our words

Remember this cautionary tale the next time you're sniping and griping:

A man visited his pastor to speak of something that was troubling him. Earlier in the week he'd repeated a rumor about a neighbor only to find out later that it was not true. He felt had to do something to undo the damage he'd caused to his neighbor's reputation.

The pastor told him to take a bag full of feathers and place a feather on the doorstep of each individual he'd spoken to, and also those that the news was shared with. The man did as instructed, then returned to the church to find out what he should do next.

"Now return to every place you left a feather and collect them," the pastor said.

As the man walked through his village, he was surprised that he could not find a single feather on any of the doorsteps where they'd been placed. He did find a couple blowing about the yard at a house he had not visited, but they were carried off by a sudden gust. He once again returned to the church.

"Were you able to retrieve any of your feathers?" the pastor asked.

"No," the man replied. "The wind blew them all away."

"We are not always able to retrieve the things we put into the world," the pastor explained. "They can take on an energy all their own and travel great distances. Please keep this in mind and choose your words mindfully the next time you speak of another's character."

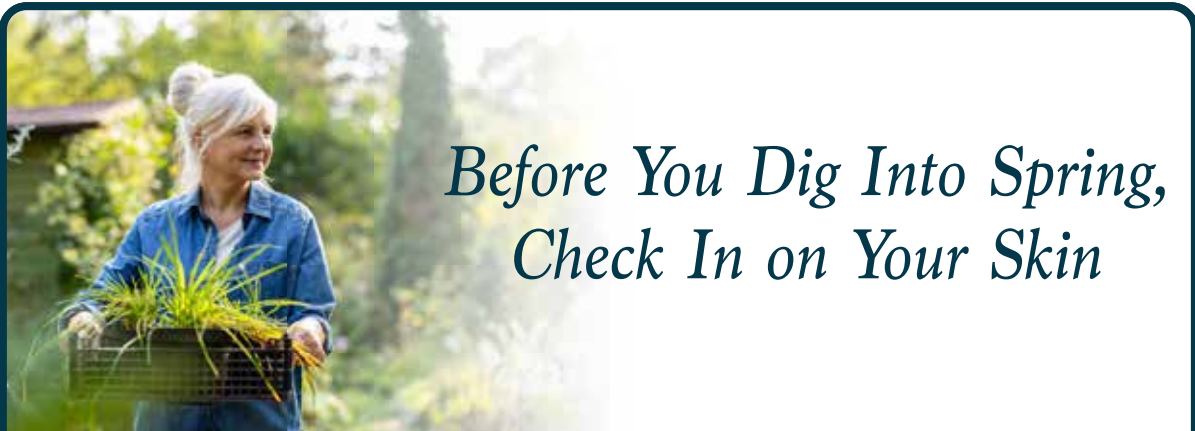


Where the magic is hiding

Awoman visited a fortuneteller to find out if her future would be successful, but instead of answering any of the questions, the fortuneteller gave the woman a box. She explained that it was a magic box that had the power to make dreams come true. She handed the woman a notepad and told the woman to write down three things she wanted and then place the paper in the box. She told her to take the box home and shake it three times each morning upon waking and three times in the evening before going to bed, making sure to repeat her wishes aloud each time. The fortuneteller also told the woman she'd have to return the box in one year.

A year later, the woman once again visited the fortuneteller. "I followed your instructions, and everything I hoped for came true," the woman said. "This box really does hold powerful magic."

"My dear, the magic is not in that box," the fortune teller replied. "The magic is inside of you, reminding yourself of the things you wanted and helping awaken your determination to get them."



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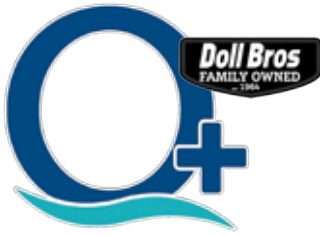
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Use social media responsibly

Here are some tips for both parents and children to follow to help create an atmosphere of positive citizenry on social media channels:

- **Pause before you press “enter.”** You leave a permanent footprint on everything you post, creating the likelihood it can resurface at any time and call your character into question later. Resist the urge to be impulsive, spread gossip, or promote hate.
- **Apply the Golden Rule.** You are what you post, retweet, and share. Ask yourself these three questions of anything you feel inspired to post: Is it true? Will it cause anyone harm? What is my motivation for posting this?
- **Get permission/Give permission.** Before sharing someone else’s photos or content, make sure you have their OK and ask the same of your contacts.
- **Review your privacy settings.** They are there for a reason—to limit who can access your information and how they can use it. You have locks on the doors and windows of your home to keep unwanted guests out; do the same for your social media profiles and feeds.
- **Police the content that appears on your page.** Not everyone is mindful of the content they post. Occasionally, that inappropriate material will make its way onto your social media feed, where it can be viewed by your contacts and misinterpreted as something you favor. Don’t hesitate to block contacts and remove posts from your feed if they are offensive.
- **Exercise caution.** You wouldn’t allow your children to walk around with a sandwich board displaying their legal name, age, address, and other personal information, so don’t allow them to create detailed profiles that can be accessed by strangers the world over. Never divulge too much information about yourself, your current location, or future plans unless you want to fall victim to unscrupulous internet trolls.



One big, happy family

Here are a few tips to keep in mind if you are inheriting a blended family situation:

- **Establish routines.** This can be an emotional and confusing time for all, and it might take some time to figure out how this new dynamic functions. It will be less chaotic if your household and schedules are organized and in sync.
- **Everybody needs space.** To help family members adjust, make sure everyone has sufficient time and space to nurture their needs for privacy.
- **Find common bonds.** Figure out activities that the entire family can enjoy. You’ll also need to find activities that encourage bonding between stepparents and stepchildren.
- **Talk things over.** Check in with family members frequently, listen to what concerns they might have, and be willing to create an environment where dialogue is possible.
- **Don’t forget date night.** It’s easy to get lost in the identity of your roles in your new family, but shift the focus back to your marriage. Keep the romance alive by scheduling a meal away from home at a favorite restaurant or a night out on the town with your spouse.

