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March • 2015

Issue 1 39th Year

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HOA Board Officers

President: Cliff Shaffer
 Acting Vice President: Joan Mrowiec
 Secretary: Kim Haswell
 Treasurer: Rosalie LeBlanc

Neighborhood Watch

Corky & Vickie Craver, (727) 288-3991
 Richie Vega, 813-284-8071

Courier Editor

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 727-278-7310
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Photographer/Media

Richie Vega
 813-284-8071

Block Captain Coordinator

Vickie Craver, 248 Circle Drive
 Assistant: Andi Rodriguez, 211 1st St.

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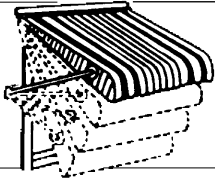
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- Circle – 242 - 267.....Vickie Craver (248)*
- 1st St – 200 - 241.....Richie & Margie Vega*
- 2nd St – 184-199.....Dan Whallon (190)*
- 3rd St – 164 -183.....Belinda Banks (167)*
- 4th St – 111 – 161.....Kim Haswell*
- 5th St – 89 – 110.....Kim Haswell*
- 6th St – 65-86.....Kim Haswell*

We are always grateful to our Block Captains who bring your copy of the Courier to your door every month. Block captains also hand out flyers and notices when needed.

If you would like to be a block captain, see or call Vickie and she'll be more than happy to put you to work.

To contact Vickie: call 727- 288-3991 or see her at lot #248 after 3 o'clock.

EDITOR'S NOTES

Violet Escobar

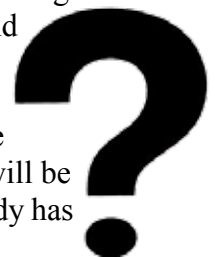
Welcome new and returning Crystal Lake Home Owners' Association Board members to another year of planning, improving and in general, bringing our HOA and our park back to where we want it to be. Your hard work from last year is paying off ... we see it! Best of luck in the year ahead.

ANSWERS TO YOUR QUESTIONS

Your voice can be heard and your concerns addressed. Not many residents have taken advantage of this opportunity to speak out. Start now and think of things you would like to have brought up in the next HOA meeting. Cliff and the rest of the Board are ready to get the answers you need.

Sometimes it's not easy to know the difference between HOA matters and Management matters so just write down your questions and put them into the slot in the HOA office door; Cliff will sort them out. Management matters will be brought to the office for answers. There are some issues that the Board already has the answers to and will be ready to address them at the meeting.

Please, submit them in writing and signed so that if he needs to talk to you personally, he'll know who to reach.





Doing this in advance of the meeting gives the Board time to provide the most honest, accurate answer to your question or if it is a subject for discussion, the Board will be better prepared with facts.



HOA MEETING

Our elections were to be held at the March meeting but due to the fact that there was only one nomination and no one to run against him, David Grinnell was elected 2nd Vice President. Each of our other Board members agreed to remain in their present positions.

Please plan to attend the HOA meeting on Monday, March 2nd. New and exciting things are happening in Crystal Lake and we want you to be a part of the changes.

Plan to attend and bring a neighbor along.

NEW RESIDENTS

Have you seen many new faces lately? Yes, they are our new neighbors that found their homes in Crystal Lake. So, next time you see them around, say “HI” to them and make them feel welcome. Information provided here was collected by Richie (Neighborhood Watch Patrol), ordered by home number and collected from people that moved to the park after the “Meet and Greet” that took place in September of 2014 in the Clubhouse.

