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# SHANGRI LA

• S T A R •

S

## March • 2026

### Issue 1 50<sup>th</sup> Year

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## HOA OFFICERS

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 Vice President ..... Barbara Christian..... 727-489-8217 ..... lot #61  
 Treasure..... William Diaz ..... 727-216-6842  
 Asst. Treasurer ..... Theodore Butler..... 727-336-4592 ..... lot #13  
 Secretary ..... Stephanie Lee Jones DiVito ..... 714-675-0946 ..... lot #4

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Shangri-La Star Newsletter.....HELP WANTED!  
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# Attention Shangri La Residents: Editor Needed!!!

**Would you like to see Shangri La related articles in your newsletter?**

**Do you have a computer with email capabilities?**

**Then you could be the next editor for this newsletter!**

**If you would be interested please contact**

**Bobbi Christian, Lot 61, (727) 489-8217**

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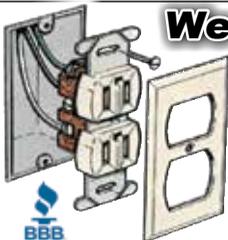
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# Letter from the HOA Board

The HOA Board sends our Sincere Condolences to Becky Marshall One of our Admins from our HOA Info page & resident here at Shangri La on the loss of her mom.

We would like to say Thank You to everyone that came to the second HOA Monthly Meeting. It wasn't great but we promise to do better in the future. We're trying to do our best but we're new at this so please be patient with us. We want to help restore our Community & bring people out to more activities.

We had a great Valentine's Brunch, thanks to everyone that came & anyone that helped. We always appreciate you.

With that being said St. Paddy's day will be here before we know it. We'll be having a Party just don't know the time or menu yet. We will keep you posted. Sign up sheets are as always in the clubhouse.

If you haven't signed up yet there's a web page to get information about meetings or upcoming activities.

### Shangri La HOA Information

Send me your email or Facebook info so I can send you an invite to join.

If you have any comments or concerns about our community please let us know. There's a complaint box in the clubhouse that will be checked everyday. If you don't feel comfortable putting something in there you can contact me at:

[Bobbic.713@gmail.com](mailto:Bobbic.713@gmail.com) & I'll do my absolute best to get answers for you. Management will never know who you are, that's kept private.

## Recipe

### Baked Orange French Toast

Serves: 6

Serving Size: 2 slices

- 1/4 Cup orange juice (preferable fresh)
- 2 egg white
- 1/2 Tsp. vanilla extrac
- 6 slices bread
- 2 Tbsp. low calorie preserves



Preheat oven to 350° F. Spray cookie sheet with nonstick vegetable spray. Beat orange juice, egg whites, and vanilla extract together. Dip bread slices on both sides and place on prepared cookie sheet. Bake for 15-17 minutes or until golden brown, turning over after 8 minutes. Serve with preserves.

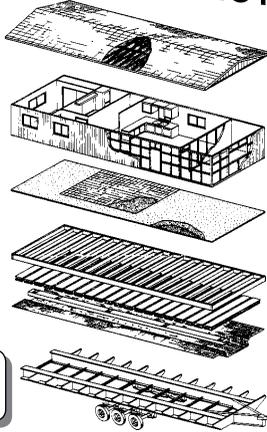
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## Just a few jokes

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6:30 is the best time on a clock, hands down.

Which is faster, hot or cold? Hot, because you can catch a cold.

What did the tomato say to the other tomato during a race? Ketchup.

Knock, knock. Who's there? Iva. Iva who? I've a sore hand from knocking.

What did one ocean say to the other ocean? Nothing, they just waved.

If attacked by a mob of clowns, go for the juggler.

Why can't you trust duck doctors? They're all quacks.

Knock, knock. Who's there? Wooden shoe. Wooden shoe who?

Wooden shoe like to hear another joke?

What's the difference between a hippo and a zippo? One's pretty heavy and the other's a little lighter.

What do you call a ghost's sweetheart? A ghoul-friend.

Why can't a leopard hide? Because he's always spotted.



