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May • 2026

Issue 3 • 50th Year

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Sun Community Staffing at Park Royale

Community Manager:	Scott Seegert	727-547-1676
Maintenance Manager:	Mike Milleman	727-547-1676
Office Coordinator:	Cheryl Harris	727-547-1676
Office Hours:	Monday through Friday	8:00 am to 5:00 pm
Emergency Phone Number:	877-786-6048	(please insert in your contact list)

Not receiving notifications from Park Royale Office? You may have opted out of the text/call notifications. If you would like to receive notifications by email, be sure that the office has your current email address.

Reserving the clubhouse for an event? Call Cheryl at 727-547-1676 regarding requests for the clubhouse. Whether the event is a club activity or a private event, be sure to verify the availability before applying for the space. Please keep the area clean and organized to receive your deposit fully refunded.

RHOA Board of Officers 2025

President.....	Richard Anderson	727-289-7285	Fun_to_know@outlook.com
Vice President	Brian Rice	727-390-7583	lookmyeyeschange@gmail.com
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Secretary	Jacqueline Melia	402-658-1872	tandjmelia@gmail.com

Royalite Social Club Executive Board Members and Members at Large

President.....	Jane Williams.....	574-540-1394.....	jimjane1394@gmail.com
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Secretary	Donna Anderson	215-206-3288.....	rockingd5524@gmail.com
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Culinary Coordinator	Nancy Vandal.....	508-677-7437.....	Vandaln813@hotmail.com
Culinary Coordinator	Cheryl Leist	727-685-6895.....	cherylmediaeditor@yahoo.com
Events Coordinator	Kelley Schafer	727-366-4424.....	kjschafer515@gmail.com
Events Advertiser	Danielle Ome.....	585-752-0203.....	dani325@aol.com
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Member at Large.....	Sandy Milleman.....	574-248-1708.....	sandymilleman@yahoo.com
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Member at Large.....	Donna DeBoe-Henniger	727-215-4090.....	ddeboehenniger@gmail.com
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If you have any suggestions for future events, please contact anyone above in the Royalites.

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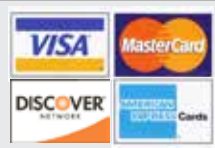


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Editor's Notes



Please have your information in to me no later than May 8th
For June newsletter.

If there are any changes or updates please email me and I will change it.

Thank you All, Cheryl Leist cherylmediaeditor@yahoo.com

PARK ROYALE RESIDENT HOMEOWNERS' ASSOCIATION, INC. NOTICE OF RHOA BOARD MEETINGS 2026-2027

Location: Park Royale Clubhouse

Calendar:

1. June 8th, Monday at 6:30 p.m.
2. August 10th, Monday at 6:30 p.m.
3. October 12th, Monday at 6:30 p.m.
4. November 9th, Monday at 6:30 p.m. – Election Committee
5. December 14th, Monday at 6:30 p.m. – Nominations Final
6. January 11th, Monday at 6:30 p.m.– Annual Meeting/Election



Royalite Social Club Events **Events**

Tuesday May 12th
Ladies Luncheon
11:30am

Cheddar's Scratch
4101 Park Blvd
Pinellas Park

Saturday May 16th
Luau Pool Party
11am – 3pm

Free Event
Bring A Snack to Share
Donations Appreciated!

Tuesday May 19th
Koffee Klatch
9:30am

Come Join the fun, good coffee,
good friends!
Get to know your neighbors!
Donations Appreciated!
To help with supplies

Upcoming Events
Monday June 8th
RHOA Meeting
6:30pm

Tuesday June 16th
Koffee Klatch
9:30am

Come Join the fun, good coffee,
good friends!
Get to know your neighbors!
Donations Appreciated!
To help with supplies

Saturday June 20th
Summer Kick off Pancake Breakfast!
9am – 11am
\$5 per person
Buy your tickets soon.
See Cheryl at 202 Stratford
When sign is out in yard

Bring your own drinks to all events.
Don't forget to sign up in clubhouse!