- 1. 236 Bryan
- 2. 216 David
- 3. 212 Lisa
- 4. 202 Lynn
- 5. 195 Mr. Bodwell
- 6. 192 Janet
- 7. 189 Thomas & Dawn
- 8. 183 Jackie & Ray
- 9. 179 Tony & Many
- 10. 170 Pete & Tammy
- 11. 169 Frances
- 12. 168 Rigoberto & Marta
- 13. 149 Richard & Barbara
- 14. 143 Lloyd
- 15. 129 JD
- 16. 127 Dan
- 17. 116 Jeffrey & Margaret
- 18. 96 Jane
- 19. 68 Mike & Lila



HAPPY FEBRUARY BIRTHDAYS

- 2 – Joan Mrowiec
- 8 – Valerie Frazier
- 19 – Diana Earley
- 24 – Kim Haswell



****We would like to acknowledge all birthdays and anniversaries in our newsletter each month. Because this information was gathered at the recent Meet and Greet, not everyone was available to fill out the very short form. Please call, e-mail me or see me so that I can get this information from you. Thank you so much for your participation.

HAPPY MARCH BIRTHDAYS

- 11 – Helenjean Daugherty
- 23 – Richard Preil, Jr



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18 ★ 2



BINGO

Every Friday night is a night of fun and fellowship with good friends. For just a short walk to the clubhouse and a \$5.00 investment per a 10-game packet, you can expect about 2-plus hours of fun.

The snack bar is open early so that you can munch while you socialize and play.

You are asked you to show up by 6:30pm to buy your \$5.00 and \$1.00 tickets and find a good seat with your friends. Play begins at 7pm.



Cliff has been our “caller” most nights and does a superb job but if you are interested in helping out by “calling bingo” occasionally, please call Cliff 727-504-7012 so we can give him a break.

LINE DANCING (EVERY WEDNESDAY)

Put on your dancing shoes (or just wear socks like I do) and dance with Sherry Nelson, Ginny Ohl and many of their dancing friends for a few hours of fun and great exercise. If you show up at 6:00pm Sherry will give you some basic instructions and starting at 6:30pm all the other dancers join in.



You can always go at your own pace. You can take a break and rest for a while and then get up and go again. It’s also fun to watch while you catch your breath. If you like synchronized dancing, this is for you!


So mark you calendars for Line Dancing every Wednesday of the month at 6:00pm for instruction (or warm-up) – then plan to do some serious dancing until 7:30pm.

LET’S GO FISHING!

The plan was to take some time out of your busy day to enjoy our well-stocked lake for a relaxing time of fishing; but the weather has been so cold and windy, not many (me included) have wanted to venture out. But it won’t be much longer before the sun comes out to stay and the wind dies down: the bass will be biting and you can be sure that I will be dropping in a line practically every day, but especially on “Fishing Thursdays”.



Don’t worry if you don’t have fancy poles or lures. All you need is some kind of pole with



a line and a hook (that you can pick up at a yard sale) and soft bread. Yup; every fish that I've brought in I, caught on a bread ball. There are some really nice bass and blue gills in our lake. I even caught a catfish and a couple of turtles on bread balls.

If fishing doesn't excite you, come and sit by the lake and watch the ducks, water birds and turtles playing by the shore. Sometimes you can see Otters (we have pictures) playing with their babies in the water or Cormorants diving for fish or sitting on the rails on the dock with their wings spread to dry in the sun.

You might even consider spreading a picnic-type lunch or dinner on one of the round mosaic tables located on two corners of the lakeshore. That would be a great place to spend time with your spouse or some of your friends.

In the evenings some of the most beautiful sunsets I've ever seen can be viewed from the benches around the lake or even from the patio by the pool.

If you're out later at night you might even get a glimpse of skimmers flying closely to the water looking for bugs on the glassy surface.

Summer's coming. I hope to see you out enjoying the lake.

NEIGHBORHOOD WATCH

Submitted by Richie Vega

The Neighborhood Watch consists of the participation of EVERY resident in our park who wants to feel protected and take a part in making Crystal Lake a safer place to live.

There are many ways in which you can help. As for now, we provide for you a partial list of things you can do:

a) **Be a Watch Captain** - Collect information from patrols in your designated area, remind people in your area about meetings and encourage them to attend.

b) **Be a Street-Patroller** - make a note of anything you see that seems suspicious on your daily walks such as unidentified vehicles (We're looking into getting decals for authorized cars), people walking or biking through looking into carports or walking between houses, etc.

c) **Be a Window Watcher** - Be more observant and take a minute or two to make a note of anything you see on your street that just doesn't look right. Save this information for your Watch Captain to deliver to the Coordinator for record-keeping or any necessary action.



