

OFFICE: 3113 S. R. 580 =Safety=Harbor= FL 34695

(727) 725-1811

N

November • 2025

Issue 9
49th Year

An early morning view of Lake Seminole, taken from the dock at Lake Seminole resort.

Thank you Pam for this great picture.

Delivered Door-to-Door by Community Residents FREE Every Month

Monthly Mania Winner! \$100 • LaVonne Wetel Gulf Coast Powerwashing

view this newsletter on-line at www.monthly-media.com

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

CORPORATE DIRECTORS:

President	.Marsha Lemons	#279	. 727-412-1433
V-P and Complaints	.Craig Rodgers	#341	. 502-435-1612
Secretary	2 2		
Treasurer	.Pat Peterman	#205	. 618-960-9284
Corp. Director	.Nancy Kern	#335	. 321-217-3598
Corp. Director			
Corp. Director			

HOA

The HOA Board would like to thank LeeAnne McHugh for her service to the board. She has officially resigned due to health concerns and we will miss her input and assistance. She did most of our printing which saved us tons of money, sorted and handed out Media Guides every month, Coordinated block captains, helped decorate and prepare for any and all events, updated the message board, donated food for Thanksgiving dinner and on and on. She never refused anything asked of her and we will be hard pressed to replace her.

Dues for the HOA are only \$15/year. Please make a check payable to Amber Glades HOA if you want or cash can be used to pay. The dues can either be given to Pat Peterman, Treasurer, or put in the dues box in the clubhouse by the sliding doors. It is only with your membership that we can afford to have activities and do our best to represent the residents with management. The next HOA meeting will be held on the first Tuesday in November at 6:00 pm. You must be an HOA member to attend.



Amber Glades Office

Karen Barker
Professional Housing Consultant
727-725-1811



Specializing in New & Pre-Owned Homes

SCREEN & SUN ROOMS - CARPORTS

C-11631 SP-00005

"Ask your Neighbors About Us"

Financing

Aluminum specialty contractors, Inc 7420 Park Blvd. Pinellas Park Fl 33781 727-547-8300 **FREE ESTIMATE**

TRANSFORM YOUR **HOME WITH PREMIUM**

ENCLOSURE



ASK about financing



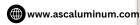


Other services:

- Patio covers
- **Awnings**
- Windows

Doors

- Shutters



PINELLAS COUNTY ascaluminum HILLLSBOROUGH COUNTY



★ Boss ELECTRIC



- Family Owned & Operated
- Surge Protection
- Ceiling Fan Wiring
- Panel Upgrade & Repair

FREE ESTIMATES

'91-1308

Senior & Military DISCOUNTS

www.bosselectriccorp.com



PASCO COUNTY

Available Services

- Inside, Outside & Underneath Drywood & Subterranean **Termite Treatments**
- Flea, Tick, & Mosquito Control
- Rodent Control
- Bee Removal



Starting At: 25 Household Pest Control* \$35 every 2 months



Licensed • Insured 727-535-2629

PAINT AND COLOR CONSULTATION



G 🏋 J PAINTING

TEL: (813)-934-9024



LETS MAKE

YOUR HOME

INTERIOR AND EXTERIOR PAINTING

- COMMERCIAL PAINTING CONTRACTORS
- EXTERIOR AND INTERIOR WOOD STAINING
- WALL REPAIRS FURNITURE PAINTING
- . FENCE PAINTING

BRAND NEW AGAIN!!



ON A MISSION TO ENSURE A HIGHER QUALITY OF LIFE* Email: Mrsanchezb51@gmail.com





Quality Workmanship Honest Pricing



- Vapor / Moisture Barrier
- Underhome Encapsulated Insulation
- Hurricane Tie-Down Anchors 10 Yrs Exp.



We Keep rodents, snakes, spiders, bugs, mold, mildew, and damaging moisture out of your home!

AFTER

LIC. # IH-1110636 INSURED FAMILY OPERATED

FL State General Contractor Lic. # 1531303

Office Location: 12355 62nd St N Unit B Largo, FL 33773



ESTIMATES & SMILES ALWAYS FREE

(800) 377-7885 or (727) 282-2045



WHAT DOES OUR HOA DO AND WHERE DOES THE \$15/YEAR GO??

he type of HOA we have basically is the liaison between Management and the Residents of our community. We do not have any power over the residents and enforcement of L rules and regulations. If a resident has a problem of any kind, they are first obligated to bring the issue to the office for resolution. Then if you can't get results, the Board needs to know so we can intervene on your behalf. We do sometimes notify the office of issues effecting us personally or anything that is a health and safety concern, but outside of that our role is to discuss issues that have been brought to us by residents. If you get a violation letter from the office, we don't have anything to do with that – in fact, we seldom know anything about it unless it is to us personally for our own perceived violation of the rules and regulations. We request improvements for our community based on requests from residents we receive and bring items that are not operational to the attention of the office. We sit down with corporation management once every three years to discuss rate increases and try and mitigate the amount. It is important to understand that by law these are not negotiations, just discussions. The only reason we can challenge the increase in court is if we can prove that it is not market comparable. Our income of \$15/year from members pays for liability insurance, corporation registration with the State of Florida, Payment to an accountant to file our federal tax forms, Surety Bond and any misc. office supplies. Most HOA Board members don't even ask for reimbursement of supplies and food we buy for events such as turkeys for Thanksgiving. The HOA appoints a Social Committee Chair and supports that committee in events. In the absence of a Social Committee Chair, the HOA Board has stepped up to make sure that residents have events such as July 4 Cookout and Potlucks, etc. The goal of the HOA Board is to help make Amber Glades a better place to live in our senior years. Please join us in our endeavors by joining the HOA for \$15 a year.

SOCIAL COMMITTEE:

Terri Moore Chairperson	Lot 33	240-552-4123
Bev Chism Vice-Chairperson		
Tom Flood Treasurer		
Jodi Godsell Publicity Officer & Kitchen Manager	Lot 75	930-265-5343

Secretary position is vacant, looking for one!!

The Amber Glades Social Committee is hosting a variety of events in November including a Halloween Parade & Party Nov. 1, a Veterans Day Service Nov 11, a Carport Sale November 15 a Thanksgiving Luncheon November 27 and the Annual Ohio State/Michigan Football game with a Chili Cook-off on November 29th.

Note

- Review other events and volunteer
- Attend the Halloween Parade & Party with a DJ.
- Attend the Veterans Day Service
- Participate in the Free Food Giveaway.

COMMITTEE

MEETING WITH MANAGEMENT

A Board met with management on Thursday, October 10, 2025. Inquired why gates are left open the entire day of yard work day since others that don't belong here are entering. Karen stated that the gates are left open so the sweepers can go in and out. Raised issue of pot holes. Plans are already underway to repair them. Discussed possibility of putting stop sign at Crystal and Diamond so there wouldn't be such a long street with no slow downs. Karen said rat bait stations are being moved which interferes with normal pathways of rats. Karen reported that yard sale banner is being updated for upcoming sale. Craig asked for new light bulb in shed. Karen reiterated that speeding cars should be reported to office so they can try and contact them.

