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

## Your Southernaire Resort Committees/ Organizations and/or Groups

Park Manager	Karen Nierman
Email	Southernairemhp@gmail.com

#### **The Homeowner's Association Executive Board of Directors**

President	Lorraine Higginbotham
1st Vice President	Donald Higginbotham
2nd Vice President	
Secretary	Jo Pratt
Treasurer	Elaine Manners
Parliamentarian	Dan Gregory
Sergeant at Arms	Tom Surdi
Chaplain	Norma Mathews

## Social Butterfly Event Team

#### Butterfly Wishes Karen Lot 96





SOUTHERNAIRE SENTINEL JANUARY, 2024 D



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SOUTHERNAIRE SENTINEL JANUARY, 2024 D

## **Notes from the Park Manager:**

eminder Please remember that the 727-492-5104 is for EMERGENCIES ONLY! Please call 727-525-2800 during office hours: Mon – Fri. 8 am MANAGER - 1 pm, or leave a message after 1 pm

#### Park Rules

All guests **MUST** be accompanied by a resident to use the pool, club house, laundry, and any other places in the park due to insurance regulations. Please register any guest that will be staying longer then 3 days.

### **Trash Disposal**

**PLEASE** do not put any furniture, appliances, or large items beside dumpster.

### Services

We have many residents that offer services like handyman for home repairs, haircuts, massages, dog grooming, auto detailing, crafters, sewing, etc. Check with Karen in the office for their phone numbers.

Thank You, Manager, Karen

## The Home Owners Association

ur annual meeting will be held Sunday January 21, 2024 at 7 pm in club house. Officers of President, Vice President, Secretary and Chaplin are needed. Nominations and voting will take place at this meeting.

I will be collecting dues of \$5.00 for 2024 at lot 340. Respectfully, Elaine Manners Treasurer







## **Happenings Around Southernaire**

Thank you Southernaire family for coming to our Friendsgiving dinner! Thank you to all the volunteers for helping us pull this all together and helping us with all the clean up! Wow we even had a man washing dishes! Congratulations to Eugene and Goldie who won the 50/50. \$115!!!



## **Butterfly Wishes**

Sympathy's Viki's close friend passed away Barbie's close family friend passed away Lot Respectfully Yours, Karen Lot 96



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



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DISCOUN





## **January Birthstone**

Granet, the birthstone for January, comes in many different colors; However, the most popular is the deep red colored garnet. Many representations of this stone relate to friendship and trust. Named from the Latin 'granatum' meaning "seed" referring to it's resemblance to the pomegranate seed, this stone is nothing but gorgeous.

## **January Awareness**

There are several awareness months celebrated in January — though the five that often get the most attention include National Blood Donor Month, Cervical Health Awareness Month, Mental Wellness Month, Poverty Awareness Month, and Veganuary.

**National Blood Donor Month.** Historically, blood donations decrease in the holiday and winter season as schedules change due to travel and leave, weather conditions intensify, and seasonal illnesses take hold.

**Cervical Cancer Awareness Month.** It is a perfect opportunity for WHO and partners to raise awareness about cervical cancer and HPV vaccination.

**Mental Wellness Month** Hospitals and health systems play an important role in providing behavioral health care and helping patients find resources available in their community.

**National Poverty in America Awareness Month**. The poverty rate in the United States increased from 9.3% in June to 11.7% in November, the biggest increase in one year since 1960. The federal poverty line is \$26,200 for a family of four.

**Veganuary** is a popular annual event that encourages people to try a vegan lifestyle for the entire month of January. It's a global movement that aims to promote veganism by raising awareness about the ethical, environmental, and health benefits of a plant-based diet.



