



OFFICE: 6800 150th Avenue North, Clearwater • FL 33764 • (727) 536-3553

RANCH MOBILE

• R E C O R D E R •

100

June • 2026

Issue 4
50th Year

Jean of Eldorado Village
Celebrated her 100th Birthday
on April 19th!
Happy Birthday, Jean!



Monthly Mania Winner!

\$100 • Donna Miller

Heller's Mobile Home Washing

**Delivered Door-to-Door by Park Residents FREE Every Month
view this newsletter on-line at www.monthly-media.com**



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

• RANCH MOBILE HOME PARK •
 Office Phone: 727-536-3553 / Fax Number: 727-536-3554
 rranchmobile1@brighthouse.com
 www.ranchmobilepark.org

Ranch Mobile Park, Inc. Board of Governors

Chairman Dick Lies 724-316-8685
 V. Chairman Raymond Barrow 401-301-4652
 Treasurer Debra Slack 219-309-1060
 Secretary Rebecca Casbohm 814-882-3968

Office Supervisor Marilyn Thygesen 727-510-3767
 Maintenance Supv. Bill Dixon 740-403-9247
 Site Supervisor Larry Sterling 765-438-8626

Activities Club

ARBORETUM CHRISTMAS DECORATIONS COMMITTEE

Marcia Peterson
 Jessica Keys
 Mike Goon

BID EUCHRE

Chairman - Pat Peever

BILLIARDS

Chairman – Gary Sproule
 Sec. - Mort Mortenson

BOWLING

Chairman – Bill Kohls

CORN HOLE:

President: Carla Lies
 Treasurer: Ernie Ruff
 At Large: Dave Barrell

COURT WHIST

Chairman – Betty Bober

CRIBBAGE

Chairman - Simone Dawson

DANCE CLUB

President – Julie Burns
 Secretary – Sally Wisniewski
 Treasurer – Terry Paul
 Ticket Sales – Marilyn Thygesen
 Decorations – Kim Pepin
 Entertainment – Carla Lies

EUCHRE

Chairman - Sue Berton

GOLDEN AGERS

President – Cookie Caron
 Treasurer – Pat Peever

GOLF CLUB

President – Bob Burns
 Treasurer – Lou Chantigny
 Secretary – Tina Provost
 Golf Captains – Joe Spencer
 Julie Burns
 Miniputt – Dave & Theresa Smith
 Stats – Veona Spencer

HOBBY CLUB

President – Kathy Gregory
 Treasurer – Misty Marston

I GOT IT

Chairman - Donna Reid

KOFFEE KLATCH

Roy Vieira

LIBRARIAN

Linda Raimondi
 Annette Thibault

MUSIC CLUB

President - Debbie Karch
 Vice President - Kevin St. Pierre
 Secretary - Binky Paulus
 Treasurer - Marilyn Hodson
 Project Chair - Julie Conaboy
 At Large - Patti Schwartzlow

NICKEL BINGO

Linda Raimondi
 Annette Thibault

OHIO BUCKEYES CLUB

Club Coordinator - Julie Spencer

PARK CHRISTMAS DECORATIONS COMMITTEE

Chairman - Vacant

PARK IMPROVEMENT FUND

Roger Quandt

POOL CLUB

President – Tina Provost
 Co-Chair -Lisa Brand
 Secretary – Bev Benkowski
 Treasure - Carol Cloutier
 At Large- Mike Goon

SHUFFLEBOARD COMMITTEE

Betty Bober
 Jessica Keyes
 Roy MacKenzie

VESPERS

Chairman - Beverly Horlbogen

WALKERCISE

Jessica Keyes



SUNROOMS, SCREENROOMS, & CARPORTS

ASK YOUR NEIGHBORS ABOUT US!



FREE ESTIMATE

WHERE FLORIDA LIVING MEETS LASTING QUALITY

OUR SERVICES

- PATIO COVERS
- CLAM SHELL AWNINGS
- DOORS & WINDOWS
- VINYL SIDING
- 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

ASC
ALUMINUM

37



33

[f](https://www.facebook.com/ascaluminum) [ig](https://www.instagram.com/ascaluminum) @ascaluminum

Termites?

"We Do Not Tent, We Utilize Liquid"

SENIOR & MILITARY
DISCOUNT

- Safer
- Longer Lasting
- Cheaper than Tenting
- Flat Rates on Mobile Homes

727-453-0785

All Pro Team
Pest Management

Over 40 Years Experience
Family Owned and Operated



AJ's Beds & Furniture

BUY • SELL • TRADE

New & Used Furniture

Furnishings for the Whole Home!



- Over 10,000 Square Feet
- Dining • Living Room
- Bedroom • TV's
- Lamps • Pictures
- Plants • Rugs

Complete Line of New Golden Mattresses
"You'll Love Our Service - Family Owned"

12950 Starkey Road • Largo

22



588-0406

19



Available Services

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

Starting At: **\$35** every 2 months

Household Pest Control* * Does not cover all services

Licensed • Insured **727-535-2629**

25 ★ **25**

WWW.HIDDENCREEKGOLFCARTS.COM
FREE LOCAL PICK UP & DELIVERY
 New, Pre-Owned, Reconditioned & Consignment Carts
 Available & Come With Warranty

★★★★★

Full Service All Makes and Models
Parts & Accessories U PULL & PAY NOW

AVAILABLE Financing Available

\$25.00 Gift Card

* One Per Customer ** Good Towards the Purchase of any Accessory or Service

727.264.6827

TEKO DACH



HIDDEN CREEK
Golf Carts

31473 US HIGHWAY 19N. PALM HARBOR FL 34684

Largo **72** ★ **29** FL State Lic. #RF11067210

PLUMBING

596-0525

SENIOR DISCOUNT Mobile Home Repairs



AllWeatherRoofing
 Your #1 Mobile Home Roofing Company Since 1984



40 YEARS ANNIVERSARY

We Offer Financing!

