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# SHANGRI LA

## • S T A R •

# February • 2024

# Issue 12 47<sup>th</sup> Year

## Happy Valentine's Day!

The winter season is here, have some fun like these ladies of Doral Village Bingo!  
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## HOA OFFICERS

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 Vice President .....Nancy Wadsworth, Lot 105 .....315-440-7037  
 Treasurer .....Gary Deutschmann, Lot 94 .....636-492-1231  
 Ass't Treasurer.....Penny Campbell, Lot 5 .....727-482-9668  
 Secretary .....Tammy Tynan, Lot 26 .....519-751-9408

Activities Director.....Jay Frieland, Lot 145

Park Office.....727-582-2850  
 After Hours Emergency.....727-641-9556

Shangri La Star Newsletter ..... by Lisa Vachon, Lot 144  
 Email: ShangriLaStar2023@gmail.com

## FEBRUARY BIRTHDAYS AND ANNIVERSARIES:

11th – Jan Northcutt, Lot 148 Birthday

If we are missing your birthday or anniversary,  
 please let us know.

Email: ShangriLaStar2023@gmail.com



## GREETINGS FROM THE MANAGEMENT OFFICE

Our new manager Maria Lugo and her assistant started in December. We had a great Meet & Greet with them a few weeks ago. They have indicated that if you are looking to sell your home, they can help. Call or visit the management office.

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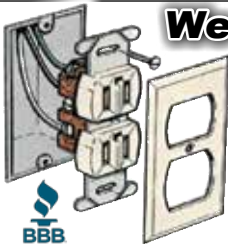
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# MESSAGE FROM OUR HOA PRESIDENT

---

**G**reetings to all!  
Hope everyone is keeping warm. The 360 inspections are ongoing. If you need help, please reach out to me or a neighbor. There are a lot of people willing to help. If you feel the inspection is unfair, please address this with the Manager, Maria Lugo.

The next HOA meeting is February 1st at 6 p.m. Hope to see you!

We will be better  
Cheryl "CC" Doty



# TRANSPORTATION FOR SENIORS

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**N**eighborly Transportation is available for adults 60 and older. They offer door-to-door service, courteous drivers, and wheelchair accessible buses. Transportation is available to: Medical appointments within Pinellas County, Group outings of 6 or more participants for shopping, dining out, or other fun outings.

All medical appointments must be within 10 miles of your home, and the trip scheduled at least two business days in advance. Special events require at least 5 days' advanced notice. There is no charge for services – donations are accepted. You must register with Neighborly prior to scheduling a ride. Visit [neighborly.org](http://neighborly.org) or call: (727) 573-9444 for more information - Business Hours: 8am-5pm, Monday - Friday

# FREE HEALTHCARE – CLEARWATER FREE CLINIC

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**S**ince 1977, the Clearwater Free Clinic has provided problem-oriented healthcare to low income, uninsured residents of upper Pinellas County by means of office visits, medications, lab work, x-rays and specialty referrals. The Clinic, a volunteer driven non-profit, non-government medical facility, provides primary healthcare at no cost to those who do not qualify for government assistance, and who cannot afford private medical care. They are located at 1218 Court St., Clearwater – 727-447-3041



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- MAY 20, 4 DAY—SPRINGTIME IN SAVANNAH, GA!...\$719/\$899

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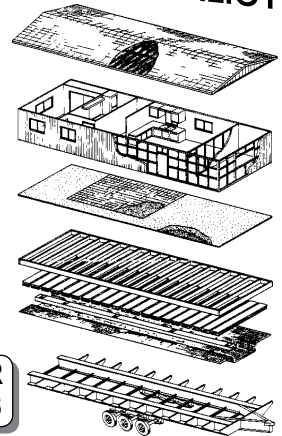
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## SHANGRI-LA SECOND SATURDAY BOOK CLUB

Lisa Vachon will be hosting a monthly book club on the 2nd Saturday of each month at the clubhouse. February’s meeting will be on Saturday, February 10th at 10 a.m. Come and Join us for coffee, tea, breakfast treats and great books!! If you need help getting any books that are chosen, please let Lisa or CC know. We will be reading one book a month and at each meeting we will choose a new book to read. February’s book will be *Anxious People* by Fredrik Backman.