## **January Recipes**

## Kale & Quinoa Salad with Lemon Dressing

### Ingredients

- 1 bunch lacinato kale, stemmed and chopped
- 6 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- 2 tablespoons chopped shallot
- 1 teaspoon honey
- <sup>1</sup>/<sub>2</sub> teaspoon salt
- <sup>1</sup>/<sub>4</sub> teaspoon ground pepper
- 2 cups grape or cherry tomatoes, halved
  - Directions
- 1. Place kale in a large serving bowl. Whisk together oil, lemon juice, shallot, honey, salt, and pepper in a small bowl. Pour 2 to 3 tablespoons of the dressing over the kale; lightly massage until slightly wilted, 1 to 2 minutes.
- 2. Top the kale with tomatoes, quinoa, cucumber, peppers, chickpeas, feta and almonds. Drizzle with the remaining dressing and toss before serving.
- all he kale;

 $\frac{1}{2}$  cup brown sugar

 $\frac{1}{2}$  cup white sugar

1 teaspoon vanilla extract 1 ¼ cups rolled oats

 $\frac{1}{2}$  cup semisweet chocolate chips

1 large egg

• <sup>3</sup>/<sub>4</sub> cup feta cheese, crumbled

•  $\frac{1}{2}$  cup sliced almonds, toasted

2 cups cooked quinoa

rinsed

1 English cucumber, thinly sliced

1 medium red bell pepper, sliced

1 medium yellow bell pepper, sliced
1 (15 ounce) can unsalted chickpeas,

- **Chocolate Oatmeal Cookies**
- 1 cup all-purpose flour
- 3 tablespoons unsweetened cocoa powder
- 1 teaspoon baking powder
- <sup>1</sup>/<sub>2</sub> teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- <sup>1</sup>/<sub>2</sub> teaspoon ground cinnamon
- <sup>1</sup>/<sub>2</sub> cup margarine
- 1. Preheat the oven to 350 degrees
- 2. Stir flour, cocoa, baking powder, baking soda, salt, and cinnamon together in a large bowl; set aside.
- 3. Beat margarine, brown sugar, and white sugar together in a large bowl with an electric mixer until light and fluffy. Beat in egg and vanilla. Stir in flour mixture using a wooden spoon. Mix in oats and chocolate chips.
- 4. Beat margarine, brown sugar, and white sugar together in a large bowl with an electric mixer until light and fluffy. Beat in egg and vanilla. Stir in flour mixture using a wooden spoon. Mix in oats and chocolate chips.
- 5. Bake in the preheated oven until edges are golden, about 8 to 10 minutes. Cool on the baking sheet briefly before removing to a wire rack to cool completely.







# January Word Search





aero along	former found	kitty	network news	sharp terrified
asthma	freedom	leap		tiger
			overload	
cornerstone	global	magic	person	world
		match		worse
expect	harm	maybe	really	wrong
extend	heart	money	relentless	
	highlights	movie	right	yacht

issue

SOUTHERNAIRE SENTINEL JANUARY, 2024 D

yield

## **January Events**

Mon. Jan. 8 – Medicare Monday 9:30 am – 10:30 am

Sat. Jan. 13 – Pancake Breakfast 9 am – 11 am \$8 per person

Sun. Jan. 21 – Brunch & Lunch Sun Coast 11:30am

Mon. Jan. 22 – Medicare Monday 9:30 am – 10:30 am

Tues. Jan 23 – Bingo w/ Stephanie 3 pm – 4 pm

**Sat. Jan. 27** – Quarter Auction Butterfly Fundraiser - 2 pm All donated items quarter to bid Auction paddle \$5.00. All donated items @ clubhouse by Jan 21st.

*Up Coming Events* To be announced!

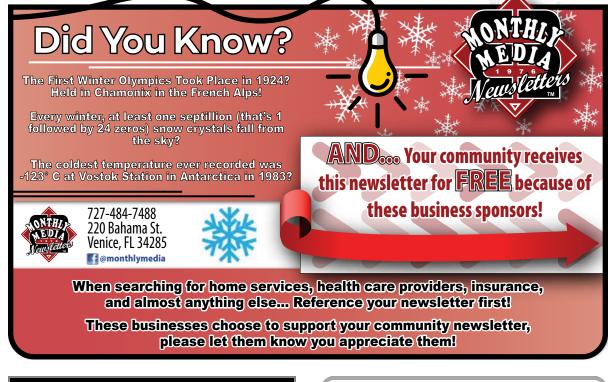
Do not Forget to check your mail tube for this newsletter and any upcoming events or notices!