REMINDER: Garbage cans should not be put out until 7 pm the night before pickup. After pickup, they should be removed promptly.

Calls from the front gate from unknown visitors should not be honored. Only residents expecting visitors they know should open the gate. Any suspicious activity should be reported to office immediately.

New Residents: None for month

MONTHLY FOOD GIVE-AWAY

Thursday of each month. This event was started by the Social Committee and has been continued despite the Social Committee disbanding during the summer months. Distribution begins at noon and is open to all residents. We are also lucky to have volunteer residents to help with the event. If you would like a bag of food and cannot get up to the clubhouse or know a neighbor or friend that could use some free food, contact a board member so we can pass that information on to the volunteers. It is amazing how much food is brought in – everything from eggs to meat packages to fresh vegetables and fruit to bread and sweet treats. Even some flowers are given out. Any food left over after the distribution is given to a local homeless shelter or animal sanctuary. It is hoped that there can be a Charity Event after the first of the year to contribute back to this wonderful charity.

FOOD PICKUP

Tackie LaFountain will pick up items for the food bank at noon each Saturday. Just leave it at the end of your driveway. You can also deliver it to Lot 44.

A Complete Listing of Resident Services can be found on the page before your calendar





Carports



Benefits of Having a Carport:

- Easy to Maintain
- Better Protection from the Elements
- More Cost-Effective than a Garage







FREE ESTIMATES



727-237-6772









Licensed by the State of Florida CGC# 004138 Insured • Bonded • Workman's Compensation Insurance

FLORIDA ANCHOR AND BARRIER COMPANY

We Buy Clean Quality Trucks, Vans, SUV's, & Cars

WeBuyNiceCars.com



CASH NOW | NOBODY PAYS MORE

WE COME TO YOU!!



Jean

Satterfield





Personal Care and Companionship

Help at home with everyday activities like bathing, dressing, meal preparation and household tasks to enable independence and safety.

Laura Morelli

Director, (PC)| BAYADA Home Health Care

O: 727-450-0767 | Cisco Ext:0207-10 Fax 727-507-7576 | Mobile 727-710-2104

2900 Kroger Blvd. Saint Petersburg, FL 33702





727-724-6450

ur4avon@tampabay.rr.com www.youravon.com/jsatterfield

GAME OF HORSES

ostponed until Fall.



SHUFFLEBOARD LEAGUE

Till begin again in December.

KOFFEE KLATCH

Tew year for Koffee Klatch started up on Tuesday, September 9, 2025 at 9:00 am This is an opportunity for residents to get together for friendship and discussion about life. Coffee will be provided and you can bring a snack to eat if you would like.

LIBRARY NEWS

lease do not bring old, yellowed or torn books to the library. We take no medical books, Pamphlets, Maps, Magazines or sports books. Yes, we take CLEAN newer paperbacks and Hardbacks. Also, we take jigsaw puzzles with all the pieces. Please do not bring anything else to the library.

COLORING/CARD MAKING

This group is for both men and women. For questions, please contact Group Sponsor, Sharon Kachinski, Lot 165, 727-725-3745.

WALKERS & WHEELCHAIRS

There are a few walkers and wheelchairs that are available to Amber Glades residents to borrow when needed. These should be returned when the need is over. For information contact Craig Rodgers, 502-435-1612.

View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

AMBER GLADES ADVOCATE NOVEMBER, 2025 N

AMBER GLADES FACEBOOK PAGE

et connected to Amber Glades Facebook page. Pictures of events are posted there by residents and interesting discussions are often seen. Join in and "friend" the Amber Glades Facebook page. We also have an AG Marketplace page where residents can sell and buy items and an official HOA page – Amber Glades HOA Approved – where the board will post notices & any activities. Also added is a page Amber Glades, Inc. Official Documents, where legal notices, copy of regulations and guidelines for the park, etc. are posted. I recently posted the latest financial report and am in the process of posting minutes from the last meeting.

CRAFT FAIR

Plans are underway to have another Craft Fair on December 13 as in past years. Vendors should start getting their wonderful items ready for sale. Vendor tables will be \$10.

Sheriff's Office

ALL 9-1-1 FOR EMERGENCY ONLY • All Other Calls: 582-6177

If you see suspicious activity in the park or have been confronted by a trespasser, solicitor or door-to-door salesperson – get a good description. Call the Sheriff's office

immediately. This is your best protection and can possibly help apprehend the party. **Issues with Aggressive Dogs** – Call Animal Control at 727-582-2600

Oversize Trash Pickup - Call Waste Pro 727-452-5278 to arrange for pickup.

DEADLINE FOR DECEMBER UPDATES

Tpdates for the December Media Guide need to be turned in to Pat Peterman, 205, 618-960-9284, by

November 8. This includes calendary undertoo Please amail any undertoo to patt 74429@

November 8. This includes calendar updates. Please email any updates to patt74429@ yahoo.com or deliver to Lot 205 Park Mailbox.



UNDER YOUR OKED **MOBILE HOME LATELY?**



OVER 10,000 VAPOR BARRIERS INSTALLEDA



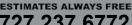
WE CAN FIX YOUR SOFT FLOORS!

WE ALSO SPECIALIZE IN MOBILE HOME FLOORING REPAIRS, AND LAMINATE FLOORING.



STATE CERTIFIED GENERAL CONTRACTOR #004138

STATE CERTIFIED MOBILE HOME INSTALLER #IH/102549/1



FAMILY OWNED & OPERATED







17 ★ 17

727.237.6772

800.681.3772

Do you want to see your Picture on the Cover of **Monthly Media??**



Send us your Photos!

Every month we select a new photo from residents just like you!

Email us at info@monthly-media.com



Park Activities, Fun Events, Holiday Parties, Wildlife... Please include a description of the image and a brief release allowing us to reprint the picture, along with what community you live in.

If your photo is selected your photo will be seen by 21,000 homes across Pinellas County.

You may also mail in your submission:

Monthly Media

220 Bahama St. Venice, FL 34285

HAD RECENT FALLS? FEELING WEAK OR UNSTEADY?



PHYSICAL THERAPY Now

OUR FRIENDLY PT TEAM SPECIALIZES IN:

- BALANCE
 GAIT & MOBILITY
- STRENGTH JOINT & BACK PAIN

SCHEDULE YOUR EVALUATION WITH OUR **DOCTOR** OF PHYSICAL THERAPY (DPT)

ACCEPTING MEDICARE, MEDICARE ADVANTAGE, VA COMMUNITY CARE & MORE!

- ✓ HUMANA
- **✓** OPTIMUM
- ✓ CAREPLUS
- ✓ UNITED
- ✓ WELLCARE
- AETNA

WE COMMUNICATE WITH YOUR PCP OR SPECIALISTS!

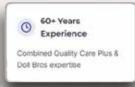
33143 US HIGHWAY 19 N, PALM HARBOR, FL 34684



Our unique cleaning process combines rotational scrubbing with advanced hot water extraction for superior results. Drawing on Doll Bros' 60+ years of expertise, we also offer specialized dry carpet cleaning for delicate or moisture-sensitive carpets. This dual approach ensures optimal care for all carpet types while protecting your investment.









