



OFFICE:  
3113 S. R. 580  
Safety Harbor  
FL 34695

(727) 725-1811

• A D V O C A T E •

**August • 2023**

**Issue 6  
47<sup>th</sup> Year**

**Beautiful Clouds Over Amber Glades!**  
Thank you to *Leeanne Mchugh* for the great picture!

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

**Monthly Mania Winner!  
\$100 • Mary Lou Wright  
Boss Electric Corp**

view this newsletter on-line at [www.monthly-media.com](http://www.monthly-media.com)



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

### CORPORATE DIRECTORS:

President .....	Marsha Lemons .....	#279 .....	727-412-1433
Vice-President .....	Vacant		
Secretary .....	LeeAnne McHugh .....	#334 .....	727-458-8134
Treasurer .....	Pat Peterman .....	#205 .....	618-960-9284
Corp. Dir. & Complaints.....	Craig Rodgers .....	#341 .....	502-435-1612
Corp. Director .....	Nancy Kern.....	#335 .....	321-217-3598
Corp. Director .....	Mike Durham.....	#355 .....	419-989-3415

**April 4th was the last HOA meeting until Fall; however, the Board will still meet with Management every month to bring up issues. If you have something that needs to be on the agenda, please contact a board member.**

**If you have not paid your 2023 HOA Dues, please either put them in the dues box in the clubhouse or give them to Pat Peterman, #205, 618-960-9284. Dues are \$15/year.**

## Notes from the HOA Board of Directors:



**W**e had a wonderful turnout for the July 4 cookout. So much food and so delicious. The residents outdid themselves. With attendance like this, we can keep activities going. Thank you to the Board members and residents that helped out with this activity. Made hard work worth it. Our next big activity is a Halloween Party. We are having trouble finding a band/DJ that we can afford. If anyone has any ideas, please contact one of the HOA Board members. Our costumes at this party are always creative and fun. We also need to come up with entertainment for our New Year's Eve party. Any Ideas?

For those asking, the pickle ball court is still waiting on County approval. I'm beginning to think it will be out of popularity by the time we get it. lol

## SAVE THESE DATES:



**A**ugust 13th , Potluck – 5:30 pm, Bring a dish to share and your place settings and we will again enjoy food and our neighbors company.

**August 26th, Trivia Night, 7:00 pm** - Get ready to use your brain. Teams of up to 8 people can compete for cash prizes. Entry fee of \$5 per person. Half of pot goes back to contestants and rest goes to Social Committee account. Each table can bring their own snacks and drinks. Trivia will consist of categories of US History, Entertainment, Sports and Medicine. To sign up, call or text Pat Peterman at 618-960-9284 or email at patt74429@yahoo.com. Entries should be in by August 24th.

# ROOF-OVERS • 727-547-8300

Lic #: C-11631

# ASC

Aluminum Specialty Contractors, Inc  
 "Quality Done Right"  
 7420 Park Blvd. • Pinellas Park

visit: [www.ascaluminum.com](http://www.ascaluminum.com)

"Our Owner Has Been Serving Pinellas County Since 1980."

30



34

**NO Subcontractors**  
**"Ask Your Neighbors About Us."**

**Prepare for  
 Summer Rains!**

**SAVE 10%**

expires 8/15/23



**STOP  
 LEAKS  
 NOW!**

John 3:16

**Visit our Manufactured Home Showroom  
 to see what we can do for you!!**



*We Are Not a Franchise...  
 We Are TRULY Family Owned & Operated*

## BOSS ELECTRIC



**We Specialize in  
 MOBILE  
 HOMES**

**EMERGENCY  
 SERVICE AVAILABLE**



- Family Owned & Operated
- Surge Protection
- Ceiling Fan Wiring
- Panel Upgrade & Repair

**10% OFF  
 LABOR**  
 with this ad\*  
\*Discount does not apply to estimated work  
 only service calls, can't be combined

**FREE ESTIMATES**

**791-1308**

**Senior & Military DISCOUNTS**

[www.bosselectriccorp.com](http://www.bosselectriccorp.com)

21



Lic. EC13005634  
 Bonded & Insured

14

## MODERN AIR CONDITIONING



**& HOME SERVICES, Inc.**

**Special!**  
 Expires 8/31/23  
**A/C & Heat \$49<sup>00</sup>  
 Inspection  
 or Service Diagnostic**

Coupon required at time of service during regular business hours & cannot be combined with other offers.

- HONEST and FAIR •
- FREE Estimates on A/C Installations •

47



**541-5541**

24

[www.modernac.com](http://www.modernac.com)

**ALL BRANDS • Since 1976 • CACO 21320**

# 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.

## Sub-Floor Repairs



## Laminate Flooring



FLORIDA  
ANCHOR AND BARRIER  
COMPANY

LICENSED  
INSURED  
BONDED

FREE  
ESTIMATES

30  
YRS  
EXPERIENCE

STATE CERTIFIED  
GENERAL CONTRACTOR  
CGC# 004138

STATE LICENSED  
MOBILE HOME INSTALLER  
IH# 102549/1



A+ Rated  
ACCREDITED  
BUSINESS



727.330.7821

800.681.3772

11590 US HIGHWAY 19 N CLEARWATER, FLORIDA 33764

15



15





# SUNSHINE COMMITTEE

---

LeeAnne McHugh, 727-458-8134, Lot 334 has graciously taken on the duties of the Sunshine Committee. If you know of someone sick or someone that has a death in the family, please contact her so she can send them a card.

# WELCOME COMMITTEE NEWS

---

New Residents: Lot 107, Kimberly Short & Deneen Mathews; Lot 134, Jerry Lidinsky; Lot 189, Brian & Jean Haley; Lot 236, Jeannie Marshall; Lot 371, David and Paulette Eddy; Lot 400, Christine Vogel.  
**PLEASE MAKE THESE NEW RESIDENTS FEEL WELCOME!!**



# JUNE HOME AND YARD OF THE MONTH

---

Lot 72, Dave & Carol Holtzhouse



# KOFFEE KLATCH

---

Cancelled until Sept. 12.



# COLORING

---

Coloring is held on Tuesday at 11:00 am on Tuesdays and 1:00 pm on Thursdays. If you don't have supplies, they can be provided for you. For any questions, contact Sharon Kachinski at 727-725-3745! This is a great way to alleviate tension.



# BUNCO

---

Bunco is cancelled until the Fall.



**A Complete Listing of Resident Services  
can be found on the page before your calendar**

## PRAYER GROUP

---

A prayer group meets every Thursday at 1:00 PM in the Clubhouse Library. For questions, contact Eva Rivera at 917-662-1428. All are welcome!



## EXERCISE GROUP

---

Cancelled until Fall.



## AMBER GLADES LIBRARY

---

Let's talk authors: Political aspirant turned author. Misfortune led Archer to write books that led to his career. What a past he had!!

John Sanford – Pulitzer Prize in Journalism. His list of books goes on and on. We are honored to have both hardback and paperback in our library.

LADIES: Dorothea Benton Frank: So good, always a laugh and a cry. She writes about the low country in South Carolina.

Guideposts: Christian Mysteries on the Religious Bookcase (bottom shelf) "Wayfarers Inn", 7 books. They are marked in order.

Thank you to whoever donated this part of the series. I hope there is more to come. I have read the books and was kept spellbound.

Jigsaw puzzles: Please take, send some to your grandkids. We've run out of room. Sorry to say, but thank you for your support.



## WALKERS & WHEELCHAIRS

---

There are a few walkers and wheelchairs that are available to Amber Glades residents to borrow when needed. These should be returned when the need is over. For information contact Craig Rodgers, 502-435-1612.



## AMBER GLADES FACEBOOK PAGE

---

Get connected to Amber Glades Facebook page. Pictures of events are posted there by residents and interesting discussions are often seen. Join in and "friend" the Amber Glades Facebook page. We also have an Amber Glades Marketplace page where residents can sell and buy items and an official HOA page – **Amber Glades HOA Approved** – where the board will post notices and activity announcements.