## Shangri La COMMUNITY IS NOW TAKING NEW LISTINGS!

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## 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

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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

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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

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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



## Still Looking for Volunteers

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The HOA Board is still looking for an Activities Director, An Editor for the Newsletter & someone to help deliver the Monthly Media.

We're also looking for Hosts for upcoming Functions if you don't want to be the activities director.

Our St. Paddy's day party will be on Saturday March 14th. From 6:00 pm till 9:00pm. Corned Beef, Ham, Potatoes , Cabbage & Dessert. 🍀

If you're interested in helping with any of these please contact Bobbi @ 727-489-8217 & leave a voicemail with your name, number & lot number. Or email me bobbic.713@gmail.com

## HOA Meeting

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We had our second HOA Meeting on February 3rd. It didn't go as planned but we are trying our best to do what's right for the betterment of our community. We would love to see more residents come to the meetings. If you know of a new resident ask them to come with you. The next one is Tuesday April 7th. @ 7:00pm. Coffee & Donuts will be served. Hope to see you there.

## Some things we're working on with Management:

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Lights on the pathways ; They're working on them  
Door locks at the pool ; The technician said residents are propping the doors open which makes the electronic locks not work right.  
Availability of Manager in the office five days a week ; we were told that Maria will continue to work a five day week & is accessible by phone or email at either property.

If you have any questions or concerns please drop a card in the blue complaint box at the clubhouse & I'll try to get answers for you as soon as possible. As always it's confidential.

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*march*



## Be contrary to plumb new ideas

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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

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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

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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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## The weight of our words

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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."



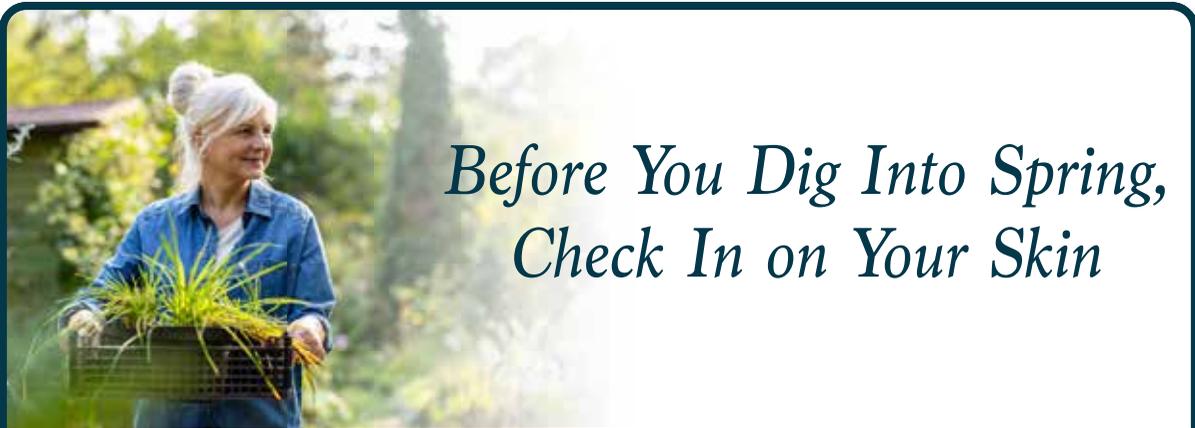
## Where the magic is hiding

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A woman 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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## 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.

# MARCH SUDOKU

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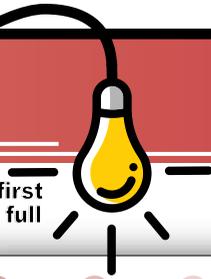
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1	2	
8	9	
Daylight Savings Begins @ 2am		
15	16	
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22	23	
29	30	
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# Shangri La

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## Beat sleeplessness through awareness of the risks

