

OFFICE: 2560 - 62nd Avenue North • St. Petersburg • FL 33702 • (727) 525-2800

May • 2023

Don't Miss Cinco de Mayo! Get in the spirit on May 5th like Debbie Girard and Larry Burnett from Riviera Estates!

Delivered Door-to-Door by Community Residents FREE Every Month

Monthly Mania Winner! \$100 • Anthony Adduci Bill the Carpet Guy

Issue 3

ear

view this newsletter on-line at www.monthly-media.com

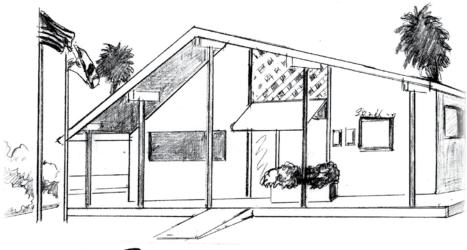
FOR AD RATES & INFO 727-484-7488 · info@monthly-media.com

Your Southernaire Resort Committees/ Organizations and/or Groups

Park Manager.....Julie Scoggins

The Homeowner's Association Executive Board of DirectorsPresident...Lorraine Higginbotham1st Vice President...Donald Higginbotham2nd Vice President...Carol MossSecretary...Jo PrattTreasurer...Elaine MannersParliamentarian...Dan GregorySergeant at Arms...Tom SurdiChaplain...Norma MathewsThe Social Butterfly Team...Karen NiermanVice President...Karen NiermanVice President...Karen Nierman

Sunshine Club Lisa Heim Lot 234



Southernaire



SOUTHERNAIRE SENTINEL MAY, 2023 D





What's New to Southernaire!!!

Welcome new residents: Garv Lot 209 Tammy & George Lot 142



Note:

e have many residents that offer services like handy people for home repairs, hair, nails, etc.

Check with Julie in the office for their numbers.

Sunshine Club

Sherry Lot 239

Mikey Lot 235

Neal Lot 307

David Lot 213

Sympathy for the loss of her sister Get Well Get Well Get Well Sympathy



Family of Larry Lot 94 My sincere sympathy and condolences go to Sherry's sister and to Larry he had many friends in the park and will be missed by a lot of residents. He always had a smile on his face.

Please say prayers for Neil. I would like to thank Sherry for the cards she donated.

Respectfully Yours, Lisa Heim Lot 234

From the HOA President:

laine Manners and Dan Gregory attended a FMHOA meeting at a meet and greet of the - New HMHOA area rep. Also, law enforcement reps with info on various programs to ∠ help with personal issues for residents. Insurance reps presented different options of insurance. Also, classes, seminars, event planning, health, and wellness screenings to park members. All these services are available through the CFCSPG (Central Florida Community Services Partnering Group).

Most important point is residents' membership fees. Only \$5 a year. Great benefits for park members. With out membership fees these services will diminish. There are meeting each month at different parks. All are invited to attend.

Dan Gregory





May Birthdays

Goldie Lot 143 Butch



We have a sign-up sheet in the club house to add your name and lot number to the birthday list so we can celebrate you too!

<u>May Birthstones</u> Emerald and Agate.

Emerald, a symbol of rebirth, is believed to grant the owner foresight, good fortune, and youth. Emerald, derived from the word "smaragdus," means, quite literally, "green" in Greek.

Agate is a grounding stone that brings the emotional, physical, and mental into balance. Being grounded means we are well connected with the earth. That helps us remain calm, rational and make better decisions especially when surrounded by chaos.

May Awareness

Asthma and Allergy Awareness

United States, Asthma and Allergy Foundation of America; Better Hearing and Speech Month ...

Mental Awareness

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experiences. Hospitals and health ...

Sun Awareness

Sun Awareness Week takes place in the first week of May and takes place from May 1 to 7 this year. It's going to be a bright, sunny week this year and that is what makes this holiday important.

May is Brain Cancer Awareness Month

The National Cancer Institute's Surveillance, Epidemiology, and End Results (SEER) Program estimates that some 18,280 ...









WE ARE FLORIDA'S #1 RETIREMENT COMMUNITIES PARTNER!