# HAVE YOU SUFFERED FROM WATER OR FLOOD DAMAGE?

Fully Guaranteed Property Repair Service & Floor Repairs



Call Us for a **FREE NO-PRESSURE No-Obligation Estimate**

**727-431-6875**

• Licensed • Bonded • Insured

[flatworksremodel@yahoo.com](mailto:flatworksremodel@yahoo.com)

**25 FlatWorks INCORPORATED**    **13**

CGC #1511054

Paid advertisement by FLUHS, Inc. d/b/a A&E Services

# RECREATIONAL GOLF CARTS

We are the Oldest Gulf Cart Dealers in Pinellas County!



**Best Built With All US Made Electronic Components**

Lowest Prices on Batteries, Labor Rates, Motor Repairs, & Service

**FREE Charger Check Up**  
Chargers diagnosed / evaluated while you wait in most cases

**BEWARE** of "Extra Charges" and over-charges for repairs. Just give us a call!!

**REWARD!**  
We pay cash for any leads of carts for sale that we purchase

We now offer financing with great rates!

**ALL Rebuilt Carts have a minimum 6 Month Warranty on Major Electrical Parts**

Highest Prices paid for any used carts, even just for parts.

Quality of carts is better than quantity of carts!

**WE BUY JUNK GOLF CART BATTERIES!**

**19** 8801 66th Street North • Pinellas Park **17**  
Between Brian Dairy & Park Blvd. (2.8 miles south of Ulmerton Rd.)

**★ OPEN** Mon – Fri 8:00 – 4:00 • **548-8460**

# MOBILE HOME DEPOT

YOUR MOBILE HOME PARTS WAREHOUSE!

• Mobile Home Supplies • RV Accessories • Aluminum Products

**30** **★ Do It Yourself & Save!** **17**

• Largo - 13777 66th Street North • **535-1100**  
• New Port Richey - 7118 U.S. Hwy. 19 • **849-4900**

    Store Hours: M - F 8-5 • Sat. 9-3  
[www.mobilehomedepot.net](http://www.mobilehomedepot.net)



Where the Plumbing Bird says...

"Cheap Cheap"

Small Company = Lower Overhead = Lower Prices!

# PLUMBING SERVICES

Specializing in Mobile Homes for Over 35 Years!

Family Owned & Operated  
Water Heaters ★ Toilets ★ Drain Clogs ★ Leaks  
Sinks ★ Faucets ★ Disposals ★ RePipes

**727-799-0287**

**JONES & SONS**

LIC. # **PLUMBING INC.** CFC 1428749

**50** **★** **18**  
[www.jonesandsons-plumbing.com](http://www.jonesandsons-plumbing.com)

# VINYL SIDING

Complete Mobile Home Service

*"Workmanship  
Makes the Difference"*



**Top Quality  
Work At  
Low Prices**

Licensed & Insured  
Aluminum Contractor • PCCLB #C-7812



# 586-6315



**SOUTHPAW PAINTING  
& PRESSURE WASHING INC.**

# 540-872-3500

Insured

## Tarpon Pest Control

In service for over 30 years

*"There When You Need Us"*

Experts in Mobile Home Bug Control  
& Certified Termite Inspections



# 727-738-4058



# Barron's

## Air Conditioning & Heating



License # RA0058337 / CAC1817291 • Insured • Bonded

*"Service is Our Specialty"*



Comfort with Confidence.



**37** We Service  
**★** All Makes  
**37** & Models

[www.BarronsAC.com](http://www.BarronsAC.com)

# 727-784-1603





# FMO Information



## MISSION STATEMENT

The purpose of the Federation is to promote the general welfare of its members, protect the rights and interests of, and be a consumer advocate for manufactured/mobile home owners.

## OUR HISTORY

### What is FMO?

The Federation of Manufactured Home Owners of Florida, Inc., (FMO) is a statewide, consumer advocacy association dedicated to protecting the rights and interests and enriching the lifestyles of manufactured home owners.

Formed in 1962, the FMO has a current membership of approximately 15,000 manufactured home owners. FMO operates with more than 1,000 volunteer officers from around the state who serve members by answering questions, assisting with problems, organizing district meetings and workshops, and linking them to the Board of Directors and the administrative staff at the Largo business office.

In 1962, the St. Petersburg City Council planned to enact an ordinance mandating that mobile home owners install tie-downs, a very expensive proposition then. Peggy Johnstone, upset by the impending mandate, contacted fellow mobile home owners and, on March 26th, 77 communities came together to defeat the ordinance.

The FMO was founded that day with a clear vision in place:

***Protect the interests of manufactured/mobile home owners in Florida.***

## WHO WE HELP

Because there are all types of manufactured home owners – those that own their home and land, those that rent land, those that live in family communities, just to mention a few – the FMO has diversified to assist homeowners in whatever situations they may find themselves. Please scroll down to read more about who we help.

## RENTAL COMMUNITIES

Residents of rental manufactured home communities own their homes and rent the lot on which the home sets. The FMO helps residents of rental manufactured/mobile home communities prepare for negotiating with their park owners regarding rent increases. The FMO also provides information about Chapter 723, Florida Statutes (FS), which governs unique park owner/lot renter issues. In addition, the FMO offers workshops on negotiating with a park owner and resident purchase of a community.

## RESIDENT OWNED COMMUNITIES

The FMO has pushed for and won many rights for resident owned communities (cooperative and condominium forms of ownership), including clarification of homestead exemption requirements so cooperative manufactured home residents could claim the \$25,000 exemption from taxation enjoyed by other Florida residents. Working with other organizations, the FMO has also succeeded in getting the Florida legislature to lower the annual fees for registering a not-for-profit corporation with the state.

*continued on page 13*

**INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!**

# LOOKED

## UNDER YOUR MOBILE HOME LATELY?

**Insulation Under Your Home Falling Down?  
Holes and Tears in Your  
Vapor /Moisture Barrier?**



**COVID-19 NOTICE:**  
Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

**FREE**  
**UNDER HOME INSPECTION**  
Only with this COUPON



**Photographs  
Taken of  
Damaged Areas**



## Insulation and Vapor Barrier Repairs

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



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

**FREE ESTIMATES**

**727-330-7821**  
Toll Free - 800-681-3772

**MILITARY  
& SENIOR  
DISCOUNTS**

**Family Owned  
& Operated**



- Insured • Bonded • Workman's Compensation Insurance
- Member: National Association of Mold Professionals



# FLORIDA ANCHOR AND BARRIER COMPANY

15 ★ 11590 U.S. Highway 19 North • Clearwater • FL 33764 15

# WANTED! We Buy!



Antique, Estate & Fine Jewelry  
All Watches, Coins & Collections  
Sterling Silver, Flatware & Vertu  
Gold, Diamonds, Gems & Pearls  
Antiques, Collectibles & Fine Arts

Free Appraisals - Expert Evaluations - Top \$\$\$ Paid

**WE COME TO YOU! - (727) 484-0146**

Visit Us Online @ [www.bngtreasures.com](http://www.bngtreasures.com)  
Shop / Studio - 1115 Ponce de'Leon Blvd. Clearwater, FL 33756

# Ron's HANDYMAN SERVICES

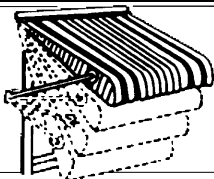
Odd Jobs • Home Projects • Installations  
Licensed & Insured



21  
3

**727-657-2491**

# CENTURY AWNINGS



• Fabric & Aluminum  
AWNINGS  
• MINI BLINDS

**10% OFF**  
to Park Residents

• ALL  
WEATHER  
CURTAINS  
• VERTICAL  
BLINDS



• Free Estimates • Licensed & Insured

**559-8811** <sup>63</sup> ★ QUALITY PRODUCTS LOCALLY MADE - SINCE 1959 <sup>43</sup>  
13170-A 90th Street N., Largo • Previously Located on Starkey Road

## Need affordable Medicare that's in step with your life?

Choosing the right Medicare coverage  
can be confusing.

