

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

Crosswinds Park Homeowners Association Inc Board Members 2023-2024

 President
 Beverly Moody
 #426
 678-863-6227
 bmoody1218@gmail.com

 Vice-President
 Kim DiMauro
 #648
 914-310-2259
 openarms1517@gmail.com

 Secretary
 Vacant
 Treasurer
 Marty Benner
 #238
 727-254-7530
 martha_benner@yahoo.com

Members At LargeGeorge Courtney#137 727-767-0510 georgecourtney@sympatico.ca
Ron Wittmann#135 262-613-3618 rpdbwittmann@sbcglobal.net
Brian Stefanick#203913-645-3734bristef63@gmail.com
Beverly Celosky#547727-677-1522missB710@aol.com

<u>Crosswinds Editor</u>...... Beverly Moody <u>HOA Facebook page</u>.... Crosswinds HOA St. Petersburg, FL <u>Email Address</u>...... CrosswindsHOAStPete@gmail.com



Notes

Jennifer Luck419-913-9927lot 545water exercise

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



CROSSWINDS CHRONICLE NOVEMBER, 2023 D

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.



health markets.

Dawn-Rae Crutchfield

Licensed Insurance Agent

Call today for personalized service!

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



727-499-84

11) ★ 3

法法法法法法法法法法法法法法法法法法法法法

Letter from the Editor

The Holidays are fast approaching, and I want to remind you that there are residents in our wonderful community that might want to participate in some of the <u>HOA's Friendsgiving</u> on <u>November 18th</u> but money may be tight. Please consider "paying it forward" so that all our residents can enjoy our Friendsgiving Dinner.

Contact Beverly (426), Marty (238) and Kim (648) if you would like to make someone's Day.!!

Beverly

Calendar Events



November 7th at 7pm we are having holiday crafts in main clubhouse \$2.00 November 11th at 9Am we are have Veterans Appreciation Pancake Breakfast \$5.00 November 18th at 3pm is our annual Friendsgiving celebration at 3pm. \$10





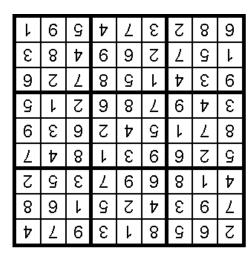


November

		5		1				4
		3						
	1	8	6	9		3		
5	2		9			8		
8				4		6		
							1	
		4	1		8			
			2					3
						5		













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









法法法法法法法法法法法法法法法法法法法法法

November Calendar

Monthly

merican Diabetes Month. Nov. 1–30. To communicate the seriousness of diabetes and the importance of proper diabetes control and treatment. For more information, browse www.diabetes.org.

Epilepsy Awareness Month. Nov. 1–30. To increase public awareness that despite dramatic gains in treatment, epilepsy is a serious and chronic health condition for which there is no cure. For more information, browse www.epilepsyfoundation.org.

Family Stories Month. Nov. 1–30. November starts out with crisper weather and ends with the gathering of family and friends around the table, which makes it the perfect month to start telling and saving family stories. For more information, browse www.scrapbookstorytelling.com.

I Am So Grateful Month. Nov. 1–30. To give thanks and count your blessings daily. For more information, browse www.nancyjlewis.com.

Lung Cancer Awareness Month. Nov. 1–30. To increase awareness of the need for screening, early detection, research and compassion for lung cancer survivors. For more information browse www.alcase.org.

National Hospice Month. Nov. 1–30. To promote greater awareness of hospice care and the advantages it offers. For more information, browse www.nahc.org.

Weekly

World Communication Week. Nov. 1–7. To stress the importance of communication among the more than 6 billion human beings in the world who speak more than

3,000 languages and to increase the use of the international language Esperanto. For more information, browse www.friendshipandgoodwill.org.

National Animal Shelter Appreciation Week. November 5–11.

To recognize the indispensable role that animal shelters play in maintaining the safety and health of a community — for all of its residents. For more information, browse www.groveparkinn.com.

Better Conversation Week. Nov. 20–26. To focus on making better conversations with friends and relatives. For more information, browse www.conversation-matters.com.

Daily

Veterans Day. Nov. 11. Formerly called Armistice Day.

Prematurity Awareness Day. Nov. 17. To alert Americans to the problem of premature birth (before 37 weeks).