February 10th, 10 a.m. Book Club at the clubhouse  
February 11th, 6:30 p.m. NFL SB Party at the clubhouse (tentatively)  
TBD Valentines Day Party

## JOKE

What month is the best for coffee? Feb-BREW-ary



## KNOW YOUR NEIGHBOR

If you would like to be featured in the newsletter, please let us know.



## RECIPE:

Don't wait until Paczki Day (aka Fat Tuesday or Mardis Gras) to enjoy one of these soft traditional Polish donuts filled with jelly, custard, or other delicious fillings!  
Paczki (pronounced “puhnch kee”) were created to use up the last of the forbidden ingredients of Lent, including lard, eggs, fruit, and sugar. While the fat in paczki dough is butter, the dough was traditionally fried in lard to use it up before Lent.

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## PACZKI (JELLY DONUTS)

### **Ingredients:**

- ¼ cup warm water (between 100 and 110°F)
- 4 ½ teaspoons active dry yeast
- ½ cup granulated sugar, divided (100g)
- 1 ½ cups whole milk, warm
- ½ cup salted butter, melted
- 1 egg
- 3 egg yolks
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 5 to 5 ½ cups all-purpose flour, scooped and leveled (705 to 776g)
- Canola oil, for frying (or vegetable or peanut oil)
- Additional granulated sugar, for coating the outside of the donuts
- Raspberry jam, Nutella, apple pie filling, lemon curd, pastry cream, etc., for filling



1. Combine the yeast, warm water, and 1 tablespoon of sugar in a bowl. Let it sit for 5-10 minutes until foamy to proof. When bubbly, add eggs, butter, salt, and vanilla.
2. In a large mixing bowl, combine the remaining sugar, warm milk, butter, egg, egg yolks, vanilla, and salt. Add the proofed yeast and 2 cups of the flour, then beat using the paddle attachment for 1-2 minutes until smooth.
3. Switch to the dough hook and continue to add the remaining flour, 1 cup at a time, kneading between additions. Once the flour has been added, knead on medium-low speed for about 5 minutes until smooth. The dough will be sticky and soft but should start to clean off the side of the bowl. You can also knead by hand for 7-9 minutes on a lightly floured surface instead. If the dough is really sticking to the bowl, you can add a little more flour, ½ cup at a time, until the dough is workable. But for the lightest paczki, try not to add too much flour.
4. Transfer the paczki dough to a clean, lightly greased bowl. Cover with plastic wrap and let rise in a warm place until doubled in size, about 1-2 hours or in the fridge overnight.
5. Turn out dough onto a lightly floured surface and roll out to about ½-inch thick. Use a 3- to 3 ½-inch round biscuit or donut cutter (or cup or lid about that size) to cut out rounds, then place them on baking sheets lined with parchment paper with space between them to rise. You may need to dip the cutter into flour between each cut, so it doesn't stick to the dough.
6. Cover the circles of dough loosely with plastic wrap and let them rise for 30-60 minutes until puffy and doubled in size. Or place them in the fridge for a slow proof overnight so they are ready to fry in the morning.
7. Heat about 3 inches of oil over medium heat in a large cast iron skillet to 325 to 350°F. Fry 3-5 donuts at a time for 2-3 minutes on one side, then flip and fry for another 1-2 minutes on the second side until golden brown with a pale stripe around the middle.
8. Transfer the fried paczki to a paper towel-lined baking sheet with a wire slotted spoon to drain excess oil. Toss in granulated sugar while still hot. Or let cool completely, then roll or dust in powdered sugar.
9. Fit a piping bag fitted with an open piping tip and fill with your filling of choice. Stick the piping tip into the side of a donut and squeeze until the filling starts to pool at the top of the donut. If you have a hard time getting your piping bag into the side of your paczki you can make a slit with a knife to get things started.
10. Serve immediately for best results, or store upright at room temperature for up to 2 days.

If you've got a recipe you think we'll all like, please share. Email: [ShangriLaStar2023@gmail.com](mailto:ShangriLaStar2023@gmail.com)



# February Word Search



M	O	M	E	N	T	R	A	I	L	E	R	K
Y	L	I	S	A	E	R	O	N	G	I	F	T
W	X	T	S	D	E	R	D	N	U	H	V	Y
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R	L	E	V	E	L	P	T	R	U	C	K	L
E	N	R	L	W	O	L	L	O	F	E	C	O
G	E	R	E	P	E	A	T	M	T	R	A	N
N	E	N	U	L	M	V	B	U	I	I	L	H
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## February Holidays

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**N**ational Girls and Women in Sports Day. Feb. 7.  
Celebrates and honors all girls and women participating in sports. Recognizes the passage of Title IX in 1972, the law that guarantees gender equity in federally funded school programs, including athletics. For more information, browse [www.NGWSDCentral.com](http://www.NGWSDCentral.com).