FREE Estimates
 Free video roof inspection

- 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

- Energy Efficient
- Hurricane Rated
- Lifetime Warranty

41 ★ **12**



June Birthdays

- 1 Jean Murray
- 1 Terry Paul
- 2 Becky Casbohm
- 3 Jonathan Bourne
- 3 John Malcolm
- 3 Joe Snyder
- 4 Linda Jewell
- 4 Susan Morency
- 4 Tracey Scott
- 6 Susan Emberly
- 6 Marlene Holton
- 6 Debbie Karch
- 6 Rocky Leal
- 6 Carolyn Morra
- 7 Mark Franjione
- 7 JoAnn Westervelt
- 8 Jeremy Call
- 8 Phyllis Cole
- 10 Tammy Goon
- 10 Frank Schoeffler
- 10 Mary Tavernier
- 11 Bill Menz
- 11 Donna Wertheimer
- 12 Dale Claar
- 13 Nancy Kesler
- 14 Slugger Labbe
- 14 Bill McDaniel
- 15 Sandy Barrow
- 15 Joanne Innes



- 15 Mary Kyle
- 16 Rita Feist
- 16 Janice Holtsberry
- 16 John Selwitschka Jr.
- 17 David Coker
- 17 Nick Maniskas
- 17 Alvin Wiebe
- 18 Nickie Malenka
- 18 Mort Mortenson
- 18 Cheryl Parks
- 19 Janet Maxwell
- 20 Mark Foster
- 20 Mary Ann Herman
- 20 Frank Pepin
- 21 Lee Wilson
- 22 Julie Conaboy
- 22 Rainer Kimmell
- 23 Don Praht
- 24 Rhonda Diamond
- 24 Shawn MacPhee
- 25 Jon Pierson
- 27 Jeanine Allie
- 27 Patti Crimmins
- 28 Sheri Davis
- 28 Wilma Gardner
- 28 Chick House
- 29 John Gregoire
- 29 Larry Kormmiller
- 30 Connie Pethel
- 30 Tammy St. Pierre





June Anniversaries

1	Chuck & Carla Maniskas	1968
2	Joe & Joanne Lavigne	1962
3	Charles & Jacquie Halker	2000
3	John & Carol Tricco	1978
6	Bill & Nancy Kohls	1959
6	Steve & Judy Riley	1975
7	Kevin & Mary Chesley	1975
7	Darrell & Cheryl Parks	1990
7	Larry & Debra Wagoner	
12	Rodney & Carrie Renfro	2014
15	Mike & Tammy Goon	1985
16	John & Karen Lipa	2001
16	Robert & Susan Morency	2007
17	Don & Marie Chabot	1983
17	Kevin & Theresa Price	2017
18	John & Nancy Smith	1977
21	Kelly & Sue Price	1975
21	Roger & Allison Wesenick	1996
21	Chris & Hillary Wooley	1998
22	Renald & Theresa Berard	1963
23	Dan & Lisa Klink	1990
23	Bill & Binky Paulus	1999
24	Dale & Sue Stoner	1954
25	Ed & Connie Muck	1982
26	Ross & Nena Minichiello	1982
27	Lee & Cathy Ellsworth	1998
27	Tony & Patti Ellsworth	1986
27	Joe & Karen Sullivan	1987
30	Jim & Sally Wisniewski	2007



**View this Newsletter in full color at www.monthly-media.com
right click with mouse to download to your computer**

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**



- **Lifetime Vapor Barrier** • Guaranteed for Life
- Prevent Soft Floors • Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House! • Lower Your Electric Bills

FREE ESTIMATES

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

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

18 ★ 11590 U.S. Highway 19 North • Clearwater • FL 33764 **18**



Saturday Court Whist

Plays at the Clubhouse starting at 6:00 PM
Cost \$1.00

	April 4, 2026	
First Place	Roy MacKenzie	212
Second Place	Deb Slack	190
Third Place	Kathy Boyle	189

	April 11, 2026	
First Place	Deb Slack	229
Second Place	Denise Foster	203
Third Place	Simone Dawson	201

	April 18, 2026	
First Place	JoAnne Lavigne	177
Second Place	Donna Tarvin	168
Third Place	Simone Dawson	167

	April 25, 2026	
First Place	Deb Slack	191
Second Place	Roy MacKenzie	190
Third Place	Simone Dawson	185





Wednesday Cribbage

4/1/2026

Kenny Dawson	7	93
Lois Bruzek	6	229
Jim Jewell	5	314
Janice Holtsberry	5	299

4/8/2026

Marie Pelletier	6	212
Mort Mortenson	6	209
Bill Westerman	6	207
Simone Dawson	5	314
Lois Bruzek	5	314

4/15/2026

Deb Slack	6	231
Carole Wallet	6	200
Kate Golden	5	323
Chuck Davis	5	267

4/22/2026

Mort Mortenson	7	109
Bill Westerman	7	102
Lois Bruzek	6	217
Denise Foster	4	425

4/29/2026

Joseph Dawson	7	106
Lois Bruzek	6	221
Chuck Davis	6	160
Kate Golden	5	281

Fee to Play \$5.00
Starts at 5:30 PM @ CH



WINDOWS, DOORS, & VINYL SIDING

**BEAUTY THAT LASTS
PROTECTION THAT MATTERS**

OUR SERVICES

- ✓ PATIO COVERS ✓ CARPORTS
- ✓ CLAM SHELL AWNINGS ✓ BAHAMA SHUTTERS
- ✓ SUNROOMS & SCREENS ✓ & MORE



CALL FOR A FREE ESTIMATE

36



727-547-8300



www.ascaluminum.com

32

📍 PINELLAS COUNTY 📍 HILLSBOROUGH COUNTY 📍 PASCO COUNTY

FINANCING OPTIONS AVAILABLE

Visit Us at 7420 Park Blvd,
Pinellas Park

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



[f](https://www.facebook.com/ascaluminum) [ig](https://www.instagram.com/ascaluminum) @ascaluminum

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

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



PRICE MATCH



*Terms & Conditions Apply

32 ★ 20

Call now for a FREE estimate!

