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<u>Office Hours</u> - Pandemic Hours – Appointment Only Monday – Wednesday - Friday - 8:00 am – 5:00 pm Saturday & Sunday Closed













Attention Crystal Lake Residents Editor Needed!!!

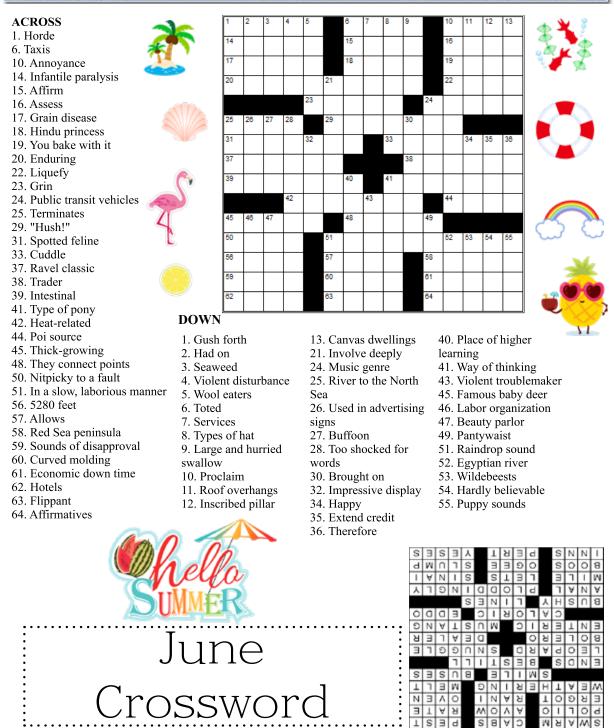
Would you like help keep Crystal Lake related articles in your newsletter?



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If you would be interested please contact Monthly Media at 727-484-7488 or newsletter@monthly-media.com







June Calendar

Monthly

dopt-A-Shelter-Cat Month. June 1–30. To promote the adoption of cats from local shelters, the ASPCA sponsors this important observance. For more information, browse www.aspca.org.



Cancer From the Sun Month. June 1–30. To promote education and awareness of the dangers of skin cancer from too much exposure to the sun. For more information, browse www.ppsinc.org.

Gay and Lesbian Pride Month. June 1–30. Observed this month because on June 28, 1969, the clientele of a gay bar in New York City rioted after the club was raided by police. The event became known as the Stonewall Riot.

June Is Perennial Gardening Month. June 1–30. June is the perfect month to celebrate the versatility and beauty of perennial garden plants. For gardening tips on how to keep your perennial garden beautiful all season long browse, www.perennialplant.org.

Weekly

Stepparents' Week. June 1–7. To recognize the courageous souls who flaunt convention and plow forward, even when considering that in the 90s, 50 percent of all marriages ended in divorce and 67 percent of second marriages ended in divorce. For more information, e-mail la koop@yahoo.com.

National Headache Awareness Week. June 4–10. To educate the public about the reality and severity of headache pain as a legitimate biological disease. For more information, call 312.276.2650

Daily

National Cancer Survivors Day. June 4. To honor survivors who are living with and beyond cancer. For more information, browse www.ncsdf.org.

Flag Day. June 14. A day to honor America and the flag.

Recess At Work Day. June 15. At 11 a.m., shut down all computers for 30 minutes and let all your workers go outside and play. For more information, browse www.recessatworkday.com.

Father's Day. June 18. To celebrate fathers everywhere.

Take Your Dog to Work Day. June 23. To celebrate the great companions dogs make and to encourage adoptions from animal shelters. For more information, browse www.petsit.com.

National Handshake Day. June 28. Get a grip on a professional handshake today! For more information, browse www.brodycommnications.com

On vice It has been my experience that those with no vices have very few virtues. — *Abraham Lincoln*



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.



15

Oh, my aching neck...

The neck is a pretty common place to experience pain. That's because your neck is the most mobile part of the spine — so injuries and painful conditions are more likely to occur there. If you are suffering from neck pain, you should see a health professional about it.

