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Emergency Maintenance	11

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



## **......**

#### **February Holidays**

FEBRUARY

Tational 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.

**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.

#### Monthly



**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.

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.

**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.

**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.

**National Black History Month.** To recognize achievements and contributions by African Americans. For more information, browse www.asalh.org.

National Time Management Month.

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#### Attention worrywarts - you can change

I f 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 con-sequences 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  $con\neg clude$  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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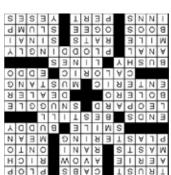
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- 15. Affirm
- 16. Wealthy
- 17. Sail supports
- 18. Hindu princess
- 19. Aware of
- 20. Poulticing
- 22. Average
- 23. Grin
- 24. Pal
- 25. Stops
- 29. "Hush!"
- 31. Spotted feline
- 33. Cuddle
- 37. Ravel classic
- 38. Trader
- 39. Intestinal
- 41. 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

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- 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





41. Way of thinking

45. Famous baby deer

46. Labor organization

47. Beauty parlor

52. Egyptian river

55. Puppy sounds

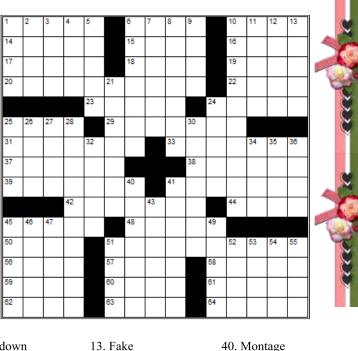
54. Hardly believable

53. Wildebeests

49. Pantywaist

51. Brace

43. Violent troublemaker







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# **Crystal Lake**

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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

## 

#### The most important ingredient

t 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

nce 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**

re 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

ccording 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 esopha-



gus 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.







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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

**John**: "I don't think Steve is going to make it as a speaker." **Ed**: "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

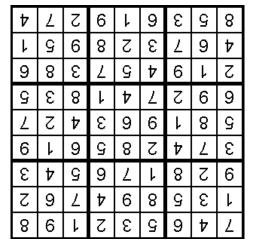
# February • • • • •

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#### OTHER

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#### ARTICLES FOR SALE

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#### **EVENTS & PROGRAMS**

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.

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

Carport Sale, Feb. 3, 2024. East Bay Oaks and Eldorado Village. 601 Starkey Rd. 8am-2pm. NO EARLY BIRDS

SUGAR CREEK CARPOT SALE. SATURDAY, FEB. 3RD - 8AM-1PM. 10265 ULMERTON RD, LARGO

Carport Sale: February 3rd, 8am-noon. Golden Acres RO Park. 1040 Main St., Dunedin FL

Community Yard Sale: Holiday Shores Park, Feb 9th and 10th, Entrances on 104th Avenue North and 106th Avenue North, Largo. 8AM to 2PM

