

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

Crosswinds Park Homeowners Association Inc Board Members 2022-2024

	TERM ENDS					
Beverly Moody	Lot #426	2024	President	678-863-6227	bmoody1218@gmail.com	
Kim DiMauro	Lot #648	2024	Vice-President	914-310-2259	openarms1517@gmail.com	
Martha (Marty) Benne	er Lot #238	2024	Sec/Treas	727-254-7530	martha_benner@yahoo.com	
Bob Taylor	Lot#947	2024	Sargent At Arms	813-279-4826	jenniejean@hotmail.com	
George Courtney	Lot #137	2024	Member At Large	727-767-0510	georgecourtney@sympatico.ca	
				705-522-8728 (C	Canada)	
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Brian Stefanick	Lot #203	2024	Member At Large	913-645-3734	bristef63@gmail.com	
Beverly Celosky	Lot #547	2024	Member At Large	727-677-1522	missB710@aol.com	
Denise Keay	Lot #847	2024	Member at large	413-626-7037	denise.keay@comcast.net	
Emergency Numbers Maintenance Emergency Fire Department Emergency			904-257-4624 Afte (727) 893-7694 911	r Hours		

Crosswinds Editor	Acting Editor	Beverly Moody
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Notes

Brenda Mafredi	727-346-5661	lot 631	craft information
Sue McKay	705-498-2467	lot 5	yoga
Jennifer Luck	419-913-9927	lot 545	water exercise and walk away lbs.
Beverly Moody	678-863-6227	lot 426	darts and pool
Denise Keay	413-626-7037	lot 847	cribbage



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March 2023

International Listening Awareness Month. March 1–31. edicated to learning more about the impact that listening has on all human activity. For more information browse: www.listen.org.



International Mirth Month. March 1–31. To show people how to use humor to deal with not-so-funny stuff. For more information browse: www.allenklein.com.

National Caffeine Awareness Month. March 1–31. To reduce dependency on caffeine through education. For more information browse: www.caffeineawareness.org.

National Chronic Fatigue Syndrome Awareness Month. March 1–31. To raise awareness of CFS, also known as "the thief of vitality." For more information browse: www.ncfsfa.org.

National Colorectal Cancer Awareness Month. March 1–31. To generate widespread awareness about colorectal cancer and to encourage people to learn more about pre¬venting the disease through a healthy lifestyle and regular screening. For more information browse: www.prevent-cancer.org/colorectal.

Poison Prevention Awareness Month. March 1–31. To raise awareness about accidental poisoning and how to prevent it. For more information browse: www.ppsinc.org.

Red Cross Month. March 1–31. To make the public aware of Red Cross services in local areas. For more information browse: www.redcross.org.

National Women's History Month. March 1–31. A time for re-examining and celebrating the wide range of women's contributions and achievements that are too often overlooked in America. For more information browse: www.nwhp.org.

March Fun Facts

Arch 2023 is Observed as... Women's History Month, National Nutrition Month March Birthstone: Aquamarine, Bloodstone & Jade Fruit & Veges for the Month of March: Asparagus, Kiwi, , Guava, Grapefruit, Tamarillo, Banana March Flower: Daffodil March Astrological Sign: Pisces (till 20th) & Aries (21st→) St. Patrick's Day : March 17th Day Light Savings Time: March 12th First Day of Spring March 20th





Positive thinking

hree men set out on a journey. Each carried two sacks around his neck—one in front and one in back.

The first man was asked what was in his sacks.

"In this one on my back," he said, "I carry all the kind deeds of my friends. In that way they are out of sight and out of mind and I don't have to do anything about them. They're soon forgotten. This sack in front carries all the unkind things people do to me. I pause in my journey every day and take these out to study. It slows me down, but nobody gets away with anything."

The second man said he kept his own good deeds in his front sack. I constantly keep them before me," he said. "It gives me pleasure to take them out and air them." "The sack on your back seems heavy," someone remarked to the second traveler. "What is in it?"

"That's where I carry my mistakes," said the second man. "I always keep them on my back."

The third man was asked what he kept in his sacks. "I carry my friends' kind deeds in this front sack," he said.

Said an observer, "It looks full. It must be heavy."

"No," said the third man, "it is big, but not heavy. Far from being a burden, it is like the sails of a ship. It helps me move ahead."

Added the observer, "I notice that the sack behind you has a hole in the bottom. It seems empty and of very little use."

To which the third man replied, "That's were I put all the evil I hear from others. It just falls out and is lost, so I have no weight to impede me."

