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1st Vice Pres Agi Wacker, Lo	t 721 498-0432
2nd Vice Pres Louisa Rice, Lo	ot 535 827-7442
Treasurer Rachel Brabant	, Lot 743, 705-618-3593
Secretary Suzanne Roy, L	ot 413289-4124
Media Director Suzanne Roy, L	ot 413289-4124

Bird Group's Chairperson November, 2017 to March, 2018

Birdgroups	Chairperson	Month Assigned
Sandpipers	. Judith Reid, #632, 727-954-6123	March 2018
Flamingos	. Brenda Manfredi, #631, 727-914-4154	November 2017
Blue Jays	. Rachel Brabant, Lot 743 705-618-3593	December 2017
Cardinals	. Heather Hachey, #525, 727-826-0298	January 2018
Mockingbirds	. Louisa Rice, #535, 727-827-7442	February 2018

Crosswinds Homeowners Association Inc

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Monthly

merican Adventures Month. This is your last chance to get away before summer ends and school starts. Take a road trip, go camping for a weekend, or visit tourist attractions in your home state or a neighboring one. Whatever you do, don't let the season end before you and your family have had an adventure.

Happiness Happens Month. Of all the random things that can happen in your life, choosing happiness can have a powerful influence on your quality of life. Embrace joy, smile more, choose kindness, and let the good vibrations flow.

National Peach Month. Once again peaches are in season. If that's not something to be happy about, then what is? Because some of the best tasting peaches have been grown in western Colorado for over 125 years, consider attending the 50th Palisade Peach Festival this month. To learn more, visit https://palisadepeachfest.com/.

National Water Quality Month. How can you reduce pollution and help protect natural sources of water in your community, and the world at large? Use environmentally friendly household cleaners; dispose of waste, pharmaceuticals, and hazardous chemicals properly; and manage the gray water and debris flowing into your storm drains.

Weekly

implify Your Life Week, Aug. 1–7. It's not at all complicated. If it doesn't serve a purpose, isn't working, and can't be fixed, get rid of it.

Exercise with Your Child Week, Aug. 5–11. Do your part to prevent obesity, improve bone density, and contribute to the overall health and welfare of younger generations. Help your children develop a habit of regular physical exercise and activity. Walk your talk this week and beyond.

Safe and Sound Week, Aug. 13–19. Workplace and employee safety take center stage this week. Visit https://www.osha.gov/safeandsoundweek/ for ideas and activities.

Be Kind to Humankind Week, Aug. 25–31. What the world needs now is for people to show more kindness to each other. This week, allow courtesy, respect, and mindfulness to shape your conversations and actions.

for your Kindness



Age.

Ancient humans stalked giant sloths, fossils show

lossilized footprints show that Ice Age humans hunted giant sloths tens of thousands of years ago, according to the Sci-News website. A team of researchers studied footprints of adults and children found at the White Sands National Monument in New Mexico and found that the human footprints were inside the footprints of a giant ground sloth, which became extinct at the end of the Ice

The fossils show that humans deliberately followed the sloth, deliberately stepping in its footprints as others kept their distance, distracting the creature and drawing it in a desired direction. The tracks indicate that the sloth turned and attacked its stalker, presumably allowing the other

humans to move forward and deliver a killing blow.

Whales on the comeback in Antarctic waters

Tumpback whales were hunted to near extinction in the 19th and 20th centuries, but now, after international treaties were signed to protect them, they seem on the verge of a comeback.

The New York Times reports that humpbacks who lives and breed in Antarctic waters are having a baby boom. Whale researchers took skin and blubber samples from male and female whales near the Western Antarctic Peninsula for a six-year period. They found high progesterone levels in the blubber of 60 percent of the female whales, which indicated that they were pregnant—an increase from earlier years.

Other whale species are also reproducing more, but the humpbacks seem to be doing best due to the fact that they mature more quickly and have a shorter period between pregnancies. They also have centralized breeding grounds, unlike other species that mate in open water and thus have a harder time finding a partner.