727-761-8222



www.QualityCarePlusCarpetCleaning.com



Call Today! 800-282-3572 727-471-0820

SPECIALIZING IN ALUMINUM ROOF OVERS



DO YOU NEED A NEW ROOF? **Our Weather-Lok Roof Over System Exclusively from AMS is:**

- Energy Star Rated
 - Quiet
- Maintenance Free
- A Full Sheet Blanket of Protection
- Lifetime Warrantied & Transferable



Thanks you and your staff." - J. Howard, Pinellas County



23

REE ESTIMATES

Evening & Weekend Appointments Available

Serving your community for over 35 years. **Great Price • Great Products • Great Workmanship** Your neighbors have used us. How About You?

Visit www.AMSOFFLA.com and view our informative video FL State Certified • Licensed & Insured • Roofing Contractor CC C1329853

SAVE TIME AND MONEY BY CALLING US TODAY TO GET YOUR PROJECT STARTED!





23

WANT TO UPGRADE YOUR HOME EXTERIOR?

Our premium vinyl siding offers:



- Many Color and Style Choices
- Insulation Package
- Beauty and Durability
- Manufacturer's Lifetime Warranty



800-282-3572 • 727-471-0820

FL State Licensed & Insured • General Contractor CG1515749



EPLACEMENT

LOOKING TO REPLACE YOUR WINDOWS?

AMS carries a wide range of windows designed to fit your home and are energy efficient. Standard features include:

- PVC Vinvl Frame
- Insulated, Double Pane Glass
- Low E MAX
- · Manufacturer's Lifetime Warranty



"Our new energy efficient windows installed by AMS are beautiful. Everything from start to finish was great."

C. Wallace Pinellas County

800-282-3572 • 727-471-0820

FL State Licensed & Insured • General Contractor CG1515749

Block Captains *Block Captains Chair, Lee Anne McHugh*

Linda Bearley	.#6	.128-154	618-709-3388
		.77-93	
Sharon DesJardins	#438	.94-107, 425-440	727-488-7422
Patty Goldberg	#366	.301-307,325-339,366-382	727-265-9744
Cindy Heath	#304	.239-252	267-994-1565
Bonnie Hensey	#141	.383-403, 36-56	910-824-5125
Deb Levtchenko	#283	253-265	631-275-3211
Irena Holman-Skwara	#370	.23-34, 288, 404-411	727-666-0843
Janet Ludden	.#12	.57-76	260-704-0218
		.308-324	
LeeAnne McHughes	#334	287, 289-300	287-458-8134
Dorothy Mulaly	#115	. 108-127	727-417-0396
Pat Peterman	#205	. 183-210	618-960-9284
Lori Richards	#157	340-356	802-558-1379
Lisa Rodgers	#341	4-21, 412-418	502-387-1612
Lou Smith	#238	.357-365, 155-182, 2-3	217-836-4721
Alice Zarr	#219	211-238	727-614-9128
Substitute	. 266-286		

NOTE: ALL RESIDENTS NEED TO HAVE A PARK MAILBOX. MEDIA GUIDE WILL NO LONGER BE DELIVERED TO THOSE WHO DO NOT

Activity Chairpersons

Bingo Chair	Donna Miller	#434	727-724-0306
Bingo Co-Chair			
Block Captain Chair	LeeAnne McHugh.	#334	727-458-8134
Color Your Heart Out	Sharon Kachinski	#165	727-725-3745
FMO Representative	Pat Peterman	#205	618-960-9284
Kitchen Manager			
Library	Pat Budney	#399	727-385-5724
Media Guide	Pat Peterman	#205	618-960-9284
Social Committee Chair.	Terri Moore	#33	240-552-4123
Sunshine Committee	Patty Goldberg	#366	215-913-2463 or
			727-265-9744



SUB-FLOOR & FLOORING EXPERTS!

Flood Damage??? We can HELP!!!

Sub-Floor Repairs



ACTIONS ANGHOR AND BARRY COMPANY

LICENSED **INSURED** BONDED





STATE CERTIFIED

MOBILE HOME INSTALI TH# 102549/









727.237.6772 800.681.3772 💃



11590 US HIGHWAY 19 N CLEARWATER, FLORIDA 33764







609 Indian Rocks Rd., Belleair, FL 33756

Trust is more than skin deep

www.FLDSCC.com

AND NOW A LITTLE HUMOR –

nly in America... do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.

Only in America ... do people order double cheeseburgers, large fries, and a diet coke. Only in America ... do banks leave vault doors open then chain the pens to the counters.

Only in America ... do we leave cars worth thousands of dollars in the driveway and put

useless junk in the garage.
Only in America ... do we buy hot dogs in packages of ten and buns in packages of eight.

Only in America ... do we buy not dogs in packages of ten and buns in packages of eig Only in America ... do they have drive-up ATM machines with Braille lettering.

EVER WONDER...

Why can't women put on mascara with their mouth closed? Why don't you ever see headline, "Psychic Wins Lottery"?

Why is 'abbreviated' such a long word?

Why is it that doctors call why they do 'practice'?

Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all struck together?

If con is the opposite of pro, is Congress the opposite of progress?

If flying is so safe, why do they call the airport, the terminal?

Hope this makes you smile a little bit.



Did You Know?

The first ever regularly programmed television service began on November 2nd 1936, with the **British Braodcasting Corporation.**

Monthly Media ads come with three icons that let you know the people behind it:

Get to know our advertisers with our rating system!

- Circle with a Number: This shows how many years the advertiser has been a certified business.
- Star: A Gold Star means this advertiser has a clean slate with us - No unresolved complaints.
 - Square with a Number: This counts the years the advertiser has been sharing their story in Monthly Media. A sign of their commitment to your community!

These icons help you spot the seasoned, trustworthy, and loyal businesses at a glance. Happy reading!



AND Your community receives this newsletter for FREE because of these business sponsors!



727-484-7488 **(11)** @monthlymedia

220 Bahama St. Venice, FL 34285

NTED! We Buy!

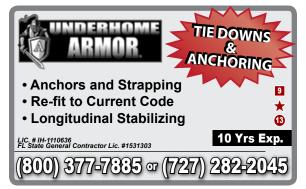


Antique, Estate & Fine Jewelry All Watches, Coins & Collections Sterling Silver, Flatware & Vertu Gold, Diamonds, Gems & Pearls **Antiques, Collectibles & Fine Arts**

Free Appraisals - Expert Evaluations - Top \$\$\$ Paid

WE COME TO YOU! - (727) 484-0146

Visit Us Online @ www.bngtreasures.com Shop / Studio - 1115 Ponce de'Leon Blvd. Clearwater, Fl 33756



1000s of Satisfied Customers Since 1996 **New Doors, Matching Laminate & Countertops**

Why Pay Double • When You Can Pay Half

Don't Replace 17 ...

Have



Since 1996

RE-FACE IT!

We are a FULL SERVICE refacing company. We can also add extra cabinets, pantries, and so much more...