Guess which of the three travelers finished first in their journey through life? —from IdeaBank

On watching your pennies

t's a well-known fact that Andrew Carnegie had a liking for accountants.

One Sunday, when Carnegie was just a small boy, he went to church.

While he was attending Sunday school, his teacher called upon him to tell the class a quote he knew from the Bible.

Carnegie quoted a well-known Scottish proverb instead: "Take care of your pennies and your pounds will take care of themselves."

The Sunday school teacher told Carnegie that while his proverb was a good one that it wasn't in the Bible.

To which young Carnegie answered: "Well, it should be." —

adapted from the Speaker's Library of Business Stories, Anecdotes and Humor, by Joe Griffith







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March SPRING

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Make yourself laugh

f vou're feeling blue or grouchy and you want to change your mood, here are a few suggestions for ways to get yourself laughing.

- Do something you normally do in a completely different way. For instance if you're right handed try eating with your left hand.
- Start a humor collection—it could be jokes, quotes or just something you find amusing.
- Pay attention to children—they usually do and say things that give us perspective on ourselves.
- Buy gifts for people you know at a garage sale. —adapted from www.allenklein.com

10 ways to tell a redneck has been working on a computer...

- 1. The monitor is up on blocks.
- 2. Outgoing faxes have tobacco stains on them.
- 3. The six front keys have rotted out.
- 4. The extra RAM slots have Dodge truck parts installed in them.
- 5. The numeric keypad only goes up to six.
- 6. The password is "Bubba."
- 7. The CPU has a gun rack mount.
- 8. There is a Skoal can in the CD-ROM drive.
- 9. The keyboard is camouflaged.
- 10. The mouse is referred to as a "critter." —from computerhumour.com

How to plan an adventure

f you're in need of an adventure, then you'll want to think about the following suggestions.

- To figure out what kind of adventure you want to go on, listen to your own desires. Once you know what your desires are, set your goal for your dream trip. Start a savings account to take the trip. Make a prom-ise to yourself that it's going to happen—and it will.
- Overcome your fears. That's part of what going on an adventure is all about. Prepare yourself so that you can handle potential problems that could occur on your particular trip. Do your homework.
- If traveling alone is too intimidating for you, join a group. There are lots of tour groups, wilderness courses, etc. Check out the Internet. There are lots of services that get everything ready for you. All you have to do is show up and start your adventure. -adapted from Organic Style











You need a contractor— now what?

f you're remodeling your home and you need a contractor, what's the best way to go about getting a good one? Here are a few tips to help you find a quality con¬tractor to transform your home.

- Ask your friends and acquaintances. Ask anyone who has had work done recently and find out if they were happy with the results. If they were, get the contractor's name. You also might get in contact with real estate agents in your area. It's likely they'll know who's reliable and who's not.
- Make a list of what you need to have done, and be specific. Give model numbers and brand names of what you want installed. Write up the time frame you expect.
- Get bids from at least three different contractors. Get the contractors' license numbers. Make sure you get license numbers for subcontractors who might come into the picture later as well.
- Don't automatically go for the lowest bid. That contractor could be inexperienced or he may not know how to do the job correctly. Watch the high-end bids as well—they may be trying to take advantage of you. Do your research and you'll make the right choice.
- Make a payment agreement before the work starts. For instance, you might put an initial deposit down of 30 percent to 40 percent.
- Make yourself available to answer questions the contractor might have. This will prevent delays in the completion of the project. If things change during the course of the work—put the changes and the agreements concerning compensation, etc., in writing. Keep communication flowing and you'll end up with a result you love.

- adapted from Cooking Light

Looking good for the camera

o you want to improve how you come out looking in a snapshot? Here are a couple of suggestions.



- Make sure the photographer is shooting the picture from an angle that is slightly higher than you are. This angle hides features such as slack chins and emphasizes your cheekbones.
- Don't face the camera straight on. Turn slightly. Most people look better photographed at a slight angle. adapted from Self

On conclusions A conclusion is the place where you got tired of thinking. — Arthur McBride Bloch



Quotes for the lighter side

On being somebody

I always wanted to be somebody, but now I realize I should have been more specific. —Lily Tomlin

I don't want to achieve immortality through my work. I want to achieve it through not dying. —Woody Allen



Eagles may soar in the clouds, but weasels never get sucked into jet engines. —Attributed to both Jason Hutchison and John Benfield

I'd never join a club that would allow a person like me to become a member. —Woody Allen

On the universe

Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.

—Albert Einstein

The four building blocks of the universe are fire, water, gravel and vinyl.

—Dave Barry

On walking

My grandmother started walking five miles a day when she was sixty. She's 97 now, and we don't know where the hell she is.