To prevent neck pain and injury, follow these tips:

- Maintain proper posture. Use a chair that is appropriate, stable and the right height. Use a table that is also the right height to avoid neck strain. Change your position periodically, so that exhaustion and pain will not occur. Avoid twisting your neck suddenly. When you are standing, maintain a relaxed neck, with your head upright and your chin retract¬ed. You'll also want to get the right size pillow. A pillow should support your neck in a balanced position.
- Exercise your neck regularly to maintain and improve flexibility. Take a break from whatever you do during the day, about every half hour. Stretch your neck in different directions by looking up, down, to the right and to the left. Another good way to exercise this area is to raise and squeeze your shoulders together and then relax. Repeat this a few times.

- adapted from the Elderly Health Services Web site

Could I have my dressing on the side, please?

rying to live a healthy lifestyle takes some practice— especially when it comes to eating a better diet. If you are trying to count calories or limit your fat intake, here are a few pointers for dining in or

- out:
- Watch the sauce. Pay attention to the amount of salad dressings or other sauces you use. Order condiments on the side and add small amounts at a time so that you are in control.
- Hold the mayo. Instead, use spices, herbs and mustards for taste.
- Get steamed. Make or order foods that are baked, grilled, poached or steamed, rather than fried.
- Make it veggie. Dishes that contain lots of veggies or fruits are usually lower in calories and fat.
- Get a doggie bag first. Before you dig in, scrape some of that mega-portion into a doggie bag.
- Mix it up. One of the healthiest ways to eat is to

include variety, moderation and balance. — adapted from the National Restaurant Association Web site





ant skin that looks young and healthy. Here are a few commonsense tips to keep that glow:

- Eliminate all tobacco use.
- Eat a diet that is balanced and includes whole foods.
- Reduce your alcohol intake and replace it with water.
- Use sunscreen that contains SPF 15 or higher on any part of your body that is exposed to sunlight. adapted from the Whole Foods Market Web site

Laughing all the way to the gym

t might sound, well, funny, but laughing has become the focus of some exercise classes. It seems that world-wide people are joining "laughter clubs and practicing a form of yoga being called "laughteryoga" or

"hasya yoga." It combines traditional forms of stretching, etc., with laughter techniques, such as "hearty laughter," "cocktail laughter," "silent laughter" and many others.

According to the teachings of this yoga form, laughter gives a constant massage to the digestive tract while providing a better blood supply to internal organs. This distributes nutrients more effectively to all parts of the body. Laughing also increases respiration rates, which in turn increases the supply of oxygen the body receives.

Laughter can help reverse negative emotions and drain tension from the body, as well.

Laughter yoga was developed by Dr. Madan Kataria, a physician from Mumbai, India. He has become known as the "Guru of Giggling." — adapted from "Laugh and Be Well," by Wendy Priesnitz, in Natural Health Magazine

Brush your teeth - gently

othing is as easy as brushing your teeth—doing it correctly can improve your dental and general health. Here are a few tips for good brushing habits:

- Buy a soft toothbrush that fits your mouth size. If the brush is too big you won't be able to properly brush your back teeth.
- Buy toothpaste with fluoride.
- Brush at least twice a day.

On dressing We eat to please ourselves, but dress to please others. — Benjamin Franklin











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Bees are found everywhere in the world except **Antarctica?**

Bees have 5 eyes?

Bees heat and cool their own hive to keep it between 93 and 95 degrees year-round?

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John Wilson Park 353 Main St, Safety Harbor, FL 34695 727-744-8916 **Every Sunday from 10am to 3pm**

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Pinellas County Events



<u>The Market Marie</u>

00 Cleveland St. Clearwater, FL 33755 00 vendors / Live music / Produce arking: 28 N. Garden Ave. 33755 Every 2nd Saturday of the Month 0am to 2pm hemarketculture.com/market-marie



VFW Cars & Coffee

VFW Post 2550. 360 Douglas Ave. Dunedin, FL VFW Cars and Coffee is a free gathering of classic, luxury, and exotic car enthusiasts. Car fanatics of all ages are welcome. Coffee and donuts will be provided. At 8am, a complete hot breakfast will be available and sold in the canteen for those interested. **Saturday, June 3rd from 7:30 -10:30 AM**

Safety Harbor Food & Music Festival

Safety Harbor City Park 940 7th St S, Safety Harbor, FL Saturday, June 3rd at 12pm

Corey Avenue Sunday Market

Saint Pete Beach, FL 33706. 727-360-2953

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Actual excerpts from classified sections of city newspapers:

- Illiterate? Write today for free help.
- Auto Repair Service. Free pick-up and delivery. Try us once, you'll never go anywhere again.
- Our experienced Mom will care for your child. Fenced yard, meals, and smacks included.
- Dog for sale: Eats anything and is fond of children.
- Man wanted to work in dynamite factory. Must be willing to travel.
- Stock up and save. Limit: One.
- Mixing bowl set designed to please a cook with round bottom for efficient beating.
- For sale: Antique desk suitable for lady with thick legs and large drawers.
- Now is your chance to have your ears pierced and get an extra pair to take home, too.
- We do not tear your clothing with machinery. We do it carefully by hand.
- Great Dames for sale.
- Tired of cleaning yourself. Let me do it.
- Vacation Special: Have your home exterminated.
- Used Cars: Why go elsewhere to be cheated. Come here first.
- Wanted. Man to take care of cow that does not smoke or drink.
- Our bikinis are exciting. They are simply the tops. adapted from quotesandjokes.com

You know you're on technology overload when...

- You enter a password in the microwave.
- It's been 10 years since you've used a real deck of cards to play solitaire.
- You have an entire page of phone numbers to reach your immediate family members.
- You have a daughter peddling Girl Scout cookies on the Web.
- A week after you buy your new computer, it's been declared obsolete and is being sold at half the price.
- Your excuse for not staying in touch with others is because you don't have their e-mail addresses. adapted from the Business Café Online Web site

On poverty

Another good thing about being poor is that when you are 70 your children will not have declared you legally insane in order to gain control of your estate. —Woody Allen

They say it is better to be poor and happy than rich and miserable, but how about a compromise like moderately rich and just moody? —Princess Diana





Need to clean — go green

f you feel like you're spending too much money on store-bought cleaners, maybe you should try making some of your own. Sound complicated? It's not. You can make home-made cleaners easily, and you won't have to worry about the toxins that are part of so many store-bought cleaning products.

Most homemade cleaners can be made from things that are readily available in households, or at least in your local grocery store. You might be impressed with the results of your cleansers. Here is a list of basic ingredients that will help get you started:

- Baking soda
- Vinegar
- Water
- Lemon juice
- Ammonia
- Salt
- Vegetable or olive oil
- Club soda
- Isopropyl alcohol
- Toothpaste
- Spray bottles

When you make your own cleansers, mix them in a well ventilated area. Label all containers and store them safely. Don't reuse old containers from other cleaners. And remember, never mix bleach and ammo¬nia. Spot test your cleanser before you use it.

Club soda does a wonderful job of cleaning linoleum floors. And vinegar added to the rinse cycle works as a fabric softener. Toothpaste is a great chrome cleaner.

Here are a couple of recipes:

Glass Cleaner

- 1 gallon water
- 1/2 cup white vinegar
- 1/2 teaspoon liquid dishwashing detergent

Furniture polish

- 1 cup vegetable or olive oil
- 1/2 cup lemon juice —adapted from "Homemade cleaners: How to make all-natural green cleaners," by Sara Noel, on the Sideroad Web site

On failure If at first you don't succeed, destroy all evidence that you tried. — *Anonymous*





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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









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Quotable Humor

On lifestyle

I hate to advocate drugs, alcohol, violence or insanity to anyone, but they've always worked for me. —Hunter S. Thompson

Gambling

There are two times in a man's life when he should [gamble]: when he can't afford it and when he can.

— Mark Twain

There are two great pleasures in gambling: that of winning and that of losing. — *French saying*

On business

My own business always bores me to death; I prefer other people's. — *Oscar Wilde*

On early recyclers

Thanks to my mother, not a single cardboard box has found its way back into society. We receive gifts in boxes from stores that went out of business 20 years ago. — Erma Bombeck

On fathers

My father told me all about the birds and the bees, the liar—I went steady with a woodpecker till I was 21.