Prematurity is the leading cause of newborn death (before the first month in life). For more information, browse www.marchofdimes.com.

Thanksgiving Day. Nov. 24.







Bringing her home to meet the folks

young philosophy student brought home his fiancée, a theology student, to meet his parents. All four of them sat in the living room for a chat and after a while the mother excused herself and her son went along with her to help in the kitchen.



The father asked the girl how the two of them planned on earning their bread in the world. The girl, who was quite religious, said, "I'm not sure—but God will provide us with all we need."

The father asked the girl if they had been able to save enough money from their side jobs to survive the first few months of being on their own and buy a car. The girl answered that they had not, but that she was absolutely sure that God would provide them with whatever they would need.

The father asked her where they planned on living after graduation, and the girl once again answered that she did not know but that she was sure that God would take care of everything for them.

The mother and son returned to the room and announced that dinner was being served and the conversation was ended. Later, after the young couple had left, the mother asked the father, "Well, what did you think of Sally?"

"Well, I'm not really sure," said the father. "She doesn't seem to understand how the world works, and she and Hank have not made a plan for their future—but on the other hand, she seems to think that I'm God."

Waiter, please...

guest of a resort hotel in a tourist area walked into the dining room where breakfast was being served. The guest sat down at a table and called a waiter to take his order. "I would like two eggs, over easy, one with the yolk overcooked and rubbery and the other under cooked with the yolk broken and running out on the plate. I would also like some sausage that has been grilled and set out on the plate to get cold, burnt toast that has also grown cold so that it crunches and crumbles into nothing at the first bite, and butter that has been in the freezer so that it is impossible to spread, and a pot of coffee that is lukewarm and very weak."

The waiter busily scratched down the guest's order and said, "This is a very complicated order, sir. It might be difficult to deliver it exactly as you have requested."

The guest replied, "But I had that exact breakfast here yesterday!"





Specializing in Mobile Homes for Over 35 Years!

JONES

LIC.

60

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

Sinall Company = Lower Overhead = Lower Prices! 727-799-0287

CROSSWINDS CHRONICLE NOVEMBER, 2023 D

Small Company =

'Cheap

Cheap"

[&]SONS

CFC 1428749

18

PLUMBING

INC.

www.jonesandsons-plumbing.com

Sunrise To Sunset, Be Sun Smart!

Call To Schedule Your Free Skin Cancer Screening! New Patients Only | Only Offer Expires 1/31/24 | Code - MM

Florid ermatology and skin cancer centers experience the mons 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





法法法法法法法法法法法法法法法法法法法法法

Which dog will you feed?

There was once a young girl who went to her grand-mother's house, and it was her custom to ask her grandmother many questions about life.

One day the young girl came into the grandmother's cozy little house with a look of pure rage on her face.

"What has happened, little one?" the grandmother asked softly. The anger immediately left the girl's face, and she crumpled into a sobbing mass of tears.

The girl recounted her day to her grandmother. "I went to the store today, and while I was there I bought the most beautiful hair barrette. I had saved my money so that I could buy it. It was shiny and beautiful and something I wanted very badly."

"And then what happened," the kindly grandmother asked.

"Well, I went outside and was admiring my new barrette in the sunlight when three girls who I know from school came up to me. They started laughing at me and saying that I was ugly, then one of the girls pushed me down to the ground and another girl pulled the barrette from my hand. They said I was too ugly for such a beautiful thing." The girl stopped and the anger and rage returned to her face. "I hate those girls. I hate them more than anything in the world."

The old grandmother, who had been in the world for a long time, wrapped her arms warmly around her granddaughter.

"There, there," the old woman said. "I, too, have felt what you're feeling when people have taken things from me with no remorse or regret. But these feelings will wear you down and wear you out. It is like drinking a cup of poison in hope that it will make your enemy die, but in the end the poison will only hurt you. I have had these same feelings many times in life. It is as if there are two dogs inside of me. One is always good and does no harm. He is loyal and lives in harmony with me. He does not take offense in life, when it does no good to do so. He will fight when the time is right, and fight nobly, but if it would be to no avail he lets it go. The other dog is full of anger. The least little thing makes him go off, and he is ready to fight. He wants to fight everyone all the time and he doesn't really have to have a reason for the fight. His anger keeps him from thinking. His anger is helpless and will change nothing. It is hard to live with these two animals inside of me — both of them are always trying to win."