I can help you find a plan that's right  
for YOU and YOUR BUDGET.

11 ★ 3



health  
markets.

**Dawn-Rae Crutchfield**  
Licensed Insurance Agent



Call today for personalized service! **727-499-8461**

HealthMarkets Insurance Agency Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by state. Sales agents may be compensated based on enrollment. No obligation to enroll. HMIA008253 5-2020





## **FAMILY COMMUNITIES**

The FMO is aware of the unique challenges faced by families. As working parents with small children or working adults without children, those who live in family communities are consumed with many activities during the day and don't have time to worry about new local or state laws that could affect their lives. The FMO monitors these issues for them.

## **SUBDIVISIONS**

In the early 1990s, FMO members who lived in subdivisions began asking the FMO for assistance with some problems they were having with community developers. In 1995, the FMO successfully pushed legislation specifically for mandatory homeowners' associations, which include subdivisions.

## **ACCOMPLISHMENTS**

It's one thing to recognize a problem exists; it's quite another to take action to solve it.

Every year, FMO members submit suggestions for legislative action; the Board of Directors reviews these suggestions and decides what FMO's legislative priorities will be for the next year. Then we marshal our resources to push for the suggestion to become law.

FMO's accomplishments for manufactured home owners span its extensive history. In fact, FMO was founded specifically to organize manufactured home owners to defeat, ironically, a mandatory tie-down ordinance that the St. Petersburg City Counsel had planned. Years later, FMO fought for and won legislation to secure funds to assist homeowners in retrofitting their homes with tie-downs.

For more information or to join, go online at [FMO.org](http://FMO.org) or contact Norm Goldberg at Lot 366, 215-913-4877.

## **REASONS TO BEWARE AT THE BEACH**



**A**lgae are plant-like organisms that live in saltwater and freshwater. Most algal blooms are beneficial, providing a major source of energy for the ocean's creatures. But when algae grow out of control, they can have harmful effects on Summer's in full swing. For many of us, that means spending the day at the beach.

But the beach isn't all fun and relaxation. We may fear lurking sharks when we dive into ocean waters, but shark attacks are extremely rare. Other health problems are much more common — from heat stroke to jellyfish to sunburn. It's smart to go in prepared, so you can focus on having a good time.

Here are six dangers to know about before your next beach day.

### **1. Heat illness**

Heat illness is a spectrum of conditions that occur when the body can no longer cool itself down. "This can be seen in high heat conditions, often made worse when there is high humidity or during vigorous exercise," says Lea Walters, M.D., chair of emergency medicine at the Loma Linda University School of Medicine in California.

*continued on page 14*



Heat cramps — painful muscle spasms in the legs and abdomen — are often the first hint that you’ve lost too much fluid, salt or both, notes the National Weather Service.

Next is heat exhaustion. As you continue losing water and salt, you may notice symptoms like headache, nausea, dizziness and irritability. It’s vital to move to a cooler area and sip cool water. Otherwise you may develop heat stroke.

Heat stroke is the most serious heat-related illness. According to the Centers for Disease Control and Prevention (CDC), the body temperature can climb to 106 degrees Fahrenheit within 10 to 15 minutes. This can cause confusion, slurred speech, seizures, a strong and rapid pulse, and loss of consciousness.

Heat stroke is a severe medical emergency, and delaying treatment can be fatal.

Anyone can get heat stroke, but older adults, people with high blood pressure and those taking water pills (diuretics) have an increased risk.

To keep heat illness from wrecking your beach day, stay hydrated and take regular breaks from the heat, suggests Michael D. Levine, M.D., an emergency medicine and medical toxicology physician with UCLA Health in Los Angeles.

## 2. Sunburn

Sunburn is an inflammatory reaction to ultraviolet (UV) radiation damage. Symptoms like skin redness and tenderness typically start about four hours after sun exposure, with pain peaking after 48 hours.

But the damage lingers long after the sunburn fades. “In addition to the discomfort they cause, sunburns significantly increase our risk of skin cancer,” says Lauren Eckert Ploch, M.D., a dermatologist in Augusta, Georgia.



In fact, sunburn is the leading cause of many types of skin cancer, including melanoma, the deadliest form of skin cancer. And it only takes five or more sunburns to double your risk of melanoma, according to the Skin Cancer Foundation.

“The best way to avoid a sunburn is to regularly apply a broad-spectrum sunscreen while at the beach,” Eckert Ploch says. Look for a sunscreen that’s water-resistant, with an SPF of 30 or higher. Be sure to slather it on every two hours, or after swimming or sweating.

“I also recommend using sun-protective clothing and a hat, plus staying under a shade during peak sun exposure times,” Eckert Ploch says. Your risk of sunburn increases when the sun is strongest — between 10 a.m. and 2 p.m., notes the American Academy of Dermatology.

## 3. Red tide

A red tide is a common term for a harmful algal bloom (HAB) that turns the water red. It’s found along every U.S. coast, but it’s most common in the Gulf Coast.

Red tides, so-named because the bloom turns the water red, are caused by an algae called *Karenia brevis*. This algae produces a potent toxin called brevetoxin, which kills fish and makes shellfish dangerous to eat.

According to NOAA, the toxin can also make the surrounding air difficult to breathe. “This is especially true for people who suffer from asthma, but it may cause severe problems in anyone with respiratory disease,” Walters says.

*continued on page 22*

# WINDOWS • VINYL SIDING • 727-547-8300

Lic #: C-11631

# ASC

Aluminum Specialty Contractors, Inc  
"Quality Done Right"

Visit Our Showroom Display  
7420 Park Blvd. • Pinellas Park

We Are Not a Franchise... We Are TRULY Family Owned & Operated 34 ★ 30

**New Windows**  
Improve the Looks of Your  
Home While Saving  
Energy & Money

**10% OFF!**

expires 8/15/23



John 3:16



**VINYL IS FINAL**

**Vinyl Siding**

**10% Off** expires 8/15/23

"...I am so happy with my new windows...I'd like to commend your work crew. Earbie and Larry were fantastic! I couldn't believe the clean-up EVERYDAY! The whole job took just a week even with all the rain delays. I would and WILL highly recommend your company to my friends and neighbors. Of course I won't need to say a word – the house is doing all the talking! Thank you so much for my beautiful new house."

Carol Zapiecki, Clearwater, FL



visit: [www.ascaluminum.com](http://www.ascaluminum.com)



## TERMITE & PEST EXPERTS (727) 785-2552

- Once-A-Year Pest Control Service
- Subterranean Termite Treatments
- Tentless Drywood Termite Treatments

Veteran Discount ★ FREE Estimates 29

Serving Tampa Bay Since 1993 17



Family Owned & Operated

**FREE**  
Pest  
Inspection

The purpose of our Federation is to promote the general welfare of its members, protect the rights and interests of, and be a consumer advocate

## FOR MANUFACTURED/MOBILE HOME OWNERS ON RENTED LOTS

Our accomplishments are numerous and include the creation of Florida Statute 723, "The Florida Mobile Home Act", which safeguards your rights as homeowners on rented lots in Florida.

Most recently we've successfully lobbied for the extension of The Mobile Home Tie-Down Program for 10 more years.

Download an Application  
[www.FMO.org](http://www.FMO.org)



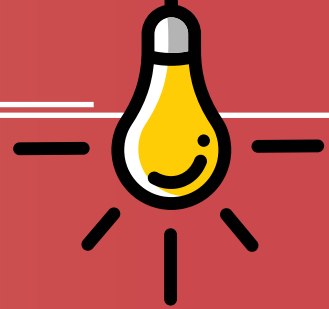
We owe our success to our dedicated members. Join us in our fight to protect our lifestyle. Together we can, and do, make a difference!  
JOIN TODAY 321-214-4300

# Did You Know?

Honey bees beat their wings 200 times per second, creating their trademark “buzz”?