Visit us at FLPestExperts.com

JUNE CROSSWORD



ACROSS

1. Bother
5. Start
10. Not us
14. Decorative case
15. Sporting venue
16. Part portrayed
17. Passing from place to place
19. Celtic language
20. Mesh
21. Metric unit of length
22. Beginning
23. Vibrating effect
25. Avoid
27. Hog's home
28. Cow milkers
31. Master of ceremonies
34. Not solids nor liquids
35. Anger
36. Nonclerical
37. Reveals
38. Make a sweater
39. 54 in Roman numerals
40. Satisfies
41. Chomps
42. Slandered
44. Encountered
45. Reluctant
46. In a constricted manner
50. Decree
52. Drama set to classical music
54. Hasten
55. Fluid escape
56. Warranties
58. Ruination
59. Utilizing
60. Desire
61. Formerly (archaic)
62. On edge
63. Stinging insects

DOWN

1. False move
2. Absolute
3. Hotel apartment
4. Transgression
5. Scarcely
6. Muse of poetry
7. Heredity unit
8. Becomes larger
9. No
10. Voguish
11. Wild bergamot
12. Otherwise
13. Encounter
18. Overact
22. Paddles
24. Milliseconds
26. Contends
28. Took a chance
29. One of the Great Lakes
30. Trawling equipment
31. L L L L
32. Cripple
33. Non-military people
34. Castle entrance
37. Thai currency
38. Friends and acquaintances
40. "Go away!"
41. Started
43. Missile
44. Illusion
46. Sea swallows
47. Thither
48. Feudal lord
49. Affirmatives
50. River to the North Sea
51. Darling
53. Hurt
56. Destroy the interior of
57. Vat



PAYLESS PAINTING SERVICES

Free Estimate C8369

727-470-5876

18 ★ 17



ROYAL "We Keep Your Castle Clean"

MOBILE HOME WASH N' WAX

- Apply Soap to exterior
- Hand brush mobile home
- Then light power rinse thoroughly

- No High Pressure
- No Bleach • No Chlorine



\$95⁰⁰
and up

28



28

394-7351

Owner Operated - Over 25 Years Exp. • Licensed & Insured



530-1391

37



Denny Ryder • Master Plumber • License CFC1426510

37

- Water Softeners - Natural Gas Work
 - Water Heaters • Faucets • Sinks • Toilets
 - Disposals • Sewer & Drain Cleaning
- MOBILE HOME SPECIALISTS**

*Family Fun Starts
with Sun Safety*

Call To Schedule Your Free Skin Cancer Screening!

New Patients Only | Offer Expires 9/30/26 | Code - MM

Florida  **dermatology**
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

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



Licensed by the State of Florida CGC# 004138

Insured • Bonded • Workman's Compensation Insurance

FLORIDA ANCHOR AND BARRIER COMPANY

ROYAL "We Keep Your Castle Clean"

SHATTERPROOF YOUR WINDOWS

SOLAR FILM



- 28 • Heat Reflection
- ★ • Old Film Removal & Replacement

394-7351

FREE ESTIMATES

Owner Operated - Over 25 Years Exp. • Licensed & Insured
Ask About Our Other Cleaning Services

CALL
OR
TEXT!

G X 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!!

3

ON A MISSION TO ENSURE A HIGHER QUALITY OF LIFE
Email: Mrsanchezb51@gmail.com

3



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!

55 ★ 21



14 ★ 10

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



June Word Search



above
already
attest
bound
clever
cling
delay

direction
enemy
extend
flown
fundamental
hasty

impact
important
incompetent
journalism
mice
midnight

moron
nail
polo
prepare
right
senate

share
siren
stalk
sweet
tower
tribe
water



JUNE SUDOKU

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



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

Suncoast Family Medical ASSOCIATES



NOW MORE THAN EVER, YOU NEED A DOCTOR YOU CAN TRUST

- Experts in Senior Primary Care
- Dermatology Procedures
- Minor Surgeries
- Lab Work In-House and X-Ray On-Site
- Heart and Lung Tests
- Patient Education
- Arthritis and Joint Care
- Disease Management
- Cancer Screening
- & more!

727-588-9572

SUNCOASTFAMILYMED.COM

12020 SEMINOLE BLVD. LARGO

On-Site Pharmacy *Now Open!*

9 ★ 29

HAPPY FATHER'S DAY



MONTHLY MEDIA Newsletters

Direct Remodels

Florida's #1 Hurricane Window Replacement Company for Mobile Homes!




813-371-1911

www.directremodels.com

We offer a Lifetime Warranty on Service and Parts!

MADE IN USA | FAMILY OWNED AND OPERATED

HomeAdvisor TOP RATED | ELITE SERVICE | HomeAdvisor PRO

Did You Know?

Due to the rotation of the Earth, June 21st marks the longest day of the year in the northern hemisphere and the shortest day of the year in the southern hemisphere.



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

- 50** **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.
- 50** **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!

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



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

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

26



29

FLICKERING LIGHTS?

License #
EC13005729

OUTLETS NOT WORKING?