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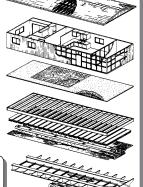


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Better posture leads to better health

Poor posture can have a negative effect on your physical and mental health, doctors say. An article on the Health website suggests that getting up and moving can have these healthy benefits for your body and your mind:

- More energy. Research suggests that poor posture, whether you're standing and sitting, can cause fatigue and stress. Sitting upright in a comfortable position—not slumped over—has been seen to improve people's moods in clinical studies.
- More confidence. You'll appear more self-confident by standing and walking upright, creating a self-fulfilling prophecy. People respond positively to people who exude confidence through their posture and physical behavior.
- More openness. Slouching in a chair or while walking tends to make you more guarded. People will be reluctant to interrupt you or chat with you. An open posture invites people in, giving you the opportunity to talk with and learn from them.

Don't let loneliness consume your life

ong-term loneliness can have a significant impact on your health and mental well-being, experts say. If you feel lonely most of the time, try these suggestions from the CNN website for making connections:

- Chat with cashiers and other workers. You don't have to engage in a lengthy conversation. Just ask, "How's it going?" or, "Nice weather, isn't it?" Even a short interaction can bring a smile to other people's faces and yours.
- Learn to enjoy your own company. Being alone doesn't have to be lonely. Try meditation, yoga, or listening to TED talks to take your mind off your loneliness. Try keeping a "gratitude journal," listing and writing about the people and things you encounter each day that make you cheerful.
- Take your time making friends. Remember that most friendships don't spring up overnight. Join clubs or take classes to meet people, but don't expect an instant connection. Let relationships develop naturally instead of trying to force them.
- Understand why you're lonely. You may be nervous talking in groups or gun-shy because of past relationships that didn't work out. If you uncover the source of your loneliness—on your own or with the help of a therapist—you'll be able to develop strategies for getting past it.





ACROSS

- 1. Sandler of "Big Daddy"
- 5. Highlander
- 9. "Gladiator" setting
- 14. Public assemblies
- 15. Earthen pot
- 16. Orpine or stonecrop
- 17. Archaeological site
- 18. Final notice
- 19. Fountain order
- 20. Obdurate
- 22. Aden's land
- 23. Water vapor
- 24. Bonus
- 26. Trick taker, often
- 29. Respiratory tract
- 33. A herb sometimes made into a tea
- 38. Garam ___ (Indian spice mixture)
- 39. Alternative to Windows
- 40. Ice hockey players do this
- 42. Again
- 43. Sign up
- 45. Lawless
- 47. A Hindu holy man
- 48. "Ciao!"
- 49. Bridal path
- 52. Categorize
- 57. Montana city
- 60. Lie in wait
- 63. Fourth in a series
- 64. Alpine transport
- 65. Carbamide
- 66. Endured
- 67. Beach bird
- 68. Fill-in

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- 70. Coastal raptors
- 71. Historical periods

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- 2. Question
- 3. Come to mind
- 4. Kind of ray
- 5. Thug
- 6. Jessica of "Dark Angel"
- 7. A-list

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- 8. Glove material
- 9. An ancient kingdom
- 10. Artistic practice
- 11. cheese
- 12. Microwave, slangily
- 13. Ends a prayer

- **DOWN**21. Muslim leader
- 25. In a docile manner
- 27. European evergreen
- shrub 28. Wapiti
- 30. Decline
- 31. Brews
- 32. Swerves at sea
- 33. Hints
- 34. "___ and the King of

Siam"

- 35. Gentle
- 36. Rust
- 37. Hearing organ
- 41. Bath

- 44. Carapaces
- 46. Congers
- 50. A Starbucks beverage
- 51. Fire remnant
- 53. Critical
- 54. More naked
- 55. Swelling
- 56. Jumps
- 57. Strong fiber
- 58. "What've you been
 - ?" (2 words)
- 59. Believe (archaic)
- 61. Building near a silo
- 62. Cemetery sights



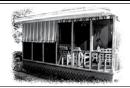
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A reminder to be kinder

wo friends were out in a rowboat when it overturned. Luckily, two young women were nearby in another boat and came to their aid. Unfortunately, the women had neither a radio nor a motor on their boat. They were a long way from shore, and the two young men needed medical attention.