"Which one wins, grandmother?" the little girl asked.

"Ah," said the old woman, "it is always the one I feed."

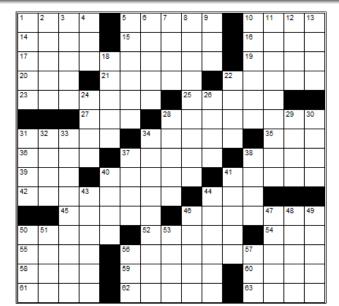
On impact

If you think you're too small to have an impact, try going to bed with a mosquito. — Anita Roddick



ACROSS

- 1. Small containers
- 5. Personnel
- 10. Circle fragments
- 14. Brews
- 15. Reef material
- 16. Arid
- 17. Writing paper
- 19. Gush forth
- 20. Be mistaken
- 21. The best people or things
- 22. Femme fatale
- 23. Dawdled
- 25. Domicile
- 27. N N N
- 28. Assembled in one place
- 31. Thin person
- 34. Legal setting
- 35. Chapter in history
- 36. Durable wood
- 37. Nonpoetic writing
- 38. Make a sweater
- 39. Commercials
- 40. High-pitched woodwind
- instrument
- 41. Waits
- 42. Chide
- 44. Encountered
- 45. Sesame
- 46. Illness
- 50. Select by voting
- 52. Ice a cake
- 54. Needlefish
- 55. Telegram
- 56. Blending
- 58. Makes a mistake
- 59. Mistake
- 60. Countertenor
- 61. Articulates
- 62. File
- 63. Kind of moss



DOWN

- 1. Enclosed
- 2. Extreme
- 3. Necklace item
- 4. Supersonic transport
- 5. A large amount
- 6. In shape
- 7. District
- 8. Farmer's home
- 9. Travel by plane
- 10. Help
- 11. Criticize
- 12. Algonquian Indian
- 13. Stitched

- 18. Sugarcoating
- 22. Tallow source 24. Fluid escape
- 26. Beast
- 28. Bicuspid
- 29. A Great Lake
- 30. Rodents
- 31. Asterisk
- 32. Formally surrender 33. Boo or hiss

- 40. Typeface
- 41. Beats 43. Alcove
- 44. Woe
- 46. Sorrow
- 47. Nimble
- 48. Father Christmas
- 49. Grain disease 50. Flock members
- 51. Former Italian
- currency
- 53. Scarce 56. C
- 57. Type of hat



November Crossword



- 37. Scheme
- 34. Shaped like a cross
- 38. Toy with a tail

It Pays To Patronize the Advertisers in This Newsletteri

With our monthly cash give-a-way, <u>Monthly</u> <u>Mania</u>, 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

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 Each Person, Wage Loss Excluded Medical Payments.....\$5,000 Each Person ComprehensiveACV - \$500 Deductible CollisionACV - \$500 Deductible Road Trouble Serv. ...All Reasonable Costs Additional Exp.......\$40 Per Day / \$1,200 Each Occurrence

Annual Paid In Full Premium...... \$1325.14*

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 -2022 Ford Edge, garaged in Pinellas County zip code 33771, equipped with AirBags, 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.



CROSSWINDS CHRONICLE NOVEMBER, 2023 D

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 Shop / Studio - 1115 Ponce de'Leon Blvd. Clearwater, Fl 33756