A single hive can produce anywhere from 60 to 100 pounds of honey every year?

The ancient Greeks minted coins with bees on them?



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

When searching for home services, health care providers, insurance, and almost anything else... Reference your newsletter first! These businesses choose to support your community newsletter, please let them know you appreciate them!



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





# SERVICES DIRECTORY

## AIR CONDITIONING SALES/SERVICE

Barron's Air Conditioning ..... 727-784-1603  
 E & E Gliddon, Inc. .... 727-546-4343  
 Modern A/C Service Co. .... 727-541-5541

## AUTO BUY/SELL

Bill Your Car Guy..... 727-729-2322  
 Stingrays Inc (CASH NOW)..... 727-798-2921

## AWNINGS

Century Awnings Co. .... 727-559-8811

## CARPET CLEANING

Bill the Carpet Guy..... 727-521-4163

## DERMATOLOGIST

Florida Dermatology & Skin Cancer .... 727-446-6217

## ELECTRICAL CONTRACTOR

Boss Electric Corp. .... 727-791-1308  
 Haseney Electrical Services, Inc..... 727-441-8434  
 Palm Harbor & Dunedin Electric ..... 727-773-1622

## 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

## GOLF CARTS SALES & SERVICE

Recreational Golf Cars of Florida ..... 727-548-8460

## HANDYMAN

Performance Handyman Services ..... 727-619-3304  
 Ron's Handyman Service ..... 727-657-2491

## INSURANCE: AUTO & MOBILE HOME

O. E. Wilson..... 727-535-0524

## INSURANCE: HEALTH - MEDICARE

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

## KITCHEN CABINET REFACING

Swailles Re-Face It, LLC ..... 727-804-1689

## MANUFACTURED HOME SALES/NEW

Citrus Homes/Meadowood Homes ..... 727-535-5262

## MOBILE HOME SUPPLIES - RETAIL

Mobile Home Depot, Inc. .... 727-849-4900

## MOBILE HOME WASH/WAX

Gulf Coast Power Washing LLC ..... 727-902-3899  
 SouthPaw Pressure Washing ..... 540-872-3500

## MOVING & CLEAN OUT SERVICES

Mike's June Removal..... 727-213-7122

## ORGANIZATIONS

Federation of MH Owners (FMO) ..... 727-530-7539

## PAINTING/INSIDE & OUTSIDE

G&J Painting ..... 813-934-9024  
 Payless Painting Services ..... 727-470-5876

## PEST CONTROL

Buggin Out Termite & Pest Control..... 727-535-2629  
 FL Termite & Pest Experts ..... 727-785-2552  
 Tarpon Pest Control..... 727-738-4058

## PLUMBING SERVICE

Jones & Sons Plumbing, Inc..... 727-799-0287  
 Plumbing Patrol, Inc..... 727-726-9193  
 Plumbing Today..... 727-201-3117

## ROOF COATING

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

## ROOF REPLACEMENT

All Weather Roofing ..... 800-297-3758  
 AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300

## ROOF WASHING

Heller's Mobile Home Washing ..... 727-733-1166

## 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  
 Mitchell Siding..... 727-586-6315

## WINDOW REPLACEMENT

AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300  
 Clear-View Windows ..... 727-726-5386

## ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

### Coverages:

Bodily Injury.....\$100,000 Each Pers./ \$300,000 Ea. Occur.  
 Property Damage ....\$100,000 Each Occur.  
 Uninsured Motorist ....\$100,000 Each Pers./ \$300,000 Ea. Occur.  
 Pers. Injury Prot.....\$10,000 Ea. Person, Wage Loss Excluded  
 Medical Payments.....\$5,000 Each Person  
 Comprehensive .....ACV - \$500 Deductible  
 Collision .....ACV - \$500 Deductible  
 Road Trouble Serv. ....\$50 Each Occurrence  
 Additional Exp.....\$30 Per Day / \$900 Each Occurrence



**Annual Paid In Full Premium..... \$1265.00\***

### 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 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.

*O & E Wilson* Insurance Inc.  
 40 ★ 727-535-0524 19

### For Advertising Info

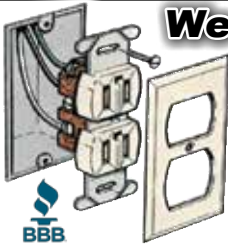
Call or email:

727-484-7488

sales@monthly-media.com



# Boss ELECTRIC



We Specialize in  
**MOBILE HOMES**

**EMERGENCY SERVICE AVAILABLE**

- Family Owned & Operated
- Surge Protection
- Ceiling Fan Wiring
- Panel Upgrade & Repair

**FREE ESTIMATES**

**791-1308**

**Senior & Military DISCOUNTS**

[www.bosselectriccorp.com](http://www.bosselectriccorp.com)

21



Lic. EC13005634  
Bonded & Insured

14



# AUGUST 2023

Sunday	Monday	Tuesday
<p>SEPTEMBER</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p>		
	6	7
	Water Aerobics 10:30 am	
	Bingo 6 pm	Water 6 pm
	13	14
Resident Potluck 5 pm	Water Aerobics 10:30 am	Water 6 pm
	Bingo 6 pm	
	20	21
	Water Aerobics 10:30 am	Water 6 pm
	Bingo 6 pm	
	27	28
	Water Aerobics 10:30 am	Water 6 pm
	Bingo 6 pm	

## It Pays To Patronize the Advertisers in This Newsletter!

With our monthly cash give-a-way, **Monthly Mania**, residents can win up to \$100 for simply using the businesses in the newsletter. See the winners listing page toward the end of this newsletter for more info. We give out \$400 monthly to residents just like you!

Do you want more chances to win? Let us know any businesses you would like to see advertising in the newsletter. The more advertisers you use, the more chances you have to win!



Monthly Media  
220 Bahama St.  
Venice, FL 34285  
info@monthly-media.com  
727-484-7488

# Amber Glades

Tuesday	Wednesday	Thursday	Friday	Saturday
1 Aerobics	2 Water Aerobics 10:30 am	3 Prayer Group 1pm Coloring 1 pm Water Aerobics 6 pm Horses 6:30 pm	4 Water Aerobics 10:30 am	5 Water Aerobics 10:30 am Food Donation Pickup 12 Noon
8 Aerobics	9 Water Aerobics 10:30 am	10 Prayer Group 1 pm Coloring 1 pm Water Aerobics 6 pm Horses 6:30 pm	11 Water Aerobics 10:30 am	12 Water Aerobics 10:30 am Food Donation Pickup 12 Noon
15 Aerobics	16 Water Aerobics 10:30 am	17 Prayer Group 1 pmer Coloring 1 pm Water Aerobics 6 pm Horses 6:30 pm	18 Water Aerobics 10:30 am	19 Water Aerobics 10:30 am Food Donation Pickup 12 Noon
22 Aerobics	23 Water Aerobics 10:30 am	24 Prayer Group 1 pm Coloring 1 pm Water Aerobics 6 pm Horses 6:30 pm	25 Water Aerobics 10:30 am	26 Water Aerobics 10:30 am Food Donation Pickup 12 Noon Resident Trivia Night 7 pm
29 Aerobics	30 Water Aerobics 10:30 am	31 Prayer Group 1 pm Coloring 1 pm Water Aerobics 6 pm Horses 6:30 pm	Water Aerobics 10:30 am	Water Aerobics 10:30 am Food Donation Pickup 12 Noon



11 ★ 7

Mobile Home  
**2nd**  
Generation  
Specialist

Quality Workmanship Honest Pricing

- Vapor / Moisture Barrier
- Underhome Encapsulated Insulation
- Hurricane Tie-Down Anchors **10 Yrs Exp.**

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".