So you see there's something for everyone to do to have a part in keeping our park safer and always remember: If you see something suspicious, pick up the phone and call the Pinellas Park Police Department at (727) 541-0758.

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NEIGHBORHOOD WATCH SPECIAL NOTE

Prepared by Richie Vega • Approved by Vickie Craver

Edited by Violet Escobar

This is a continuation of our prior article giving a clear orientation to our residents on what to do, who to call and other important details.

This time we are giving you some relevant information that can give you an idea of what to do when you see someone suspicious or you see a suspicious activity. In other words, **IF YOU SEE SOMETHING, SAY SOMETHING**. We always keep repeating it, over and over: First, call the Pinellas Park Police Department and then call your Neighborhood Watch Team.

LET'S START: All calls that are **LIFE-THREATENING** or **CRIME IN PROGRESS** are considered emergencies, and you can call **911**. For non-emergency calls, call **(727) 541-0758**.

All calls received into Police Dispatch are input into the computer and prioritized dependent on the nature of the call.

It is extremely important that you give the dispatcher as much information as you possibly can. Examples of what you may need to tell the dispatcher are:

CRIMES IN PROGRESS: Location, type of crime, description/number of suspects, suspect vehicle information (including the license plate number if you can get it), last known direction of travel.

DISTURBANCES: Location, type of disturbance (verbal, loud party, barking dog).

PROWLER: Location, what was heard.

REPORT OF A COLD CRIME (CRIME ALREADY COMMITTED): Location, type of crime, suspect information (if known)

After doing this, call your Neighborhood Watch Team. In **CRYSTAL LAKE**, you can call Vickie/Corky and/or Richie. Their phone numbers are on Page 2 of this edition of the **COURIER**. **REMEMBER:** Call the Police first; then call NHW.

As you could see, there are a lot of responsibilities that all residents in our park are able to do to help improve and to better our lifestyle. So, next time you see something, say something: call the police and then your Neighborhood Watch Team.

We hope that all of you have a better understanding on what to do when you see something suspicious in our community.

You may hear it called **NEIGHBORHOOD WATCH**, Home Alert, Citizen Crime Watch or Block Watch - The idea is the same:

NEIGHBORS LOOKING OUT FOR EACH OTHER!

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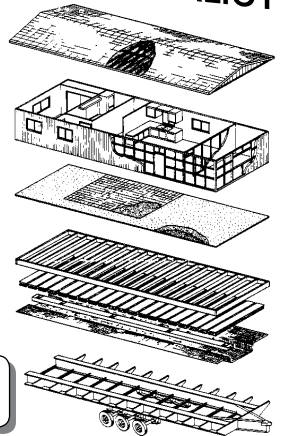
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DID YOU KNOW...

Submitted by Ricardo Vega

Did you know...

- ... a bear has 42 teeth
- ... the names of all continents both start and end with the same letter.
- ... the first letter of the months July through to November spell JASON.
- ... Tennessee is bordered by 8 states: Alabama (South), Arkansas (West), Georgia (South), Kentucky (North), Mississippi (South), Missouri (West), North Carolina (East) and Virginia (North) - more than any other in the United States.
- ... M&M's chocolate stands for the initials for its inventors Mars and Murrie.
- ... the fortune cookie was invented in San Francisco.
- ... French fries are originally from Belgium.
- ... there are 31,536,600 seconds in a year.
- ... there are 22 stars in the Paramount Studios logo.
- ... the word RACECAR can be spelled the same way backwards.

FOOD

- ... there is no butter in buttermilk.
- ... Diet Coke was introduced in 1982.

STREET LIGHT OUT

If you know of a streetlight that is on or not working properly, you can call Duke Energy at (727) 443-2641 with the number on the pole and a nearby address. We need to keep our streets well lighted and safe. You can also use the Duke Energy website to make the report.



