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



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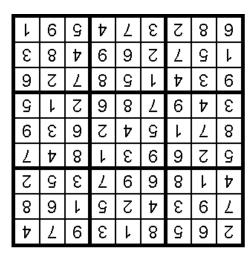


# November

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## **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.







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## 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



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## 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





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agree	determination	money	prime	teen
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## NOVEMBER • 2023 Sunday Monday

Sunday	Monday	Т
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# **Crystal Lake**

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ction Day				Veteran's Day
14	4 15	16	17	18
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## 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!"



# Reflections on hangovers and their cures

Which 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

f 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 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.







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## 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

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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



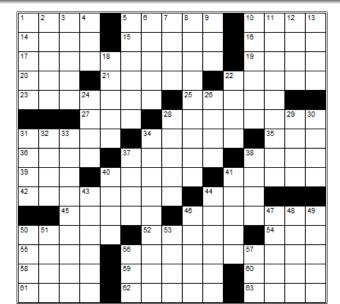




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#### ACROSS

- 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







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







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## Want to have more energy and feel better? Try this

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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 A 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."





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## **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* 





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#### **EVENTS & PROGRAMS**

The Royal Canadian Legi 144 Pinellas County, having COVID, is regrowing to supporting local Veteran providing social activities for existing Canadian Legion M Join us for our monthly Mer Meetings, Remembrance Cer VSO visits, raids, invasion game. dinner/theater. m etc. For information, email: 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

HOLIDAY BIZAAR 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

#### **EVENTS & PROGRAMS**

**EVENTS & PROGRAMS** 

ore-owned. -657-7021	12th ANNUAL ARTS & CRAFT SALE - Sat., Nov. 11, 2023. 9AM-1PM Lake Haven MHP, Paradise Island Clubhouse 1415 Main St. (SR580 &	Ranch Mobile Park, Park-wide Yard Sale, Saturday, December 2nd, 8:00am - 2:00pm at 6800 - 150th Ave. N., Clearwater (Largo)		
all or text	Lake Haven Road) Dunedin. Art and needlework projects include greeting cards, alcohol ink art, crocheted and knitted items and knick-knacks for home or gifts.	Bay Ranch MHP Flea Market / Bake Sale 12-02-23 8am - 1pm. Refreshments! Vendor Tables \$10. Contact: Paige 727-543-9871. 7349		
gion Post g survived continue ns, and	CRAFT FAIR 11/11/23 10 a.m. to 1 p.m. AMERICANA COVE Clubhouse 7201 1st Street NE Saint Petersburg	Ulmerton Rd Southwind MHP Annual Craft Show Bake Sale and Raffle. Saturday, December 2, 9-1. 795 Country Road 1,		
r new and Members. embership eremonies, ns, MLB	LADIES BOTIQUE SALE Teakwood WEST Largo. Nov. 18th 8-2 Ohana Clubhouse. Clothing, Shoes, Purses, Jewelry. Carport sale happening too! Cash only	Palm Harbor Craft Sale 12/9/23 9AM -1PM at Ranch Mobile Park Clubhouse. Refreshments and food sale too		
<ul> <li>museums, l: info@</li> <li>Carport Sale. Teakwood Village 800 Missouri Ave Largo. November 18th, 8am-2pm. Many items for sale. 508- 434-1995</li> <li>PL. Lake ew Name Beautiful nore. Nov</li> <li>Craft Fair 11/18/23, 9AM - 1PM at Clerawater Cascade. Contact Jane Boucher 903-426-3636, Janeboucher29 @gmail.com</li> <li>le: Friday 8-4, 8am- arwater.</li> <li>Palm Hill Bazar has split. Craft Bazar Nov. 18, Christmas Flea Market Dec. 2. Both 8-1. Refreshments and bake sale</li> </ul>		HELLO CANADIANS! Canadian Club Canadien Gulf Coast Florida, having survived COVID, is now regrowing to promote fellowship among Canadians in Pinellas County, and foster goodwill with American people. Join us; for our monthly lunch with informative speakers, weekly golf, MLB game, dinner/theater, museums, deep sea		
		ise Island h 9-3pm. Largo. 50 Is & Bake	at both. 401 8th Ave SW. Craft fair/ bake sale/ lunch. November 18th 8am-2pm. East Bay Oaks Clubhouse: 601 Starkey Road, Largo	Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just
Saturday, Lutheran Clearwater. ons: 727- mail.com. 7@gmail.	Annual carport sale, Lincolnshire Estates: 1071 Donegan Rd. Largo Fl. 33771. Saturday December 2nd 8 AM - 2 PM, over 50 homes: housewares, arts & crafts, clothes, furniture, tools and lots more.	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.		
	Sunset Palms MHP Craft Fair & Bake Sale 11/18 9am. Christmas Yard Sale 12/2 8am	-Monthly Media Staff		

## **DECEMBER AD DEADLINE - NOVEMBER 8, 2023**

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## **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* 