We want to build a great relationship with you. Call today for your Free Inspection. (800) 377-7885

Stay Safe and Continued Good Health.  
Underhome Armor Family

**We Keep rodents, snakes, spiders, bugs, mold, mildew, and damaging moisture out of your home!**



LIC. # IH-1110636  
**INSURED**  
FAMILY OPERATED  
FL State General  
Contractor Lic. # 1531303



**Office Location:**  
12355 62nd St N  
Unit B  
Largo, FL 33773



**ESTIMATES &  
SMILES ALWAYS FREE**

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



# PLUMBING SERVICES



Specializing in  
Mobile Home  
Repipes & Repair

**\$10 OFF**  
1st Time Customers

Did You Know We Service  
and/or Install Top Quality?

31 ★ 31



- Disposals • Stoppages
- Bathroom & Kitchen Fixtures
- Water Heaters • Water Softeners
- Reverse Osmosis Filter Systems

Call Us for All Your Plumbing Needs!  
[www.the-plumbing-patrol.com](http://www.the-plumbing-patrol.com)

**726-9193 or 942-9317**

## Gulf Coast Power Washing LLC



- Driveways
- Sidewalks
- Roof Wash
- Gutters

...and more!



**727-902-3899**

Licensed & Insured | L2100484236

55 ★ 2



**BILL** is  
YOUR CAR GUY!  
SINCE 1966

### ARE YOU SELLING YOUR VEHICLE?

- \* Nobody pays more than BILL..NOBODY!
- \* No Gimmicks - I'm a SENIOR LIKE YOU
- \* NEVER Leave Home - I come to YOU
- \* Tested Weekly For COVID-19
- \* Free Appraisal - No Obligation
- \* Any Year, Make, Model, Mileage
- \* Get Paid Today: Cash or Bank Check

**Free Removal of Junk Vehicles**

Available 7 days a week

Call or email for an appointment:

**727-729-2322**

[billyourcarguy@gmail.com](mailto:billyourcarguy@gmail.com)

More Info: [www.BillYourCarGuy.com](http://www.BillYourCarGuy.com)



### Available Services

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

Starting At:

**Household Pest Control\* \$35 every 2 months**

\* Does not cover all services

23 ★

Licensed • Insured

**727-535-2629**

23



Inhaling red tide toxins can cause symptoms even in otherwise healthy people. Symptoms usually include coughing, sneezing and teary eyes, according to the Florida Department of Health.

“Most beaches will put up warning signs that say ‘Don’t go in the ocean, red tide,’ things like that,” Levine says. “If you see a red tide warning, that should be a big clue not to go into the ocean.”

#### 4. Jellyfish

Jellyfish are transparent sea creatures that are made up of 95 percent water. They’re fascinating to watch move around in the ocean, but get too close and you’ll likely get stung.

Jellyfish sting with their tentacles. When a jellyfish senses danger, its tentacles shoot out mini needle-like stinging cells. Once these cells penetrate your skin, venom is released. Cue intense pain.

Thankfully, most jellyfish species are more of a nuisance than a medical emergency. “If you’re standing in the surf and you get stung by a jellyfish, it’s going to hurt, but it’s not going to be dangerous,” Levine says.

Still, it’s best to be cautious. Some jellyfish stings can cause serious symptoms such as shock, chest pain, breathing difficulty and changes in pulse. While rare, certain jellyfish stings can be fatal. Some species of box jellyfish, including the Indo-Pacific box jellyfish, are especially dangerous. This lethal jellyfish is primarily found in coastal waters off northern Australia and throughout the Indian and Pacific oceans.

If you do get stung, start by plucking off any remaining tentacles with tweezers. Then, soak the affected skin in hot, but not scalding, water. Aim for 110 to 113 degrees Fahrenheit. Keep the skin immersed until the pain eases, typically within 20 to 45 minutes. Apply 0.5 to 1 percent hydrocortisone cream or ointment to the sting twice a day to treat itching and discomfort.

#### Does Peeing on a Jellyfish Sting Actually Work?

It may have helped Monica when she was stung on an episode of *Friends*, but in real life, peeing on a jellyfish sting does nothing for pain. It may even make it worse, Walters notes.

As the theory goes, ammonia and other compounds found in urine help neutralize the venom that gives the jellyfish sting its bite. The truth is, peeing on a jellyfish sting can cause stinging cells to release even more venom. The reason? Urine is mostly water. Water — with the exception of hot water and seawater — can cause the stinging cells to activate and intensify the sting.

#### 5. Melioidosis

Melioidosis is a potentially fatal disease caused by *Burkholderia pseudomallei*, a bacteria found in contaminated soil and water. You can get the disease by inhaling or ingesting contaminated soil or water or by absorbing it through a cut in your skin, Walters says.

It can take two to four weeks to notice symptoms, and the symptoms vary according to the infection type, Walters says.

An infected cut may become swollen and painful, and turn into an open sore. If the infection spreads to the blood, symptoms can include fever, headache, joint and abdominal pain, and



*continued on page 25*

# ROOF COATING & REPAIRS

## COMMUNITY

*Free Estimates*



## ROOFING OF FLORIDA, INC.

14042 66th St. N., Unit C  
Largo, FL 33771  
**(727) 536-9999**

Lic# CCC1330642

*"Proudly Serving Your Community"*

**We Do All  
Roof Coating, Roof Repairs,  
and Roof Inspections  
on all Manufactured Homes**

# 800-511-2517

[www.CommunityRoof.com](http://www.CommunityRoof.com)



# GOT JUNK?



## Mike's

# JUNK REMOVAL and WHOLE HOUSE CLEAROUTS

*Call Today!  
Gone Tomorrow*

CALL • EMAIL • TEXT

# 727.213.7122

*We Clear Out:*

✓ Apartments ✓ Offices ✓ Garages ✓ Condos

[www.MikesRubbishRemoval.com](http://www.MikesRubbishRemoval.com)

For Advertising Info Call or email:

**727-484-7488**  
**sales@monthly-media.com**



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

**HURRICANE ANCHORS  
LEVELING & BLOCKING**

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



15



15



Insured • Bonded  
State Lic. IH/102459/1

**727-330-7821**

**FLORIDA ANCHOR AND BARRIER COMPANY**

**PlumbingToday**

**SPECIALIZING IN MOBILE HOME REPAIRS**

37



44

**SERVICE TODAY!**

**UPFRONT, FLAT-RATE PRICING - NO SURPRISES.**

- ✓ Toilets Repaired and Replaced
- ✓ Sinks & Faucets Repaired and Replaced
- ✓ Water Heaters Repaired and Replaced

- ✓ Drain Clearing
- ✓ Drain Jetting
- ✓ Rooter Services
- ✓ Leaky Pipe Repairs
- ✓ Water Line Repairs
- ✓ Drain Pipe Relining

**727-201-3117 • PlumbingToday.biz**

**\$50 OFF ANY PLUMBING SERVICE!**

**Performance Handyman  
SERVICES**

Business Lic #: 116615

2

**Fixture  
Change Outs**

9

**Home Repairs**

**Whole House Projects  
Odd Jobs & More**

**727-619-3304**

**We Buy Guns & Ammo**

**Cash Today • No Auctions • No Waiting**



0000129852-01

**Fully Licensed FFL**

**Honest • Ethical • Local Dealer**

**We Handle All Paperwork • House Calls Available**

**5697 34th St. N. (US19N) St. Petersburg**

8



**727-888-6419**

**www.GunTraderDen.com**

2





dizziness. Meanwhile, a lung infection from inhaling the bacteria may cause cough, chest pain, fever, headache and loss of appetite.

If the infection isn't treated, it can spread throughout the body, causing fever, weight loss, stomach or chest pain, muscle or joint pain, headache or seizures. It can even infect the nervous system or brain. Eventually, this may lead to death.

Melioidosis is typically a disease of tropical climates and is often seen in Southeast Asia and northern Australia. However, *B. pseudomallei* was recently found in soil and water samples taken from the Gulf Coast of Mississippi in the United States. The CDC issued an alert in July 2022, asking people to be on the lookout for signs and symptoms of melioidosis.

The CDC also recommends taking precautions if you're traveling to areas where *B. pseudomallei* is common. Precautions include avoiding contact with soil or muddy water and covering open wounds with waterproof bandages.