**Groundhog Day. Feb. 2.** Old belief that if the sun shines on Candlemas Day, or if the groundhog sees his shadow when he emerges on this day, six weeks of winter will ensue.

**Pay-A-Compliment Day. Feb. 6.** Pay a compliment to coworkers, family members or strangers on the street or in the elevator in your office building.

**Valentine's Day. Feb. 14.** Celebrates the feast of two Christian martyrs of this name. Now it is one of the most widely observed unofficial holidays. It is an occasion for the exchange of gifts, usually flowers or sweets, and greeting cards.

Presidents Day. Feb. 19. Observes the birthdays of George Washington (Feb. 22) and Abraham Lincoln (Feb. 12).

**Inconvenience Yourself Day. Feb. 28.** A day to think about others and look for ways to inconvenience yourself while making the lives of others better or easier. For more information, browse [www.inconvenienceyourself.com](http://www.inconvenienceyourself.com).



## Monthly

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**A**MD/Low Vision Awareness Month. Macular degeneration is a leading cause of vision loss. Low vision aids can make the most of remaining vision. For more information browse [www.preventblindness.org](http://www.preventblindness.org).

**American Heart Month.** Each year cardiovascular diseases claim the lives of nearly 500,000 women. The American Heart Association focuses on education about women and heart disease. The AHA urges everyone to participate in Wear Red Day on Feb. 3. For more information, browse [www.americanheart.org](http://www.americanheart.org).

**Bake for Family Fun Month.** The Home Baking Association dedicates this month to the great taste, good nutrition, economy and family fun of traditional home baking. For more information, browse [www.homebaking.org](http://www.homebaking.org).

**Library Lovers' Month.** To recognize the value of libraries and to work to ensure that the nation's libraries will continue to serve the public. For more information, browse [www.librarysupport.net/librarylovers](http://www.librarysupport.net/librarylovers).

**National Black History Month.** To recognize achievements and contributions by African Americans. For more information, browse [www.asalh.org](http://www.asalh.org).

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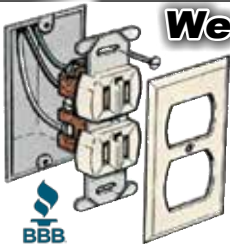
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Sunday	Monday	Tuesday
MARCH		
S M T W T F S		
		1 2
3 4 5 6 7 8 9		
10 11 12 13 14 15 16		
17 18 19 20 21 22 23		
24 25 26 27 28 29 30		
31		
	4	5
		Shuffleboard 10:00am Bingo at
	11	12
6:30 p.m. NFL SB Party (tentatively)		Shuffleboard 10:00am Bingo at
	Lincoln's Birthday	M
	18	19
		Shuffleboard 10:00am Bingo at
	President's Day	
	25	26
		Shuffleboard 10:00am Bingo at

# Shangri La

Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3
			Groundhog Day	
Board at 7:00 p.m.	6 Marbles at 1:30 p.m.	7	8	9 10:00 a.m. Book Club
Board at 7:00 p.m.	13 Marbles at 1:30 p.m.	14	15	16 17
ardi Gras	Ash Wednesday Valentine's Day			
Board at 7:00 p.m.	20 Marbles at 1:30 p.m.	21	22	23 24
		Washington's Birthday		
Board at 7:00 p.m.	27 Marbles at 1:30 p.m.	28	29	

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## On the fragility of opinions



A very long time ago, far away in another land, there lived six blind men. They had all been blind since birth. Mostly, the six spent their days sitting around inventing tall tales to see who could tell the best story.

One day, the six men fell into a great argument. The subject of their argument was the elephant. There were many tales throughout the land about the great elephant, but because none of the men had actually seen an elephant each of them had their own idea of what the beast was like.

The men hired a young guide to lead them in finding an elephant to settle the dispute. The blind men followed along, each one placing his hands on the back of the man in front of him, and in this way they made their way single file along a narrow forest path.

It wasn't long before the group came across a great elephant. The six became very excited. They decided that each man should take a turn at exploring the elephant's shape and form.

The first man fell against the side of the elephant and said, "My, the elephant is like a great and sturdy wall."