The young women screamed for help at each passing motorboat on the waterway. Their pleas were ignored by many. By the time they were finally able to secure help, one of the young men had perished from his injuries.

This was the story Lorraine Jara read in her local paper one day, more than 30 years ago. Though Jara did not know any of the young people involved in this tragedy, it touched her so deeply that she had to do something. In 1988 Jara created Be Kind to Human Kind Week, Aug. 25–31.

The smallest act of kindness can have a significant impact on a person's life. Knowing this, what will you do to make the world a better place for humanity?

An artist's rendering

he police were called to the studio of an abstract artist who'd just reported being burglarized.

"You said you encountered a person fleeing the premises," one of the officers said. "Do you think you could provide us with a description of the person you saw?

"I can do better than that," the artist said and directed the officers over to an easel. The artist sat down and began creating a charcoal sketch of the suspect.

"There," the artist said as he finished the drawing.

The two officers looked at the abstract picture.

"Hmm," one officer said as he inspected the work. "So it was a horse?"

A good example is far better than a good precept.

-Dwight L. Moody



Choose your friends wisely

Gullah folktale offers insight into an unlikely friendship between a snail and a crab. Though the two were very different, they often played together and considered themselves to be best buddies.

One day the crab suggested they go hang out at the beach.

"My mom warned me never to go there," the snail said. "She says it's too dangerous and that the gulls will attack me and have me for a meal."

"Dangerous? No way!" the crab replied. "The beach is fun." The crab promised to look after the snail and assured him there was nothing to worry about. He said, "I'm your best friend. I won't let any gull get close to you."

The snail ignored his better judgment and gave in.

Once they arrived at the beach the snail was excited and overwhelmed by the world he saw before him. He turned to say something to the crab, but noticed his friend some distance away, hanging out with a group of crabs. Just then a gull swooped down and carried away the little snail.

When the crab saw his friend being snatched up by the gull, he buried himself in the sand and stayed hidden for most of the day. He emerged at nightfall and slowly made his way toward home. He created and rehearsed the lie he would tell the snail's parents.

He stood outside the door to the snail family home for a long time before knocking on the door. When the door opened the crab was speechless as his young snail friend stood before him, safe and unharmed.

"But—the gull," the crab stammered.

"Yeah, he got me," the snail replied. He went on to tell how the gull carried him to a field not far from home. Once there, the gull placed the snail in the grass and then scolded him for being out of his element at that beach. "Don't you know how dangerous it is there?"

"When I told him that I was there with you, the gull warned me to think twice about who I consider to be a friend. After all, where were you when I needed you?" the snail asked.

Before the crab could answer, the snail added, "Go home. It's late."

After that night the snail and the crab were no longer the best of friends. In fact, the snail realized they never had been.

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Facebook stands strong despite data scandal

acebook took a hit in the Cambridge Analytica scandal, but it seems to still be going strong. Among 2,000 social media users in a Reuters/Ipsos survey, 74 percent indicated that they still visit Facebook at least once a day, and 26 go there even more often, while 49 percent say the controversy hasn't changed how they use Facebook at all.

Still, 44 percent of Facebook users said they'd changed their privacy settings in the aftermath of the scandal, although 63 percent hadn't and 3 percent said they didn't know how.