Recipes For May

Key Lime Pie

Ingredients:

- $1 \frac{1}{2}$ cups finely crushed graham crackers (20 squares)
- 1/3 cup butter or margarine, melted
- 3 tablespoons sugar
- 1 can (14 oz) sweetened condensed milk
- 1/2 cup Key lime juice
- 1 container (8 oz) frozen whipped topping, thawed

Directions:

Heat oven to 350°F. In small bowl, mix graham cracker crumbs, butter and sugar. Press in bottom and up side of 9-inch glass pie plate. Bake 8 to 10 minutes or until golden brown; cool.

In large bowl, beat milk and lime juice with electric mixer on medium speed until smooth and thickened. Fold in whipped topping. Spoon into cooled pie crust. Cover and refrigerate about 1 hour or until set. Store in refrigerator.

Strawberry Oatmeal Bars

Ingredients:

- 2 sticks (1 cup) salted butter, cut into pieces, plus more for greasing pan
- 1 1/2 cups all-purpose flour
- 1 1/2 cups Oats
- 1 cup packed brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 10 to 12 oz jar strawberry preserves

Directions:

Preheat the oven to 350 degrees F. Butter a 9-by-13-inch rectangular pan.

Mix together butter, flour, oats, brown sugar, baking powder and salt. Press half the oat mixture into the prepared pan. Spread with the strawberry preserves. Sprinkle the other half of the oat mixture over the top and pat lightly. Bake until light brown, 30 to 40 minutes. Let cool completely, and then cut into squares.







Happening Events Every Month

Every Sunday & Friday - Dominoes 2pm Every Monday - Game 31 6:30pm Every Tuesday & Thursday Pool Aerobics 10:30am to 11:30am Every Wednesday Coffee 10 am & Poker 6 pm 2nd Sunday of every month Gospel Music by Bible & Prime Ministry 6pm

> <u>May Events</u> <u>May15th</u> Monday Paint & Sip 3pm

<u>May 27th</u> Saturday Memorial Day Picnic 1pm - 4pm Please bring a family size side dish!

Don't forget to check your mail tubes for events updates and notices!



Have A Suggestion Put it in The Yellow Box at Clubhouse!

Looking for suggestions for 2023. We would love to have everyone's input.

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





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To our valued customers:

Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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Some Happening Around Town

Zach Williams A Hundred Highways Tour

Thu, 7–11 PM Duke Energy Center for the Arts - Mahaffey Theater, 400 1st St S St. Petersburg, FL

\$NOT @ Jannus Live

Sat, May 6–Sun, May 7 Jannus Live, 200 1st Ave N STE 206 St. Petersburg, FL

One Night of Queen - Gary Mullen and The Works

Sun, May 14 7–11 PM Duke Energy Center for the Arts - Mahaffey Theater, 400 1st St S St. Petersburg, FL

Melissa Etheridge

Sun, May 14 - 7:30–10:30 PM Ruth Eckerd Hall, 1111 McMullen Booth Rd Clearwater, FL

Voivod (21+ Event)

Wed, May 17 - 7–11 PM State Theatre Concerts, 687 Central Ave N St. Petersburg, FL

Happy Together

Wed, May 31–Thu, Jun 1 Ruth Eckerd Hall, 1111 McMullen Booth Rd Clearwater, FL









SOUTHERNAIRE SENTINEL MAY, 2023 D

An alphabet for mom...

A is for ADULT: A person who has stopped growing at both ends and is now growing in the middle.

B is for BATHROOM: A room used by the entire family, believed by all except mom to be self-cleaning.

C is for COMMITTEE: As in decision by committee, which is how mom says something will be decided when she has already made up her mind how things are going to be.

 \mathbf{D} is for DATE: Infrequent outings with dad where mom can enjoy worrying about the kids in a different setting.

E is for EMPTY NEST: See "WISHFUL THINKING."

F is for FABLE: A story told by a teenager arriving home after curfew.

G is for GUM: Adhesive for the hair.

H is for HINDSIGHT: What mom experiences from changing too many diapers.

I is for INFLATION: Cutting money in half without damaging the paper.

J is for JUNK: Dad's stuff.

K is for KISS: Mom's medicine.

L is for LEMONADE STAND: Complicated business venture where mom buys powdered mix, sugar, lemons, and paper cups, and sets up a table, chairs, pitchers and ice for kids who sit there for three to six minutes and net a profit of 15 cents.

M is for MAYBE: No.

N is for NONSENSE: What mom says your friends are full of.