The second man grabbed hold of the tusk of the elephant and said, "My, the elephant is smooth and sharp, like a wonderful spear."

The third man approached the animal and grabbed on to the trunk and said, "My, the elephant is exactly like a snake."

The fourth man grabbed hold of the elephant's great leg and said, "My, the elephant is round and sturdy, just like a tree."

The fifth man reached out and grabbed hold of the elephant's ear, "My," he cried out, "The elephant is just like a fan."

The sixth man reached out and grasped upon the elephant's tail and said, "My, the elephant is exactly like a rope."

And so, the men continued arguing, even more loudly than before, each arguing for his opinion of what the elephant was like. And even though each was a little right—all of the men were more than a little wrong.

### *On unhappiness*

*It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about.*

— **Dale Carnegie**

*The mind is its own place, and in itself Can make a Heav'n of Hell, a Hell of Heav'n.*

— **John Milton**



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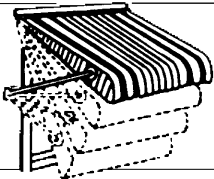
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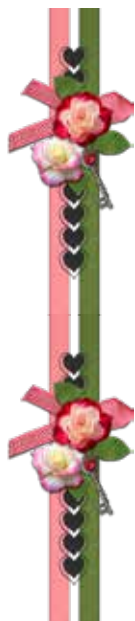
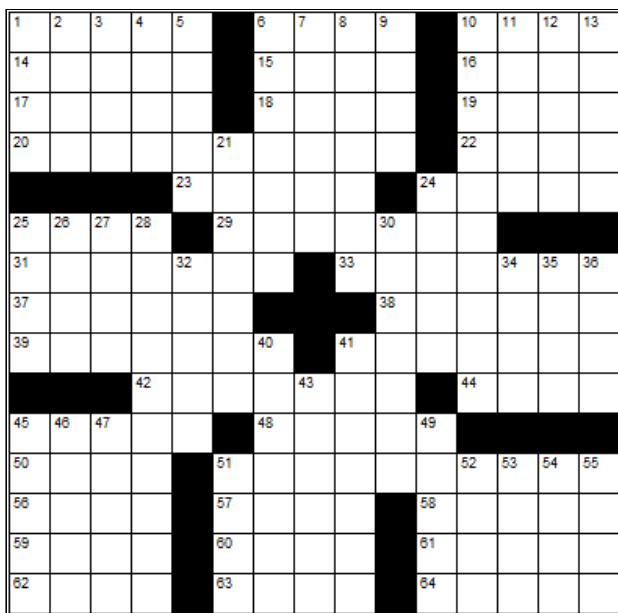
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**ACROSS**

- 1. Reliance
- 6. Taxis
- 10. Raindrop sound
- 14. Eagle's home
- 15. Affirm
- 16. Wealthy
- 17. Sail supports
- 18. Hindu princess
- 19. Aware of
- 20. Poulting
- 22. Average
- 23. Grin
- 24. Pal
- 25. Stops
- 29. "Hush!"
- 31. Spotted feline
- 33. Cuddle
- 37. Ravel classic
- 38. Trader
- 39. Intestinal
- 41. Type of pony
- 42. Heat-related
- 44. Poi source
- 45. Thick-growing
- 48. They connect points
- 50. Nitpicky to a fault
- 51. In a slow, laborious manner
- 56. 5280 feet
- 57. Rodents
- 58. Red Sea peninsula
- 59. Sounds of disapproval
- 60. Curved molding
- 61. Economic down time
- 62. Hotels
- 63. Flippant
- 64. Affirmatives



**Down**

- 1. Pack down
- 2. Genuine
- 3. Celestial bear
- 4. Seats oneself
- 5. Quizzes
- 6. Toted
- 7. Services
- 8. Types of hat
- 9. Large and hurried swallow
- 10. Proclaim
- 11. Delineated
- 12. Group of eight
- 13. Fake
- 21. Involve deeply
- 24. Music genre
- 25. River to the North Sea
- 26. Used in advertising signs
- 27. Buffoon
- 28. Too shocked for words
- 30. Brought on
- 32. Impressive display
- 34. Pleased
- 35. Extend credit
- 36. Therefore
- 40. Montage
- 41. Way of thinking
- 43. Violent troublemaker
- 45. Famous baby deer
- 46. Labor organization
- 47. Beauty parlor
- 49. Pantywaist
- 51. Brace
- 52. Egyptian river
- 53. Wildebeests
- 54. Hardly believable
- 55. Puppy sounds



February  
Crossword



## The most important ingredient



It was well known that Abraham Lincoln often slipped out of the White House on Wednesday nights to listen to the sermons of Phineas Gurley at New York Avenue Presbyterian Church. The president tried to slip in and out of the services unnoticed—so Gurley often left his study door open so the president could listen to his sermons privately. One night, Lincoln showed up and took his seat in the minister’s study and propped the door open a little wider so that he could hear what the preacher was saying.