SPEED LIMIT



The speed limit in the park has always been 10 mph. Watch out for dog walkers, bicycles, golf carts and wildlife (birds, ducks and otters) especially at intersections and blind corners. Please remind your guests to drive slowly and cautiously when in the park also. Let's all try to be safe and injury free.

We still have many speeders in the park. PLEASE SLOW DOWN



YOUR HEALTH WATCH

13 FOODS HIGH IN IRON

Iron is essential for the production of hemoglobin, a protein that allows red blood cells to carry oxygen to all the part of your body. It's also a component of myoglobin -- that's similar to hemoglobin. It's found in your muscle cells. The average adult male needs about 8 milligrams of iron per day - a woman who is still having her periods needs about 18 milligrams per day.

Dietary iron is found in both plant and animal-based foods. In fact, these 13 foods are all excellent choices for boosting your iron intake.

1. **OYSTER** • Excellent source of iron. A serving of six raw oysters has almost 4 milligrams of iron. It also has 43 calories, 50 milligrams of calcium, and 5 grams of protein.
2. **WHITE BEANS** • Good plant-base source of iron. One half-cup serving has more than 3 milligrams iron. That half-cup serving also has 6 milligrams fiber and 500 milligrams potassium. It also has plenty of protein and calcium, B vitamins and antioxidants.
3. **BEFF LIVER** • Beef liver is well-known as a source of iron -- and for good reason. One slice of liver has more than 4 milligrams of iron. It's also an excellent source of protein, B-complex vitamins, vitamin A and it even has 33 International Units of vitamin D; All for about 130 calories.
4. **LENTILS** • Lentils are another plant source of iron with more than 3 milligrams of iron in a half-cup serving. Lentils are also high in fiber - about 8 milligrams. In addition, lentils are high in protein, B vitamins, magnesium, and zinc.
5. **DARK CHOCOLATE** • Nothing makes us happier than finding out that chocolate is good for you, and it turns out that dark chocolate is a good source of iron, as well as antioxidants. A serving of dark chocolate (45 - 59 percent cacao solids) has almost 3.5 milligrams of iron. It also has 232 calories so don't overdo it.
6. **CANNED TUNA** • Canned tuna is a delicious source of iron. One 6-ounce can of tuna has over 2.5 milligrams of iron, along with plenty of potassium and B vitamins, along with a little vitamin D. It also has 400 milligrams sodium, which is a little on the high side. But, canned tuna has less than 150 calories, as long as you choose the kind packed in water, not oil.
7. **CHICKPEAS** • Chickpeas, also called garbanzo beans, are a good source of iron. One-half cup of chickpeas has almost 2.5 milligrams of iron, along with several other minerals. It also has 141 micrograms folate, which is one of the B-complex vitamins, and 6 grams of fiber. All for less than 150 calories.
8. **TOMATO JUICE** • Tomato juice doesn't have as much iron as our other selections, but it's good for a beverage. One cup of tomato juice has one milligram of iron. It also has lycopene, a powerful antioxidant, and vitamin A. It's also a good source of minerals, but look out for brands that are too high in sodium.
9. **BAKED POTATO** • We're not sure why, but potatoes don't get the nutritional credit they

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deserve. Not only are they a good source of vitamin C, B vitamins, they're an excellent source of potassium; and they're also high in iron. In fact, one large baked potato with the skin has more than 3 milligrams of iron.

10. **CASHEWS** • Here's another plant-based source of iron. Cashews are perfect as an iron-rich snack -- one ounce has close to 2 milligrams of iron, it also has some vitamins and minerals along with beneficial monounsaturated fats.

11. **SPINACH** • One cup of cooked spinach has 6.5 milligrams of iron. It's also got almost 250 milligrams of calcium and more than 800 milligrams of potassium. It's also got some vitamin C, vitamin K and fiber.

12. **RAISINS** • Raisins, along with most dehydrated fruits, are high in iron. One little box (about 1/3 cup) has almost one milligram of iron - not bad for a mid-afternoon snack. Raisins are also high in potassium and a good source of B vitamins.