O is for OVERSTUFFED RECLINER: Mom's nickname for dad.

P is for PANIC: What a mother goes through when the darn wind-up swing stops.

Q is for QUIET: A state of household serenity, which occurs before the birth of the first child and occurs again after the last child has left for college.

R is for REFRIGERATOR: Combination art gallery and air-conditioner for the kitchen. **S** is for SPOILED ROTTEN: What the kids become after as little as 15 minutes with grandma.

T is for TOWELS: See "FLOOR COVERINGS."

U is for UNDERWEAR: An article of clothing, the cleanliness of which ensures the wearer will never have an accident.

V is for VACATION: Where you take the family to get away from it all, only to find it there, too.

W is for WALLS: Complete set of drawing paper for kids that comes with every room.

X is for XOXOXOXO. Mom salutation guaranteed to make the already embarrassing note in a kid's lunch box even more mortifying.

Y is for "YIPPEE!": What mothers shout the first day of school.

Z is for ZUCCHINI: Vegetable which can be baked, boiled, fried or steamed before kids refuse to eat it.

- from quotes and jokes.com



May Sudoku

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| ε | G | 6 | L | 8 | 2 | 9 | Þ | ٢ |
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| 8 | 2 | 3 | 6 | ٢ | ç | 4 | L | 9 |

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2 ☆ 17



Venice, FL 34285

Three presidents, all Founding Fathers – John Adams, Thomas Jefferson, and James Monroe – died on July 4?

Bats are the only mammal that can actually fly?

The earth's circumference is 24,900 miles?

AND...

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We Also Offer Mobile Home Insurance Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2019 Chevy Impala LT, garaged

crean driving record on all incensed nousehold operators -2019 Chevy Impala Li, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device *NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.





Services Directory

AIR CONDITIONING SALES/SERVICE

| Air Masters of Pinellas, Inc. | |
|---|---------------------|
| E Cliddon Inc. | 707 546 4242 |
| E & E Gliddon, Inc Modern A/C Service Co | 121-340-4343 |
| | / 2/ - 34 1 - 354 1 |
| AWNINGS | 707 505 4440 |
| Bay Area Aluminum Services, Inc | |
| Century Awnings Co. | 727-559-8811 |
| AUTO BUY/SELL | |
| Bill Your Car Guy | 121-129-2322 |
| Stingrays Inc (CASH NOW) | /2/-/98-2921 |
| | 707 040 4040 |
| Affordable Auto & Truck Repair | |
| Suncoast Auto & Tire | /2/-520-1148 |
| BLINDS & DRAPERIES | |
| Rod Runners | 727-394-9534 |
| CARPET CLEANING | |
| Bill the Carpet Guy | 727-521-4163 |
| DERMATOLOGIST | |
| Florida Dermatology & Skin Cancer | 727-548-9196 |
| DRIVEWAY COATING | |
| Concrete Wizard, Inc | 727-430-9000 |
| ELECTRICAL CONTRACTOR | |
| Haseney Electrical Services, Inc | |
| Imperial Electrical Service | 727-535-0708 |
| ESTATE SALES | |
| BNG Treasures | 727-484-0146 |
| FIREARMS | |
| Gun Trader Den | 727-430-9424 |
| FLOOR REPAIR | |
| Flatworks | 727-431-6875 |
| Florida Anchor & Barrier Co. | 727-330-7821 |
| Perfect Repair & Construction, Inc | 727-539-0852 |
| FUNERAL/CREAMATION | |
| Simple Easy Affordable Cremations | 813-842-2245 |
| | |
| GAMING Luck 777's Arcade | 727-953-3111 |
| GOLF CARTS SALES & SERVICE | |
| Recreational Golf Cars of Florida | 727-548-8460 |
| INSURANCE: AUTO & MOBILE H | OME |
| O. E. Wilson | |
| INSURANCE: HEALTH | |
| Dawn-Rae Crutchfield | 727-499-8461 |
| ProCare Consulting | |
| KITCHEN CABINET REFACING | |
| Swailes Re-Face It, LLC | 727-804-1689 |
| | |



