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Office <u>9301 49th Street N. • Pinellas Park, FL • 33782 • (727) 544-2745</u>

Crystal Lake Management and Staff

Community Manager	Tom Grimsley
Office Phone	(727) 544-2745
Office FAX	
	crystallake@lakeshoremhc.com
Maintenance	Scott Sheppard
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Attention Crystal Lake Residents Editor Needed!!!

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



Do you have a computer with email capabilities? Then you could be the next editor of Crystal Lake!

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



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.



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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*





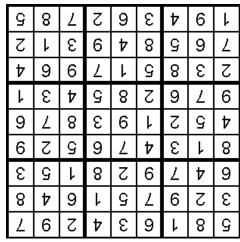
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NEW YEAR









Did your mother really say that?

Here 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





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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Crystal Lake

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A business owner's secret

eeping a secret about yourself can be a painful prospect, and for Joe Thiessens eventually the pain became too much to bear. For decades, the business owner hid the truth about himself while he built his small business into a \$5 million success.

According to an article by Sandra Chereb in the *The Atlanta Journal Constitution*, Thiessens, the man who took a fledgling business and made it a lucrative enterprise, could not read.

His wife helped him with the paperwork at home at night. And he often appealed to managers at the office, telling them they were better at understanding all the jargon than he was. One manager, who said he had worked with Thiessens for seven years, said he had no clue that the company owner could not read.

Thissens was ashamed that he could not read—and more than anything in the world, he wanted to read a bedtime story to his grandchildren.

Eventually, Thiessens says the secret grew too painful to keep any longer. He says he felt a great relief when he decided to let the secret out.

Thiessens was eventally awarded the National Blue Chip Enterprise Initiative Award, which honors small businesses that overcome adversity.

And Joe Thiessens, at the age of 56, hired a tutor for an hour a day five days a week to learn how to read.

Would you like some love apple sauce with your pasta?

Did you know that tomatoes were once known as love apples? So were tomatoes once considered an aphrodisiac? According to the *Morris Dictionary of Word and Phrase Origins*, maybe, but if so, the whole idea probably arose from an etymological accident.

Tomatoes originally grew in South America and were imported to Spain not long after Columbus discovered the New World. From there the plants traveled to Morocco, and eventually were shipped and grown in Italy. In Italy the fruit was given the name pomo dei Moro, meaning apple of the Moors. Then, apparently a Frenchman in a romantic mood made a mistake in translation calling the tomatoes pomme d'amour, meaning love apples.

On the easiest job in the world

The easiest job in the world has to be coroner. Surgery on dead people. What's the worst thing that could happen? If everything went wrong, maybe you'd get a pulse? — **Dennis Miller**

On doing nothing

Doing nothing is very hard to do...you never know when you're finished. — Leslie Nielsen







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When you're stuck, try this

re you stuck on a problem you just can't solve? Do you feel that no matter how you look at it you just can't come up with the answer? If so, you may feel the need to go over everything you know about the situation—even though you have already done this to the point of exhaustion.

A better idea might be to scrap what you know and start over again. Try to erase what you know and get rid of any assumptions that could be blocking your success. For an example, watch some detective shows on television. Inevitably you will come across one where the detective sits down to go over the facts. He usually does not discover a new fact, but discovers instead that his "knowledge" was the problem all along.

When you find yourself stuck in this way, heed the words of Daniel J. Boorstin: "The greatest obstacle to discovery is not ignorance—it is the illusion of knowledge."

A quip to remember...

scar Levant was a pianist who moved to Hollywood and made a name for himself in music and pictures. He was known for his gift of repartee and witticisms. He was also friends with the legendary composer George Gershwin.

Levant was once noted for saying to his friend: "Tell me, if you had to do it all over, would you fall in love with yourself again?"

When you need a shot of enthusiasm, try this

apoleon Hill, says in his classic work The Laws of Success in 16 Lessons, that enthusiasm in life is an essential ingredient for success. Enthusiasm energizes, refreshes and motivates the person endowed with it.

Hill says some people are born with a natural enthusiasm, and some people have to develop it. How? Simple, he says. Work at something you love.

Good advice Never go to bed mad—stay up and fight. — Phyllis Diller

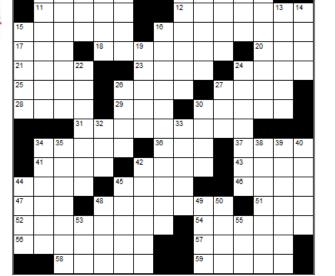
On hell In Hell all the messages you ever left on answering machines will be played back to you. — Judy Horacek





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

39. Fund

40. Exchange

42. Gentle touch 44. Whale

45. Ice or steam

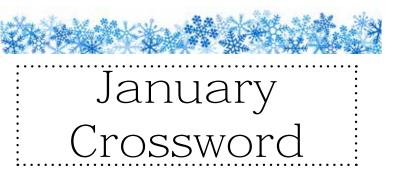
48. Information

50. Cry of pain

- 16. Brave
- 19. Secret meeting
- 22. For all time
- 24. Small antelope
- 26. Speaker's place
- 27. Used in baseball
- 30. Moist

sovereign

- 32. Evening (poetic)
- 33. Violent disruptions
 - 53. Thick flat pad
 - 55. Tear
- 49. Largest continent







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Quotable Humor

On parents I'm starting to wonder what my folks were up to at my age that makes them so doggoned suspicious of me all the time. — Margaret Blair

On merit pay My husband once worked for a company that had a merit pay system. After six months they told him that he owed the company money. — *Phyllis Diller*

On neat desks Those proud of keeping an orderly desk never know the thrill of finding something that they thought irretrievably lost. — *Helen Exley*

On the mystery of life

One of the mysteries of human conduct is why adult men and women are ready to sign documents they do not read, at the behest of salesmen they do not know, binding them to pay for articles they do not want, with money which they do not have. — Gerald Hurst

On customer service

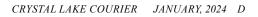
They usually have two tellers in my local bank, except when it's very busy, when they have one. — **Rita Rudner**

On funerals

They say such nice things about people at their funerals that it makes me sad to realize that I'm going to miss mine by just a few days. — Garrison Keillor

> On language Man invented language to satisfy his deep need to complain. — Lilly Tomlin

On intelligence Cabbage: A familiar kitchen-garden vegetable about as large and wise as a man's head. — Ambrose Bierce





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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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

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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. 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.

EVENTS & PROGRAMS

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.

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