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<p>EVENTS & PROGRAMS</p>	<p>Golden Acres ROA Bazaar. Saturday, March 7, 9am-12:30pm. Clubhouse, 1040 Main Street, Dunedin Florida</p>	<p>Spring Craft Fair, Sunset Palms MHP, 3401 Gandy Blvd., Pinellas Park. March 21st, 9:00am until 2:00pm. Handmade arts and crafts: quilted items, resin art, handmade cards, diamond art creations, jewelry, wreaths and so much more. Homemade baked goods.</p> <p>ART/CRAFT FAIR Saturday, March 21. 9 AM to 1PM. Lake Highlander MHP, 1500 County Road 1, Dunedin. Food available.</p>
<p>2 Day Park Wide Sale. Friday and Saturday, March 6 & 7, 2026. 8am -1pm. Vendors in the clubhouse on Friday ONLY. Semiannual Bake Sale and Refreshments available Friday ONLY in the Clubhouse. La Plaza MHP 6700 150th Ave. N. Clearwater</p> <p>HUGE SALE! TRUCK LOAD OF: CRAFT SUPPLIES / WOMENS BOUTIQUE, CRAFT ITEMS, WOODCRAFT, RESIN, BEADS, CERAMIC. TOO MUCH TO LIST. WOMENS CLOTHING, GIFT ITEMS, JEWELRY, BAGS & SO MUCH MORE! ALL NEW w/TAGS. SINGLE ITEMS OR BY THE CASE. LA PLAZA MHP 6700 150th AVE N. FOLLOW THE SIGNS I WILL HAVE FLAGS OUT FRONT OF LOT. This is a neighborhood wide sale. SAT MARCH 6-7, 8AM-?</p>	<p>Lake Seminole Resort Spring Flea Market, Bake Sale and Lunch on Saturday, March 7th, 9:00am - 1:00pm. Located at 10245 110th Ave. N., Largo, Florida</p>	<p>ARTS & CRAFTS SHOW & SALE 03/21, 11-3 Westwind MHP 3301 Alt19 Dunedin</p> <p>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.</p>
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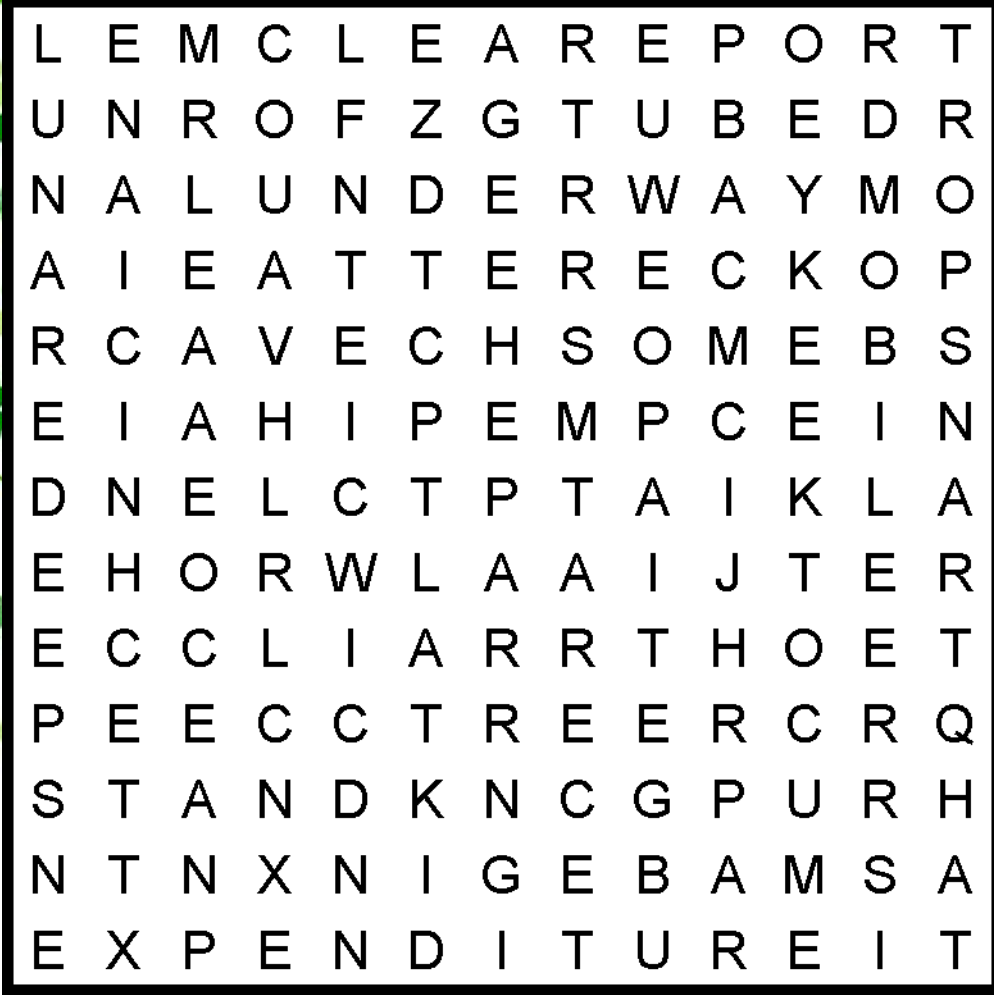
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Beat sleeplessness through awareness of the risks

Insomnia is becoming a problem in our society, and it's attributable to complex interactions among dozens of factors. One in three American adults don't get enough sleep every night, and that number may rise if we don't work collectively to try and improve our sleep patterns. As health care writer Anna Johansson points out, the effects of sleep deprivation are dangerous, both in the short and long term:

- **Lack of focus and memory.** As both a short-term and long-term effect, losing sleep can interfere with your ability to create new memories, and may make it more difficult to focus during the day. This makes it difficult to perform in most professional roles.
- **Declining cognitive abilities.** Sleep loss also hinders your cognitive capacity, making it more difficult to think critically or solve problems. This gets more intense with more sleeplessness over time.
- **Obesity and diabetes.** There's evidence to show that chronic sleeplessness can lead to obesity, as well as diabetes, which in turn can lead to even more serious health complications.
- **Heart disease and mortality.** Chronic lack of sleep may even increase the likelihood and severity of heart disease, and decrease your lifespan.

Coffee may cut risk of death, studies say

Starting the day with a cup of coffee helps many of us wake up. New evidence suggests it may help us live a longer life, too.