Roll-Out Shelves • Wine Racks • Specialty Molding Flutes & Appliques • Islands

www.JustReFaceIt.com



SERVICES DIRECTORY

AIR CONDITIONING SALES/SERV	
Air Masters of Pinellas, Inc	727-586-6969
Barron's Air Conditioning	727-784-1603
E & E Gliddon, Inc	727-546-4343
AUTO BUY/SELL	
Stingrays Inc (CASH NOW)	727-798-2921
AUTO SERVICE/REPAIR	
Costa Oil: 10 Min Oil Change	727-223-3566
BEAUTY CARE	
Jean Satterfield - Avon	727-724-6450
CARPET CLEANING	
Quality Care Plus/Doll Brothers	727-761-8222
DERMATOLOGIST	121 101 0222
Florida Dermatology & Skin Cancer	727-446-6217
ELECTRICAL CONTRACTOR	121-440-0211
Boss Electric Corp	727 701 1200
Haseney Electrical Services, Inc	707 444 0424
Palm Harbor & Dunedin Electric	707 772 4600
	121-113-1022
ESTATE SALES	707 404 0440
BNG Treasures	/2/-484-0146
FLOOR REPAIR	
Flatworks	
Florida Anchor & Barrier Co	
Perfect Repair & Construction, Inc	727-539-0852
GUTTERS	
Rain Gutters St. Pete	727-242-1373
HANDYMAN	
Ron's Handyman Service	
Around the House	727-900-6858
HOME HEALTH CARE	
Bayada Home Health Care	727-450-0767
INSÚRANCE: HEALTH - MEDICA	RE
Dawn-Rae Crutchfield	
Humana - Mike Pinchotti	727-366-5437
KITCHEN CABINET REFACING	
Swailes Re-Face It, LLC	727-804-1689
MANUFACTURED HOME SALES/	NEW
Citrus Homes/Meadowood Homes	
MEDICAL CADE	
Physical Therapy Now	727_687_0265
Physical Therapy Now MOBILE HOME SUPPLIES - RETA	121-001-0200
Mobile Home Depot, Inc.	727 840 4000
woone nome bepor, mc	121-049-4900

MOBILE HOME WASH/WAX	
All Pride Mobile Home Washing	727-945-4125
Gulf Coast Power Washing LLC	727-902-3899
SouthPaw Pressure Washing	540-872-3500
PAINTING/INSIDE & OUTSIDE	
G&J Painting	813-934-9024
Payless Painting Services	727-470-5876
PEST CONTROL	
Buggin Out Termite & Pest Control	727-535-2629
FL Termite & Pest Experts	727-785-2552
Tarpon Pest Control	727-738-4058
PLUMBING SERVICE	
Apex Plumbing	727-761-4744
Jones & Sons Plumbing, Inc	/2/-/99-028/
Plumbing TodayREMODELING/INTERIOR	727-201-3117
REMODELING/INTERIOR	
Veterans Mobile Home Services	727-435-0747
ROOF REPLACEMENT	
All Weather Roofing	800-297-3758
AMS Advanced MH Systems	727-471-0820
Community Roofing of Florida, Inc	727-536-9999
ROOF WASHING	
Heller's Mobile Home Washing	727-733-1166
ROOM ADDITIONS	
ASC Aluminum Specialty Contr	727-547-8300
Florida Anchor & Barrier Co	
Veterans Mobile Home Services	727-435-0747
TIE DOWNS/MOBILE HOMES	
Atlas Mobile Home Services	
Florida Anchor & Barrier Co	727-237-6772
Underhome Armor	/2/-282-2045
VAPOR BARRIER	707 007 0770
Florida Anchor & Barrier Co	/2/-23/-6//2
Precision Vapor Barriers	/2/-431-68/5
Underhome Armor	/2/-282-2045
VINYL SIDING	707 474 0000
AMS Advanced MH Systems	/2/-4/1-0820
ASC Aluminum Specialty Contr	/2/-54/-8300
Mitchell Siding	121-586-6315
WINDOW REPLACEMENT AMS Advanced MH Systems	707 474 0000
AND Advanced WH Systems	121-411-0820
ASC Aluminum Specialty Contr	121-541-8300
Clear-Vue Windows	121-120-5386







Any kind of damage to any kind of floor system. Small areas or whole homes. Replacement or deckover. Ask About Our Other Services OWNER OPERATOR NO SUB-CONTRACTORS Perfect Repair & Construction, Inc. State Certified Building Contractor State Certified Building Contractor

Licensed and Insured • State License # CBC050061

NOVEMBER·2025

Sunday	Monday	Tu
2	3	
		Koffee K 9 am
Daylight Savings Time Ends	Bingo 6 pm	HOA Mt
9	10	
		Koffee I
		9 am Veterar
	Bingo 6 pm	Service
		Vete
16	17	
		Koffee l 9 am
	Bingo 6 pm	
23	24	
	21	
		Koffee I 9 am
	Ringo 6 nm	Jann
	Bingo 6 pm	
30		
1		

Amber Glades

ıesday		Wednesday	Thursday	Friday	Saturday
					Food Pickup - Noon Golf Cart Parade & DJ Dance All Saints Day
(latch g 6 pm tion Day	4	5	Food Giveaway 12 Noon	7	Food Pickup - Noon
Klatch ı's Day	11	Social Committee Mtg 6 pm	13	14	Food Pickup - Noon
Klatch	18	19	20	21	Food Pickup - Noon
Klatch	25	26	Thanksgiving Potluck Thanksgiving Day	28	29 Ohio State/Michigan Game & Chili Cookoff Food Pickup - Noon

HAVE YOUR FLOORS SUFFERED FROM WATER OR FLOOD DAMAGE?

Fully Guaranteed Subflooring

and Floor Repairs

- Licensed Bonded
- Insured

Lic. # IH 1132335



Call Us for a FREE NO-PRESSURE No-Obligation Estimate



VISA

727-431-6875

Precision Mobile Home Services LLC



flatworksremodel@vahoo.com

UNICO DESIGN/BUILD INC CGC #1511054



MOBILE HOME DEPOT

YOUR MOBILE HOME PARTS WAREHOUSE!

Mobile Home Supplies • RV Accessories • Aluminum Products



- Largo 13777 66th Street North 535-1100
- New Port Richey 7118 U.S. Hwy. 19 849-4900









Store Hours: M - F 8-5 • Sat. 9-3 www.mobilehomedepot.net



A Name Worth Repeating

MOBILE HOME SPECIAL \$519500

3 Ton Package Unit

- * 14 Seer * 10kw Heat Strip
 - * New Digital Thermostat
- *** 10 Year Limited Warranty** On All Parts

Savings Available on Other Sizes. Call for Free Estimate Incl. Tax

1562-D South Missouri Avenue • Clearwater Lic. # CAC 1814176



86-6969













www.jonesandsons-plumbing.com

Specializing in Mobile Homes for Over 53 Years!

Water Heaters • Toilets • Drain Clogs • Leaks` Sinks · Faucets · Disposals · RePipes

Small Company = Lower Overhead = Lower Prices!