-Ellen DeGeneres

On relativity

When you are courting a nice girl an hour seems like a second. When you sit on a red-hot cinder a second seems like an hour. That's relativity.

—Albert Einstein



On housekeeping

He taught me housekeeping; when I divorce I keep the house.

— Zsa Zsa Gabor







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MARCH•2023			
Sunday	Monday		

Sunday	Monday	Г
S M T APRIL W T F S 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	Feb. 27 Walk away pounds 8am Chair yoga 9am Cribbage \$2.25 7pm Euchre \$2.25 7pm	Darts 7
5 Soup exchange \$3.00 or bring soup. 12:00pm	6 Walk away pounds 8am Chair yoga 9am Cribbage \$2.25 7pm Euchre \$2.25 7pm	Darts 7
12 Daylight Savings Begins @ 2am	13 Walk away pounds 8am Chair yoga 9am Cribbage \$2.25 7pm Euchre \$2.25 7pm	Darts 7
19	20 Walk away pounds 8am Chair yoga 9am Cribbage \$2.25 7pm Euchre \$2.25 7pm First Day of Spring	Darts 7
26	27 Walk away pounds 8am Chair yoga 9am Cribbage \$2.25 7pm Euchre \$2.25 7pm	Darts 7

Crosswinds

uesday	Wednesday	Thursday		Friday		Saturday	
Feb. 28 pm	1 Water Exercise 10am Crafts 1pm	· · · · ·		Water Exercise 10am Pool 2.25 7pm	3	Water Exercise 10am Yard Sale 8am until 1pm	4
7 'pm	8 Water Exercise 10am Crafts 1pm	Walk away pounds 8am Chair yoga 9am Shuffleboard 1pm \$1.00 Darts \$2.25 7pm	9	Water Exercise 10am Pool 2.25 7pm	10	Water Exercise 10am Fireside BYOB 7pm	11
14 'pm	15 Water Exercise 10am Crafts 1pm	10 Walk away pounds 8am Chair yoga 9am Shuffleboard 1pm \$1.00 Darts \$2.25 7pm		Water Exercise 10am Pool 2.25 7pm St. Patrick's Day	17	Water Exercise 10a Street Dance and cookout \$5.00 5-6 with dance to follow	18 1m
21 Ipm	22 Water Exercise 10am Crafts 1pm	2: Walk away pounds 8am Chair yoga 9am Shuffleboard 1pm \$1.00 Darts \$2.25 7pm		Water Exercise 10am Pool 2.25 7pm	24	Water Exercise 10am Fireside BYOB 7pm	25
28 'pm	29	30	0		31		



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When searching for home services, health care providers, insurance, and almost anything else...CHECK YOUR NEWSLETTER FIRST!

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brown	fever	invent		treat





Now hear this...

- Eighty-five percent of our learning is derived from listening.
- Listeners are distracted, forgetful and preoccupied 75 percent of the time.
- Most listeners only recall 50 percent of what they have heard immediately after hearing someone say it.
- People spend 45 percent of their waking time listening.
- Most people only remember about 20 percent of what they hear over time.
- People listen at about 125 to 250 words per minute but think at about 1,000 to 3,000 words per minute.
- There have been at least 35 business studies indicating listening as a top skill needed for success. Adapted from The International Listening Association Web site

Most people not willing to give out information to reduce spam

E -mail was once thought of as a marketer's treasure trove, because of its low cost and ease of use. However, spam has changed that for now.

Spam problems have grown so bad that 58 percent of respondents to a recent survey by Ipsos North America for American Demographics said they read none of the unsolicited mail that finds its way into their inboxes. Twenty-three percent reported reading a few of the unsolicited e-mails

they receive. Just one in five said they read more than a few pieces of the spam they receive. Here's more bad news for marketers: Just about the only people who reported reading significant amounts of the marketing e-mails they received were unemployed. Eleven percent of respondents who said they were unemployed also reported reading all or most of their marketing e-mail.

When respondents were asked if they would be willing to disclose information about themselves so that marketing would be more relevant to them—a whop¬ping 85 percent said no—even if it meant they would get less spam.

The people from the Midwest seem to be the biggest skeptics when it comes to this concept of giving out more information to reduce spam: nine out of 10 said they would be hesitant to share more information. People from the South with lower levels of education or lower incomes seemed to be a little more open to the idea of targeted marketing, with up to 28 percent saying they might be willing to give out more information if it meant less spam. — adapted from American Demographics

Problems Every problem has in it the seeds of its own solution. If you don't have any problems, you don't get any seeds. — Norman Vincent Peale





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Pinellas County

Protect your pet against poisoning

f your pet becomes poisoned, despite your efforts to keep your home safe, you'll want to be prepared.