Master Electrician At Your Service!
Call Brian, Owner



30 Years Locally Owned and Operated
Imperial Electric Service



(Cell) **727-637-5024**

ROD RUNNERS, INC.

Custom Window Fashions & Interiors

7671 Starkey Road • Seminole

Visit our showroom or call today for an appointment

394-9534



44 WWW.RODRUNNERSINC.COM

★ **MONTHLY MEDIA DISCOUNT 10% OFF Orders Over \$200.00**

34

- Blinds • Shades
 - Shutters • Drapes
 - Valances • Sheers
 - Factory Direct Vertical Blinds
 - Bedding and More
- ALWAYS ON SALE!**

FREE In-Home Estimates



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

ATTORNEY

Law Offices of Paul Herzfeld..... 727-587-0009

AUTO BUY/SELL

Stingrays Inc (CASH NOW)..... 727-798-2921

AWNINGS

Bay Area Aluminum Services, Inc..... 727-585-4442

BLINDS & DRAPERIES

Rod Runners..... 727-394-9534

DENTIST

Hila Dental - Dr. Virginia M. Melmed 727-443-7353

DERMATOLOGIST

Florida Dermatology & Skin Cancer 727-548-9196

DOCTOR - INTERNAL MEDICINE

Suncoast Family Medical Assoc. 727-588-9572

ELECTRICAL CONTRACTOR

Imperial Electrical Service..... 727-535-0708

Palm Harbor & Dunedin Electric 727-773-1622

Smart Home Electrical Services 727-599-9363

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

FURNITURE & MATTRESS

AJ's Beds & Furniture 727-588-0406

GOLF CART SALES/SERVICE

Hidden Creek Golf Carts..... 727-264-6827

HANDYMAN

1st Class Handyman Services 727-532-0709

INSURANCE: HEALTH

Dawn-Rae Crutchfield..... 727-499-8461

Kliftonian Brokerage 727-922-5252

KITCHEN CABINET REFACING

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

MANUFACTURED HOME SALES/NEW

Citrus Homes/Meadowood Homes 727-535-5262

MOBILE HOME SUPPLIES - RETAIL

Mobile Home Depot, Inc. 727-535-1100

MOBILE HOME WASH/WAX

Royal Enterprises..... 727-394-7351

Wyngarden Mobile Home Wash 727-587-0876

MOBILE HOME WINDOW FILM

Royal Enterprises..... 727-394-7351

PAINTING/INSIDE & OUTSIDE

G&J Painting 813-934-9024

Payless Painting Services 727-470-5876

PEST CONTROL

All Pro Team Pest Management 727-453-0785

Buggin Out Termite & Pest Control 727-535-2629

FL Termite & Pest Experts 727-785-2552

PLUMBING SERVICE

Denny's Plumbing, Inc. 727-530-1391

Jones & Sons Plumbing, Inc. 727-799-0287

Largo Plumbing Co. 727-596-0525

ROOF REPLACEMENT

All Weather Roofing 1-800-297-3758

AMS Advanced MH Systems..... 727-471-0820

Community Roofing of FL, Inc..... 727-536-9999

ROOM ADDITIONS

ASC Aluminum Specialty Contr. 727-547-8300

Bay Area Aluminum Services, Inc. 727-585-4442

Florida Anchor & Barrier Co. 727-237-6772

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

WINDOW REPLACEMENT

AMS Advanced MH Systems 727-471-0820

ASC Aluminum Specialty Contr. 727-547-8300

Direct Remodels 813-371-1911

1st CLASS Handyman Service

Specializing In Mobile Homes

9



Licensed & Insured
#C-9146



FREE ESTIMATES!

Licensed Finish Carpenter
Misc. Repairs • Home Projects
& All Other Handyman Services

727-532-0709

jhandymanservice@aol.com

For Advertising Info
Call or email:
727-484-7488
sales@monthly-media.com



JUNE • 2026



BAY AREA ALUMINUM SERVICES, INC. Since 1972
• Lic. # G200 • Lic. # C2000

ROOM ADDITIONS

- Carports • Awnings
- Acrylic, Glass & Screen Enclosures
- And More! •

FREE ESTIMATES

727-585-4442

12550 Belcher Road - Bldg. #6-K - Largo
54 ★ - Bonded - Insured - Licensed - Free Estimates 44

HILA DENTAL

GENERAL & COSMETIC DENTISTRY

**CLEARWATER'S HIDDEN GEM:
 WHERE DENTISTRY MEETS HOSPITALITY**



**WE ACCEPT MOST
 MEDICARE
 ADVANTAGE PLANS**

Dr. Virginia M. Melmed

727-443-7353
 1243 LAKEVIEW RD CLEARWATER, FL 33756

22 ★ 2

Sunday	Monday	Tuesday
	1 12:30pm Shanghai 4:30pm Men's Poker 5:30pm Samba	1:00pm 6:00pm
7 10:30am Reach Church Service	8 12:30pm Shanghai 4:30pm Men's Poker 5:30pm Samba	1:00pm
14 10:30am Reach Church Service	15 12:30pm Shanghai 4:30pm Men's Poker 5:30pm Samba	1:00pm
21 10:30am Reach Church Service	22 12:30pm Shanghai 4:30pm Men's Poker 5:30pm Samba First Day of Summer Father's Day	1:00pm
28 10:30am Reach Church Service	29 12:30pm Shanghai 4:30pm Men's Poker 5:30pm Samba	1:00pm