General Information:

Park Royale Communication

Keep informed and Join Facebook.

Park Royale HOA

Learn what is happening with Park Royale residents, homeowner Association.

Park Royal Mobile home Community Pinellas Park Florida

Keep in touch and share information with your neighbors.

Royalite Events

Stay up to date with social activates and events. Contact: Jane Williams

Guidelines For Posting “For Sale” Items in Clubhouse

All postings are displayed in the exercise room

Signs should not be any larger than 5” x 7”

Please date and sign. If there is no date, the sign will be removed

If sold, please remove sign

If not removed by 2 months from date, the sign will be removed.

Thank You for your cooperation

Lending Library

Come see the library area in the Clubhouse. It is a nice and comfortable area to read a favorite book or to chat with friends. Also check out the puzzles table!

Neighborly

Need reliable transportation? Neighborly is for people 60 and older who need reliable transportation.

Call 727-573-9444 for more information.

No-cost transportation is available for:

1. Medical appointments in Pinellas County

2. Group grocery shopping, dining, shopping, or fun outings (5 or more Participants)

Welcome Wagon

If you are new to the community in the last few months and did not receive a Welcome Basket and would like to.

Please contact: Richard Anderson 727-289-7285 Fun_to_know@outlook.com

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Your continuous efforts make our community one of the most desirable communities in the area.

Thank you!

Re-inspections will start later this month. If you need an extension, please call the office to discuss.

As a reminder– NO Outside Storage.
Storage: Only outdoor patio-type furniture, BBQ grills, up to one (1) trash receptacle with a snug fitting lid, potted plants and limited yard and patio art may be placed neatly on the home site. No appliances may be stored, placed, or utilized in an exterior area of the home, carport, or lot. Such items must be placed inside the home or inside the shed. Small dorm-sized refrigerators placed neatly in a screened-in patio or lanai will be permitted. Extra utility sheds or other buildings, cabinets, lockers, or totes are not permitted, with the sole exception that a maximum of one (1) locker or deck box may be placed on a concrete base and provided that prior written approval of Community Management is granted for same.

Phone 727.547.1676

Thank you for your dedication and hard work

TRAFFIC SAFETY



To keep our community as safe as possible– golf carts should only be driven by those that have a license to drive. There are up to 15,000 golf cart injuries per year in the US– lets try not to be on that list.



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Veteran's Corner

Military Spouse Appreciation Day 2026 in the United States will be held Friday May 8, 2026.

The Friday before Mother's Day in the United States is observed as Military Spouse Appreciation Day.

It is a day to acknowledge the significant others of military personnel who hold the fort down at home while their partners are protecting the country.

This is not a public holiday. Government and public offices, businesses, and schools are not closed on this day but may hold special events and outreach programs to commemorate the annual observance.

The first Military Spouse Appreciation Day was observed on May 23, 1984. It was established as a one-off observance through a proclamation by President Ronald Reagan. The day was later made into an annual observance by Secretary of Defense Casper Weinberger. In 1999, the U.S. Congress declared May as National Military Month to acknowledge the service of the women and men in the military.

Military Spouse Appreciation Day, which is also sometimes known as Military Spouse Day, aims to bring national attention to the role that military spouses play in maintaining the morale of the military and in supporting their significant others while they serve the country.

If you know a Military spouse, do something nice for them. Thank them for all that they do.

Please also remember in the month of May, Monday May 25, 2026 Memorial Day, which specifically honors U.S. military who died while serving in the armed forces. Memorial Day is a solemn day for remembrance of those who made the ultimate sacrifice.

Respectfully,
Anthony Suglia
Command Sergeant Major, Retired, Infantry
United States Army



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May Birthdays

- 2) Annie Dunigan
- 8) Patricia Taormina
- 9) Brian Rice, Jackie McLean
- 10) Karen Haggerty
- 13) Pat Stewart
- 23) Jeffrey White
- 26) Vicki McElwee
- 28) Rob Suggett
- 29) Margie Miller, Cyndi Anderson
- 30) Beverly Pightling
- 31) Kathy Suggett

Happy Birthday to all!!!