While anyone can get melioidosis, certain health conditions can increase your risk. These include diabetes, liver disease, kidney disease, cancer, chronic lung disease and thalassemia (a genetic blood disorder). Take special care if you have any of these health conditions and are traveling to an area with *B. pseudomallei*.

## 6. Drowning

There are an estimated 4,000 fatal drownings in the United States every year, and drowning is a leading cause of death for children ages 1 to 4, per the CDC.

Drownings can happen in any body of water, but oceans are especially risky. "The ground under the water is often uneven and can cause trips and falls, or submersion in unexpectedly deep water," Walters notes. And it's easy to get surprised by a wave and be swept out to sea.

Knowing how to swim is vital for lowering your odds of drowning. However, even strong swimmers can get tired from treading water. "Swimming in the ocean takes a lot of energy and strength, and some people drown from fatigue," Levine says.

Wearing a life vest, swimming with a buddy and choosing swimming sites with lifeguards can help you stay safe in the water.





# The 6 Pillars of Brain Health



Your day-to-day life can have a huge impact on brain health. What you eat and drink, how well you sleep, how much you exercise, whether you socialize, how you manage stress and how you engage and challenge your brain all play an important role as you age.

Learn how these six important pillars of brain health work to support the brain's memory and mental skills.

## 1. Food and drink

Eat better, think better. In the same way that diet affects something as critical as your heart, it also plays a big role in your brain's health, including thinking and memory. Research shows that diets that are high in sugar, refined carbs, processed foods and unhealthy fats are linked to a higher risk of cognitive decline, dementia and Alzheimer's disease.

A University of Edinburgh study published in December 2020 found that those who follow a Mediterranean-style diet — meaning one rich in green leafy vegetables, whole grains and fish, and low in red meat — may be more likely to stay mentally healthy in later life. Researchers found a link between those who regularly ate this way and higher scores on a range of memory and thinking tests among people in the study, who were all in their 70s.

## 2. Sleep

A good night's sleep is even more important as you age — especially the deep sleep stage, when your breathing and heartbeat slow down and your muscles are completely relaxed.

Deep sleep is important for proper brain function and memory. It's when the brain literally washes away the day's toxins and other waste products. Studies suggest that deep-sleep disturbances may indicate higher levels of the proteins linked to Alzheimer's disease.

How many hours of sleep a night is best? A February 2021 study found that adults 65 and older who reported getting five hours or less of sleep per night were associated with double the risk of dementia compared with those who got seven or eight hours.

## 3. Exercise

Get moving. That, in a nutshell, is the basic advice of research that shows that exercise may benefit your brain. Studies show that people who get regular physical activity improve blood flow to the brain and may increase the volume of the hippocampus, the brain's learning and memory center. Hippocampus volume shrinks a little each year in healthy older adults after age 65, increasing the risk for cognitive impairment. Regular exercise may be able to reduce or reverse that shrinkage, studies suggest.



Regular physical activity also has been linked to reducing depression, but a January 2019 study published in *JAMA Psychiatry* found it may go even further than that — it may actually fend off depression for those who spend just 15 minutes daily doing vigorous activity.

## 4. Be social

Our **brains** are wired to need social connection, which is why reaching out to others to talk or engage in social activities is important for both mental and physical health.

*continued on page 29*



# AMS WC INC.

Family Owned & Operated Since 1977

**Call Today!**  
**800-282-3572**  
**727-471-0820**

## SPECIALIZING IN ALUMINUM ROOF OVERS



**DO YOU NEED A NEW ROOF?**  
Our Weather-Lok Roof Over System  
Exclusively from AMS is:

- Energy Star Rated
- Quiet
- Maintenance Free
- A Full Sheet Blanket of Protection
- Lifetime Warrantied & Transferable



*"This is simply the best roof over system available. We love our new roof. Thanks you and your staff."*

- J. Howard, Pinellas County

**100% FINANCING AVAILABLE**  
(with approved credit)

22



**FREE ESTIMATES**  
Evening & Weekend  
Appointments Available

22

**Serving your community for over 35 years.**  
**Great Price • Great Products • Great Workmanship**  
**Your neighbors have used us. How About You?**

Visit [www.AMSOFFLA.com](http://www.AMSOFFLA.com) and view our informative video  
FL State Certified • Licensed & Insured • Roofing Contractor CC C1329853

**SAVE TIME AND MONEY BY CALLING US TODAY TO GET YOUR PROJECT STARTED!**



# AMS WC INC.

Family Owned & Operated Since 1977

## VINYL SIDING

**WANT TO UPGRADE YOUR HOME EXTERIOR?**

Our premium vinyl siding offers:

- Many Color and Style Choices
- Insulation Package
- Beauty and Durability
- Manufacturer's Lifetime Warranty



22



22



Visit [www.AMSOFFLA.com](http://www.AMSOFFLA.com) for more info.

**800-282-3572 • 727-471-0820**

FL State Licensed & Insured • General Contractor CG1515749



# AMS WC INC.

Family Owned & Operated Since 1977

## WINDOW REPLACEMENT

**LOOKING TO REPLACE YOUR WINDOWS?**

AMS carries a wide range of windows designed to fit your home and are energy efficient.

Standard features include:

- PVC Vinyl Frame
- Insulated, Double Pane Glass
- Low E MAX
- Manufacturer's Lifetime Warranty



22



22



*"Our new energy efficient windows installed by AMS are beautiful. Everything from start to finish was great."*

C. Wallace  
Pinellas County

Visit [www.AMSOFFLA.com](http://www.AMSOFFLA.com) for more info.

**800-282-3572 • 727-471-0820**

FL State Licensed & Insured • General Contractor CG1515749

# 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



**Insulation & Vapor Barrier Repairs**  
**Soft Floor Repairs & Laminate Flooring**

FREE ESTIMATES



**727-330-7821**  
Toll Free - 800-681-3772

**MILITARY  
& SENIOR  
DISCOUNTS**

## 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:



220 Bahama St. • Venice, FL 34285  
info@monthly-media.com • 727-484-7488

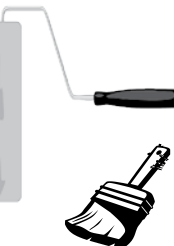


## PAYLESS PAINTING SERVICES

Free Estimate C8369

**727-470-5876**

[www.paylesspainting.us](http://www.paylesspainting.us)



15 ★ 14

## MASTER ELECTRICIAN

**John Haseney**

36 Years Pinellas County

Haseney Electrical Services, Inc.

• License #EC 13001677



**441-8434**

33 ★ 13





Studies have found that social isolation is linked to memory decline and a higher premature death rate among older adults, as well as other health risks such as depression. On the other hand, people who engage in meaningful activities and social interaction tend to improve their well-being and cognitive function, as well as boost their mood.

### 5. Manage stress

We all have some stress in our life but it's the way we respond and manage it that can have an impact on brain function. When you are stressed, the level of cortisol — the hormone that prompts you to fight or flee when threatened — increases in the blood.

Those with chronically higher levels of cortisol, indicating more stress, performed worse on memory and other mental skills tests and had more brain shrinkage than those of the same age with average cortisol levels, according to a November 2018 study in the journal *Neurology*.

Stress-relieving practices — from regular exercise and yoga to counseling — are all ways to help handle life's stressful events.

### 6. Engage your brain

Your muscles aren't the only part of your body that need exercise. So does your brain. Keeping your mind active by learning new things and developing new skills and interests means you may be building up your "cognitive reserve" — the ability of the brain to adapt to age-related changes and resist damage.



One University of Texas at Dallas study of older adults (ages 60 to 90) who learned complex new skills over three months found they had more memory improvement than those who did simpler tasks or only socialized.

Research is still ongoing into which type of activities might be the best for keeping mental decline at bay. But the bottom line is: Learning and doing new things keeps your brain on its toes, so to speak. Reading books, playing new games, taking up a hobby or volunteering can also make you feel happier, healthier and fulfilled.