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## **Services Directory**

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Air Masters of Pinellas, Inc.	727-586-6969
E & E Gliddon, Inc	
Modern A/C Service Co.	727-541-5541
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co.	727_550_8811
AUTO BUY/SELL	121-339-0011
	707 700 0000
Bill Your Car Guy	121-129-2322
Stingrays Inc (CASH NOW)	727-798-2921
AUTO REPAIR	
Suncoast Auto & Tire	/2/-520-1148
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
CARPET CLEANING	
Bill the Carpet Guy	727-521-4163
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Florida Dermatology & Skin Cancer.	727-548-9196
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FIREARMS	/ 2/ -404-0140
Gun Trader Den	707 420 0404
	/2/-430-9424
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Flatworks	/2/-431-68/5
Florida Anchor & Barrier Co	
Perfect Repair & Construction, Inc	727-539-0852



	GOLF CARIS SALES & SERVICE	
69	Recreational Golf Cars of Florida	/2/-548-8460
43	INSURANCE: AUTO & MOBILE H	OME
641	O. E. Wilson	727-535-0524
	INSURANCE: HEALTH Dawn-Rae Crutchfield KITCHEN CABINET REFACING	
42	Dawn-Rae Crutchfield	727-499-8461
311	KITCHEN CABINET REFACING	
	Swailes Re-Face It, LLC	
22	MANUFACTURED HOME SALES/	NEW
21	Citrus Homes/Meadowood Homes	727-535-5262
	<b>MOBILE HOME SUPPLIES - RETA</b>	
48	Mobile Home Depot, Inc	727-535-1100
	MOBILE HOME WASH/WAX	
34	Gulf Coast Power Washing	121-902-3899
~ ~	Royal Enterprises	/2/-394-/351
63	MOBILE HOME WINDOW FILM	
~~	Royal Enterprises	/2/-394-/351
96	MOVING & CLEAN OUT SERVICE	15 707 500 4500
~ 1	Coastline Cleanout	727-598-4588
34	Mike's Junk Removal	/2/-213-/122
'08	ORGANIZATIONS	004 044 4000
40	Federation of MH Owners (FMO)	321-214-4300
46	PAINTING/INSIDE & OUTSIDE Cover Up Painting	707 000 0000
101	Payless Painting Services	727-900-2080
424		/ 2/-4/0-58/6
75	PEST CONTROL Buggin Out Termite & Pest Control	707 505 0000
21	Coby's Tentless Termite & Pest Control	121-030-2029
52	FL Termite & Pest Experts	121-402-0400
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	Community Roofing of FL, Inc	727-536-9999
	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
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	ASC Aluminum Specialty Contr	727-547-8300
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	AMS Advanced MH Systems	727-471-0820
	ASC Aluminum Specialty Contr	727-547-8300
1	Clear-Vue Windows	727-726-5386



JANUAR	Y•2024	
Sunday	Monday	Г
S         M         FEBRUARY T         W         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	1	
25 26 27 28 29	New Year's Day	
7	8 Medicare Monday w/ Stephanie 9:30 am – 10:30 am	
14	15 Martin Luther King Jr.'s Birthday	
21 Brunch & Lunch Suncoast 11:30am	22 Medicare Monday w/ Stephanie 9:30 am – 10:30 am	Bingo 3 pr
28	29	

# Southernaire

uesday	Wednesday	Thursday	Friday	Saturday
2	3 Butterfly Café 10 am	4	5	6
				Epiphany
9	10 Butterfly Café 10 am	11 Bingo 6 pm	12	13 Pancake Breakfast 9 am -11 am \$8. Pp
16	17 Butterfly Café 10 am	18	19	20
23 w/ Stephanie m – 4 pm	24 Butterfly Café 10 am	25 Bingo 6 pm	26	27 Quarter Auction Fundraiser 2 pm \$5.00 paddle
30	31 Butterfly Café 10 am			

# **SUB-FLOOR & FLOORING EXPERTS!**

## **COVID-19 NOTICE:**

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## **January Monthly Holidays**

ervical Cancer Screening Month. To inform women and their doctors about the causes of cervical cancer and the best ways to prevent or detect it. To encourage women to be screened. For more information, browse www.thegcf.org.