May Birthstones

The primary birthstone for May is the emerald, a gem historically adored for its vibrant green hue, symbolizing rebirth, love, and fertility. Mined in Egypt as early as 330 BC, emeralds were prized by Cleopatra and associated with the Roman goddess Venus. They represent wisdom, growth, and protection.

Key Facts About May's Emerald Birthstone:

- **Ancient Origins:** Emeralds were traded in Babylon as early as 4000 BC and were heavily mined in Egypt for Queen Cleopatra, who used them in royal adornments.
- **Symbolism:** Throughout history, they have symbolized love, protection, fertility, and rebirth. In ancient Rome and Greece, they were linked to Venus, representing hope and love.
- **Cultural Significance:** They were sacred to the Incas and Aztecs. Egyptians often buried them with mummies to symbolize eternal youth.
- **Lore & Beliefs:** Ancient civilizations believed emeralds had healing powers, specifically for eye diseases, and that they offered foresight or allowed one to see the future.
- **Name Origin:** The name derives from the Greek word *smaragdos* via Latin, meaning "green stone," often linked to "green growing things".
- **Agate** is also recognized as a traditional stone for May in some earlier, pre-20th-century lists, often associated with the zodiac sign Gemini.
- Today, emeralds are prized for their rare green color and are frequently worn as jewelry to signify luck and prosperity.

May

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May Awareness

May is primarily recognized as **Mental Health Awareness Month**, a crucial time to reduce stigma, provide support, and advocate for mental health policies. Other major observances include Arthritis, Lupus, Hepatitis, and Stroke Awareness Months, alongside Asian American and Pacific Islander Heritage Month.

Key May Awareness Focuses:

- **Mental Health Awareness Month**: Aimed at raising awareness of mental illness, reducing stigma, and providing support for the millions affected.
- **Women's Health Month**: Dedicated to encouraging women to prioritize their physical and mental well-being.
- **Physical Fitness & Sports Month**: Promoting active lifestyles.
- **Asian American and Pacific Islander Heritage Month**: Celebrating the contributions and culture of AAPIs.

Key Health Observances:

- **Lupus Awareness Month**: Raising awareness for lupus.
- **Arthritis Awareness Month**: Educating on arthritis.
- **Hepatitis Awareness Month**: Promoting education and testing.
- **Melanoma/Skin Cancer Detection and Prevention Month**: Focusing on skin cancer safety.
- **Better Hearing and Speech Month**: Highlighting communication disorders.



Did You Know?



May is commonly referred to as the month of natural purity and beauty, representative of the Greek Goddess it was named after, Maia. This was because of flowers like roses, tulips, and lilies tend to bloom most in the month of May.

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Sunday	Monday	Tuesday
3 Pickleball 8:30am Turkey Foot 6 pm	4 Pickleball 8:30am Billiard 1 pm Hand & Foot 1pm	Pickleball Poker
10 Pickleball 8:30am Turkey Foot 6 pm	11 Pickleball 8:30am Billiard 1 pm Hand & Foot 1pm	Pickleball Poker 6 Ladies 11:30 a Checkin
Mother's Day		
17 Pickleball 8:30am Turkey Foot 6 pm	18 Pickleball 8:30am Billiard 1 pm Hand & Foot 1pm	Pickleball Poker Koffee 9:30 a
24 Pickleball 8:30am Turkey Foot 6 pm	25 Pickleball 8:30am Billiard 1 pm Hand & Foot 1pm	Pickleball Poker
Pentecost	Memorial Day	
31 Pickleball 8:30am Turkey Foot 6 pm		