Ranch Mobile

Tuesday	Wednesday	Thursday	Friday	Saturday
2 Live Music Game Night	3 11:30am Nickel Bingo 5:30pm Cribbage 6:00pm Euchre	4 10:00am Bible Study 12:30pm Dominos 3:00pm Happy Hour 4:30pm Men's Poker	5	6
9 Live Music	10 11:30am Nickel Bingo 5:30pm Cribbage 6:00pm Euchre	11 10:00am Bible Study 12:30pm Dominos 3:00pm Happy Hour 4:30pm Men's Poker	12	13
16 Live Music	17 11:30am Nickel Bingo 5:30pm Cribbage 6:00pm Euchre	18 10:00am Bible Study 12:30pm Dominos 3:00pm Happy Hour 4:30pm Men's Poker	19 1:00p Good Neighbor Food Give Away	20
23 Live Music	24 11:30am Nickel Bingo 5:30pm Cribbage 6:00pm Euchre	25 10:00am Bible Study 12:30pm Dominos 3:00pm Happy Hour 4:30pm Men's Poker	26	27
30 Live Music				JULY S M T W T F S 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 31



**Military,
1st Responder,
and Senior Discounts
Available**

⚡ \$50 OFF ANY ELECTRICAL SERVICE CALL ⚡
10% OFF on Generac Generators and Electrical Panels



Emergency Response
 We offer 24/7/365 service for your convenience and peace of mind.



Trusted Quality
 We are a trusted provider of high-quality electrical services.



Customer Satisfaction
 Dedicated to providing customers with exceptional service & complete satisfaction.

FREE ESTIMATES



Call Today! **727-599-9363**
smarhomeelectricalservices.com

**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

Since 1996

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.JustReFacelt.com

727-804-1689



**TIE DOWNS
&
ANCHORING**

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

11
★
15

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

10 Yrs Exp.

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

WANTED! We Buy!

27



6



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



Flying in the face of disaster

In the 1980s and early '90s, Continental Airlines was a disaster. The organization had gone bankrupt twice and was on its way to a third (and final) catastrophe. It had gone through 10 presidents in 10 years, and employees mistrusted management.



Then in 1994 Gordon Bethune stepped in. Instead of running around willy-nilly trying to stamp out the various raging fires, Bethune took a step back to return to the basics. He identified Continental's key goals so that employees' efforts would be concentrated on them rather than diffused by the disaster of the moment. One of his areas of focus was creating a corporate culture. Without the commitment of the employees, the other goals would be impossible.

Drawing on the organization's history of excellence in service, he rallied the workforce. Bethune discovered that the employees weren't bad—they just worked in a dysfunctional organization. So they were quick to get behind his new leadership.

Senior management was a different story. Bethune knew he had to make wholesale changes, and that meant getting rid of the bureaucracy. In a couple of months, Bethune and his top executives replaced 50 of the company's 61 officers with 20 top-notch people.

The changes were dramatic. In one year's time, Continental went from being ranked the worst in customer satisfaction among major airlines to first.

The birth of 'excellence'

Tom Peters didn't exactly give birth to excellence, but he did establish the idea that companies can achieve excellence under the inspiration of a management guru—like himself.

It all began in the spring of 1978. John Larson of McKinsey's San Francisco office was set to give a presentation to a client. But his computer crashed and took with it his notes. He turned to another consultant, Tom Peters, to throw together a presentation that would satisfy the client.

Peters had just returned from traveling the world to compile research on best practices in business. Up until then, his research had been collecting dust after he had presented it to the McKinsey powers that be. With an opportunity to present his findings again, Peters gathered his data. In search of a sexy title to give his presentation, Peters came up with "Excellence." It was a hit.

Eventually, Peters edited the material into a manuscript. Continuing with the idea of excellence, he titled the book *The Secrets of Excellence*. But the title didn't fly with the McKinsey folks, who feared that clients would think the company was selling the secrets of client operations. In 1982, Peters and co-author Robert Waterman renamed it the more politically astute *In Search of Excellence*. And thus was excellence born.

Barron's

Air Conditioning & Heating



License # CAC1824214 / CAC1817291 • Insured • Bonded

"Service is Our Specialty"

Comfortmaker
Air Conditioning & Heating

Comfort with Confidence.



- 41 We Service
- ★ All Makes
- 41 & Models

www.BarronsAC.com

727-784-1603



AVOID FLORIDA PROBATE COURT

**ATTENTION: OUT-OF-STATE RESIDENTS,
CANADIAN CITIZENS, AND FLORIDA RESIDENTS**

**Steps should be taken to avoid Florida
Probate Court on your Florida Home, your
Lease and your Park Share.**

Don't leave your family with a legal mess!

CALL 727-587-0009 for your
FREE CONSULTATION or if you just have questions.

**Living Trust
\$250**

Attorney Paul Herzfeld
1715 East Bay Drive, Suite C
Largo, FL 33771
email: paul@herzfeld.net
visit: noflprobate.com

**Last Will &
Testament
\$125**





Monthly

Adopt a Cat Month. Your local shelter has tons of cute, cuddly newborn kittens, mellow older cats, and everything in between. Shelter staffers are ready to help you adopt your very first cat or bring home a friend for another beloved cat.

National Dairy Month. Start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products such as milk contain essential nutrients that can help you manage your weight and reduce your risk for high blood pressure, osteoporosis, and other health problems.

National Zoo and Aquarium Month. June is an excellent time to explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, activities, and sounds so real you'll think you're there.

PTSD Awareness Month. The purpose of PTSD Awareness Month is to raise public awareness of PTSD and effective treatments and help all those affected by PTSD. Mental health experts aren't sure why some people develop PTSD and others don't, but if stress reactions don't improve over time and disrupt everyday life, seeking help to determine whether PTSD is present is important.



Weekly

National Automotive Service Professionals Week, June 8-14. A weeklong celebration to honor the commitment and dedication of the automotive, truck, collision specialists and parts specialists who keep our vehicles running safely.