Services Directory

AIR CONDITIONING SALES/SERVICE

AIR CONDITIONING SALES/SERV	
Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co	727-541-5541
AWNINGS	
Bay Area Aluminum Services, Inc	
Century Awnings Co	727-559-8811
AUTO BUY/SELL	
Bill Your Car Guy Stingrays Inc (CASH NOW)	727-729-2322
Stingrays Inc (CASH NOW)	727-798-2921
AUTO REPAIR	
Suncoast Auto & Tire	727-520-1148
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
CARPET CLEANING	
Bill the Carpet Guy	727-521-4163
DERMATOLOGIST	
Florida Dermatology & Skin Cancer	727-548-9196
ELECTRICAL CONTRACTOR	
Haseney Electrical Services, Inc	727-441-8434
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
GOLF CARTS SALES & SERVICE	
Recreational Golf Cars of Florida	
INSURANCE: AUTO & MOBILE H	
O. E. Wilson	727-535-0524
INSURANCE: HEALTH Dawn-Rae Crutchfield	
Dawn-Rae Crutchfield	727-499-8461
KITCHEN CABINET REFACING	
Swailes Re-Face It, LLC	/2/-804-1689
MANUFACTURED HOME SALES/	
Citrus Homes/Meadowood Homes	
MOBILE HOME SUPPLIES - RETA	
Mobile Home Depot, Inc.	/2/-535-1100

MOBILE HOME WASH/WAX	
Royal Enterprises	727-394-7351
MOBILE HOME WINDOW FILM	
Royal Enterprises	727-394-7351
ORGANIZATIONS	
Federation of MH Owners (FMO)	321-214-4300
PAINTING/INSIDE & OUTSIDE	
Cover Up Painting Solutions	727-900-2080
Payless Painting Services	
PEST CONTROL	
Buggin Out Termite & Pest Control	727-535-2629
FL Termite & Pest Experts	
PLUMBING SERVICE	
Complete Service Plumbing	727-531-7788
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	
VINYL SIDING	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr.	727-547-8300
Mesh Guard LLC	727-678-6569
WINDOW REPLACEMENT	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	727_547_8300
Clear-Vue Windows	727_726_5386
	1 21-1 20-000









Sunday Monday

Ί

December T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
5	6	Holida Main C \$2.00
Daylight Savings Time Ends		Ele
12	13	
19	20	
26	27	

Crosswinds

uesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4
7 y Crafts Clubhouse ction Day	8	9	10	11 Veterans Appreciation Pancake Breakfast \$5.00 Veteran's Day
14	15	16	17	18 Friendsgiving Celebration 3pm \$10.00
21	22	23 Thanksgiving Day	24	25
28	29	30		







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



法法法法法法法法法法法法法法法法法法法法法

A manual for life

t birth, there is a manual for life that is given to each of us. Here it is:



- 1. You have received a body. It will be yours for the duration of your stay this time around. You may or may not like it, but it is yours.
- 2. Pay attention to the lessons to be learned. You are enrolled in a school that is full time and informal—it is called life. In your school, you will have chances to learn lessons. You are free to like the lessons or think that they are very stupid.
- 3. Keep in mind that there are no mistakes, just lessons to be learned. You will be involved with a process of trial and error, and this process will, with luck, incite growth. The "failures" you experience will be as much a part of your process as the parts of your life that "succeed."
- 4. You will repeat the same lesson, in its various forms, until it is learned. Then you will be free to go on to the next lesson.
- 5. Your learning in life is never over. As long as you are alive, there are lessons to be learned. There is no part of life that does not contain a lesson for you.
- 6. Places other than where you are will always look better to you, but this is a trick of the mind. It is never better to be other than what and where you are at the time. But it will always feel like you should be someplace else, be something else in order to find "happiness."
- 7. Your fellow beings are merely reflections of yourself. Whatever you love or hate about them is exactly what you love or hate about yourself.
- 8. What you make of life is up to you. You have everything you need to live life. What you do and how you live is up to you.
- 9. The answers to life's questions are within you. You just need to listen and trust your inner knowledge.
- 10. You will forget you have been told all of this.

Wisdom from George Burns

Actually, it only takes one drink to get me loaded. Trouble is, I can't remember if it's the thirteenth or fourteenth. — George Burns



Too bad that all the people who know how to run the country are busy driving taxicabs and cutting hair. — George Burns

> You've got to be honest; if you can fake that, you've got it made. — George Burns

Reflections on hangovers and their cures

 \mathbf{T} ith the holiday party season upon us, it might be useful to reflect on the subject of the hangover. According to Harold McGee, author of On Food and Cooking: The Science and Lore of the Kitchen, remedies for hangovers go back to ancient times. McGee says that as far back as medieval times, hair of the dog was being recommended by the medical school of Salerno: "If an evening of wine does you in, more the next morning will be medicine."