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MANUFACTURED HOME SALES/NEW

| Citrus Homes/Meadowood Homes | |
|--|----------------|
| MOBILE HOME SUPPLIES - RETA | |
| Mobile Home Depot, Inc MOBILE HOME WASH/WAX | 727-535-1100 |
| MOBILE HOME WASH/WAX | |
| Royal Enterprises MOBILE HOME WINDOW FILM | 727-394-7351 |
| MOBILE HOME WINDOW FILM | |
| Royal Enterprises | 727-394-7351 |
| ORGANIZATIONS | |
| Federation of MH Owners (FMO) | 727-530-7539 |
| PAINTING/INSIDE & OUTSIDE | |
| Payless Painting Services | 727-470-5876 |
| Sherman's Painting LLC | 727458-6923 |
| PEST CONTROL | |
| Buggin Out Termite & Pest Control | 727-535-2629 |
| FL Termite & Pest Experts | 727-785-2552 |
| PLUMBING SERVICE | |
| Jones & Sons Plumbing, Inc | 727-799-0287 |
| Plumbing Today | 727-201-3117 |
| REMODELING/INTERIOR | |
| American Restoration Systems, Inc | 727-525-7200 |
| ROOF COATING | |
| Community Roofing of FL, Inc | 727-536-9999 |
| ROOF REPLACEMENT | |
| All Weather Roofing | 1-800-297-3758 |
| AMS Advanced MH Systems | 727-471-0820 |
| ASC Aluminum Specialty Contr | 727-547-8300 |
| ROOM ADDITIONS | |
| Bay Area Aluminum Services, Inc | 727-585-4442 |
| TIE DOWNS/MOBILE HOMES | |
| Florida Anchor & Barrier Co | 727-330-7821 |
| VAPOR BARRIER | |
| Florida Anchor & Barrier Co. | 727-330-7821 |
| 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 |
| Mesh Guard LLC | 727-678-6569 |
| VETERINARIAN | |
| Rainbow Veterinary Hospice | 727-318-7558 |
| WINDOW REPLACEMENT | |
| AMS Advanced MH Systems | |
| ASC Aluminum Specialty Contr | |
| Clear-Vue Windows | |







| Sunday | Monday | Т |
|--|---|--------------|
| S M T JUNE N T F S 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 | 1 Games – 31 6:30 pm | Poo 10:3 |
| 7 Games -Dominoes 2 pm | 8 Games – 31 6:30 pm | Poo 10:3 |
| 14 Games -Dominoes 2 pm Gospel Music 6pm Mother's Day | 15 Games – 31 6:30 pm Paint and Sip 3pm | Poo 10:3 |
| 21 Games -Dominoes 2 pm | 22 Games – 31 6:30 pm | Poo 10:3 |
| 28 Games -Dominoes 2 pm | 29 Games – 31 6:30 pm Memorial Day | Poo. 10:3 |

Southernaire

| uesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|----------------------------------|--------------------------------------|-------------------------------|--|
| 2 Aerobics 30 - 11:30 | 3 Coffee 10 am Poker 6 pm | 4 Pool Aerobics 10:30 - 11:30 | Games -Dominoes 2 pm | 6 |
| 9 | 10 | 11 | Cinco De Mayo 12 | 13 |
| l Aerobics 30 - 11:30 | Coffee 10 am Poker 6 pm | Pool Aerobics 10:30 - 11:30 | Games -Dominoes 2 pm | |
| 16 Aerobics 30 - 11:30 | 17 Coffee 10 am Poker 6 pm | 18 Pool Aerobics 10:30 - 11:30 | 19 Games -Dominoes 2 pm | 20 |
| 23 1 Aerobics 30 - 11:30 | 24 Coffee 10 am Poker 6 pm | 25 Pool Aerobics 10:30 - 11:30 | 26 Games -Dominoes 2 pm | 27 Memorial Day Picnic 1-4pm Bring a family size side dish |
| 30 Aerobics 30 - 11:30 | 31 Coffee 10 am Poker 6 pm | | | |









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Bringing out the best in others — naturally

f you've ever had anyone appreciate you for your natural abilities, you'll appreciate the story of the flower seed principle.

Try to think of every person as a flower seed: He or she

already has the disposition to become something amazing and beautiful. But each seed will become only a certain kind of flower.

In the workplace, you overhear a manager say—"I think that sunflower over there has some potential, and I think with a little training he could become a really great long-stemmed rose."

The truth is that a sunflower seed is only going to produce a sunflower—and how beautiful the flower becomes often depends on how it is nurtured.