Men's Health Week, June 15-21. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, members of the news media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

National Nursing Assistant Week, June 11-17. Nursing assistants work in hospitals and nursing homes performing everyday living tasks for the elderly, chronically ill, or rehabilitation patients who cannot care for themselves. This week is set aside to recognize the nursing assistants who dedicate their lives to the well-being of others.

National Mosquito Control Awareness week, June 20-26. During "Mosquito Week," the American Mosquito Control Association's goal is to educate the public about the significance of mosquitoes in their daily lives and the important service provided by mosquito control workers throughout the United States and worldwide.



Mix these ingredients for cultural creativity

Do you want to nurture a culture of creativity in your organization? Try to build in these essential ingredients:

- **Curiosity.** Ask people questions that challenge the conventional wisdom. Encourage them to stretch boundaries and take chances on new opportunities.
- **Emotion.** People who love what they do are better at generating new ideas about their work. Hire and support people who show a real enthusiasm for your organization and its mission.
- **Tolerance.** People won't suggest ideas if they're afraid of being punished for failure. Encourage risk taking by showing forgiveness when things don't work out, as long as people are giving their best efforts.
- **Direction.** A clear sense of what you want to achieve will help people focus their ideas. Have a concrete mission statement that tells everyone what you're trying to do, why it's important, and how it will benefit everyone.



What do the instructions say? Creativity expert

Yoram Solomon often conducts workshops that teach people to approach problems with an open mind. In one exercise (recounted on the Inc. magazine website), he asks participants to build a structure out of a sheet of paper. Some cut the paper into smaller pieces, although his instructions don't specifically say they can.

Once everyone is finished, Solomon asks, "Did the instructions allow you to cut the paper?" Most believe they've done something wrong. But one person usually pipes up with, "You didn't say we couldn't, either."

"To be creative," Solomon points out, "don't assume restrictions that don't really exist."

Quote

Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.

—George Bernard Shaw

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

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

SPECIALIZING IN SERVICE

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

SENIOR
★
DISCOUNT

38



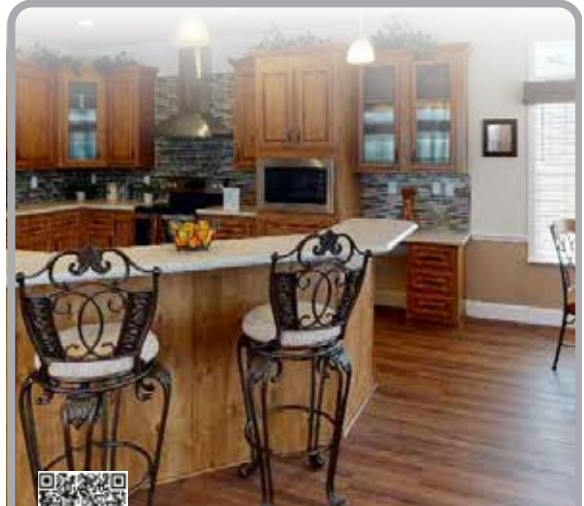
State Lic.
EC13002291



33

www.dunedinelectric.com

773-1622



Scan for Virtual Tours of all models

18

★ www.MyJacobsenHomes.com 16

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!



Beware these creativity myths

Creativity can seem magical and mysterious, but you shouldn't make assumptions that can hold your imagination back. Watch out for these misconceptions that can impede your efforts to find innovative ideas and solutions:

- **The “eureka” moment.** Many people believe that creativity is a sudden flash of insight. More often it's the result of research and persistence, immersing yourself in a subject, and then building on what you learn.
- **Inborn creativity.** You aren't necessarily born with the ability—or inability—to think creatively. You can learn the knack by asking questions, looking at things in new ways, and challenging the status quo.
- **Uniqueness.** Good ideas don't always spring from something new. Often the best ideas and solutions come from combining separate elements in different ways.
- **Lone wolves.** The stereotype of the genius working alone in an office or laboratory is misleading at best. Although some mavericks do produce good ideas totally on their own, many of the best ideas and solutions are the result of collaboration by smart, motivated people.
- **Brainstorming.** Brainstorming sessions can produce results if they're focused on a specific issue. If it's just a free-form session of throwing ideas around, chances are you won't generate practical solutions. Keep the discussion centered on the problem you're trying to solve.
- **No limits.** Creativity may seem to thrive on the concept of thinking beyond boundaries. In reality, constraints can force your thinking in the right direction. Try setting some limits to what you want to create—size, budget, deadlines—and see how that helps focus your imagination.

Quote

Curiosity about life in all of its aspects, I think, is still the secret of great creative people.

—Leo Burnett

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!



FREE ESTIMATES



Is your home over 20 yrs old?

MILITARY & SENIOR DISCOUNTS

Family Owned & Operated

A+ Rated ACCREDITED BUSINESS

18 ★ 18

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

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.

14 ★ 6



health markets.

Dawn-Rae Crutchfield
Licensed Insurance Agent



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

SUB-FLOOR & FLOORING EXPERTS!

Flood Damage???
We can HELP!!!