TRIVIA: (1970's)

- 1. Archie Bunker had what not-so nice nickname for his sweet wife Edith on All in the Family?
- A) Dingbat; B) Dummy; C) Fool; D) Crank
- 2. What tv series was about two divorcees named Felix and Oscar who became roommates?
- A) The Odd Couple; B) Newhart; C) Taxi; D) WKRP Cincinnati
- 3. Laverne and Shirley lived together in which city working as bottle cappers?
- A) San Francisco; B) Phoenix; C) Minneapolis; D) Milwaukee
- 4. In Sanford and Son, a widower and his son are co-owners of a junk dealership, but the son does all the work. What are their names?
 - A) Fred & Lamont; B) Redd & Demond; C) Grady & Rollo; D) Smitty & Fred.
- 5. Which member of the rat pack made a 1972 appearance on the sitcom All in the Family?
- A) Frank Sinatra; B) Sammy Davis Jr.; C) Merle Haggard; D) Willie Nelson
- 6. Mork & Mindy featured the fun-loving and quite peculiar Mork, played by Robin Williams, and his friend and roommate Mindy played by Pam Dawber. The series was a spinoff of what popular show?
- A) Three's Company; B) Alf; C) Happy Days; D) Soap
- 7. What TV sitcom included a storyline where someone had an abortion, a shocking and taboo topic of the time?
- A) One Day at a Time; B) The Jeffersons; C) Mauda; D) Rhoda
- 8. Who composed and sang the theme song for the television series The Dukes of Hazzard?
 - A) Waylon Jennings; B) Kris Kristofferson; C) Merle Haggard; D) Willie Nelson
- 9. Columbo's wife Kate got the spotlight and solved multiple mysteries of her own on the 1979 spinoff Mrs. Columbo. Who portrayed her?
 - A) Susan Saint James; B) Brenda Vaccaro; C) Lee Grant; D) Kate Mulgrew
- 10. To where did Ann Romano (Bonnie Franklin) move her family on One Day At a Time?
- A) New York City; B) Miami; C) Nashville; D) Indianapolis

Trivia Answers:

1) A; 2) A; 3) D; 4) A; 5) B; 6) C; 7) C; 8) A; 9) D; 10) D



Do you belong to 'Team Coyote'?

In their book, Beep! Beep! Competing in the Age of the Road Runner, Chip R. Bell and Oren Harari discuss the messages we can learn from one of the most recognizable pair of antagonists around: Wile E. Coyote and the Road Runner. The authors describe two different cartoons:

In one, the coyote holds a medicine bottle labeled "Acme Hi-Speed Tonic—Contains vitamins R+P+M." When he gives a spoonful to a small mouse, the rodent zooms around at jet speed. The coyote drinks the whole bottle and zips off after the Road Runner. But the Road Runner stops suddenly, sticks out his foot, and trips Mr. Coyote.

The second cartoon begins with a close shot on a box labeled: "One Acme Jet-Propelled Pogo Stick." Wile E. removes the pogo stick from the box, switches it on, mounts it, and waits for the Road Runner. As the Road Runner races by, Wile E. begins bouncing up and down after him. But soon the coyote loses control of the stick and falls backward over a cliff.

"What these scenes show is that you cannot remain a coyote and expect to compete against road runners by simply copying their movements," write the authors. "Sure, the coyote can buy high-speed tonic or jet-propelled pogo sticks, but his body and soul are still coyote. If you are a coyote team or organization, no matter what fads or quick fixes you jump into, you are just imitating a road runner—and the real thing will beat you every time."

What is a moment really worth?

n the bulletin board of a California company, someone once posted this sign to remind everyone of how time is relative—but the value of time is priceless:

- To realize the value of **one year:** Ask the student who has failed his final exam.
- To realize the value of **one month:** Ask the mother who has given birth to a premature baby.
- To realize the value of **one week:** Ask the editor of a weekly newspaper.
- To realize the value of **one day:** Ask the daily wage laborer who has 10 kids to feed.
- To realize the value of **an hour:** Ask the lovers who are waiting to meet.
- To realize the value of **a minute:** Ask the person who has missed the train, the bus, or the plane.
- To realize the value of a second: Ask the person who has survived an accident.
- To realize the value of a millisecond: Ask the person who has won a silver medal in the Olympics.

ROOF OVERS & REPAIRS

COMMUNITY Free Estimates



OFING OF FLORIDA, INC.

14042 66th St. N., Unit

'Proudly Serving Your Community" Family Owned and Operated 100% Maintenance Free Roofs!

We Do All **Roof Overs, Roof Coatings Roof Repairs & Inspections on** all Manufactured Homes













Lifetime Warranty on Labor & Materials! www.CommunityRoof.com

arrons **Air Conditioning & Heating**











License # RA0058337 / CAC1817291 • Insured • Bonded

"Service is Our Specialty"

Comfort with Confidence





We Service



All Makes

& Models

www.BarronsAC.com

727-784-1

YLSIDI

Complete Mobile Home Service

"Workmanship Makes the Difference"

^{by}Mitchell_₹

Top Quality Work At **Low Prices**

Licensed & Insured Aluminum Contractor • PCCLB #C-7812







586-6315

It Pays To Patronize the Advertisers in This Newslet

Enter the MONTHLY MANIA contest

- We give out \$400 dollars monthly to residents just like you!
- •\$100 dollar winner every month
- Just patronize the advertisers in this newsletter

Look for the Monthly Mania page towards the end of the newsletter for direction and rules

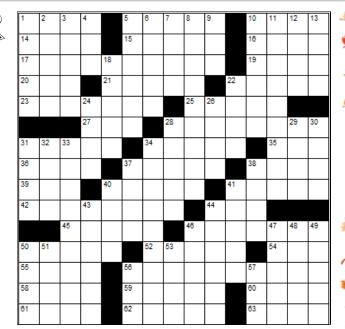


Monthly Media 220 Bahama St. Venice, FL 34285 info@monthly-media.com 727-484-7488

NOVEMBER

ACROSS

- 1. Distinctive flair
- 5. Operatic solos
- 10. Money owed
- 14. Location
- 15. Dining room furniture
- 16. Margarine
- 17. Skidoo
- 19. Ice cream holder
- 20. Poetic dusk
- 21. Licoricelike flavor
- 22. Canvas shelters
- 23. Smiled contemptuously
- 25. Coming and
- 27. Donkey
- 28. Relax
- 31. Burn maliciously
- 34. High, low and neap
- 35. Orange pekoe
- 36. Salt Lake state
- 37. Fine thread
- 38. Female chickens
- 39. Bite
- 40. Shabby
- 41. Woman's undergarment
- 42. University
- 44. What we breathe
- 45. Angler's basket
- 46. Implore
- 50. Extraterrestrial
- 52. Tropical vine
- 54. 56 in Roman numerals
- 55. Backwards "Door"
- 56. Elephantine
- 58. Strike heavily
- 59. Coral island
- 60. Norse god
- 61. If not
- 62. Segments of DNA



DOWN

- 1. S S S S
- 2. Flax fabric
- 3. Redress
- 4. Not used
- 5. Makes amends
- 6. Fanatical
- 7. Nile bird
- 8. Supposedly
- 9. Beĥold
- 10. Instructor
- 11. Stetched
- 12. Not straight
- 13. Foot digits
- 18. Fen
- 22. Fastens
- 24. Every single one
- 26. Curved molding
- 28. Panorama
- 29. Care for
- 30. Not difficult
- 31. Bluefin
- 32. Ear-related
- 33. Voracious
- 34. Excite pleasurably
- 37. Disabled
- 38. German for "Mister"

- 40. Adolescent
- 41. Moon of Saturn
- 43. Scoop shovel
- 44. Chronicles
- 46. American symbol
- 47. Avoid
- 48. Utilize
- 49. Of very poor quality
- 50. Backside
- 51. Take it easy
- 53. Weightlifters pump this
- 56. Muzzle
- 57. Craggy peak



Need affordable Medicare that's in step with your life?