13. **BEEF STEAK** • Beef is a great source of animal-sourced iron. One 6-ounce tenderloin steak has more than 3 milligrams of iron. It's also a great source of zinc, potassium, and other minerals, plus vitamin B-12. It's also got about 5 grams of saturated fat, so portion control is a good idea.

Adding these 13 foods to your grocery basket is a great start, but there more to learn about dietary iron.

SOURCE: About Health

NOTE: Pairing each of these foods with other foods that are rich in Vitamin C, like citrus, bell peppers and broccoli will help your body better absorb the iron.

10 COMMON CHOLESTEROL MISTAKES


The steps to lowering high cholesterol — eating right, exercising, and taking medication — may seem simple, but many people make mistakes that stand in the way of success.

Maintaining a healthy diet, exercising, and sometimes taking statins to control cholesterol can all work at protecting heart health. And these cholesterol-lowering recommendations from your doctor are backed by scientific evidence. Taking medication for high cholesterol lengthens life and delays death by an average of two years, even when the drug is started at an advanced age, according to researchers from the University of California, San Francisco, who reviewed more than 80 studies on cardiovascular disease.

So why is lowering cholesterol such a challenge?

It turns out people make a number of mistakes in their efforts to reduce high cholesterol. Take a few minutes to learn which obstacles could be standing between you and a successful cholesterol lowering plan.

Here are 10 ways you may be sabotaging your own efforts to reduce cholesterol:

- 
1. Ignoring dietary sugar: When people get a high-cholesterol diagnosis, they sometimes focus solely on limiting cholesterol and fat in the diet. But that means you may be overlooking sugars, which also contribute to high cholesterol, says cardiologist Erin D. Michos, MD, an assistant professor of medicine in the division of cardiology at the Ciccarone Center for the Prevention of Heart Disease and Johns Hopkins School of Medicine in Baltimore. The problem is that excess calories, which can come from sugar as well as fat, are turned into fats and triglycerides and can then contribute to unhealthy cholesterol levels. "People don't realize that this is why their numbers are not getting any better, even though they are reducing fat and exercising," says Dr. Michos. Also, don't forget that alcohol heaps on more sugar (and cholesterol). Cut back on all sources of sugar, including sweetened drinks, and opt for whole grains over refined carbohydrates.
 2. Focusing only on LDL: Thanks to cholesterol education and even your doctor's instructions, you might be too focused on your low-density lipoprotein (LDL) cholesterol, the so-called "bad" kind. You actually need to pay attention to your whole lipid profile, which includes total cholesterol and triglycerides.
 3. Not sticking to a medication plan. Even though statins have a proven impact on cholesterol levels and may have particular benefits for people with coronary heart disease, people do not always take statins as recommended. A summary of data published in the Journal of Vascular Health and Risk Management found that only about 25 percent of patients were taking their statins regularly five years after the drugs were first prescribed. There are many reasons why people have a hard time taking their medications as instructed, but the bottom line is this: If you don't take your medication on schedule, you won't get the heart-health benefits you need. Talk to your doctor about any barriers you're facing, whether it's a matter of timing, cost, or fear of side effects.
 4. Eating whatever you want: Taking statins does not mean you can ignore advice about a cholesterol-lowering diet, stresses Michos. Many people wrongly believe their medication will undo any cholesterol overload, regardless of what they eat. You still have to watch your calorie intake in addition to the fats and carbohydrates that could be contributing to your cholesterol problem.
 5. Cutting out all dietary fat: Another common mistake is thinking that all fats should be avoided. It's true that you should cut out trans fats and saturated fats, says Michos, who adds, "the biggest source of trans fats is baked goods, like crackers, and cookies." But you do need — in moderation — monounsaturated and polyunsaturated fats, such as olive oil, olives, nuts like walnuts and almonds, and the omega-3 fatty acids in fish, she explains. You'll still have to watch the calorie count, which can add up fast even with "good" fat, but make sure to include small amounts in your diet.
 6. Not knowing your cholesterol numbers: High cholesterol has no symptoms so many people don't know they have it. National guidelines recommend cholesterol checks every five years after age 20.