Know your veterinarian's recommendations and procedures. Keep the numbers for your vet, the ASPCA's Animal Poison Control Center and a local emergency vet's number by the phone.

You'll also want to have a pet safety kit prepared. It should include the following:

- A fresh bottle of hydrogen peroxide.
- A can of soft dog or cat food (whichever is appropriate for your pet).
- Saline eye solution, so you can flush your pet's eyes if necessary.
- Artificial tears to lubricate the eyes after flushing.
- Mild dish washing detergent to wash your pet's skin if necessary.
- Rubber gloves.
- Tweezers.
- A muzzle—if your pet is excited it could harm you.
- Pet carrier.
 - adapted from the ASPCA Web site

Easter safety tips

Here are some Easter safety tips:

Candy safety

- Make sure any toy you give to children is not a choking hazard.
- Do not give small candies to children less than 5 years old.
- Make sure you don't give any peanut-butter-filled eggs or bunnies to children who have nut allergies. Even if a chocolate candy appears to be "pure," check the label to ensure that it has not been in contact with any peanuts during preparation or packing.

Egg safety

- Eggs can support the rapid growth of dangerous bacteria like salmonella. Before you boil the eggs, make sure you keep them refrigerated.
- Never leave raw eggs at room temperature for more than two hours. Don't cook or eat cracked eggs that have been un-refrigerated for more than two hours.
- Hard-boiled, colored Easter eggs left in room temperature for many hours should not be eaten—they should be thrown away.
- When you boil your eggs make sure the water is between 185 degrees and 190 degrees Fahrenheit.
- Always wash your hands before and after handling eggs. —adapted from Dr. Paul's Web site











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ARTICLES FOR SALE	Americana Cove Tag Sale in	promote fellowship among Canadians in Pinellas County, and foster goodwill
2021 ICON Electric Golf Cart. Mileage: 68. 4 seater. Price: \$7200.00. 727-403-2143, Leave Message	Clubhouse. Saturday, March 4th 8am- 1pm. 7201 1st Street NE, St. Petersburg FL.	with American people. Join us; for our monthly lunch with informative speakers, weekly golf, MLB game,
Hoyer Lift with Lifting Pad. 300 lbs. Capacity. \$150.00. Contact Roger: 727-532-1953	Carport Sale: March 11, 8am-noon. Golden Acres RO Park. 1040 Main St., Dunedin FL	dinner/theater, museums, deep sea fishing. Your first lunch is FREE! For information, email: cccgcfl@galt.biz.
2005 PT Cruiser Convertible, 5-Speed, 73,785 Miles. \$4,200.00. 330-631- 4723. Good condition.	Art/Craft Fair: Sat. March 25, 9am to 1pm. Lake Highlander MHP, 1500 County Road 1, Dunedin. Something for everyone.	Ranch Mobile Park, Park-Wide Yard Sale, Saturday, March 4th, 8:00am - 2:00pm at 6800 - 150th Ave. N., Clearwater (Largo).
ATTENTION RESIDENTS! Did you know this Emporium/ Classified listing reaches over 21,500	Community Carport Sale: OakCrest/ Acorn MHP. Entrances at 9925 Ulmerton Rd. and 435 16th St. SE.	Palm Hill Country Club Annual Bazaar. Saturday, March 4th, 8am-1pm. 1800 Seminole Blvd, Largo.
homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St.	March 11th, 2023, 8:30am-1:30pm. No early sales. Light Lunch and Bake Sale in Pavilion next to Clubhouse. Rain Date: March 18th.	Parkwide Mobile Home Carport Sale. LaPlaza 6700 150th Ave N, Clearwater, FL. March 3rd & 4th 8am-4pm.
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.	FLEA MARKET Friday, March 3rd, 9am-Noon. Lake Seminole Resort Clubhouse 10245 110th Ave N. Largo. Clothes, books, household items, decorations.	Blue Jay Estates: Annual Community Rummage Sale and Bake Sale. Saturday, March 4, 8am-1pm. Lunch available. Clubhouse and deck. 2755 Curlew Road, Palm Harbor, FL 34684
-Monthly Media Staff	Estate Sale by appointment only. Largo Florida. 727-204-1380	the the second

We Need Cover Pictures: Send in Your Interesting Photos

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are here:



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APRIL AD DEADLINE - MARCH 10, 2023

• Advertise 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. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH. 32 CROSSWINDS CHRONICLE MARCH, 2023 D

Some tips for raising your healthy lifestyle quotient

or improving overall health—try the following tips from Ann Kearney-Cooke, author of Change Your Mind, Change Your Body.