In one study written up in the journal *Annals of Internal Medicine*, researchers at the University of Southern California's Keck School of Medicine surveyed more than 185,000 Americans for 16 years. Their results: People who drank one cup of java a day were 12 percent less likely to die than those who didn't, and people who drank two to three cups were less likely to die by 18 percent—regardless of whether the coffee was caffeinated or not.

In another study reported in the same journal, researchers analyzed data from more than half a million people across Europe, and found that higher levels of coffee drinking were associated with a decrease in the risk of death from many causes, including circulatory and digestive tract diseases.

So enjoy your cup of coffee. It may add years to your life.

Quotes

He who cures a disease may be the skillfullest, but he that prevents it is the safest physician.
—Thomas Fuller



Keep your muscles strong at any age

As we grow older, we often lose muscle mass. Muscle mass decline typically starts in the 40s but increases after age 50. One study of about 200 men and women ages 64-93 found that it affected 22.6 percent of the women and 26.8 percent of the men.

Take these steps to keep your muscles intact:

- **Strength training.** Lifting weights has been shown to increase muscle mass and may even reverse the most debilitating effects of muscle loss.
- **Aerobic exercise.** Healthy muscle tissue needs capillaries to infuse it with blood. Regular exercise, like a brisk half-hour walk every day, can provide this.
- **Protein.** Inadequate protein in the diet, or difficulties digesting and absorbing protein, may be a factor in susceptibility to lost muscle mass. Older adults may need to increase their consumption of protein to maintain their lean body mass.



Living in a healthy state

Does the state where you live affect your health? Some U.S. states appear to be dramatically healthier than others, based on rates of infectious disease, obesity, smoking, infant mortality, air pollution, and other factors. United Health Foundation looked at the figures and identified the healthiest—and unhealthiest—states in the country:

- | | | |
|---|---------------|-----------------|
| | Healthiest | Unhealthiest |
| • | Massachusetts | • Mississippi |
| • | Hawaii | • Louisiana |
| • | Vermont | • Arkansas |
| • | Utah | • Alabama |
| • | Connecticut | • West Virginia |



Quotes

A man's health can be judged by which he takes two at a time—pills or stairs.
—Joan Welsh





Monthly

Women’s History Month. Celebrate the achievements of women like Juliette Gordon Low, who founded the Girl Scouts in 1912, before women had the right to vote and despite her severe hearing impairment.

National Nutrition Month. The Academy of Nutrition and Dietetics wants you to develop good eating habits and make better food choices. The theme of this year’s campaign is, “Go further with food.”

National Craft Month. Paint a picture, learn to scrapbook, piece together a quilt, develop a new hobby, but most important, create something. **Optimism Month.** Find the silver linings amidst the clouds, shed the negativity, and improve your “uplook.”

Expanding Girls’ Horizons in Science and Engineering Month. This is a time to promote education, diversity, and future career opportunities for girls in the fields of science, technology, engineering, and math. Take your daughters, nieces, and little sisters to a science center for a day of exploration and fun.



HAPPY ST. PATRICK’S DAY-MARCH 17th

Weekly

Girl Scout Week, March 8-14. Founded to help create a network of girls and experiences that foster their individuality, intellect, and growth, the Girl Scouts celebrate the organization’s birthday every March 12. Visit GirlScouts.org to learn more.

International Brain Awareness Week, March 16-22. It’s the time of year to shine a spotlight on the advancements in the field of brain research. Check out the websites for The Dana Foundation and the Society for Neuroscience to find out about lectures, events, and exhibits in your area.

National Poison Prevention Week, March 15-21. The American Association for Poison Control Centers handles over 2 million calls annually dealing with exposure to dangerous substances. Contact the information hotline for the AAPCC at 1-800-222-1222, or follow it on Facebook and Twitter to learn about prevention measures.



Daily

National Day of Unplugging, sundown March 6-sundown March 7. Remember what life was like before everyone had a smartphone? Somehow we managed to have meaningful face-to-face conversations and get to places on time without getting lost. Unplug and live authentically for these 24 hours.

Learn About Butterflies Day, March 14. With spring just around the corner, take time out to learn about these fascinating and beautiful creatures and take steps to attract them to your gardens and yards this year. First day of spring, March 20. Herald the season of new life and possibilities.



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