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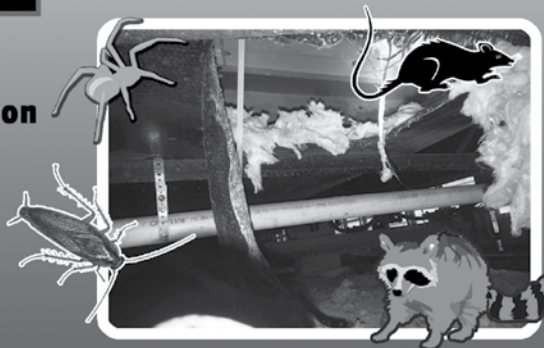


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7. Banning the wrong foods: It's true that if you have high cholesterol you should watch the amount of cholesterol you consume from food sources; keeping your daily total to less than 300 milligrams. This means you need to make thoughtful choices about what you eat. Consider eggs, which for years got a bad rap as a high-cholesterol food. "Eggs also are rich in protein and nutrients," says Michos. So you can have one egg, if you want it — just don't eat it with a fatty slab of steak and a glass of whole milk. In other instances, a healthy substitution, such as low-fat instead of full-fat cheese, can allow you to keep eating a favorite food while still aiming to reduce cholesterol intake.
8. Not exercising: "Diet alone is often not enough — it should be combined with exercise," says Michos. A review of health data from 4,469 British civil servants between 39 and 62 years of age showed that, over an 11-year period, increasing physical activity and eating more healthfully helped to lower LDL cholesterol, according to data published in the journal *Heart*. According to the research, which also looked at the impact of medication to lower cholesterol, successfully lowering high cholesterol takes a multi-pronged approach that includes diet, exercise, and, for people who need it, medication.
9. Yo-yoing from fad diet to fad diet: How do you know which weight-loss, cholesterol-reducing diet to choose from the hundreds now being marketed? Michos says the diets that seem to work best for improving heart health and reducing cholesterol are among the oldest. She recommends a Mediterranean style diet, which emphasizes fruits, vegetables, whole grains, healthy fats, and fish. Stick with this diet, watch portions and count calories, and you can achieve weight loss, counter high cholesterol, and get off the roller coaster of sampling the latest trendy diet.
10. Taking medications with grapefruit juice: Maybe you want to get a healthy start to your day and take your statins with breakfast. Makes sense, unless your breakfast includes grapefruit juice, which can interfere with your cholesterol control medication. Publishing in the *Journal of Pharmaceutical Sciences*, Japanese researchers showed that grapefruit juice can prevent your body from absorbing certain types of statins. Ask your doctor if your particular statin is likely to be affected by grapefruit juice. Even if it's not, Michos notes, it's still a good idea to separate the two by many hours. So go ahead and drink grapefruit juice in the morning, but plan on taking your statins in the evening, which is often recommended, anyway, because your liver makes more cholesterol at night.

These common mistakes are easy enough to avoid with some practice. And, because cholesterol-reducing recommendations really do work, if your numbers still aren't going down, talk to your doctors about what might be keeping you from the level of success you need.

Source: www.everydayhealth.com

**Next month each of these sections will be broken down and explained. Be sure to come back and find out more.



TOP 8 CHOLESTEROL-LOWERING FOODS

From oats to walnuts, a handful of everyday foods are stepping up to the plate when it comes to battling unhealthy cholesterol. By: Maureen Callahan, MS, RD

While nobody would intentionally clog their own arteries, it's easy to do just that with the foods you choose to eat or not eat. Nibbling on hot dogs, full-fat cheese, or donuts can boost unhealthy, artery-damaging LDL (low-density lipoprotein) cholesterol. Grilling and dining on salmon, on the other hand, can raise the "good" or HDL (high-density lipoprotein) levels. These eight options are prime food warriors in the battle against bad cholesterol. Eaten alone, most of these eight foods will have a modest impact; but when eaten together, like in this Waldorf Salad, they build into a beneficial cholesterol-lowering plan that rivals medication.

