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SOUTHWIND OF 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.

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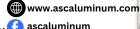


Philippians 4:13

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NOVEMBER BIRTHDAYS AND ANNIVERSARIES

BIRTHDAYS:

November 2 **Dennis Smith** November 3 **Bob Hudecek Beverly Taylor** November 3 Bobbie Manning November 6 November 6 Susan Bausha November 13 Lenny Sagnella Denny Monson November 18 Jerry Dulaca November 19 Cheri Dean November 21 November 23 Jerry Antonczak Joyce Lee November 27 November 30 Ken DeForest



ANNIVERSARIES:

November 9 Vince & Mary Kollen November 14 Frank and Susan Ryan



HOA Update

A

t a recent Southwind HOA meeting the vacancy of Connie Brant as Secretary was filled by resident Teresa Ryan.



Southwind Pond



Pictures of the Southwind pond were taken recently on a fresh Fall morning and included 18 turtles.







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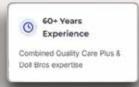
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Do you belong to 'Team Coyote'?

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.



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. — Ogden Nash



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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)

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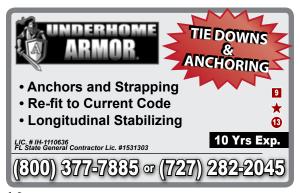


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Southwind

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Where do alligator shoes come from?

lawyer from the big city was visiting Florida. He wanted to take home a pair of genuine alligator loafers in the worst way, but he was reluctant to pay the high prices the local vendors were asking.

He was certain that with all his legal training he could negotiate a better price, but at shop after shop he had no luck. After getting frustrated with one sales associate who wouldn't budge, the lawyer shouted, "Well then, maybe I'll just go out and catch my own alligator!"

The saleswoman smiled. "I'd like to see you try."

The lawyer turned on his heel and headed out toward the swamps, determined to catch an alligator.

Later in the day the saleswoman was driving home, and she spotted the lawyer standing waist deep in the murky swamp water, shotgun in hand, a huge 9-foot gator swimming rapidly toward him. The saleswoman pulled over as the lawyer took aim, shot, and killed the creature. With a great deal of effort, the lawyer hauled it onto the swamp bank—right next to four more dead alligators.

The saleswoman stood on the side of the road, watching the lawyer struggle to flip the gator on its back.

Then, looking up toward the sky in great frustration, the lawyer shouted, "No! This one is barefoot, too!"

A Teachable Moment

kindergarten teacher was helping one of her students put his boots on. It was quite a struggle, but after a lot of pulling and pushing, they succeeded in getting one boot on, and then the other.

Then the little boy said, "But they're on the wrong feet!" The teacher looked and sure enough, he was right. Pulling the boots off wasn't any easier than putting them on was, but she managed to stay calm as they worked together to get the boots back on—this time on the right feet.

"Why are your boots so hard to get on?" she asked when they were finished.

"But these aren't my boots," the boy said.

"Why didn't you say so? Take them off." And they worked up a sweat getting the boots off again.

"Now, where are your boots?" the teacher asked.

"They're at home. These are my brother's boots. My mom made me wear them."

"OK . . ." the teacher sighed, and again they fought to get the boots back on the little boy's feet. "Now, where are your mittens?"

"I stuffed them in the toes of my boots," the little boy said.



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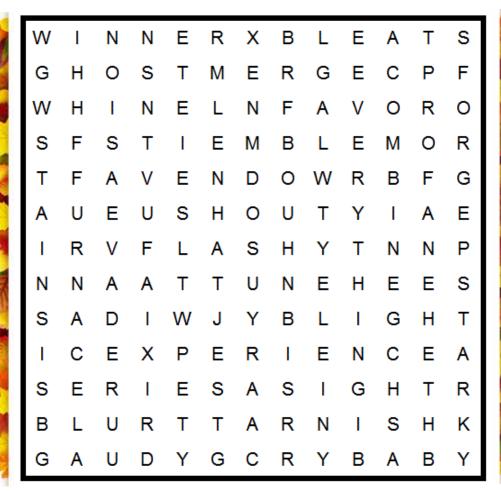






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November Word Search



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

experience fault favor flashy forge furnace gaudy

jest merge profane revile seed

ghost

series
shout
sift
sight
stains

sight stains stark tail tarnish weary whine white

white winner

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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

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61					62						63		+	

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. Behold
- 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

Monthly

november

merican Diabetes Month. In the United States, 23.6 million people have diabetes—children and adults. That's 7.8 percent of the population. For years, the American Diabetes Association has used this month as an opportunity to communicate the seriousness of diabetes and the importance of diabetes prevention and control.

Epilepsy Awareness Month. More than 3 million people in the United States have epilepsy, and 200,000 new cases develop each year. The purposes of Epilepsy Awareness Month are to dispel common myths about the disorder, promote public awareness, and inform people with seizure disorders and their families about service programs and informational resources.

National American Indian Heritage Month. To honor the original inhabitants of North America and recognize the contributions American Indian and native Alaskan peoples have made to the U.S.

Peanut Butter Lovers' Month. Peanut butter is one of America's favorite foods, and it's found in about 75 percent of American homes. For more information and ideas, browse www. peanutbutterlovers.com.

Vegan Month. Just about every food made from dairy products or eggs has an animal-friendly alternative, with products easily available in shops and supermarkets. Go to www. veganmonth.com for information and ideas on cutting meat and other animal products out of your diet.

Weekly

ational Animal Shelter Appreciation Week, Nov. 7-13. Sponsored by the Humane Society of the United States in 1996 to acknowledge and promote the invaluable role shelters play in their communities, and to increase public awareness of animal welfare issues and shelter services.

Kids Goal Setting Week. Nov. 9–12. The driving force behind National Kids Goal Setting Week is to give the parents, teachers, and coaches of the world some practical suggestions and ideas to help children set goals that will equip them to lead a life full of meaning and direction. For more information browse: www.goalsguy.com.

Geography Awareness Week, Nov. 14-20. Launched in 1987, Geography Awareness Week promotes the importance of geography education in the United States. Its goals: to draw attention to what geography is, why it is important, and how American citizens can ensure access to a robust geography education that prepares them to participate in global social and economic activities and to make decisions regarding people, places, and environments.

National Games and Puzzles Week, Nov. 21-27. Encouraging families and friends to spend more time together playing games, doing puzzles, challenging their brains, and having fun.





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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.**

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- 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!

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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
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Vern Demmons	\$5.00	Battleline Termite
Ed Roffey	\$5.00	Battleline Termite
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