McGee says that the logic of this prescription is that the person who overimbibes is actually going through a slight withdrawal from drugs. That means, generally, that the longer you feel high and continue to drink, the worse you're going to feel the next day. There are probably millions who can verify this supposition. So it goes, that if you have a drink the next morning, you are giving the body what it got used to the night before, and you will feel slightly better from halting the withdrawal and mildly anesthetizing yourself.

However, this remedy comes with a caveat: You will at some time have to go through the withdrawal, so you are merely postponing the consequences by having another drink (one should also consider that repeating this over time can also lead to alcoholism).

Caffeine-laden drinks can reverse the effects of alcohol on the cranial blood vessels (alcohol enlarges them and caffeine shrinks them). This may help eliminate headaches due to alcohol consumption. Drinking liquids can also help restore fluid to the body, which has been lost due to dehydration when drinking. Eating carbohydrates can also help the body recover from the fatigue and malaise you may feel. Exercise may also help speed up the removal of the drug from the body. But generally speaking, and sad news for many, most hangovers must be treated by the passage of time.

You can get moving without going to the gym

Tf you want to get in shape, make it your business to move around more. This doesn't mean you have to do a "real workout," it just means that you need to make a conscious effort to L make "action-enhancing" decisions. Here are a few suggestions for getting on the move:

- Take the stairs, not the elevator or escalator.
- After lunch, take a walk with a friend instead of sitting around the lunch table gabbing.
- Mow your lawn, and stop waiting for someone else to take care of it.
- Plant flowers.
- Play hide and seek with your kids.
- Take your dog for a walk.

The main point here is to move around more than your norm. If you're living a sedentary life, now's the time to break the pattern. Once you do, you'll feel your energy start to increase — and you'll be glad you did.







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.



CROSSWINDS CHRONICLE NOVEMBER, 2023 D

A prescription that came in handy

doctor recalls that one of his colleagues once wrote a prescription with the same degree of legibility that most prescriptions employ. The patient proceeded over the next three years to use the

prescription as a train pass; he used it twice to get into the Metropolitan Opera. It also came in handy as a letter of recommendation, from whence he acquired a new and better paying job. But the grand finale was when he gave it to a piano student, who played it beautifully, and won a scholarship to Juilliard.

The case of the thrifty widow

here was once a thrifty widow who wanted the town's most venerable minister to perform the eulogy for her husband.

The minister said that he would be delighted to deliver a rousing eulogy that would enshrine her dearly departed to all who heard his words — for \$500.

The thrifty widow thought for a moment and asked the minister if he could do the eulogy for less.

The minister replied that he could do a rather nice piece on her husband that would bring the audience to tears and keep her husband in their hearts for years to come—for \$250.

The widow thought about this for a moment and asked the minister if he could do the eulogy for \$75.

The minister said that he would be happy to do the eulogy, "but for that price, I will be forced to tell the truth about your husband."

A little horn humor

id you hear about the French horn player whose toupee fell into his instrument? He spent the rest of the night blowing his top.

On marriage

After a few years of marriage, a man can look right at a woman without seeing her and a woman can see right through a man without looking at him. — Helen Rowland









about	default	member	poise	teat
agree	determination	money	prime	teen
ancient	discussion			topic
annex		name	resent	tour
apart	fight	natural	restrict	trust
	house			
become		occupy	seer	wagon
blood	layer	organ	situation	winter
	liens	-	space	
cent	light		spool	
	loans		-	









Want to have more energy and feel better? Try this

re you grateful for what you have in life? Do you recognize what you have? Many people don't, so how do you go about being more mindful of the good things in your life? According to some experts, keeping a "gratitude" journal," in which you list the good things that you are grateful for in your life, might be a good way to start. In a study of those who kept gratitude journals, Robert Emmons, a professor of psychology at University of California, found that those who wrote down what they were grateful for were more optimistic and felt better on the whole than those who wrote down what was bothering them or just wrote down neutral observations about their lives. So buy a journal, sit down and ponder the good things you have going for you and write them down.

What to do when someone pushes your buttons

veryone knows someone who knows how to get him or her going. There is always a person in life who seems to possess an almost uncanny knowledge of ✓ what will put you over the edge—and it becomes that person's goal to do just that. This person can be your co-worker, your spouse, your mother, your child, even a perceptive stranger on a train.