An aide later asked Lincoln what he had thought of the most recent Wednesday night sermon.

The president thought for a moment and then replied: “The content was excellent ... he delivered with eloquence ... he put work into the message ...”

“Then you thought it was an excellent sermon?” the aide asked.

“No,” Lincoln answered plainly.

“But you said the content was excellent ... that it was delivered with eloquence and it was the fruit of hard work,” the aide said.

“That’s true,” Lincoln said. “But Dr. Gurley forgot the most important ingredient ... He forgot to ask us to do something great.”

## A stone in the road



Once in a foreign land, a king had a boulder placed in the middle of a well-traveled road. Then the king hid himself from view, and watched to see what would happen.

Wealthy merchants whom the king knew well saw the boulder and stepped around it. Courtiers came and when they saw the boulder they walked around it as well.

It came to pass that many people criticized the king for not keeping the road clear, but no one in the kingdom did anything to get the giant stone out of the road.

One day, a peasant came down the road carrying a load of vegetables. When the man saw the stone, he laid down his load and commenced in trying to move the stone. After a great effort, the peasant finally was able to move the boulder. When the peasant went back to the road for his vegetables he noticed that in the place where the stone had been was a beautiful red purse. The peasant picked up the purse and saw that it was filled with many gold coins and a note from the king saying the gold was for the person who moved the boulder from the road.

Moral: What other men see as an obstacle can be an opportunity for the man who faces it head on.

### *On success*

*Most people search high and wide for the keys to success. If they only knew, the key to their dreams lies within.*

— *George Washington Carver*



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## Reduce your food label confusion

Are you confused by the labels on food products in the grocery store? Products now like to advertise that they are “fat free,” “reduced fat” and “low calorie.” So what do those terms really mean? The Food and Drug Administration regulates what foods can contain before they can make label claims. Here are a few FDA label-claims requirements for food manufacturers:



**Free.** This means that a product contains no amount of, or only trivial or “physiologically inconsequential” amounts of one or more of the following components: fat, saturated fat, cholesterol, sodium, sugars and calories. For example, “calorie-free” means fewer than 5 calories per serving, and “sugar-free” and “fat-free” both mean less than 0.5 grams per serving. Synonyms for “free” include “without,” “no” and “zero.” A synonym for fat-free milk is “skim.”

**Low.** This term can be used on foods that can be eaten frequently without exceeding dietary guidelines for one or more of these components: fat, saturated fat, cholesterol, sodium and calories. Thus, descriptors are as follows:

- Low-fat. 3 grams or less per serving.
- Low-saturated fat. 1 gram or less per serving.
- Low-sodium. 140 milligrams or less per serving.
- Very low sodium. 35 milligrams or less per serving.
- Low cholesterol. 20 milligrams or less and 2 grams or less of saturated fat per serving.
- Low calorie. 40 calories or less per serving.

Synonyms for low are “little,” “few,” “low source of” and “contains a small amount of.”

## Many Americans suffer from heartburn

According to the AstraZeneca Web site, heartburn is a burning feeling that rises from the stomach or lower chest up toward the neck. The burning sensation is caused by acid that backs up from the stomach into the gullet (esophagus). Usually a valve at the lower end of the esophagus opens when you swallow and closes when the food has passed. However, in some people, this function does not work properly and does not close off when it should—after a meal, for instance. Anyone who suspects they are suffering from heart-burn should seek a doctor’s advice; medicine may be required and more serious problems need to be eliminated as the cause of the discomfort.



- In Western countries, about 40 percent (two in every five) of adults suffer from heartburn.
- Up to 44 percent of American adults suffer from heartburn at least once a month, and approximately 7 percent of Americans experience heartburn at least once a day.
- Twenty-five percent (one in four) of pregnant women experience daily heartburn and more than 50 percent have occasional symptoms.