And the most popular dream car is ...

s there a car you dream of owning? A Ferrari, a Porsche, or even the Batmobile? Gold Eagle, an automotive lubricant conglomerate, recently surveyed Americans to identify their dream car. The winner? The Ford Mustang, followed by the Tesla Model S, the Jeep Wrangler, the Corvette, and the Camaro. Here's how the findings shake out by gender:

	Men	Women
Mustang	39 percent	61 percent
Tesla Model S	63 percent	37 percent
Wrangler	19 percent	81 percent
Corvette	59 percent	41 percent
Camaro	48 percent	52 percent



Watch your magnesium when you take vitamin D

If you're taking vitamin D, you might want to pay attention to how much magnesium you're getting as well. The Health News website reports that scientists say vitamin D can't metabolize effectively without sufficient amounts of magnesium, which transforms the vitamin into usable form inside a human body. Magnesium helps the liver and kidneys convert vitamin D into an active form and is necessary for transmitting the vitamin through the bloodstream.

Men should get 420 milligrams of magnesium per day, according to the recommended daily allowance, and women should take 310 milligrams.

Symptoms of a magnesium deficiency include:

- · Lack of sleep
- Muscle spasm
- Eye twitching
- Irregular heartbeat





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August Sudoku

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ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

SEPTEMBER AD DEADLINE - AUGUST 10, 2018

Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
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 No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.



New initiative in the hunt for E.T.

The search for extraterrestrial life is moving to a new, more ambitious phase, reports an article on the Independent website. Up until now, scientists have been restricted to surveying a relatively small area of the sky, studying stars only a few light-years from Earth. A new project, called Breakthrough Listen, will use new technology at the Parkes telescope in Australia to scan a much wider area of the sky more quickly than before.

The Parkes telescope and others will gather 1,500 hours of data in 2018, then analyze it for any phenomena that appear artificial—while ruling out activity from Earth.

The project is one of several from Breakthrough, one of which includes a plan to send small spacecraft on deep-space missions far from Earth.

Don't let boredom cramp your creativity

You can't be creative if you're bored out of your skull. We all feel jaded and restless from time to time, but if you're suffering from a complete lack of stimulation, try these tricks for snapping out of it:

- **Read something new.** Pick a book by an author you've never read, or one that covers a foreign subject.
- Talk to people. Pick someone you don't know very well, and find out all you can about him or her.
- Explore your surroundings. Stop ignoring the sights on your way to work, or at work. Pay attention to all you see—look for something different and original.
- **Rearrange your space.** Sometimes shifting things around at home or at work can force you to look at your surroundings, and your life, in a new light.
- Try a new recipe. Get out of the rut in your kitchen. Pick a challenging recipe for dinner, or stop making the same old sandwiches for your lunch.

Happiness lies in the joy of achievement and the thrill of creative effort.

-Franklin D. Roosevelt

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THOUSANDS manufactured home residents have won over \$144,000 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or <u>mail your paid receipt</u> to us at **Monthly Media • 220 Bahama St. • Venice, FL 34285.** That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 4-6 weeks for mailing of check). This month's cash winners are:

		ig of checky. Tillia fillofitti a caaf
Michael Larocca	\$100	Ray Duncan Plumbing
		Underhome Armor LLC
Karen Cook	\$10 .	AMS, Inc.
		Royal Enterprises
		Modern Pest Control, Inc.
Elin Gottschalk	\$10 .	Community Roofing of Florida, Inc.
		Modern AC & Appliance Service
		Appliance Specialty, Inc.
Joanne Cross	\$10 .	E & E Gliddon Air Conditioning, Inc.
Carol Dufrey	\$10 .	
Vickie Kayko	\$10 .	Shanna Bender, LMT
Ron Wallace	\$10 .	Recreational Golf Carts, LLC
Judy Malofey	\$10 .	1st Class Handyman Service. Inc.
Scott Drury	\$10 .	Imperial Electric Service of Pinellas
Bud Farmer	\$5	Royal Enterprises
Patty Booth	\$5	Ron Wyngarden MH Wash, LLC
Michael Hendrixson	\$5	The Plumbing Patrol, Inc.
		Natures Resource Pest Control, Inc.
James Burlton	\$5	Discount Computer Repair
		E & E Gliddon Air Conditioning, Inc.
Norman Sundin	\$5	Appliance Specialty, Inc.
		Denny's Plumbing, Inc.
		AMS WC, Inc.
Caroline Bosland	\$5	Modern Pest Control, Inc.