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

18



18



The cost of a wedding? Priceless

June is a traditional month for weddings, and for some brides and grooms, the sky's the limit. The Knot website tracks wedding costs, and its most recent findings give a snapshot into the state of the wedding industry today:

- Average wedding cost: \$35,329 (excludes honeymoon; up from \$32,641 in 2015)
- Most expensive wedding city: Manhattan, \$78,464 (average)
- Least expensive: Arkansas, \$19,522 (average)
- Average cost of a wedding dress: \$1,564
- Average age: bride, 29; groom, 31
- Average number of guests: 141
- Average number of bridesmaids: 5
- Average number of groomsmen: 5
- Most popular month to get engaged: December (15 percent)
- Average length of engagement: 15 months
- Most popular wedding month: October (16 percent) and September (16 percent)
- Most popular wedding colors: dark blue (29 percent), gold (28 percent), and light pink (28 percent)
- Percentage of destination weddings: 20



What millennials want when dining out

Millennials are driving more and more of the economy, especially with their food and dining choices. Y-Pulse, a youth marketing and millennial research firm, looked at some of the restaurant trends being pushed by people 18-34 years old, and here's some of what it found:

According to the survey, 71 percent of millennials love to attend food-focused events, and 81 percent enjoy exploring new cultures through food. Memorable dining experiences are also important, with 48 percent saying they seek out new restaurants with famous chefs and 69 percent enjoying eating establishments with chefs' tasting menus.

On the other hand, 61 percent say they wish they could find more restaurant offerings that remind them of their grandmothers' cooking, and 69 percent are looking for food that reminds them of their childhood.

Quote

Mathematics, rightly viewed, possesses not only truth, but supreme beauty—a beauty cold and austere, like that of sculpture, without appeal to any part of our weaker nature, without the gorgeous trappings of painting or music, yet sublimely pure, and capable of a stern perfection such as only the greatest art can show.

—Bertrand Russell



Stay safe when working in the heat

When heat and humidity combine to reduce the amount of evaporation of sweat from the body, outdoor work can become dangerous even for those in good shape. The key rules for coping with heat are to drink plenty of water to avoid dehydration and slow down and cool off when experiencing fatigue, a headache, a high pulse rate, or shallow breathing. Overheating can cause serious, even life-threatening conditions such as heatstroke. Look out for these symptoms of heat illness:

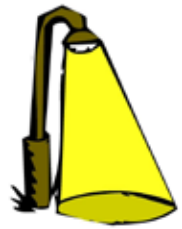
- **Heat cramps.** Working in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.
- **Heat syncope or fainting.** Anyone not used to working in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the best approach is to take it easy.
- **Heat exhaustion.** Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but shouldn't exceed 102 degrees. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.
- **Heatstroke.** In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion, and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.



Stay awake on the road

Fatigue can be a killer, especially when you're driving on the open highway for long periods of time. Here are a few tips for staying safe at the wheel:

- **Get enough rest.** Try not to start a trip late in the day. Long-distance driving is tough enough in the daytime. Be ready and awake.
- **If possible, don't drive alone.** Passengers can take turns driving, or at least help you stay awake if you need stimulation.
- **Watch your posture.** Drive with your head up and your shoulders back. Tuck your buttocks against the seat back. Legs should not be fully extended, but flexed at about a 45-degree angle.
- **Take frequent breaks.** Stretching is good for staying flexible and awake.





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



FREE ESTIMATES
Evening & Weekend
Appointments Available

23

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



23



23



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



23



23



"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

AIR MASTERS

of Pinellas, Inc.

• A Name Worth Repeating •

AIR CONDITIONING & HEATING

Comfortmaker

Air Conditioning & Heating

MOBILE HOME SPECIAL \$5795⁰⁰

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



36 ★ 35

HURRICANE ANCHORS LEVELING & BLOCKING

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



18

★

18



Insured • Bonded
State Lic. IH/102459/1

727-237-6772

FLORIDA ANCHOR AND BARRIER COMPANY

MOBILE HOME WASHING

Protect Your Health!
Eliminates Mold & Mildew

\$90⁰⁰ Awnings, Carports
& Screen Rooms
Included

Estimates available for...
• Driveways • Patios • Walks

Ron Wyngarden

34



587-0876

34

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.

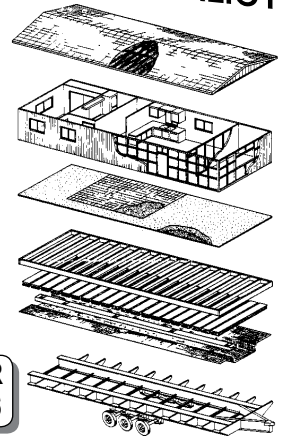
34

★ State Certified Building Contractor

29

FREE ESTIMATES • 539-0852

Licensed and Insured • State License # CBC050061





Try ginger for its health benefits

Looking to get over a cold a little more quickly, or ease muscle soreness? A little ginger may help. Check out this list of ginger’s healthy benefits from the Huffington Post website:



- **The common cold.** Some research suggests that ginger helps your body sweat out a cold, as well as producing a germ-fighting agent called dermicidin, which can protect you from bacteria and fungi.

- **Muscle aches.** One study by the American Pain Society found that taking two grams of ginger for 11 days can significantly reduce aches and muscle soreness caused by exercise. That’s because ginger contains anti-inflammatory compounds known as gingerols, which prevent the transmission of pain from inflammation. Try adding a few slices of ginger every time you drink a glass of water.

- **Indigestion.** Ginger can help speed up the digestive process, allowing you to empty your stomach faster. It also helps eliminate excess gas from the intestinal tract.

Watch out for ‘masked’ hypertension

Being diagnosed with high blood pressure may be scary, but thinking your blood pressure is normal when it’s not? Scarier still.

The Live Science website reports that almost one in eight Americans who believe their blood pressure is just fine may really have a masked form of hypertension that doesn’t show up when they visit their doctors. Instead their blood pressure is elevated during their daily activities, so they may be at increased risk of heart disease without realizing it. To diagnose masked hypertension, researchers suggest wearing 12-hour blood pressure monitors that take readings through the day.

The flip side of this phenomenon is so-called “white-coat hypertension,” in which patients’ blood pressure increases at the doctor’s office (possibly from nervousness?) but is normal the rest of the time. Unlike masked hypertension, these people don’t appear to be at a higher risk of heart disease.