# February



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9	2	8	1	7	6	5	4	3
1	3	5	8	9	4	7	6	2
7	4	6	5	3	2	1	9	8



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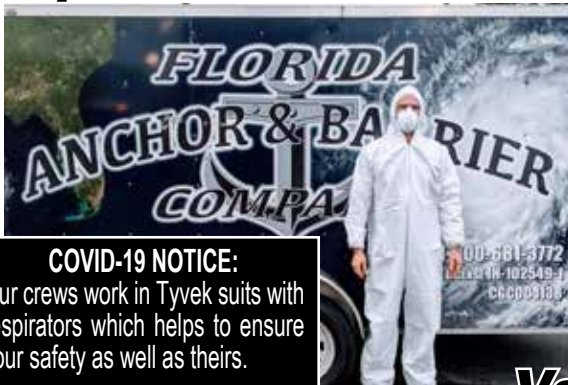
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## Einstein in ‘Tinsel Town’



In his book *Great Hollywood Wit*, famed movie critic Gene Shalit recounts this famous Hollywood anecdote. Albert Einstein once ventured into the alternate universe known as Hollywood. Many celebrities made it their business to get invited to the sumptuous bash thrown in the physicist’s honor. No doubt many at the star-studded event had heard of his theory of relativity—but it’s unlikely that many understood it. At the party, it came to pass that one of the 20th century’s greatest minds was introduced to Jack Warner, a movie producer who ruled Hollywood for many years. Warner’s studio was responsible for introducing stars like Bette Davis, Humphrey Bogart—and Bugs Bunny. When Einstein was introduced to Warner, the movie maker said, “I have my own theory of relatives. Don’t hire ’em.”

## Things you’ll never hear your consultant say:

- You’re right; we’re billing you way too much for this.
- How about you only pay me based on the success of this project.
- The whole strategy is based on a Harvard business case I read the other night.
- I don’t know enough about that to speak about it intelligently.
- Implementation? I was just going to write a long report for you.
- The only real problem you have is too much work for too few people.
- Everything looks OK to me. You really don’t need me.

## No future in it

**J**ohn: “I don’t think Steve is going to make it as a speaker.” **E**d: “Why?” John: “Because yesterday, when he asked if they could hear him in the back, and the answer was no, everyone in the front moved to the back.”



### *On success*

*If you have achieved any level of success, then pour it into someone else. Success is not success without a successor.*

*—T.D. Jakes*

*There are no secrets to success. Don’t waste time looking for them. Success is the result of perfection, hard work, learning from failure, loyalty to those for whom you work, and persistence.*