The first step in dealing with these types of people and situations is to develop awareness of how you react. Do you crawl inside yourself to hide when some one roughs up your emotions? Do you become aggressive out of fear? Everyone's reaction to the fear and anger caused when someone pushes their buttons will be different. When you see the pattern of how you react, you are on your way to healing.

The next step is to develop a curiosity about your reaction. Is it linked to your past? What does it tell you about yourself? When you understand what you are reacting to, you will realize that people who push your buttons can teach you a lot about yourself.

After you have gathered this information, then you need to develop a way to pause for a moment when your button is pushed. Give yourself that moment of time to stop an automatic reaction. Let your awareness build-try exercises such as thinking, "I am feeling very angry right now" or "This is how I used to feel when my brother tried to tell me how to live my life." Take a deep breath and use the moment to avoid immediate reaction and you will be on your way to developing not only a deeper understanding of yourself, but of something universally human. One of the great Tibetan teachings, or mind-heart trainings known as lojong, is "Be grateful to everyone." Pema Chodon, a Buddhist nun and author of Start Where You Are: A Guide to Compassionate Living, says: "The slogan 'Be grateful to everyone' is about making peace with the aspects of ourselves that we have rejected. Through doing that, we also make peace with people we dislike. More to the point, being around people we dislike is often a catalyst for making friends with ourselves. Thus, 'Be grateful to everyone.""



Quotable Humor

On nonsense

Nonsense is good because common sense is so limited. — George Santayana

On aging

Of late I appear To have reached that stage Where people look old Who are only my age. — *Richard Armour*

On plagiarism If you steal from one another, it's plagiarism; if you steal from many, it's research. — Wilson Mizner

On logic Logic is the art of going wrong with confidence. — Joseph Wood Crutch

On sincerity

A little sincerity is a dangerous thing, and a great deal of it is absolutely fatal. — Oscar Wilde

On lies

There are three kinds of lies: lies, damned lies and statistics. — *Benjamin Disraeli*

On youthful confidence

I am not young enough to know everything. — James M. Barrie



Something to be thankful for

God gave us our relatives; thank God we can choose our friends. — Ethel Watts Mumford

On women *A woman is like a teabag; you never know how strong she is until she gets into hot water. — Eleanor Roosevelt*

On danger Considering how dangerous everything is, nothing is frightening. — Gertrude Stein



WANTED TO BUY

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

OTHER

GOLF club re-gripping. Call or text 301-466-7090

EVENTS & PROGRAMS

The Royal Canadian Legion Post 144 Pinellas County, having survived COVID, is regrowing to continue supporting local Veterans. and providing social activities for new and existing Canadian Legion Members. Join us for our monthly Membership Meetings, Remembrance Ceremonies, VSO visits, raids, invasions, MLB dinner/theater. game. museums. etc. For information, email: info@ rclpost144.org.

BIG SALE. 10045 113 PL. Lake Seminole Resort Largo. New Name Brand clothing, all sizes. Beautiful potted house plants. Much more. Nov 2-4

Regency Heights Carport Sale: Friday and Saturday, November 3-4, 8am-2pm. 2550 State Rd 580, Clearwater.

Annual Craft Fair - Paradise Island - Saturday November 4th 9-3pm. Clubhouse, 1001 Starkey Rd. Largo. 50 plus Tables. Handmade items & Bake Sale