---

**I**nsomnia 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

---

**S**tarting 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

---

**H**e 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

**A**s 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

**D**oes 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:

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



## Quotes

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



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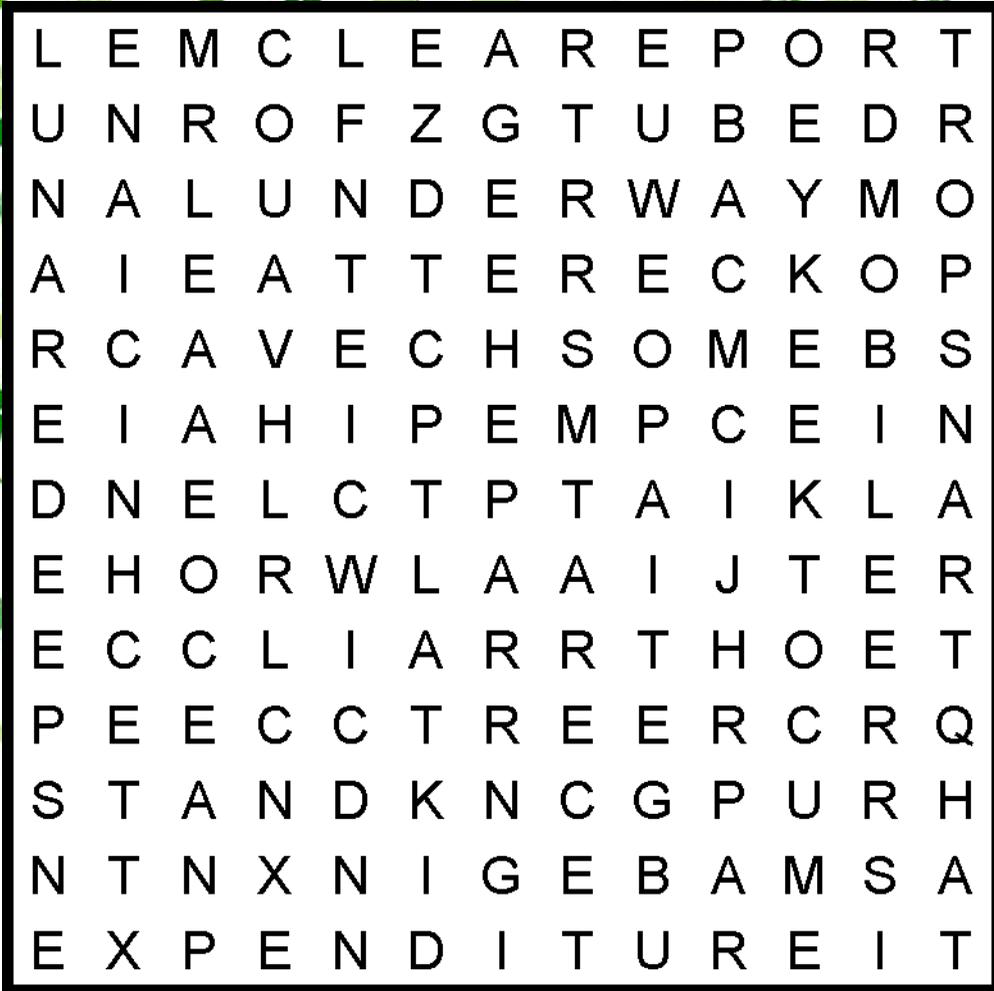
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**42**



# March Word Search



appeal  
architecture  
begin  
cave  
chain  
clear  
clone

complicate  
crawl  
debut  
despite  
eager  
emerge  
entire

expenditure  
imperative  
lend  
liar  
lunar  
major  
mobile

month  
ocean  
pure  
report  
rocket  
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technician  
tier  
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tree  
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## 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 17<sup>th</sup>

## 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](http://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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Our premium vinyl siding offers:

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- Insulation Package
- Beauty and Durability
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## Pets by the numbers

**W**e love our pets, whether they're dogs, cats, fish, or reptiles. According to the American Pet Products Association National Pet Owners Survey, here's a breakdown of pet ownership in the United States:

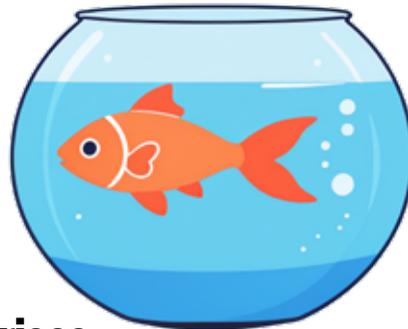
Number of U.S. households that own a pet (millions)