Park Royale

Monday	Wednesday	Thursday	Friday	Saturday																														
			1 Pickleball 8:30am	2 Pickleball 8:30am																														
5 Pickleball 8:30am 6 pm	6 Pickleball 8:30am Hand&Foot 6:30pm Boccie Ball 6:30pm	7 Pickleball 8:30am Cornhole 6:30 pm Poker 6 pm Turkey Foot10am <i>National Day of Prayer</i>	8 Pickleball 8:30am	9 Pickleball 8:30am																														
12 Pickleball 8:30am 9 pm Luncheon 10 am Poker's Scratch	13 Pickleball 8:30am Hand&Foot 6:30pm Boccie Ball 6:30pm	14 Pickleball 8:30am Cornhole 6:30 pm Poker 6 pm Turkey Foot10am <i>Ascension Day</i>	15 Pickleball 8:30am	16 Pickleball 8:30am Lusu Pool Party 11 am - 1 pm Bring a snack to share																														
19 Pickleball 8:30am 6 pm Klatch 7 pm	20 Pickleball 8:30am Hand&Foot 6:30pm Boccie Ball 6:30pm	21 Pickleball 8:30am Cornhole 6:30 pm Poker 6 pm Turkey Foot10am	22 Pickleball 8:30am Card Bingo 7 pm	23 Pickleball 8:30am																														
26 Pickleball 8:30am 6 pm	27 Pickleball 8:30am Hand&Foot 6:30pm Boccie Ball 6:30pm	28 Pickleball 8:30am Cornhole 6:30 pm Poker 6 pm Turkey Foot10am	29 Pickleball 8:30am	30 Pickleball 8:30am																														
				<p style="text-align: center;">Poker</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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May Fun Facts & Recipes

May, named after the Roman goddess of growth Maia, is a vibrant month bridging spring and summer, filled with traditions like Maypole dances and Cinco de Mayo. Historical milestones include Lewis and Clark starting their expedition in 1804 and the patent of blue jeans in 1873. May cuisine focuses on fresh spring produce like asparagus and rhubarb.

Seasonal May Recipes

- **Asparagus Frittata:** A perfect spring breakfast featuring fresh asparagus, eggs, and herbs.
- **Rhubarb Pie:** A quintessential spring dessert using the tart stalks that appear early in the season.
- **Spinach Lasagna:** A savory dish utilizing fresh spring spinach.
- **Fresh Herb Salad:** A light dish focusing on seasonal greens and herbs like mint and thyme, which are associated with May.
- The world's oldest known written recipes are found on Babylonian cuneiform tablets from Mesopotamia, dating to approximately **1730 BCE**. These tablets, part of the Yale Babylonian Collection, detail about 25, mostly stew-based, recipes featuring ingredients like lamb, beets, and onions, with some dishes requiring complex preparation techniques.

Key details regarding the earliest known recipes include:

- **The Tablets:** The Yale Culinary Tablets contain the oldest known recipes, with three dating to 1730 BCE and another later set.
- **Ingredients & Method:** The recipes are largely for stews or broths, with one known as Tuh'u, a lamb stew, featuring ingredients similar to modern dishes like beet, arugula, and coriander.
- **Other Early Examples:** Other early recipes include ancient Egyptian depictions of food preparation and the Greek cookbook by Mithaecus.
- **Oldest Dish:** A, arguably, much older dish, nettle pudding, has origins dating back to 6000 BCE in England, though not a "written" recipe from that time.

These tablets, which were unearthed in the 1920s, were initially thought to be medical texts before being identified as culinary instructions.



Activities Every Month



Billiards

Every Monday 1:00 pm

Card Bingo

Every fourth Friday of the month 7:00 pm

Koffee Klatch

Every 3rd Tuesday 9:30 am

Cornhole

Every Thursday 6:30 pm

Hand and Foot

Every Monday 1:00 pm
& Wednesday 6:30 pm

Turkey Foot

Every Sunday 6:00 pm
& Thursday 10am

Poker

Every Sunday, Tuesday &
Thursday 6:00 pm

Pickleball

Every day 8:30 am

Fun Shuffle

"Fun Friday Shuffle"
"Suspended until November"