**Financial Wellness Month.** For people to establish financial balance after credit card bills pour in from the holidays. This is a time to set new goals for financial freedom and moderation in spending. For more information, browse www.wordsofwellness.com.

**International Creativity Month**. To remind individuals and organizations around the globe to capitalize on the power of creativity. Unleashing creativity and innovation is vital for personal and business success in this age of accelerating change. For more information browse, www.CreativelySpeaking.com.

**National Get Organized Month**. An opportunity to streamline your life, create more time, lower your stress and increase your profit. For more information, browse, www.napo.net.

**Slow Cooking Month.** Jan. 1-31. A month to allow slow-cooking enthusiasts to celebrate this useful cooking method and the appliances to make it happen. For more information, browse www.bettycrocker.com/products /prod slowcooker.aspx.

#### Weekly

**New Year's Resolution Week**. Jan. 1–7. To show people how, why and what resolutions/ goals should be set and the necessary steps to make this year the best ever. For more information, browse www.goalsguy.com.

Home Office Safety and Security Week. Jan. 14-20.

Dedicated to ensuring that the more than 30 million American home offices are safeguarded and protected against break-ins, theft, workplace injury, computer virus and hacking, natural disaster and any other malady that can impact the home worker. For more information, browse www.chiefhomeofficer.com.

**Hunt for Happiness Week**. Jan. 21–27. To encourage teens and kids to find more happy moments. For more information, browse www.sohp.com.

#### Daily

New Year's Day. Jan. 1. The first day of the first month of the Gregorian calendar year. I'm not going to take it anymore Day. Jan. 7. A day to fight back and take control of all events that happen in one's life. For more information, browse www.wtbq.com.

Martin Luther King Jr. Day. Jan. 15. To celebrate the birth of civil rights leader Martin Luther King Jr.

Better Business Communication Day. Jan. 22. To encourage workers to acknowledge the importance of effective communication in the workplace. For more information, browse www.corspan.org.

**National Compliment Day. Jan. 24.** A day set aside to compliment at least five people. For more information, browse www.complimentday.com.

**Fun at Work Day. Jan. 26.** Inject some fun into you workday by planning a fun and relaxing activity. For more information, browse www.qualitytransitions.com.

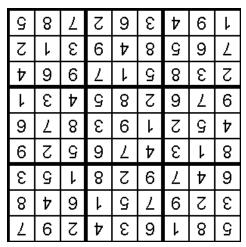
January

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













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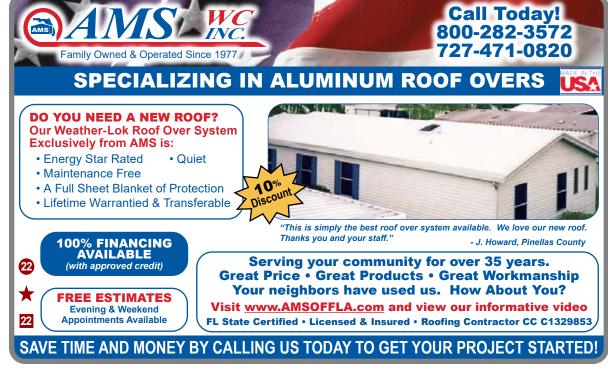
Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

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

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## A gymnast on the angles of success

When Kerri Strug was a young girl, she had a big dream. She wanted wow wow to go to the Olympics and become an all-around champion—like Mary Lou Retton. And at the age of 13, she made the huge decision to move away from home, from Arizona to Texas, to work with the famous gymnastics coach Bela Karolyi. She worked hard and the move put her dreams within reaching distance.