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Ralph Kennedy	. \$5	Jones & Sons Plumbing, Inc.
Richard Vitale	. \$5	Doll Brothers Carpet Cleaners
Madeline Bright	. \$5	Heller's Mobile Home Washing
Lorraine Sharpe	. \$5	Ron Wyngarden MH Wash, LLC
Theodore Hamilton	. \$5	Haseney Electric Services, Inc.
		Jones & Sons Plumbing, Inc.
Donald Johnson	. \$5	Bob's Mobile Home Washing
		Heller's Mobile Home Washing
Donna Trott	. \$5	Bill The Carpet Guy
Alfred Vaz	. \$5	Buggin Out Pest Control, Inc.
Virginia Craghill	. \$5	Boss Electric Corp.
		At Home Floor, Carpets, Plus Tile
		Air Masters of Pinellas, Inc.
Shirley Raymond	. \$5	Boss Electric Corp.
Marilyn Hale	. \$5	Palm Harbor and Dunedin Electric
		Doll Brothers Upholstery Cleaners
		AMS WC Inc.
Linda Stewart	. \$5	Buggin Out Termite Control, Inc.
Marion Hagen	. \$5	Bill The Carpet Guy
		Air Masters of Pinellas, Inc.
		Jones & Sons Plumbing, Inc.
Ernest Clark	. \$5	Modern AC & Appliance Service
		Natures Resource Pest Control, Inc.
Paul Brown	. \$5	Battleline Termite & Pest Control, Inc.

[·] Limit of one ticket per visit · Advertiser may have up to 4 winners per month · Advertiser must have bill paid current to qualify

• No purchase necessary • Contest void where prohibited by law •Tickets available at participating Monthly Media advertisers.



Committee Contacts

Billiards	.Cliff Book #527	
Bingo	.Maggie Deguire, #941	. (727) 289-8775
Bocce		
Bridge	.Betty Eicher, #624	. 513-574-1312
Choir	. Patricia Brown, Lot 433,	. 727-289-1750
Coffee Hour	.(The birdgroups are responsible for organizing	
	the coffee hour for the month that is assigned to	
	.their group. See Birdgroups)	
Crafts	. Nancy Hope, #303	. (727) 546-4746
	.Jim Hope, #303	
Darts	. Maggie Deguire/George Methe, #941	. 289-8775
	.Jim Hope	
Exercise Classes	. Louisa Rice, #535	. 727-827-7442
	. Dina Samson, #616	. 727-290-9053
Golf (Ladies)	. Suzanne Roy, Lot 413,	. 727-289-4124
Golf (Men)	.Gordon McFarlane, #328	. 258-7666
Karaoke	.Maggie Deguire, #941	. (727) 289-8775
Low Impact Workout.	. Dina Samson, #616	727-290-9053
Line Dancing	.Jeannette Lortie #1	.727-528-7875
	.George O'Donnell, #636	
Poker	.Robert Weeks #240	. (727)-954-6669
	Marsha Keith, #618	
	. Andy Beaudet, President #838	
Special Events Com	.Brenda Manfredi Lot 631,	. 727-914-4154
Tours	.Jeannette Lortie, #1A	. 727-258-7875
Walk Away Lbs	.Rachel Brabant, #743	705-618-3593
	. Dina Samson, #616	
Welcoming Comm	.MaryBeth Leduc, #412	. 827-7114
	.Donna Tilford, #734	. 545-1593
	.Colette Blais, #621	. (727) 546-5516
	.Mary Charbonneau, #139	` /
	.Pamela Fairclough, #644	
Yoga Beginners	.Susan McKay, #5	727-289-1101

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