Activity Coordinators

<i>Billiards</i>	<i>Dan Hogan</i>	# 291 Cambridge
<i>Block General</i>	<i>Nancy Nikolopoulos</i>	# 278 Essex
<i>Card Bingo</i>	<i>Al Seibert</i>	# 144 Tudor 4th Friday
<i>Koffee Klatch</i>	<i>Donna D & Dorothy N.</i>	#183 London
<i>Golf</i>	<i>Joe Kuhn</i>	# 246 Oxford
<i>Hand and Foot</i>	<i>Sue Simms</i>	# 263 Oxford
<i>Hand and Foot</i>	<i>Bev Pightling</i>	# 155 Tudor
<i>Helping Hands</i>	<i>Diane Dirks Lenox</i>	# 191 London
<i>HOA</i>	<i>Richard Anderson</i>	# 168 London
<i>Poker</i>	<i>Mike Milleman</i>	# 26204 Stratford
<i>Pickleball</i>	<i>Bill Arsenault</i>	# 175 London
<i>Royalite Social Club</i>	<i>Jane Williams</i>	# 297 Essex
<i>Shuffleboard</i>	<i>Bob Tocchi</i>	# 166 Tudor
<i>Veteran's Corner</i>	<i>Anthony Suglia</i>	# 268 Oxford
<i>Welcome Wagon</i>	<i>Richard Anderson</i>	# 168 London
<i>Wine & Paint Class</i>	<i>Joe Kuhn</i>	# 246 Oxford

If you are a player in any of the above activities, just ask if you can help them with your activity.

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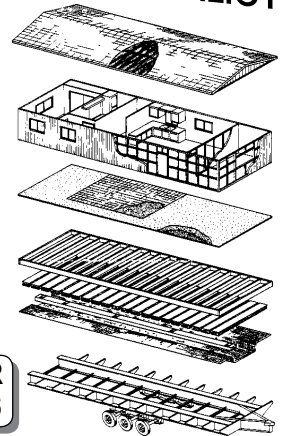
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ACROSS

1. Clutch
6. Engage in
10. Combines
14. Eagle's home
15. Minerals
16. Voucher
17. Coniferous forest
18. Regrets
19. Bay
20. Stuporous
22. Detail
23. Not new
24. Low point
26. Worldwide
30. Stash
32. Scrutinize
33. Pomp
37. Pretentious person
38. Desert watering holes
39. You (archaic)
40. Idioms
42. Offering little or no hope
43. Twiddled one's thumbs
44. Purchasers
45. Chocolate source
47. Not thin
48. Roman robe
49. Hyperactive
56. Wicked
57. Knockout
58. Custom
59. Peddle
60. Distinctive flair
61. Genus of heath
62. 3
63. Break
64. Adjust again

DOWN

1. An international trade treaty
2. Towards the back
3. Diva's solo
4. Portent or omen
5. Navy jacket
6. Planet
7. African sheep
8. Nerd
9. Flavoring extracts
10. Without intention
11. Hindu loincloth
12. Scuba user
13. Flower stalk
21. Addition
25. Revelation response
26. Sharp intake of breath
27. Moon goddess
28. Scent
29. According to the Bible
30. Enclosed
31. Anagram of "Sage"
33. Rate
34. You (archaic)
35. Big laugh
36. Guffaws
38. Witness
41. American Dental Association
42. Meat retailer
44. Sheep sound
45. Shroud
46. Nimble
47. Not back
48. Exam
50. Low-lying area
51. Nestling hawk
52. Empty weight
53. Nile bird
54. Moral weakness
55. French for "State"





MAY SUDOKU

		7				6		
			4	7	3		8	
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..... HAPPY

Mother's Day

9	4	5	1	8	7	2	3	6
6	8	1	3	2	5	4	7	9
3	7	2	6	9	4	1	5	8
2	1	8	7	4	6	5	9	3
7	6	3	9	5	1	8	4	2
4	5	9	2	3	8	7	6	1
5	9	4	8	6	2	3	1	7
1	2	6	4	7	3	9	8	5
8	3	7	5	1	9	6	2	4