Quote

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. The road to health for everyone is through moderation, harmony, and a “sound mind in a sound body.”

—Jostein Gaarder



Cleaner air = longer life

Take a deep breath. Lots of them. You'll be breathing longer these days, thanks to improved air quality. Researchers at Brigham Young University and the Harvard School of Public Health, writing in the *New England Journal of Medicine*, say that since the introduction of the Clean Air Act in 1978, Americans' life expectancy has increased by 2.72 years. Although changes in smoking habits and better socioeconomic living conditions are a major factor in our increased longevity, the scientists note that as much as five weeks of our lengthened lifespans are due to better air because of cuts in auto emissions, steel mills, diesel engines, and coal-fired power plants.

Exercise may improve cognitive functions in stroke patients

Exercise is essential to good health for everyone. Now a recent study suggests that an exercise routine can have positive mental health benefits for stroke survivors.



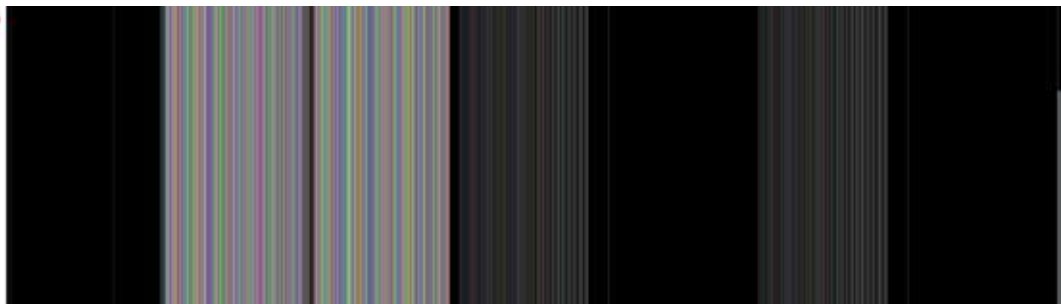
A stroke cuts off the flow of blood to the brain, and frequently leaves survivors with physical and mental impairments. An analysis of 13 clinical trials at the University of Pittsburgh appears to indicate that moderate aerobic exercise along with strength and balance training is effective at helping survivors regain such cognitive skills as attention and processing speed. Exercise programs of four to 12 weeks can be beneficial, even long after a stroke occurs.

The most effective programs emphasized strength, balance, stretching, and aerobic fitness that increases your heart rate just enough to make patients sweat. Instead of an intense workout, walking on a treadmill or riding a recumbent bike appears to have a positive impact—important news for anyone dealing with the aftermath of a stroke.

Quote

A sad soul can kill you quicker than a germ.

—John Steinbeck



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

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

ARTICLES FOR SALE

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

JULY AD DEADLINE - JUNE 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.**



Ancient life hints at life on Mars

Life on Earth may have begun more than 4 billion years ago, according to scientists studying a new discovery of microfossils from the ocean floor. The fossils were found in rocks from Quebec, and probably lived in ancient hydrothermal vents.

Scientists are cautious about identifying the bacteria-size fossils as evidence of life, though. The most obvious cellular bits and other flags of life are often stripped away in fossils of microbes billions of years old. Researchers use chemical tests and analyses of patterns and textures to determine whether they're looking at ancient life.

Still, the discovery raises a tantalizing possibility: life on Mars. The *Guardian* website theorizes that similar microfossils might be found on the red planet someday because Mars had oceans and an atmosphere similar to Earth's billions of years ago.

A journey to the center of the Earth would be very hot

The interior of the Earth is hot—very hot. As reported on the Fox News/Science website, scientists using synthetic materials to simulate mantle rock have determined that temperatures in the Earth's mantle, which sits beneath our crust (lying beneath the oceans), reach 2,570 degrees Fahrenheit, almost 100 degrees hotter than was previously believed.

This new finding will help researchers model our planet's geodynamic processes and plate tectonics more accurately, possibly explaining how tectonic plates move on top of the upper layer of the mantle.

30-year search uncovers trove of ancient Celtic coins

A horde of 68,000 Celtic coins and jewelry has finally been cleaned and separated after being buried since 30-50 B.C.

The cleaning job took three years, but finding the treasure trove took two amateur archeologists 30 years of searching. According to the Smithsonian magazine website, metal detector enthusiasts Reg Mead and Richard Miles began searching for coins after being told by a local friend that her father had found some silver Celtic coins in a pot near her Jersey home. The current owner of the field allowed the pair to search—but only once a year after harvesting his crops.

Ultimately they uncovered a chunk of earth containing the coins in 2012, then called in an archeological team to bring them up. The trove turned out to consist of at least 68,000 coins, along with many gold neck torcs, glass beads, a leather purse, and a bag with silver and gold decoration. It's valued at 10 million British pounds.

50

Certified years in business



No complaints unresolved

50

Years in Monthly Media

New A/C System As

Summer Special!
New Unit Purchase
comes with Free Return and
Supple Ductwork Install

**10 yrs.
PARTS**

Little As \$100 Monthly

Wells Fargo Financing with Approved Credit

E&E GLIDDON

LIC # CAC1824566

AIR CONDITIONING

100% SATISFACTION GUARANTEE

Comfortmaker

Air Conditioning & Heating

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

www.eegliddon.com

*After Hours Service
Service All Units*



\$65⁰⁰ A/C INSPECTION or Repair Call

Open 24/7

43 YEARS IN BUSINESS

727-546-4343



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



Precision Vapor Barriers

Have You Looked **UNDER** **PROTECT**
Your Home Lately? **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!

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

**10%
MILITARY
DISCOUNT**