-Bob Hope

My father taught me to work; he did not teach me to love it. I never did like to work, and I don't deny it. I'd rather read, tell stories, crack jokes, talk, laugh—anything but work. — Abraham Lincoln

She got her good looks from her father. He's a plastic surgeon. — Groucho Marx

A father is someone who carries pictures in his wallet where his money used to be. — *Anonymous*

On common sense

Sometimes the road less traveled is less traveled for a reason. — Jerry Seinfeld





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EVENTS & PROGRAMS

Craft Fair 11/18/23, 9 AM - 1 PM at Clerawater Cascade. Contact Jane Boucher 903-426-3636, Janeboucher29@gmail.com

CRAFTERS WANTED. Fair on Nov 18 at East Bay Oaks clubhouse 8am. 601 Starkey, Largo. Email Liz for more info: lizzyy1958@gmail.com





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

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JULY AD DEADLINE - JUNE 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.

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How a little imagination changed the way we shop

A little story about imagination.

Before supermarkets existed as we know them, going to the grocery store used to be a totally different experience. In the old days, customers walked in and told a clerk what they wanted. Then the clerk set to the task of compiling the order for the customer.

Clarence Saunders made his living as a grocery store clerk in a small Southern town. He had never made more than \$20 a week.

One day he stood in line at a cafeteria carrying a tray, waiting to select his food. Clarence Saunders had always seemed like an ordinary man — nothing in him so far had indicated that he had any unusual abilities.

But that day, as he stood in line, something happened. In his mind two ideas collided. His imagination took off and he took the "self-help" idea of the cafeteria and applied it to a grocery store — and thus was born the Piggly-Wiggly chain of grocery stores.

Clarence Saunders, the \$20 a week clerk became a millionaire. And grocery shopping was forever changed. — adapted from The Law of Success in Sixteen Lessons, by Napoleon Hill

An unexpected conversation

class of MBA students took a field trip away from their university. On the bus ride on the way back to the school after **L** the trip, the driver pulled over at a rest stop. Most of the MBA candidates had been partying heavily the night before. One first year student, headed for the first stall in the restroom.

As soon as he entered the stall, the man in the next stall said, "Hi, there. How's it going?" The first-year student thought it was odd that the man in the next stall wanted to start a

conversation, but he thought, "Who knows, this guy might be one of the facilitators at school, one who might be giving me a grade in the near future."

He felt silly talking through the stall wall, but he answered, "Not bad."

Then the man in the next stall said, "What are you doing?"

The intimidated student answered, "Well, we're all headed back to school from the field trip, right?"

To which the man in the next stall said, "Look. I'll have to call you back. Every time I say something, some genius in the next stall keeps answering me.

- adapted from the Chicago Business Online Web site

On bad memory

The advantage of a bad memory is that one enjoys several times the same good things for the first time. — Friedrich Nietzsche





33

What would you do?

ou are one of two people on a malfunctioning airplane with only one parachute. How would you react?

- Pessimist: You refuse the parachute because you might die on the jump anyway.
- Optimist: You refuse the parachute because people have survived crashes just like this before.
- Procrastinator: You play a game of Monopoly for the parachute.
- Bureaucrat: You order them to conduct a feasibility study on parachute use in multiengine aircraft under code red conditions.
- Lawyer: You charge one parachute for helping them sue the airline.
- Internal Revenue Service: you confiscate the parachute along with their luggage, wallet, and gold fillings.
- Advertiser: You strip-tease while singing that what they need is a neon parachute with computer altimeter for only \$39.99.
- Engineer: You make them another parachute out of aisle curtains and dental floss.
- Scientist: You give them the parachute and ask them to send you a report on how well it worked.
- Mathematician: You refuse to accept the parachute without proof that it will work in all cases.
- Philosopher: You ask how they know the parachute actually exists.
- English major: You explicate simile and metaphor in the parachute instructions.
- Comparative Literature student: You read the parachute instructions in all four languages.
- Psychoanalyst: You ask them what the shape of a parachute reminds them of.
- Actor: You tie them down so they can watch you develop the character of a person stuck on a falling plane without a parachute.
- Artist: You hang the parachute on the wall and sign it.
- National Rifle Association member: You shoot them and take the parachute.
- Environmentalist: You refuse to use the parachute unless it is biodegradable.
- Auto Mechanic: As long as you are looking at the plane engine, it works fine.
- Tobacco Grower: You explain very patiently that despite a number of remarkable coincidences, studies have shown no link whatsoever between airplane crashes and death.

-from quotesandjokes.com

On kinds of people

There are three kinds of people — those who can count and those who can't. — Anonymous



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