But in the workplace what often happens is someone in charge brings in some information to try and teach the sunflower how to try and become a long stemmed rose. The sunflower is encouraged to have lunch with and network with the roses, in the hope that one day, he too can become one of them. Before the sunflower goes to bed each night, his boss tells him to say over and over to himself, "I am a beautiful long stemmed rose."

And so do you know what the sunflower becomes.

He does not become a rose—certainly not. No. He becomes the world's most insecure sunflower. Because no one has ever noticed his own innate beauty and the gifts he has for the world. Because for a long time everyone has been telling him it's not OK for him to be who he is.

The best thing anyone can do for someone else is to try and find out what that person's nature is. And then once you find out what that person's nature is you ask yourself, "What can I do to cultivate the person's natural talents and abilities?"

A true leader would say: "Here's a seminar on how a bunch of beautiful sunflowers got together and did something wonderful. Here's a place where you can go and network with other sunflowers."

That is how you help someone tap their true potential, which is what good leaders do. First you find out what kind of seed the people already have inside and then you help them grow into what they were naturally meant to be.

- adapted from Heart at Work, by Jack Canfield and Jacqueline Miller

On middle age

Middle age is the time when a man is always thinking that in a week or two he will feel as good as ever. — Ogden Nash

On death

Death is one of the few things that can be done as easily lying down. The difference between sex and death is that with death you can do it alone and no one is going to make fun of you. — Woody Allen





The Sun Is Hot, Skin Cancer Is Not!

May is Skin Cancer Awareness Month. Prevent And Detect Skin Cancer.

Call To Schedule Your Free Skin Cancer Screening! New Patients Only | Only Offer Expires 7/31/23 | Code - MM

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



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FLORIDA ANCHOR AND BARRIER COMPANY

To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

Wishing you good health and safety, The Florida Anchor & Barrier Team





absent anywhere

beautiful bonus bunch

clear crisis dire drive

empty explore floor heard history meadows messed minute

music

need phone quiver reduce rescue retire

sorrow source stave success surprise tremble unhealthy

words





SOUTHERNAIRE SENTINEL MAY, 2023 D



SOUTHERNAIRE SENTINEL MAY, 2023 D





Things not to say when you get pulled over

- 1. I can't reach my license unless you hold my beer.
- 2. Sorry, officer, I didn't realize my radar detector wasn't plugged in.
- 3. Aren't you the guy from the Village People?
- 4. Hey, you must've been doin' about 125 mph to keep up with me. Good job!
- 5. Are you Andy or Barney?
- 6. I thought you had to be in relatively good physical condition to be a police officer.
- 7. You're not gonna check the trunk are you?
- 8. I pay your salary!
- 9. Gee, officer! That's terrific. The last officer only gave me a warning too!
- 10. Do you know why you pulled me over? OK, just so one of us does.
- 11. I was trying to keep up with traffic. Yes, I know there are no other cars around. That's how far ahead of me they are.
- 12. When the officer says "Gee, son...your eyes look red, have you been drinking?" You probably shouldn't respond with, "Gee officer your eyes looked glazed, have you been eating doughnuts? —*from cybersalt.org*

A leadership odyssey

The story of Homer's Odyssey is about a king named Odysseus. He and his men spent 10 years fighting the Trojan War, and they won.

Then they spent another 10 years trying to get home. Along the way, Odysseus and his men stop at an island to get provisions. They meet people who sit around all day and eat the sweet fruit of the lotus trees.

The fruit is so delicious these lotus eaters spend all their time eating it. They stop caring about anything else.

Odysseus' men try the fruit and soon they are addicted too. They have no interest in going home.

They forget all about their goal.

Odysseus wants to get back home and he gets his men to get on the ship and leave. Odysseus kept his eye on his vision and purpose.

He never forgot his goal.