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41 ★ **12**



May Word Search

E	S	O	O	L	K	S	U	R	I	V	E	R
E	V	U	P	D	A	T	E	E	E	Y	D	N
P	C	T	S	T	I	L	L	S	V	N	E	O
I	C	I	H	U	Y	O	Y	I	L	I	S	S
H	A	B	O	U	T	O	F	G	O	A	T	R
S	U	R	R	V	I	H	I	N	V	M	R	E
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about
activity
avarice
brace
cause
certify
destruction

envelope
event
goat
involve
loose
obey
orbit

ownership
paint
pane
person
pimple
rely
remain

remit
resignation
reveal
river
school
short
silly

still
update
video
virus
voice
water



The absent-minded composer

The famous composer Ludwig von Beethoven once went to a restaurant for some dinner, but being very absent-minded he forgot what he actually came there for. A waiter asked him several times what he would like to order, but Beethoven paid him no attention.

After an hour Beethoven called the waiter and asked him, “How much do I pay?”

The waiter replied, “Sir, you haven’t ordered anything yet. What I can do for you?”

Frustrated, Beethoven snapped back, “Oh, just bring whatever you want and leave me alone!”

Einstein: A genius with a human touch

Albert Einstein was a scientific genius, and stories about him are legendary. Three stories illustrate that he was as human as the rest of us:

- When Einstein went to Princeton University in 1953, someone asked what he would need for his office. His reply: “A desk, some pads and a pencil, and a large wastebasket to hold all of my mistakes.”
- A student visited Einstein in his Princeton office one day with a copy of this year’s final exam in his hand. “Professor, all the questions on this year’s test are the same as last year!” “Yes,” Einstein replied, “but this year all the answers are different.”
- After finishing a paper, Einstein and his assistant could find only one paper clip in his office to hold the pages together. Unfortunately, it was bent out of shape and impossible to use. They searched the desk for something to use as a tool to straighten the clip, and found a full box of paper clips in one drawer. Instead of taking one of those clips, Einstein used one as a tool to straighten out the bent clip.

The assistant asked why he didn’t just use one of the fresh clips. Einstein answered, “Once I am set on a goal it becomes difficult to deflect me.”

Quote

To hell with facts! We need stories!
—Ken Kesey

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8



A lesson in taking chances

A story from the book *Art and Fear*, by David Bayles and Ted Orland (Image Continuum Press), illustrates the power of taking chances and risking failure when you're trying to achieve something of quality:

On the first day of class, a ceramics teacher announced that he was putting his students into two groups. Half the students would be graded on quantity of works produced, the other half on the quality of just one work. On the final day of class, the instructor looked at the pots from both groups and realized that the best pots—those with the most creative designs and those that seemed most beautiful—all came from the group graded on quantity.

As the authors put it: “It seems that while the ‘quantity’ group was busily churning out piles of work—and learning from their mistakes—the ‘quality’ group had sat theorizing about perfection, and in the end had little more to show for their efforts than grandiose theories and a pile of dead clay.”

Take a fresh approach to solving problems

You don't always want the same old solutions to everyday problems. Sometimes you want to try something different. From the *Fast Company* website comes these ideas for finding a fresh approach:

- **Rephrase the question.** The way you frame the problem may limit your options. Teach yourself to expand the scope. Instead of, “How can we throw a great birthday party for Ted?” Ask, “What can we do to make this a memorable birthday?”
- **Look for bad ideas.** Seeking perfect solutions can put too much pressure on your creativity. Give yourself a break and try coming up with some bad ideas. You'll get them out of the way quickly, and sometimes a bad idea can lead to something new and exciting.
- **Challenge your assumptions.** Take a hard look at your basic beliefs about the situation. Is the customer really always right? Is the lowest price necessarily the best deal? Turning your assumptions on their heads can suggest a different direction to go in.