*— Colin Powell*

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<p>FURNITURE, good clean, pre-owned. Top dollar paid. Charles, 727-657-7021</p>	<p>CARPOT SALE- RANCHERO VILLAGE, 7100 Ulmerton Road, Largo. Saturday, February 10, 2024 from 8 am to 3 pm</p>	<p>Palm Hill Country Club Annual Bazaar. Saturday, March 2nd, 8am- 1pm. 1800 Seminole Blvd, Largo.</p>
<p><b>OTHER</b></p>	<p>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.</p>	<p>Lake Seminole Resort Spring Flea Market, Bake Sale and Lunch on Saturday, March 2nd, 9:00am -1:00pm. Located at 10245 110th Ave. N., Largo Florida</p>
<p><b>ARTICLES FOR SALE</b></p>	<p>BriarCreek Community Annual Bazaar. 2/23 5-7pm. 2/24 8am-1pm. 3175 McMullen Booth Road. South of Mease Hospital.</p>	<p>Sugar Creek Craft &amp; Bake Sale. Saturday, March 2, 2024. 9:00-2:00. 10265 Ulmerton Rd.</p>
<p>NEW name brand clothing, all sizes. Mens, womens, winter, and summer. 727-319-8899</p>	<p>Flea Market Sat. Feb. 24th, 8-12 pm. Colonial Village, 2000 East Bay Drive, Largo. Furniture, Kitchen appliances, housewares, bicycles, clothing, home-baking.</p>	<p>Blue Jay Estates-Annual Community Rummage Sale. Friday, 3/8 and Saturday, 3/9. 8am-1pm. Bake Sale and Lunch available Saturday only. Clubhouse and deck. 2755 Curlew Road, Palm Harbor, 34684</p>
<p><b>EVENTS &amp; PROGRAMS</b></p>	<p>Westwind Mobile Home Park 1 and 2 Annual Windfall Tag Sale. Saturday February 24th, 8-1 at 3301 ALT. 19, Dunedin</p>	<p>Craft Fair, 3-16-24. 8-1pm. Palm Hill Country Club, 8th Ave Clubhouse. Crafts, food, &amp; Baked Goods</p>
<p>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: cccgcf@galt.biz.</p>	<p>Doral Village Yard Sale Bazaar, Saturday, February 24th, 8am-1pm. 29250 US Hwy 19N, Clearwater. Furniture, clothing, linens, books, electronics, glassware, jewelry, kitchen items, baked goods, lunch and great raffles and prizes!</p>	<p>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@relpost144.org.</p>
<p>Gateway MHP Community Sale, Saturday, Feb. 3rd, 8am-2pm. 10100 Gandy Blvd. St. Petersburg</p>	<p>2 Day Yard Sale Friday and Saturday March 1st and 2nd. Outdoors and in clubhouse. 8am-3pm. Bake Sale in Clubhouse and Refreshments available. LaPlaza MHP 6700 150th Ave N. Clearwater</p>	<p><b>WANTED TO BUY</b></p>
<p>Carpot Sale, Feb. 3, 2024. East Bay Oaks and Eldorado Village. 601 Starkey Rd. 8am-2pm. NO EARLY BIRDS</p>	<p>White Elephant &amp; Bake Sale: Saturday March 2, 2024, 8am-1pm. Small appliances, furniture, lamps, dishes, linens, jewelry, baked goods, lunch. Lake Highlander Park, 1500 Country Road 1, Dunedin</p>	<p>Wanted to buy stamp collections. High prices for good quality. 709-682-9499</p>
<p>SUGAR CREEK CARPOT SALE. SATURDAY, FEB. 3RD - 8AM-1PM. 10265 ULMERTON RD, LARGO</p>		
<p>Carpot Sale: February 3rd, 8am-noon. Golden Acres RO Park. 1040 Main St., Dunedin FL</p>		
<p>Community Yard Sale: Holiday Shores Park, Feb 9th and 10th. Entrances on 104th Avenue North and 106th Avenue North, Largo. 8AM to 2PM</p>		

## MARCH AD DEADLINE - FEBRUARY 10, 2024

- 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.

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## Attention worrywarts - you can change

If you're human, you worry. And worrying has served a great purpose for humankind—the process has been an integral part of evolution and survival for thousands of years. Let's face it, compared to, say a T. rex, human beings were not the most likely creatures to survive long term—so what happened? We worried. Or in other words, we were able to exercise forethought—project the possibilities of what might happen in the future in our minds and then make decisions based on the “what if...” scenario. And it helped. If a caveman saw a friend eat a berry and then fall down dead, he would be able to think “Gee, my friend, died after eating a purple berry.” And weeks later when he found a bush full of purple berries that looked like the ones his friend ate, he would make the informed and rational decision to avoid putting one in his mouth. In essence, he worried about something before he did it—and he survived.



But like all good things, sometimes our evolutionary gold-mines go awry and end up with negative consequences if they are allowed to run amok. And that, in essence, seems to be happening to a lot of people today. People seem to be experiencing overwhelming levels of worry and the condition is being tagged as generalized anxiety disorder. Psychologists seem to think that people are experiencing GAD more often these days because modern life is full of so much stress. According to the American Institute of Cognitive Therapy, people react to this stress in different ways: Some people believe that if they worry, they are somehow protecting and preparing themselves; some believe that they need certainty in order to relax; and some believe that worrying about worrying is going to drive them crazy.

So what's a worrywart to do? According to NetDoctor.co.uk, cognitive therapy can help those stricken with GAD. This involves analyzing your response to the world, and learning how to think and act in new ways. Physical exercise and deep breathing is also very helpful for most sufferers.

Dr. Robert Leahy, author of *The Worry Cure*, says there are ways to stop excessive worry, “It takes practice and patience,” Leahy says, “but ultimately it boils down to readjusting how you think about the world, and really believing that tomorrow is more likely to bring you something humdrum or wonderful than some-thing frightening.”

### *On perseverance*

*There are pearls in the deep sea, but one must hazard all to find them. If diving once does not bring you pearls, you need not therefore conclude that the sea is without them. Dive again and again. You are sure to be rewarded in the end.... If your first attempt proves fruitless, do not lose heart. Persevere in your efforts....*



— *Sri Ramakrishna*



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