Choosing the right Medicare coverage can be confusing.

I can help you find a plan that's right for YOU and YOUR BUDGET.



health markets.

Dawn-Rae Crutchfield Licensed Insurance Agent

Call today for personalized service! 727-499-846

HealthMarkets Insurance Agency Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by state. Sales agents may be compensated based on enrollment. No obligation to enroll.

HMIA008253 5-2020







CARPORTS by VETERAN'S MOBILE HOME SERVICES



Carports are a durable and low-maintenance way to protect your vehicle from the elements and add a touch of style to your home!



CARPORTS

Protection from the Elements Extra Storage Area **Energy Efficient**



VeteransMHS.com 800.484.9421



Fully Licensed, Bonded, and Insured

STATE LICENSED MOBILE HOME INSTALLER # IH-1144505 CERTIFIED GENERAL CONTRACTOR LICENSE # CGC1535315

ALL PRIDE PRESSURE WASHING



§ 727-945-4125 ?



LOW PRESSURE SOFT WASHING

\$99 Single or Double Wide

Includes Awnings, Carport and Screen Porches Special Additions may be extra Driveway and Sidewalk Cleaning and other services offered



Owner operated 25yrs+ Experience License and Insured #090504

All Work Done with Pride!

allpride1026@yahoo.com

MASTER ECTRI

John Haseney 36 Years Pinellas County

Haseney Electrical Services, Inc. License #EC 13001677



441-8434







ELING & BLOCKI

- Add Anchors Carport Strapping
- Longitudinal Stabilizing
- Replace Rusted Anchors · Retro-fit to Current State Standards



Insured • Bonded **727-237-6772** State Lic. IH/102459/1

FLORIDA ANCHOR AND BARRIER COMPANY



License # IH/1148437



For Advertising Info Call or email: 727-484-7488

sales@monthly-media.com



Monthly Media Venice. FL 34285



LIC# C-11631 SP-00005



Aluminum specialty contractors, Inc. 7420 Park Blvd. Pinellas Park Fl 33781

TRANSFORM YOUR HOME

WITH STUNNING **36**





Philippians 4:13

ASK about financing

www.ascaluminum.com PINELLAS COUNTY

HILLSBOROUGH COUNTY PASCO COUNTY

ascaluminum @ascaluminum

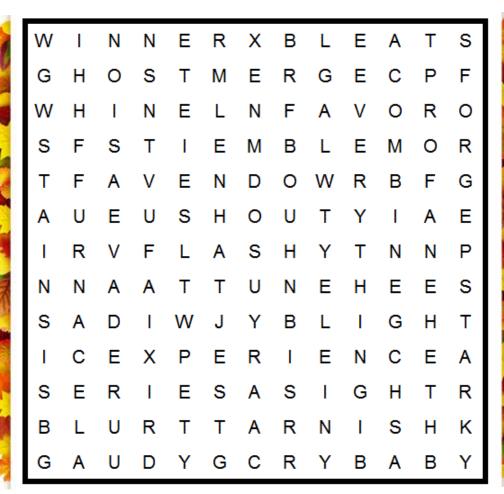
Quality isn't expensive ~ it's priceless! Financing **Other Services:** Awnings

- Sunrooms
- Shutters
- Roofovers
- Screen Rooms Carports

FREE ESTIMATE

727-547-83

November Word Search



attune	cringe
bear	crybaby
begs	emblem
bleats	endow
blight	evade
blurt	everything

experience fault favor flashy forge furnace gaudy

ghost jest merge profane revile seed series shout sift sight stains stark

tail

tarnish weary whine white winner

combine

Flood Damage??? We can HELP!!!

Y0144 UNDER YOUR MOBILE HOME LATELY?

Insulation Under Your Home Falling Down?

Holes and Tears in Your Vapor /Moisture Barrier?



Photographs പ്രത്യെപ്പെ Damaged Areas



Insulation and Vapor Barrier Repairs



#IH/102549/1

Licensed by the State of Florida





• Lifetime Vapor Barrier • Guaranteed for Life Prevent Soft Floors
 Keep Mold, Mildew, Rats, Snakes, Spiders, Ants,

Roaches and Moisture OUT of Your House! • Lower Your Electric Bills

FREE ESTIMATES

121-237-6772 Toll Free - 800-681-3772





• Insured • Bonded • Workman's Compensation Insurance Member: National Association of Mold Professionals

FLORIDA ANCHOR AND BARRIER COMPANY



11590 U.S. Highway 19 North • Clearwater • FL 33764







4

1

FL Corp #: L21000043062

Rain Gutter Cleaning and Replacement Clean Roof and Downspouts Financing Available

Windows & Patios Rescreened

Rain Gutters Saint Pete.

Locally Owned & Operated





FL TERMITE & PEST EXPERTS

Family Owned & **Operated**



Over 30+ Years **Experience**

Veteran Discount & Senior Discounts





- **BED BUG EXTERMINATION**
- **ANTS, SPIDERS, WASPS**
- **ROACHES, FLEAS, & MORE**







Terms & Conditions





Wisit us at FLPestExperts.com

EMPORIUM

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

WANTED TO BUY

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

OTHER

Sell Rickey's Jerky!
Join our team—locally or see the country. Full time or part time.
Have fun while you cover your expenses or make some money!
We're hiring now through the end of the year!

Contact Ryan: Info@RickeysJerky.com or 503-475-5613 https://rickeysjerky.com/pages/ opportunities has more info.

ARTICLES FOR SALE

1969 MGB Roadster. Many new parts. \$15,000. 816-536-2827

EVENTS & PROGRAMS

Attention shufflers! Friendly League is looking for additional teams to join our league a smaller league to merge with ours. Our teams are located within 10 miles of East Bay Drive in Largo and play our games on Thursday. Please contact John Halliday, Embassy Park, johnhalliday3@aol.com, 508-360-3875

Glen Ellen Mobile Park Community Garage Sale. Saturday, November 1st 8-4 and Sunday, November 2nd, 8-12!

Carport Sale - Oak Crest Acorn, 9925 Ulmerton in Largo, Nov 1st, 8am-2pm

Annual Craft Fair Saturday November 1st 9-3pm Paradise Island Clubhouse 1001 Starkey Rd. Largo. 80 plus Tables, Handmade items & Bake Sale

EVENTS & PROGRAMS

Serendipity Carport Sale. 29081 US Hwy 19 N, Clearwater, FL. November 8, 2025. 8am-2pm

14th Annual Arts & Crafts Sale- Sat. Nov. 8, 2025 - 9AM-1PM Lake Haven MHP, Paradise Island Clubhouse, 1415 Main Street (SR580 & Lake Haven Rd.) Dunedin, FL. Hand crafted projects including bottle art, paintings, greeting cards, crocheted items and decorative crafts for home or gifts.