Quotes

There are painters who transform the sun to a yellow spot, but there are others who with the help of their art and their intelligence, transform a yellow spot into sun.
—Pablo Picasso



Report: Fiber may prevent breast cancer

Parents and young women concerned about breast cancer may want to take note of a study from the journal *Pediatrics*: Scientists have discovered that adolescents and young women can significantly reduce their chances of getting breast cancer later in life by eating a high-fiber diet early on.

Researchers tracked more than 90,000 women over a period of years. Women 27-44 answered questions relating to their diet as adults and in high school. The data they collected about fiber consumption, after screening out other factors like race and family history of breast cancer, showed that women who had eaten high amounts of fiber had a 12-19 percent lower chance of getting breast cancer. In addition, women who reported a high fiber intake during their high school years were found to have a 16 percent lower risk of suffering breast cancer overall, as well as a 24 percent lower risk of being diagnosed before menopause.

Fiber from fruits and vegetables appear to offer the most health benefits.

Keep your workplace a healthy zone

From Ebola to the Zika virus, new diseases seem to be rising every day to threaten our health. If you're a manager, you should do everything you can to keep your workforce safe from illness. Take these steps to minimize the risks:

- **Adjust absentee policies.** Many organizations still penalize workers for taking sick leave. Let your employees stay home when they're sick rather than risk infecting others.
- **Promote hygiene.** Post restroom signs urging workers to wash their hands frequently. Instruct cleaning services to wipe down telephone receivers as well as desk surfaces.
- **Plan ahead.** Consider how you'd respond if your department experienced a 30 percent absentee rate. How can you ensure that essential functions are covered? You can't stop bad things from happening, but you can take steps to keep them from crippling your organization.

Quotes

Healthy citizens are the greatest asset any country can have.
—Winston Churchill

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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

1929 Model A Roadster. Inquiries Call 727-588-0950

Beautiful Plants \$5 - \$12.
 NEW Clothing: Mens, Womens. All Sizes. Call Judith Friend, 727-301-3390

Battery: Bauer 20V pole saw & 20V Lithium ion battery & charger. Call Ron 850-287-4621, Park Royale MHP



JUNE AD DEADLINE - MAY 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.**

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

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MANIA

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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!**

Patricia Coursey..... \$100 ..Buggin Out Termite and Pest Control	Kathy Luethje..... \$10 Jones & Sons Plumbing
Ron Beagle..... \$10 Bay Area Aluminum Services	Margaret Hennis..... \$10 Jones & Sons Plumbing
Andrea Wislowsky..... \$10 ...Buggin Out Termite and Pest Control	Dave Trenkamp..... \$10 Royal Enterprises
Dave Macaskill \$10 Boss Electric Corp	Janet Jordan..... \$10 Royal Enterprises
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Isabella Simpson \$10 Clear-Vue	Mike Hendrixson \$5 ...Buggin Out Termite and Pest Control
Carol Knapp..... \$10 Jones & Sons Plumbing	Mark Hennis..... \$5 Jones & Sons Plumbing
John Martin \$10 Jones & Sons Plumbing	Debbie Creighton..... \$5 Royal Enterprises

Try these year-round common cold remedies

You can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- **Honey.** Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- **Zinc.** Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- **Hot liquids.** Hot tea or water can loosen up congestion in your chest and sinuses.
- **Salt water.** Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- **Vitamin C.** Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.



Exercise: More isn't necessarily better

Losing weight is just a matter of exercising, right? Actually, that may not be the case, according to a study of exercise and weight loss reported on the CNN website.

Researchers looked at 332 adults in the U.S., Jamaica, and Africa, measuring their activity level over a week. The volunteers displayed a variety of exercise levels from sedentary to active. Although those who exercised and were active more burned away more calories than the others, their activity tended to hit a plateau—after a certain level, more exercise didn't produce more weight loss.

Switching exercises helped a little, since using different muscles can make your body use more energy. But in the long run, a combination of exercise and a reduced-calorie diet may be your best bet for losing those unwanted pounds.



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