Dog	60.2
Cat	47.1
Freshwater fish	12.5
Bird	7.9
Small animal	6.7
Reptile	4.7
Horse	2.6
Saltwater fish	2.5



Total number of pets owned in the U.S. (millions)

Freshwater fish	139.3
Cat	94.2
Dog	89.7
Bird	20.3
Saltwater fish	18.8
Small animal	14.0
Reptile	9.4
Horse	7.6



## Families growing in size as remarriage rises

**F**amily relationships can be complicated these days. The Bloomberg website reports that almost a third of U.S. households headed by adults under 55 have at least one stepchild, and among couples over 55 with adult children, 33 percent have at least one stepchild. Counting stepchildren boosts the size of a family by 55 percent among Americans with grown children.

Divorce and remarriage are driving the growth. The divorce rate for older Americans has almost doubled in the last 20 years, with almost 30 percent of people over 50 having been married more than once.



## Quotes

**L**ife it is not just a series of calculations and a sum total of statistics, it's about experience, it's about participation, it is something more complex and more interesting than what is obvious.

- Daniel Libeskind

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WANTED TO BUY	EVENTS & PROGRAMS	EVENTS & PROGRAMS
<p>FURNITURE, good clean, pre-owned. Top dollar paid. Charles, 727-657-7021</p>	<p>Palm Hill Country Club Annual Bazaar, Saturday March 7th. 8am - 1pm. 1800 Seminole Blvd. Largo</p>	<p>Craft Fair March 21 st at Palm Hill Country Club 401 8th Ave, Largo 8am - 1pm. Various Crafters, Bake Sale, Food. Crafters can contact Tom at 727-315-4369 to rent a table for \$20</p>
<p><b>EVENTS &amp; PROGRAMS</b></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>2 Day Park Wide Sale. Friday and Saturday, March 6 &amp; 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 &amp; 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>ART/CRAFT FAIR Saturday, March 21. 9 AM to 1PM. Lake Highlander MHP, 1500 County Road 1, Dunedin. Food available.</p>
	<p>SPRING CRAFT FAIR 3/7/26 10 a.m. to 1 p.m. AMERICANA COVE 7201 1st Street NE Saint Petersburg</p>	<p>ARTS &amp; CRAFTS SHOW &amp; SALE 03/21, 11-3 Westwind MHP 3301 Alt19 Dunedin</p>
	<p>Bay Ranch Community Yard Sale March 21st 8am-1pm 7349 Ulmerton Road Largo</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>
	<p>Bay Ranch MHP Community Yard Sale. March 21st 8am - 1pm 7349 Ulmerton Rd. Largo</p>	



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

**Send us your Photos!**

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

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Please include a description of the image and a brief release allowing us to reprint the picture, along with what community you live in.  
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**Email us at [newsletter@monthly-media.com](mailto:newsletter@monthly-media.com)**

You may also mail in your submission:

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



## APRIL AD DEADLINE - MARCH 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.**

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 Phyllis Fayocavitz..... \$10 ..... FL Termite & Pest Control  
 Iris Lopez..... \$10 ..... Gulf Coast Powerwashing  
 Susan Schafer..... \$10 ..... Boss Electric  
 Kim Roux..... \$10 ..... Boss Electric  
 Jane Jenkins..... \$5 ..... Boss Electric  
 Marion Mendelson..... \$10 ..... Master Plumbers  
 Rhonda Neuberger..... \$5 ..... Boss Electric  
 Mike Colombini..... \$10 ..... Air Masters  
 Renee Darcy..... \$10 ..... Air Masters

Frank Novara..... \$5 ..... Air Masters  
 Joseph Miles..... \$10 ..... Air Masters  
 Karen Jesso..... \$5 ..... Air Masters  
 Michelle Crawford..... \$10 ..... Denny's Plumbing  
 Kathy Gill..... \$5 ..... Jones & Sons Plumbing  
 Janet Herryty..... \$10 ..... Jones & Sons Plumbing  
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