#### 10 WORDS for \$8.55 – Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

**EVENTS & PROGRAMS** 

**EVENTS & PROGRAMS** 

RANCHERO CARPOT SALE-Palm Hill Country Club Annual Bazaar. VILLAGE, 7100 Ulmerton Road, Saturday, March 2nd, 8am-1pm. 1800 Largo. Saturday, February 10, 2024 Seminole Blvd, Largo. from 8 am to 3 pm Lake Seminole Resort Spring Flea HUGE carport sale inside and outside Market, Bake Sale and Lunch on Saturday, March 2nd, 9:00am -1:00pm. the clubhouse. Browse in comfort. Clearwater Cascades, 9790 66th St. Located at 10245 110th Ave. N., Largo North, Pinellas Park. February 17th, Florida 8-2pm. Furniture, décor, housewares, Sugar Creek Craft & Bake Sale. tools. Refreshments available. Saturday, March 2, 2024. 9:00-2:00. BriarCreek Community Annual Bizaar. 10265 Ulmerton Rd. 2/23 5-7pm. 2/24 8am-1pm. 3175 Blue Jay Estates-Annual Community McMullen Booth Road. South of Rummage Sale. Friday, 3/8 and Mease Hospital. Saturday, 3/9. 8am-1pm. Bake Sale and Lunch available Saturday only. Flea Market Sat. Feb. 24th, 8-12 pm. Clubhouse and deck. 2755 Curlew Colonial Village, 2000 East Bay Drive, Largo, Furniture, Kitchen appliances, Road, Palm Harbor, 34684 housewares, bicycles, clothing, home-Craft Fair, 3-16-24. 8-1pm. Palm Hill baking. Country Club, 8th Ave Clubhouse. Crafts, food, & Baked Goods Westwind Mobile Home Park 1 and 2 Annual Windfall Tag Sale. Saturday The Royal Canadian Legion Post February 24th, 8-1 at 3301 ALT. 19, 144 Pinellas County, having survived Dunedin COVID, is regrowing to continue supporting local Veterans, and providing Doral Village Yard Sale Bazaar, social activities for new and existing Saturday, February 24th, 8am-1pm. 29250 US Hwy 19N, Clearwater. Canadian Legion Members. Join us Furniture, clothing, linens, books, for our monthly Membership Meetings. Remembrance Ceremonies, VSO visits, electronics, glassware, jewelry, kitchen items, baked goods, lunch and great raids, invasions, MLB game, dinner/ theater, museums, etc. For information, raffles and prizes! email: info@rclpost144.org. 2 Day Yard Sale Friday and Saturday March 1st and 2nd. Outdoors and in WANTED TO BUY clubhouse. 8am-3pm. Bake Sale in Wanted to buy stamp collections. High Clubhouse and Refreshments available. prices for good quality. 709-682-9499 LaPlaza MHP 6700 150th Ave N. Clearwater White Elephand & Bake Sale: Saturday March 2, 2024, 8am-1pm. Small appliances, furniture, lamps, dishes, O, V. E.

MARCH AD DEADLINE - FEBRUARY 10, 2024

linens, jewelry, baked goods, lunch.

Lake Highlander Park, 1500 Country

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#### One of the greatest love stories of all time

n 1845, Robert Browning was an unknown poet and playwright when he first read Elizabeth Barrett's volume of poetry titled Poems. He was 32 years old.

Elizabeth Barrett was a well-known poet—and an invalid. She was 39 years old.

Browning was so moved by her poetry that he wrote to her "I love your verses with all my heart, dear Miss Barrett..." The two then commenced writing more than 600 letters to each other during the next 20 months.

According to The History Channel's Web site, Elizabeth had suffered from the time she was a teenager from a painful condition that caused



uncontrollable spasms of pain and breathing difficulties. She had been a shut-in and a spinster for years. Elizabeth's father was a very controlling, wealthy man who had forbidden all of his 12 children from ever marrying.

Browning began to court Barrett, but at first she did not take him seriously, thinking that no one would be genuinely interested in her romantically. But Browning was ardent in his desire for Barrett. However, Barrett refused to see Browning for several months. Elizabeth found it hard to trust Browning's intentions because she had been isolated for so long and because she questioned the treatment of women inside the institution of marriage. But despite these almost overwhelming obstacles, Browning continued to court her with passion.

Finally, with the encouragement of Browning, Elizabeth left the room where she had spent the previous six years of her life. She began to go outside and live an active life again, and she cut back on the morphine and opium the doctors had prescribed for her painful condition.

In 1846, Barrett married Browning in a secret ceremony (to hide the fact that she was defying her father). When her father found out, he disinherited Elizabeth.

The couple left for Italy in the week after their marriage—and they spent the next 15 years together productively writing. Their courtship inspired some of the most beautiful and romantic poetry ever written.

The most famous line of her poetry was from her courtship period with Browning published in her Sonnets From the Portuguese, it reads, "How do I love thee? Let me count the ways."

Elizabeth died in her husband's arms in 1861.