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

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

EVENTS & PROGRAMS

EVENTS & PROGRAMS

12th ANNUAL ARTS & CRAFT Ranch Mobile Park. Park-wide Yard SALE - Sat., Nov. 11, 2023, 9AM-1PM Sale, Saturday, December 2nd, 8:00am Lake Haven MHP, Paradise Island - 2:00pm at 6800 - 150th Ave. N., Clubhouse 1415 Main St. (SR580 & Clearwater (Largo) Lake Haven Road) Dunedin. Art and Bay Ranch MHP Flea Market / needlework projects include greeting Bake Sale 12-02-23 8am - 1pm. cards, alcohol ink art, crocheted and Refreshments! Vendor Tables \$10. knitted items and knick-knacks for Contact: Paige 727-543-9871. 7349 home or gifts. Ulmerton Rd CRAFT FAIR 11/11/23 10 a.m. to 1 Southwind MHP Annual Craft Show p.m. AMERICANA COVE Clubhouse Bake Sale and Raffle. Saturday. 7201 1st Street NE Saint Petersburg December 2, 9-1. 795 Country Road 1, LADIES BOTIQUE SALE Teakwood Palm Harbor WEST Largo. Nov. 18th 8-2 Ohana Craft Sale 12/9/23 9AM -1PM at Ranch Clubhouse. Clothing, Shoes, Purses, Mobile Park Clubhouse. Refreshments Jewelry. Carport sale happening too! and food sale too Cash only HELLO CANADIANS! Canadian Club Carport Sale. Teakwood Village 800 Canadien Gulf Coast Florida, having Missouri Ave Largo. November 18th, survived COVID, is now regrowing to 8am-2pm. Many items for sale. 508promote fellowship among Canadians 434-1995 in Pinellas County, and foster goodwill Craft Fair 11/18/23, 9AM - 1PM at with American people. Join us; for our monthly lunch with informative Clerawater Cascade. Contact Jane speakers, weekly golf, MLB game, Boucher 903-426-3636. Janeboucher29 @gmail.com dinner/theater, museums, deep sea fishing. Your first lunch is FREE! For Palm Hill Bazar has split. Craft Bazar information, email: cccgcfl@galt.biz. Nov. 18. Christmas Flea Market Dec. 2. Both 8-1. Refreshments and bake sale at both. 401 8th Ave SW. ATTENTION RESIDENTS! Did you know this Emporium/ Craft fair/ bake sale/ lunch. November Classified listing reaches over 21,500 18th 8am-2pm. East Bay Oaks homes in Pinellas County? It goes Clubhouse: 601 Starkey Road, Largo into 60 community newsletters (just like this one) from Dunedin to St. Annual carport sale, Lincolnshire Petersburg. This is a great market to Estates: 1071 Donegan Rd. Largo Fl. sell items, advertise your next event, 33771. Saturday December 2nd 8 AM try and get help for a function, and 2 PM, over 50 homes: housewares, arts many other things. Remember to & crafts, clothes, furniture, tools and think about this the next time you're lots more. planning something. Sunset Palms MHP Craft Fair & Bake -Monthly Media Staff Sale 11/18 9am. Christmas Yard Sale 12/2 8am

DECEMBER AD DEADLINE - NOVEMBER 8, 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. CROSSWINDS CHRONICLE NOVEMBER, 2023 D 33



Not enough qualifying winners for October! Mail in your tickets or paid receipt for your chance to win!

• Limit of one ticket per visit • Advertiser may have up to 5 winners per month • Advertiser must have bill paid current to gualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers • CROSSWINDS CHRONICLE NOVEMBER, 2023 D 34

Lillian Jones \$10 The Plumbing Patrol William Ondra...... \$10Air Masters of Pinellas

Joseph Casola...... \$10 Jones & Sons Plumbing

Rhonda Gillispie \$10BugginOut Pest Control

Ronnee Patterson \$10 Jones & Sons Plumbing Carol Swierenga....... \$10 Bill the Carpet Guy

法法法法法法法法法法法法法法法法法法法法法法

Quotes for Inspiration

On authentic moments

Bliss and joy come in moments of living our highest truth—moments when what we do is consistent with our archetypal depths. It's when we are most authentic and trusting, and feel that whatever we are doing, which can be quite ordinary, is nonetheless sacred. — Jean Shinoda Bolen

On gratitude

The test of all happiness is gratitude. Children are grateful when Santa Claus puts in their stockings gifts of toys or sweets. Could I not be grateful to Santa Claus when he puts in my stockings the gift of two miraculous legs?



- G.K. Chesterton

They are not poor that have little, but they that desire much. The rich¬est man, whatever his lot, is the one who's content with his lot.

— Dutch Proverb

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, con¬fusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

— Melody Beattie

What if you gave someone a gift, and they neglected to thank you for it—would you be likely to give them another? Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have.

- Ralph Marston

(Some people) have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy. -A.H. Maslow

Gratitude is not only the greatest of virtues, but the parent of all the others. — *Cicero*

A noble person is mindful and thankful of the favors he receives from others. — The Buddha

The essence of all beautiful art, all great art, is gratitude. — *Nietzsche*