- Follow a good diet. Eating a diet that promotes emotional health may help reduce the possibility of back pain and other problems.
- Exercise. Short exercise sessions boost brain chemicals that make you feel good. It can help release your anger.
- Appreciate your accomplishments. Don't forget to take stock of your achievements. Sometimes the world and the people closest to us forget to do this. Doing it for yourself ensures a healthy self-image.



- Allow yourself your emotions, but don't get stuck in them. If you have a disappointing or frustrating experience, let yourself feel it, but put a time limit on it, so you don't tread water in the land of frustration.
- Let the small annoyances in life go. Don't let things like traffic and minor insults control how you feel during your day.
- When you are feeling stressed, connect with a friend and do something distracting.
- Recognize your emotions. If you deny your negative emotions, they often flood the mind with even more power. Recognizing your emotions does not mean acting on them. It is usually helpful to write about your negative emotions, and then try to learn some-thing from them.
- Recognize how your life experiences have colored how you now see the world. If you react inappropriately because of some emotional baggage, recognizing it is the first step to being free of it eventually.
- Don't overcommit. When you over schedule yourself, you deplete your inner resources, and it will be more difficult to deal with the everyday stresses that life is sure to throw your way.
- Get enough sleep. A good night's sleep helps us cope with stressors. If you find yourself going over the edge quickly, you might be sleep deprived.
 - -adapted from Natural Health

Does the thought of starting a new exercise program make you cringe?

If you've been thinking or talking about starting an exercise program but you just can't get started, you might want to think about exercise in a new way. Some people think that if they don't exercise at least 30 minutes or more, they might as well not do anything. But that's just not true.

Start off by exercising in the morning before you go to work—shoot for 10 or 15 minutes. Once you get into the groove of your routine you can expand it or not, depending on your preference. A lot of people put off starting a program because they feel like they just don't have the time. But when you're talking about 10 or 15 minutes it's a lot easier to get started.

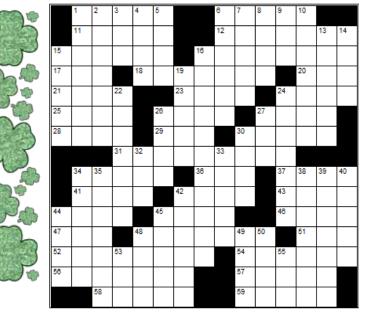
Eventually you can shoot for two 15 minutes sessions per day. One before work and one after. You'll likely be surprised at the results. — adapted from Self



• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers • 2 A CROSSWINDS CHRONICLE MARCH, 2023 D

ACROSS

- 1. Fire remnant
- 6. Trade name
- 11. Nigerian money
- 12. Proof of purchase
- 15. Amnesty
- 16. Visit tourist spots
- 17. Play a role
- 18. Ship's hospital
- 20. Youngster
- 21. Eye infection (variant
- spelling)
- 23. Stiletto or wedge
- 24. Tube
- 25. Anagram of "Sent"
- 26. Exhausts
- 27. Chutzpah
- 28. Rewrite
- 29. Cooking container
- 30. A tree, leaf or syrup
- 31. In a harmful manner
- 34. Ice or steam
- 36. C
- 37. Fair attraction
- 41. Type of sword
- 42. Highlands dagger
- 43. Utiliser
- 44. Blows
- 45. Overlook
- 46. Alone
- 47. Type of primate
- 48. Half woman and half fish
- 51. Light Emitting Diode
- 52. Reveals in private
- 54. Spin
- 56. Confined to certain regions
- 57. Gladden
- 58. Perspiration
- 59. Genders



Down

- 1. Decreed
- 2. Gin and vermouth
- 3. Offer
- 4. Cupid's Greek
- counterpart
- 5. Hindu princess
- 6. Kickbacks
- 7. Royal
- 8. Sore
- 9. Mesh
- 10. Purify 13. Persons
- 14. French for "Head"
- 16. Doubts
 19. Pandemonium
 22. Lands and wealth
 24. Ancient Eqyptian
 paper
 26. Urge (on)
 27. Lass

15. Adhesive

- 30. Docile
- 32. Honey insect
- 33. Contrariwise
- 34. A knife or gun
- 35. Adds on
- 38. Set apart
 39. Expunges
 40. Wear away
 42. Frank
 44. Speed competition
 45. Mass communication industry
 48. Imitate
 49. Ticks off
 50. Handout
 53. Not many
 55. Levy