HOLIDAY BAZAAR. Saturday, November 8th, 2025 from 9am - 2pm. First Lutheran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Free admission. 217-251-4382 or jayneb1227@gmail.com

FALL BAZAAR Ranchero Village 7100 Ulmerton Road Hacienda Clubhouse. Sunday 11/9/25 from 11am – 3pm. Crafts, baked goods, raffle baskets & more. Vendors: Rent a table for \$15 Contact: Donna Dahmm 309-263-2640

HOLIDAY CRAFT FAIR, 11/15/25 10 a.m. to 1 p.m. AMERICANA COVE 721 1st Street NE Saint Petersburg

Holiday Craft Fair, Sunset Palms, 3401 Gandy Blvd., Pinellas Park. November 15, 9:00am until 2:00pm. Handmade arts and crafts. Homemade baked goods.

Craft Fair & Bake Sale. November 15th 9am-1pm. Clearwater Cascades Clubhouse, 9790 66th Street N. Pinellas Park

Crafters Fair Nov 15th at Palm Hill Country Club 401 8th Ave, Largo 8am - 1pm. Over 25 crafters, bake goods and lunch sale.

EVENTS & PROGRAMS

Craft Fair, Saturday, November 15 2025 from 10am-5pm. Regency Heights, 2550 State Road 580, Clearwater. All indoor craft show. Food trucks on site. Contact regencyheightscraftfair@gmail.com with questions.

Community Bazar Nov 29th at Palm Hill Country Club 401 8th Ave Largo 8am- 1pm. Christmas Decorations, Household Items, Bake Sale, Hot Dogs.

December -Events

Crafters Wanted. Pointe West MHP Holiday Market, Dec. 6th, 2025, 12651 Seminole Blvd, Largo. E-mail susanbarnard930@yahoo.com for info and application.

Annual Carport & Craft sale, Lincolnshire Estates: 1071 Donegan Rd., Largo FL 33771. Saturday December 6th 8AM to 1PM. Over 50 homes: housewares, arts & crafts, clothes, furniture, tools, and lots more. Maps available at entrances.

CRAFT FAIR. Saturday December 6th 8:00 am - 2:00 pm. East Bay Oaks Clubhouse 601 Starkey Road, Largo

Ranch Mobile Park, Park-Wide Yard Sale, Saturday, December 6, 2025, 8:00am -2:00pm at: 6800 - 150th Ave. N., Clearwater, (Largo).

Annual Craft & Bake Sale. Saturday December 6th 9am-1pm. Park Royale 10611 66th St N Pinellas Park. 1 table & 2 chairs \$10 Signup soon. Contact Person: Cheryl L 727-685-6895



DECEMBER AD DEADLINE - NOVEMBER 10, 2025

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. Each new word indicated by a space, numbers included. No mobile home sales, no professional products or services. Envelope must be postmarked by 10th of the month to meet deadline. **SORRY: No ads accepted by phone or email.**

November

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







2	Þ	ε	6	വ	L	8	တ	_
G	ω	l	Þ	တ	ε	Z	6	Ν
7	6	9	Ν	1	8	Þ	ω	ഗ്വ
1	Z	8	တ	ε	7	6	ហ	Þ
9	2	6	8	7	Ŋ	L	Z	ω
7	ω	G	Z	6	l	တ	7	8
8	9	7	വ	Z	ħ	ε	l	6
6	۲	7	ω	7	9	വ	8	L
ε	G	Ż	_	8	6	7	Þ	9

CLEAR-VUE, Inc.

For the finest in Vinyl, Glass, & Acrylic Windows Serving Tampa Bay for 54 years



We install and custom make Enclosures, New Screen Rooms, Lanais, & Florida Rooms
We re-vinyl your windows and doors!

Replace your windows with new & improved Hurricane Impact Windows and Doors Need new screens? Call us!

We are located at 905 Delaware St. Safety Harbor, FL 34695

Toll Free: 1-800-962-8813 or 727-726-5386



clearvuewindows.net



It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter THOUSANDS of manufactured home residents have won over \$216,400 since our contest began!

HOW IT WORKS:

- 1. Patronize the advertisers in this month's newsletter
- 2. Ask the business for your Monthly Mania ticket, OR a copy of your receipt and clip this ad
- 3. Mail it back to us at: Monthly Media | 220 Bahama St. Venice, FI 34285
- 4. Every month we draw new tickets for CASH PRIZES and mail winners a check! Every month is a new chance to win!

LaVonne Wefel	\$100.00	Gulf Coast Power Washing
Mason Goodrich	\$10.00	Air Masters
Toni Topczii	\$10.00	Air Masters
Ronald Bond	\$10.00	Battleline Termite
Linda Henretta	\$10.00	Battleline Termite
Joanne Legare	\$10.00	Boss Electric
Andrea Wislotsky	\$10.00	Buggin Out Termite
Melissa Riley	\$10.00	Community Roofing
Margot Bridges	\$10.00	E & E Gliddon AC
Ruth Hathaway	\$10.00	Imperial Electric
Sandie Gilliland	\$10.00	Jones & Sons Plumbing
Don Keil	\$10.00	Jones & Sons Plumbing
Ursula Cassidy	\$10.00	Palm Harbor & Dunedin Electric
Janet Jordan	\$10.00	Royal Enterprises

Bruce Brown	\$5.00	Air Masters
Barbara Jacobs	\$5.00	Air Masters
Roland Lausier	\$5.00	Air Masters
Carol Swierenga	\$5.00	Battleline Termite
Vern Demmons	\$5.00	Battleline Termite
Ed Roffey	\$5.00	Battleline Termite
Paul and Mary Kuchera	.\$5.00	Imperial Electric
Maryanne Kane	\$5.00	Jones & Sons Plumbing
Kevin McSweeney	\$5.00	Jones & Sons Plumbing
Sara Jane Beshore	\$5.00	Jones & Sons Plumbing
Ray Monheim	\$5.00	Royal Enterprises

Not enough qualifying winners for the October drawing! Mail in your tickets or paid receipt for your chance to win!

• Limit of one ticket per visit • Advertiser may have up to 5 winners per month • Advertiser must have bill paid current to qualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers •

In dreams, you can control your reality



The movie *Inception* explored the idea of controlling one's dreams. Although that featured collapsing cities and struggles in zero gravity, the concept of guiding your own dreams isn't so outlandish. "Lucid dreaming" can allow you to fly, conquer nightmares, and solve real-life problems.