## Amber Glades Office

**Karen Barker**

Professional Housing Consultant

**727-725-1811**



Specializing in New & Pre-Owned Homes

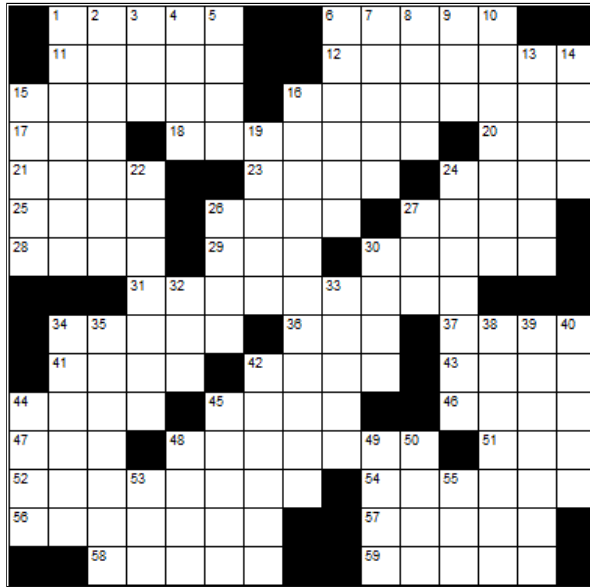
**A Complete Listing of Resident Services  
can be found on the page before your calendar**





**ACROSS**

- 1. Sink
- 6. Similar
- 11. Battery terminal
- 12. Bring
- 15. Trough
- 16. Whenever
- 17. Lumberjack's tool
- 18. Podium
- 20. D
- 21. Not yours
- 23. Existed
- 24. A group of cattle
- 25. Europe's highest volcano
- 26. Charged particles
- 27. Be suspended from above
- 28. Burn the surface of
- 29. Partially opened flower
- 30. Itinerary
- 31. Paring
- 34. Footwear
- 36. Hebrew liquid measure
- 37. Not his
- 41. Duration
- 42. Alumnus
- 43. Journey
- 44. Disable
- 45. Hurt
- 46. Cassava
- 47. What we breathe
- 48. Plane ticket price
- 51. Tiny circle
- 52. Curved shape
- 54. Not idle
- 56. Perfume
- 57. A frame of iron bars
- 58. Sugary
- 59. Extremely



**DOWN**

- 1. Aluminum ore
- 2. Aerial
- 3. Boozer
- 4. Mid-month days
- 5. Adopted son of Claudius
- 6. Sun-dried bricks
- 7. Tart yellow fruit
- 8. Holly
- 9. Fox baby
- 10. Apparent
- 13. Come forth
- 14. Marsh plant
- 15. Diversions
- 16. Profligate
- 19. Give or take
- 22. An annoyingly catchy tune
- 24. Disdainful
- 26. Nile bird
- 27. Term of endearment
- 30. Peel
- 32. Skirt's edge
- 33. Tropical vine
- 34. Steps
- 35. A female heir
- 38. Having profound knowledge
- 39. Recoup
- 40. Glide over ice
- 42. January's birthstone
- 44. Riot spray
- 45. Fragment
- 48. Skin disease
- 49. Tatters
- 50. Beige
- 53. Stitch
- 55. Faucet



August  
Crossword





# CASH NOW

## WE COME TO YOU!! We Buy Clean Quality

### Trucks, Vans, SUV's, & Cars

# 727-798-2921

**NOBODY PAYS MORE**



## Be Sun Smart Every Day!

**Call To Schedule Your Free Skin Cancer Screening!**

*New Patients Only | Only Offer Expires 10/31/23 | Code - MM*

**12** ★ **5**

**Florida**  **dermatology**  
AND SKIN CANCER CENTERS

EXPERIENCE THE MOHS FELLOWSHIP DIFFERENCE

*Trust is more than skin deep*

[www.FLDSCC.com](http://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

# AllWeatherRoofing

Your #1 Mobile Home Roofing Company Since 1984



- A+ Better Business Bureau Rating
- People's Choice Award Winner
- Over 35 Years in Business
- FREE Estimates

SAVE THIS FLYER FOR 10% OFF

1-800-297-3758

www.yourbestroof.com

- Energy Efficient
- Hurricane Rated
- Lifetime Warranty



CALL OR TEXT!

**G X J PAINTING**

TEL: (813)-934-9024

FREE ESTIMATES

- INTERIOR AND EXTERIOR PAINTING
- COMMERCIAL PAINTING CONTRACTORS
- EXTERIOR AND INTERIOR WOOD STAINING
- WALL REPAIRS
- FENCE PAINTING
- FURNITURE PAINTING
- PAINT AND COLOR CONSULTATION

LET'S MAKE YOUR HOME BRAND NEW AGAIN!!

\*ON A MISSION TO ENSURE A HIGHER QUALITY OF LIFE\*

Email: Mrsanchezb51@gmail.com

## CARPET DRY CLEANING

**DRIES IN MINUTES - NOT HOURS**

Living Rm, Dining Rm. & Hall

\$110

Includes...  
\*Restrictions Apply

SAFE FOR MOBILE HOME FLOORS

- Leather Cleaning
- Tile & Grout
- Furniture
- RV • Auto

**20** ★ • Truck Mount Steam Available • Insured **13**

**BILL The CARPET GUY 727-521-4163**

## FLOOR REPAIR

### MOBILE HOME SPECIALIST

- Any kind of damage to any kind of floor system.
- Small areas or whole homes.
- Replacement or deckover.

Ask About Our Other Services

OWNER OPERATOR NO SUB-CONTRACTORS

**Perfect Repair & Construction, Inc.**

**31** ★ State Certified Building Contractor **26**

FREE ESTIMATES • 539-0852

Licensed and Insured • State License # CBC050061

# EMPORIUM

10 WORDS for \$8.55 - Each additional word is 80¢

Your Ad Will Appear in 60 Mobile Home Park Newsletters  
**NO ADS ACCEPTED BY PHONE OR EMAIL**

## WANTED TO BUY

FURNITURE, good clean, pre-owned.  
 Top dollar paid. Charles, 727-657-7021

## WANTED

Musicians wanted for jam sessions. All  
 skill levels ok. Joe 305-283-5558

## EVENTS & PROGRAMS

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

VENDORS WANTED - HOLIDAY  
 BAZAAR. Saturday, 11/11/2023  
 9am-2pm. First Lutheran Church, 1644  
 Nursery Rd., Clearwater. All indoor  
 craft show. Questions: 727-744-3806  
 or eobrien2429@gmail.com. 217-251-  
 4382 or jayneb1227@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



## SEPTEMBER AD DEADLINE - AUGUST 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.



**CITRUS MEADOWOOD HOMES PROVIDES THE  
 UTMOST IN QUALITY AND SERVICE THAT YOU  
 WOULD EXPECT FROM THE #1 JACOBSEN  
 HOMES FACTORY DIRECT OUTLET IN FLORIDA.**



**www.MyJacobsenHomes.com**

Schedule a Tour to Our Sales &  
 Model Center  
 6030 Ulmerton Rd.  
 Clearwater, FL 33760



**(727) 535-5262**

**WE ARE FLORIDA'S #1 RETIREMENT COMMUNITIES PARTNER!**

# 50% OFF KITCHEN REFACING

1000s of Satisfied Customers Since 1996  
**New Doors, Matching Laminate & Countertops**  
 Why Pay Double • When You Can Pay Half

Don't Replace It...  
 Have *Swailes*

Since 1996

## RE-FACE IT! LLC.

We are a FULL SERVICE refacing company.  
 We can also add extra cabinets, pantries,  
 and so much more...