Eventually at the 1996 Olympics in Atlanta, Strug seemed to be approaching the possibility of living her dream of becoming an all-around champion. Before she could qualify for that part of the competition, however, Strug participated in the team competition as a vaulter. On her first attempt, however, the 18-year-old athlete fell, injuring her ankle. Despite her painful injury the competition was not yet over for Strug. On her second attempt, she vaulted beautifully and managed to stick the landing before collapsing in pain.

As a consequence of her performance, Strug qualified for the all-around competition, but due to her injury she was unable to compete.

Now Strug says that while she was disappointed that she could not compete in the allaround, she realizes that by helping her team win she had achieved something that she had not been aware was even possible when she arrived at the competition. Life, she says, has taught her that it's important to look at situations from many angles. And it's important to be open to possibilities you might not know are there.

And, says Strug, it's critical to have some fun and enjoy your success along the way.

## An important moment in Jay Leno's life

omedian and host of the Tonight Show, Jay Leno, says that when he was 8 years old and living in a New York City suburb, he had a moment of clarity that changed his life forever. According to his piece "Why I walked away," in O: The Oprah

Magazine, he was hanging out with an older, rougher gang of kids one day when one of the kids pulled out what was purported to be some pornography. One of the kids in the group, Leno noticed, was spinning a small pocketknife around in his hand.

While Leno admits he was no angel at that point in his life, he says suddenly he stepped back from the group, which was collectively lurching forward to look at the pictures. He says in that moment he knew that he might possibly be starting down a path that would lead him nowhere in life. And so he turned and walked away.

Leno says that every decision he has made in life since, in part, was based on that early decision to walk away from the crowd. It was a small moment, he says, one in which he learned how to make a conscious, moral decision for himself.

*On genius* It takes a lot of time being a genius, you have to sit around so much doing nothing. *— Gertrude Stein* 





## Are these habits defeating your dieting?

Trying to lose weight and live a healthier life? These days who isn't? But often people find that their weight loss attempts are not panning out. If you're trying to shed pounds, but you're finding it more difficult than you thought it would be, you might be participating in some unhealthy habits that are giving your pounds their staying power.



According to registered dietitian Frances Largeman there are seven habits that many people fall prey to that keep them from losing weight. Here they are:

- 1. Not eating breakfast. You've heard it before, but people who eat breakfast are generally thinner than those who skip. Skipping breakfast will not help you lose weight. In fact, according to many studies, it will actually help you pack it on.
- 2. Eating when you are distracted. People who eat while engaged in other activities often overeat. That means you shouldn't eat at your desk, in your car or while you're watching television.
- 3. Not counting calories. If you aren't paying attention to proportion with foods like pasta or burritos, the calories can add up quickly. Drinks can also be high calorie traps—soft drinks can add 180 to 240 calories to your meal quickly. And smoothies—though made from healthy ingredients—can pack on the calories in a flash as well.
- 4. Not instituting a regular exercise program. Merely cutting back on calories is not likely to do the job. You might lose weight in the beginning by merely dieting, but it will be hard to keep off and maintain your new weight without exercising.
- 5. Snacking. Lots of people stick to their diets during meal times, but then lose it when they're watching television and break out the chips and ice cream. One solution: keep healthy snacks—like baby carrots and yogurt—on hand.
- 6. The no-fat dilemma. If you reduce your fat intake too much, you also reduce your satisfaction level and might become more prone to indulging in too many low-fat, highcalorie snacks.
- 7. Cheers. Alcohol is loaded with calories. You'll want to limit your drinking to one or two drinks per night. And you'll be better off to skip sugary, tropical and frozen drinks.

#### On people

When dealing with people, let us remember we are not dealing with creatures of logic. We are dealing with creatures of emotion, creatures bristling with prejudices and motivated by pride and vanity. — Dale Carnegie

There are four kinds of people: Those who don't have it and know they don't have it; those who don't have it and think they have it; those who have it and don't think they have it; and those who have it and know they have it.