Here's how to take control of your nighttime visions:

- **Keep a dream journal.** The first step to controlling dreams is remembering them. Keep a journal close to your bed, and write down any dream you have as soon as you wake up (or keep a digital voice recorder handy). Look for recurring themes—people, situations, etc. This trains your brain to become more aware of dream activity.
- **Do a "dream check."** Throughout the day, pause and ask yourself, "Am I dreaming?" This trains your mind to start asking the same question while you're asleep.
- Nap. Some studies suggest the best time to attempt a lucid dream is during a nap taken a few hours after getting up in the morning. If you wake up during a dream, stay quiet and try to return to the dream as you drift off again.
- **Perform a reality check.** After some practice, you'll start being aware of the fact that you're in a dream. To confirm this, try some experiments: Look at a clock, turn away, then look again. In dreams, the time will change. Or look at yourself in a mirror; in a dream, the image you see will be distorted or blurry.
- Take off! Once you're aware that you're dreaming, try taking charge of the environment. Jump up and down to see if you can fly, for example. If you're having a nightmare, confront the danger instead of running away; this can reduce the fear you feel when you

'Double' your brain power with this exercise

ere's a simple exercise for your brain: Pick a small number and then double it in your mind—no paper, no calculator. How far can you get?

Take the number 7, for example:

7, 14, 28, 56, 112, 224, 448, 896 . . .

Most people can get close to 10 doublings. Try reaching 20 to really test your concentration. By the way, 7 doubled 20 times is 3,670,016 (but we cheated and used a calculator).

Quotes:

Ye met a few people in my time who were enthusiastic about hard work. And it was just my luck that all of them happened to be men I was working for at the time.

—Bill Gold

Don't waste time learning the "tricks of the trade." Instead, learn the trade.

—unknown

People who work sitting down get paid more than people who work standing up.

—Ögden Nash

Health



Are you a few years away from a heart attack? Or maybe just a few minutes? No one can tell you for sure, but you can evaluate your risk for suffering a coronary. Just be on the lookout for these health and lifestyle factors that can indicate the likelihood of having a heart attack at some point in your life:

• Age. The older you are, unfortunately, the higher your risk. Men who are 45 or older and women 55 or older are more likely to suffer heart attacks than younger people.

• Gender. Men are more at risk than women, although at older ages women are more likely to die within a few weeks of a heart attack than men are.

- Family history. Heart disease can have a genetic component. If your parents, grandparents, or siblings have suffered heart attacks, your own risk rises. Race may also play a role: Heart disease seems to be more common among African-Americans, Mexican-Americans, Native Americans, and some other ethnic groups.
- Smoking. Cigarettes, cigars, and second-hand smoke can increase your risk of heart attack. Cigarette smoking doubles the threat.
- Cholesterol. High levels of low-density lipoprotein (LDL) raise your risk, as does an excess amount of triglycerides.
- High blood pressure. The harder your heart has to work, the greater your chances of suffering a heart attack, as well as stroke and kidney failure.
- Diabetes. Your body's inability to produce enough insulin to process glucose in your blood can contribute to heart disease.
- Weight issues. Obesity, which is often linked to the three factors listed above, places stress on your heart.
- Lack of physical activity. Regular exercise can alleviate many of the risk factors associated with heart attack, controlling weight, blood pressure, and cholesterol.
- Alcohol and drug use. Yes, a moderate amount of alcohol can limit your risk, but the key
 word is "moderate." And drugs like cocaine and amphetamines can trigger muscle spasms
 in your heart that could cause an attack.
- Stress. Stress and anger can elevate your blood pressure and tempt you toward overeating and drinking too much.

Surprising sources of pain

It's an old joke: "Doctor, it hurts when I lift my left arm over my head!" "Well then, don't do that!"

The causes of pain aren't always obvious. Consider these unexpected sources:

- Back pain. Taking your vitamins? Chronic back pain can be caused by low levels of vitamin D. Another possibility: constipation caused by block—age in the colon. Eat more fruits, vegetables, and fiber for better digestion. (Source: Prevention magazine)
- Achy feet. Wearing sandals or flip-flops can cause pain in your feet, ankles and knees due to poor arch support. (Source: the Web MD website)
- **Headache.** Cheese may be the culprit. A substance called tyramine in cheese can trigger headaches. Also, low blood sugar can create a headache even before you realize you're hungry. A snack like whole-grain crackers with peanut butter can bring quick relief. (Source: the Web MD website)

苏苏苏苏苏苏苏苏苏苏苏苏苏苏苏苏苏苏苏苏苏苏苏

Block Captains Chair, LeeAnne McHughes, Lot 334, 727-458-8134

Linda Bearley	#6	128-154	618-709-3388
Joe D'Amico	#111	77-93	727-463-3952
Sharon DesJardins	#438	94-107, 425-440	727-488-7422
Patty Goldberg	#366	301-307,325-339,366-382	727-265-9744
Cindy Heath	#304	239-252	267-994-1565
Bonnie Hensey	#141	383-403, 36-56	910-824-5125
Deb Levtehenko	283	253-265	631-275-3211
Irena Eolman-Skwara	370	23-34, 288, 404-411	727-666-0843
Janet Ludden	#12	57-76	260-704-0218
Pat Marks	#38	308-324	419-304-5568
LeeAnne McHuges	#334	4-21,287,289-300,412-418	727-458-8134
Dorothy Mulaly	#115	108-127	727-417-0396
Pat Peterman	#205	183-210	618-960-9284
Lori Richards	#157	340-356	802-558-1379
Linda Silvie	#240	266-286	828-773-2166
Lou Smith	#238	357-365, 155-182, 2-3	217-836-4721
Alice Zarr	#219	211-238	727-614-9128

NOTE: ALL RESIDENTS NEED TO HAVE A PARK MAILBOX, MEDIA GUIDE WILL NO LONGER BE DELIVERED TO THOSE WHO DO NOT!

Activity Chairpersons

Bingo Chair Bingo Co-Chair Block Captain Chair Color Your Heart Out FMO Representative Kitchen Manager Library Media Guide Social Committee Chair Sunshine Committee	Donna Miller Dave Karns LeeAnn McHugh Sharon Kachinski Pat Peterman Rose Hendershot Pat Budney Pat Peterman Terri Moore	#434 #337 #334 #165 #205 #26 #399 #205 #33	727-724-0306 727-723-0346 727-458-8134 727-725-3745 618-960-9284 727-641-7309 727-385-5724 618-960-9284
Sunshine Committee	Patty Goldberg	#366	215-913-2463 or 727-265-9744

View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer





SPECIALIZING IN SERVICE

- 35 Years Experience
- Licensed & Insured
- Free Estimates





State Lic. EC13002291



www.dunedinelectric.com



Have You Looked UNDER PROTECT **Your Home Lately?** YOUR HOME

Fix Small Problems Today Before They Cause Serious Damage!

We will inspect and photograph any issues, showing you pictures of the underside of your home. Damaged & worn vapor barriers can create high energy costs and allow mold & mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture & Animals out of your Home.



Repairs will be made quickly and include a 20 Year Transferable Warranty!

Call Us for a FREE NO-PRESSURE No-Obligation Estimate

727-431-6875

800-492-3890 Sales@PrecisionVaporBarriers.com 15

License #0CL0027169 • Bonded • Insured

New A/C System As

Little As \$100 Mont

Wells Fargo Financing with Approved Credit

100% SATISFACTION GUARANTEE

LIC # CACO 24340

FREE ESTIMATES on NEW UNITS

SAME DAY INSTALLATION

www.eegliddonac.com

After Hours Service Service All Units



00 A/C INSPECTION

Open Mon-Sun, 8am-9pm

or Repair Call

42 YEARS IN BUSINESS