-from IdeaBank.com

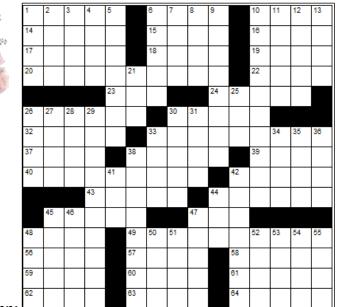
On life Someone told me life is a water wheel. It turns. The trick is to hold your nose when you're under and not get dizzy when you're up. — James Baldwin





ACROSS

- 1. Outward
- 6. Stinging insects
- 10. Cubes
- 14. Saltwater
- 15. Wash
- 16. Frosts, as a cake
- 17. Lightning units
- 18. You bake with it
- 19. Flippers
- 20. They taste like sugar
- 22. Celebration
- 23. Scarlet
- 24. Utilizers
- 26. Gasoline
- 30. Beau
- 32. Impressive display
- 33. Revolutionary War figures
- 37. Legal claim
- 38. Bodily cavity
- 39. Adopted son of Claudius
- 40. Young trees
- 42. Group of eight
- 43. Desert watering holes
- 44. Lubricant
- 45. Explosive devices
- 47. Purge
- 48. French for "End"
- 49. Companion
- 56. Nile bird
- 57. Colored part of the eye
- 58. French for "Red"
- 59. Blackthorn
- 60. Dispatched
- 61. Made a mistake
- 62. Be inclined
- 63. Swine
- 64. Feints



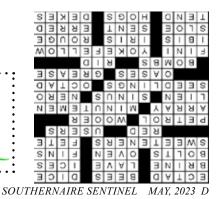
DOWN

- 1. Declines
- 2. Type of black bird
- 3. Floor covering
- 4. Initial wager
- 5. Demolish
- 6. Light-colored hair
- 7. Roof overhang
- 8. Always
- 9. Erotic
- 10. Divergence
- 11. More aloof
- 12. Pennies
- 13. Being

May rosswo

- 21. Snake-like fish
- 25. Band performance
- 26. Friends
- 27. A Great Lake
- 28. Tall woody plant
- 29. Arranged in random
- order
- 30. Birds have them
- 31. Duty
- 33. Not yours
- 34. Of higher order
- 35. Ages
- 36. Connecting point
- 38. Effeminate

- 41. Chemist's workpla
- 42. Commanded
- 44. Image format
- 45. Christian holy boc
- 46. An aromatic flavo
- vegetable
- 47. Pauses
- 48. Closed hand
- 50. Black-and-white
- cookie
- 51. Sovereign
- 52. Old stories
- 53. Wait in the shadov
- 54. Curved molding
- 55. Marries





SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.



Monthly



C lean Air Month. May 1–31. The American Lung Association releases its annual air quality report, and local lung associations focus on clean-air programs, issues and events. For more information, browse <u>https://</u><u>www.lung.org/clean-air</u>.

Melanoma/Skin Cancer Detection and Prevention Month. May 1–31. For more information, contact the American Academy of Dermatology or browse <u>www.aad.org</u>

National Arthritis Month. May 1–31. To increase awareness about the more than 100 forms of arthritis and related diseases and to increase support for the more than 70 million Americans with arthritis. For more information, browse <u>www.arthritis.org</u>

National Bike Month. May 1–31. To celebrate bicycling for fun, fitness and transportation. For more information, browse www.bikeleague.org

Daily

ay Day. May 1. The first day of May has been celebrated since ancient times. Spring festivals with maypoles are still common. In many countries, May Day is celebrated as a workers' holiday or as Labor Day. (The United States and Canada observe Labor Day in September.)

Cinco de Mayo. May 5. Mexican National Holiday recognizing the anniversary of the Battle of Puebla in 1862, in which Mexican troops, who were outnumbered three-toone, defeated the invading French forces of Napoleon III.



The Kentucky Derby. May 7. America's premier thoroughbred horse race at Churchill Downs, in Louisville, Ky. For more information, browse www.kentuckyderby.com.

Mother's Day. May 6. To celebrate mothers. First observed in 1907 as a church service in

the memory of Anna Jarvis' mother (Philadelphia). It was designated to be recognized as an observance by Congress in 1914 and is always the second Sunday in May.

National Štamp Out Hunger — National Food Drive. May 13. Mail carriers collect food items left in mailboxes and dropped off at post offices. For more information, browse <u>www.nalc.org</u>.

National Missing Children's Day. May 25. To promote awareness of the problem of missing children, to offer a forum for change and to offer safety information for children in school and the community. For more information, browse www.childfindofamerica.org.

National Senior Health and Fitness Day. May 31. To promote the value of fitness and exercise for older adults. For more information, browse www.fitnessday.com.

Memorial Day. May 29. To honor those who have died in battle. The first documented U.S. observance was on May 5, 1866, in Waterloo, N.Y





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-Monthly Media Staff

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