Roll-Out Shelves • Wine Racks • Specialty Molding  
 Flutes & Appliques • Islands

**www.JustReFacelt.com**

# 727-804-1689



# CLEAR-VUE, Inc.

**For the finest in Vinyl, Glass, & Acrylic Windows  
Serving Tampa Bay for 47 years**



**We install and custom make Enclosures, New Screen Rooms, Lanais, & Florida Rooms  
We re-vinyl your windows and doors!  
Replace your windows with new & improved Hurricane Impact Windows and Doors  
Need new screens? Call us!**

**We are located at 905 Delaware St.  
Safety Harbor, FL 34695**

**Toll Free: 1-800-962-8813 or 727-726-5386**

**clearvuewindows.net**



It Pays (Up to \$100) To Patronize the  Advertisers in Your Newsletter

## MONTHLY MANIA

THOUSANDS of manufactured home residents have won over \$207,200 since our contest began!

**HOW IT WORKS:**

1. Patronize the advertisers in this month's newsletter
2. Ask the business for your Monthly Mania ticket, **OR a copy of your receipt and clip this ad**
3. Mail it back to us at: **Monthly Media | 220 Bahama St. Venice, FL 34285**
4. Every month we draw new tickets for **CASH PRIZES** and mail winners a check! **Every month is a new chance to win!**



Mary Lou Wright .....	\$100 .....	Boss Electric	Patrick Holmes .....	\$10 .....	Battleline Termite & Pest Control
Jacquelin VanDurick ....	\$10 .....	Guardian Vapor	Manny Pimentle .....	\$10 .....	Denny's Plumbing
Patricia Heath .....	\$10 .....	Mobile Home Depot	Susan Halloran .....	\$5 .....	BugginOut Pest Control
Victor Able .....	\$10 .....	Battleline Termite & Pest Control	Dana Sparrer .....	\$5 .....	Royal Enterprise
Alethia Taylor .....	\$10 .....	Jones & Sons Plumbing	Ed Hughes .....	\$5 .....	FL Termite Experts
Carolyn Bailey .....	\$10 .....	The Plumbing Patrol	Brad Drake .....	\$5 .....	ASC Aluminum
Kim St. Andre .....	\$10 .....	Imperial Electrical	Mary Lambeck .....	\$5 .....	Air Masters of Pinellas
Chris Rem .....	\$10 .....	Bill the Carpet Guy	Coleen Bukowski .....	\$5 .....	Underhome Armor
Orville Knott .....	\$10 .....	Air Masters of Pinellas	Sally Ericson .....	\$5 .....	Tarpon Pest
Judy Santelamo .....	\$10 .....	Battleline Termite & Pest Control	Ann Curry .....	\$5 .....	Battleline Termite & Pest Control
Raymond Lynch .....	\$10 .....	Royal Enterprise	Cindy Swann .....	\$5 .....	Ron Wyngarden Mobile Home Wash
Walter Hook .....	\$10 .....	Ron Wyngarden Mobile Home Wash	Shirley Cosenza .....	\$5 .....	BugginOut Pest Control
David Howard .....	\$10 .....	Jones & Sons Plumbing	Ben Brubaker .....	\$5 .....	Air Masters of Pinellas
Florence Ballard .....	\$10 .....	BugginOut Pest Control	David Kahan .....	\$5 .....	FL Termite Experts
Kathleen Ford .....	\$10 .....	Air Masters of Pinellas	Pauline Richer .....	\$5 .....	Gulf Coast Pressure Washing
Robert Pollock .....	\$10 .....	Battleline Termite & Pest Control	Mary Brice .....	\$5 .....	Battleline Termite & Pest Control
Bill LeMaster .....	\$10 .....	Jones & Sons Plumbing	Josephine Yeasted .....	\$5 .....	Air Masters of Pinellas
Ronald Beagle .....	\$10 .....	Century Awning Inc	Betty Shuff .....	\$5 .....	Royal Enterprise
Tim Lange .....	\$10 .....	Jones & Sons Plumbing	Dolores Mangels .....	\$5 .....	Gulf Coast Pressure Washing
Santa Henriquez .....	\$10 .....	Air Masters of Pinellas	Faye Oglesby .....	\$5 .....	Debbie's Salon

• Limit of one ticket per visit • Advertiser may have up to 5 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 •





## **Block Captains Chair, LeeAnne McHugh, Lot 334, 727-458-8134**

Linda Bearley	#6	128-154	618-709-3388
Pat Budney	#399	383-403, 36-56	727-385-5724
Joe D'Amico	#111	77-93	727-463-3952
Sharon DesJardins	#438	94-107, 425-440	727-488-7422
Janet Fether	#34	23-34, 288, 404-411	727-474-7978
Patty Goldberg	#366	325-339, 366-382	727-265-9744
Cindy Heath	#304	239-252	267-994-1565
Liz Johnson	#263	253-265	618-791-6555
Pat Marks	#38	308-324	419-304-5568
Janet Ludden	#12	56-76	260-704-0218
LeeAnne McHugh	#334	4-21, 287, 412-418	727-458-8134
Mary Ann Misselwitz	#293	289-307	727-724-4788
Dorothy Mulaly	#115	108-127	727-417-0396
Pat Peterman	#205	183-210	618-960-9284
Lori Richards	#157	340-356	802-558-1379
Linda Silvie	#240	266-286	828-773-2166
Lou Smith	#238	357-365, 155-182, 2-3	217-836-4721
Alice Zarr	#219	211-238	727-614-9128

## **Activity Chairpersons 2021-2022**

Bingo Chair	Donna Miller	#434	727-724-0306
Bingo Co-Chair	Dave Karns	#337	727-723-0346
Block Capt. Chairperson	LeeAnne McHugh	#334	727-458-8134
Bunco	Donna Miller	#434	727-724-0306
Bunco	Dorothy Mulaly	#115	727-417-0396
Color Your Heart Out	Sharon Kachinski	#165	727-725-3745
Crafts/Needlecrafts/Hobbies	Faye Rahrig	#239	419-277-2753
FMO Representative	Norm Goldberg	#366	215-913-4877
Library	Jackie LaFountain	#44	802-342-6604
Kitchen Manager	Rose Hendershot	#26	727-641-7309
Library	Rose Hendershot	#26	727-641-7309
Media Guide	Pat Peterman	#205	618-960-9284
Sunshine Committee	LeeAnne McHugh	#334	727-458-8134
Welcome Committee	HOA Board		

**View this Newsletter in full color at [www.monthly-media.com](http://www.monthly-media.com)  
right click with mouse to download to your computer**



47

Certified years in business



No complaints unresolved

47

Years in Monthly Media

# PALM HARBOR & DUNEDIN ELECTRIC COMPANY INC.

## SPECIALIZING IN SERVICE

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



36



State Lic.  
EC13002291



31

[www.dunedinelectric.com](http://www.dunedinelectric.com)

# 773-1622



# Precision Vapor Barriers

Have You Looked UNDER Your Home Lately? **PROTECT YOUR HOME**

**Fix Small Problems Today Before They Cause Serious Damage!**

We will inspect and photograph any issues, showing you pictures of the underside of your home. Damaged & worn vapor barriers can create high energy costs and allow mold & mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture & Animals out of your Home.



Repairs will be made quickly and include a **20 Year Transferable Warranty!**



Call Us for a **FREE NO-PRESSURE No-Obligation Estimate**

# 727-431-6875

# 800-492-3890

11

[Sales@PrecisionVaporBarriers.com](mailto:Sales@PrecisionVaporBarriers.com)

License #OCL0027169 • Bonded • Insured

11

**10% MILITARY DISCOUNT**

# New A/C System

**10 yrs. PARTS**

# As Little As \$100 Monthly

Wells Fargo Financing with Approved Credit

## E&E GLIDDON

LIC # CACO 24340

# AIR CONDITIONING

100% SATISFACTION GUARANTEE

## Comfortmaker

Air Conditioning & Heating

**FREE ESTIMATES on NEW UNITS**

[www.eegliddonac.com](http://www.eegliddonac.com)

# \$65<sup>00</sup> A/C INSPECTION or Repair Call

(Mon.-Fri. 8AM - 4:30PM)

After Hours Service  
Service All Units



# 727-546-4343



40



40