— Anonymous



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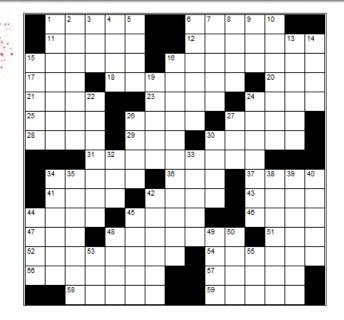


SOUTHERNAIRE SENTINEL JANUARY, 2024 D

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#### ACROSS

- 1. Debate
- 6. Tattles
- 11. Plank
- 12. Stronghold
- 15. Route or path
- 16. Adorable
- 17. Paintings
- 18. Immune response trigger
- 20. Saxophone
- 21. Anagram of "Ties"
- 23. Debauchee
- 24. Encircle or bind
- 25. Canvas dwelling
- 26. Physics unit
- 27. Commanded
- 28. Border
- 29. Fire residue
- 30. Stuns
- 31. Restate
- 34. Sea eagles
- 36. Aspiration
- 37. Room at the top
- 41. Average
- 42. Harvest
- 43. Den
- 44. Iridescent gem
- 45. Unit of power
- 46. European volcano
- 47. Purge
- 48. Think likely
- 51. Angry
- 52. Burned to ashes
- 54. Calm
- 56. Oxygenates
- 57. Of a pelvic bone
- 58. Suns
- 59. A computer company



#### DOWN

- 1. Cut short
- 2. Trouncing
- 3. Needlefish
- 4. Celestial bear
- 5. Biblical garden
- 6. Irish accent
- 7. Embankment
- 8. Gulf port
- 9. Type of snake
- 10. Ebb
- 13. Plays at high volume 34. Nations ruled by a
- 14. Passage

- 15. Hindu social division 35. Book lovers 38. Rolled oats
- 16. Brave
- 19. Secret meeting
- 22. For all time
- 24. Small antelope
- 26. Speaker's place
  - 27. Used in baseball
- 30. Moist
- 32. Evening (poetic)
- 33. Violent disruptions
  - 53. Thick flat pad

39. Fund

44. Whale

40. Exchange

42. Gentle touch

45. Ice or steam

48. Information

50. Cry of pain

49. Largest continent

55. Tear







- - sovereign

## Did your mother really say that?

There are a few things we bet your mother would never really say:

- How on earth can you see the TV sitting so far back?"
- "Yeah, I used to skip school a lot, too."
- "Just leave all the lights on ... it makes the house look more cheery."
- "Let me smell that shirt Yeah, it's good for another week."
- "Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day."
- "Well, if Timmy's mom says it's OK, that's good enough for me."
- "The curfew is just a general time to shoot for. It's not like I'm running a prison around here."
- "I don't have a tissue with me ... just use your sleeve."
- "Don't bother wearing a jacket—the wind-chill is bound to improve."
   From AhaJokes.com

## New Year's resolutions for the digital world

f you're spending a lot of time on the Internet, here are some New Year's resolutions just for you:

- I will try to figure out why I "really" need nine e-mail addresses.
- I will stop sending e-mail to my wife (husband).
- I resolve to work with neglected children my own.
- I will answer my snail mail with the same enthusiasm with which I answer my e-mail.
- I will stop sending e-mail, ICQ, Instant Messages and be on the phone at the same time with the same person.
- I resolve to back up my 1TB hard drive daily ... well, once a week ... okay, monthly then ... or maybe ...
- I will spend less than one hour a day on the Internet. This, of course, will be hard to estimate since I'm not a clock-watcher.
- When I hear "Where do you want to go today?" I will not reply "MS Tech Support."
- When I hear a funny joke I will not reply, "LOL ... LOL!"
- I will read the manual ... just as soon as I can find it.
- I will think of a password other than "password."
- I will stop checking my e-mail at 3:00 in the morning ... 4:30 is much more practical.
- I resolve ... I resolve to ... I resolve to, uh ... I resolve to, uh, get my, er ...
- I resolve to, uh, get my, er, off-line work done, too!
  - From JokesGalore.com







#### WANTED TO BUY

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

#### OTHER

GOLF club re gripping and repair in Largo. Call/text 301-466-7090

#### WANTED

SEEKING PASTOR FOR RETIREMENT COMMUNITY that meets in the Clubhouse at 1001 Starkey Road, Largo, FL 33771. Please send a brief resume to: Serena Johnson at Lot 451 or smjpray@aol.com

#### **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 game, dinner/ theater, museums, etc. For information, email: info@rclpost144.org.

Bingo Lake Seminole Resort 10245 110th Ave. Largo. Monday, January 8th at 6:50 pm. Doors open at 5:30, Cards on sale until 6:30

#### 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**

Largest Garage Sale in southwest Florida! Northwood Presbyterian Church, 2875 State Road 580, Clearwater, FL 33761 will hold a gigantic sale on January 11th, 12th, 13th from 8:00am - 2:00pm. There will be something for everyone. Contact Susan Curry 727-709-8237 for information.

Point West MHP Annual Bizaar and Flea Market Jan. 27th, 8am-2pm. 12651 Seminole Blvd. Largo. Furniture, Clothes, Household, Jewelry, Electronics & Misc. Chinese Auction, 50/50, Food. Contact: Judy Master 708-602-3144

Sat. Jan. 27, 2024 -Community Sale-8:30am-1pm. Paradise Island Section of Lake Haven MHP. Main St. (SR580) & Lake Haven Rd. (W of Keene/CR1), Dunedin. Housewares, Linens, Small Apliances, Jewelry, Bakery, Raffle Baskets, Lunch.

Embassy Mobile Park, Inc. Saturday January 27th, 8:00 a.m. to 1:00 p.m. Park Wide Yard Sale, Off of East Bay just west of Tri City Plaza, come in by Wendy's onto Pine Forest Dr. 16416 US Highway 19 N, Clearwater -Largo area. **EVENTS & PROGRAMS** 

HUGE carport sale inside and outside the clubhouse. Browse in comfort. Clearwater Cascades, 9790 66th St. North, Pinellas Park. February 17th, 8-2pm. Furniture, décor, housewares, tools. Refreshments available.

Flea Market Sat. Feb. 24th, 8-12 pm. Colonial Village, 2000 East Bay Drive, Largo. Furniture, Kitchen appliances, housewares, bicycles, clothing, homebaking.

Gateway MHP Community Sale, Saturday, Feb. 3rd, 8am-2pm. 10100 Gandy Blvd. St. Petersburg

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 fishing. Your first lunch is FREE! For information, email: cccgcfl@galt.biz.

#### WANTED TO BUY

Wanted to buy stamp collections. High prices for good quality. 709-682-9499

#### FEBRUARY AD DEADLINE - JANUARY 10, 2024 • Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.

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SOUTHERNAIRE SENTINEL JANUARY, 2024 D

## Tips for couples who want to stay married

Here is a list of communication dos and don't from the Academy of Matrimonial Attorneys Web site:

- Stop trying to win arguments and work on solving the problem.
- Really listen to your spouse, and don't immediately jump into an argument before you hear him or her out.
- If you feel like your spouse is misunderstanding you, then take the time and energy necessary to explain yourself.
- If you can't solve your problem, respect the other person's opinion anyway.
- Talk about issues that are important to you both.
- Forget things and move on. Be fast to forgive.
- Always be sincere. If you say something, but your body language or tone of voice conveys another message, then trust will be hard to build.
- Say what you mean, and say it clearly.
- Never go to bed mad. Stay with the issue and solve it before you go to bed.
- Don't speak in rude or disparaging ways to your spouse. Don't criticize your spouse in front of others.
- Don't let your emotions guide your behavior.
- Don't get into arguments about things that happened in the distant past.
- If your spouse disagrees with you, don't assume that he/she is attacking you.

#### Listen

*Listen to the whispers of your soul, and know how beautiful you truly are.* — Josiane Antonette

#### On beauty

You suppose you are the trouble But you are the cure You suppose that you are the lock on the door But you are the key that opens it It's too bad that you want to be someone else You don't see your own face, your own beauty Yet, no face is more beautiful than yours.

## — Rumi

#### Silencing negativity

If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced. — Vincent Van Gogh

> You must do the thing you think you cannot do. — Eleanor Roosevelt





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