While most varieties of nuts boast health benefits, the unique fat make-up of walnuts makes them particularly helpful when it comes to lowering cholesterol. Rich in polyunsaturated fats and the only nut source of plant-based omega-3 fatty acids, walnuts are a star food for cardiovascular health. Harvard researchers found that adding walnuts to the daily diet, even for the short term, creates dramatic drops in cholesterol. Study participants averaged a 10-point drop in total cholesterol and a nine-point drop in LDL, or the "bad" cholesterol.

How much is good? Although some studies test larger amounts, a handful a day, or about one ounce is a beneficial amount.

Of all the whole grains, oats sport the highest amount of soluble fiber. And studies show that just five to 10 grams of this soluble fiber can lower both total cholesterol and LDL or "bad" cholesterol. Does it matter what type of oats you eat? Probably not when it comes to soluble fiber. But steel cut oats have the lowest glycemic index because they're processed the least. Like dry cereals made with oats or oat bran? Read the label carefully since some provide as much fiber as oatmeal and other have nary a whiff.

How much is good? 1/3 cup of dry oats offers up 1.4 grams of soluble fiber, a good start toward a daily goal of five to 10 grams.

Among legumes, black beans hold the prize as richest source of soluble fiber; each cup provides nearly five grams of this potent cholesterol-lowering agent. In fact, beans may hold the record for most soluble fiber among the whole plant kingdom; a 1/2 cup of cooked black beans carries nearly twice the soluble fiber of oats. Early studies in animals suggest that most of this soluble fiber is concentrated in the inner part of the bean (not the skin).

How much is good? Start with 1/2 cup per day and work up to a cup of black beans or any kind of bean to make the biggest impact on cholesterol.

Over the last few decades many reports suggest that polyphenols, antioxidant compounds found in apples and apple juice, may help inhibit the oxidation of LDL or "bad" cholesterol. Oxidation of LDL cholesterol is what leads to plaque buildup in arteries. Apples are also a good source of soluble fiber and have roughly the same cholesterol-lowering abilities as oats. If you're counting, one small apple harbors one gram of soluble fiber. Don't like apples? Many

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fruits sport comparable levels: 1/2 medium grapefruit, 1/2 large pear, 3 prunes, 2 dried figs, and one cup of strawberries.

How much is good? Dare we say "an apple a day" is a good place to start. Better yet, maybe the new mantra should be an apple at every meal.

High levels of omega-3 fatty acids, or what researchers refer to as fish oils, make salmon a shoe-in when it comes to improving levels of HDL, or "good" cholesterol. In a study from the Western Human Nutrition Research Center, HDL levels shot up 10% when volunteers (all with normal lipid levels) ate a salmon-rich diet for 20 days. Another study found that men with high triglyceride levels can lower blood fat (a vehicle for transporting fat to cells) by 24% with supplements of fish oils, particularly oils found in fatty fish like salmon.

How much is good? The American Heart Association advises eating fish twice per week, particularly fatty varieties like salmon, sardines, mackerel, and albacore tuna.

Cooking with barley may be uncharted waters for some, but this whole grain contains the same type of soluble fiber found in oats, making it a super healthy grain option. So it comes as no surprise that multiple studies document cholesterol lowering benefits to barley. Pearled barley, the variety found most commonly in supermarkets, is minimally processed and contains most of the bran and endosperm. For even higher levels of fiber (but longer cooking times), you might want to try hulled or hullless barley, both different varieties of the whole grain.

How much is good? Each 1/2 cup of cooked pearled barley contains about one gram of soluble fiber, a small step toward a daily goal of five to 10 grams.

Rich in heart-healthy monounsaturated fats, olive oil is always a good choice in healthy cooking. And so nutritionists and cardiologists have long encouraged using it in place of butter and other animal fats. Yet newer studies suggest the oil contains a powerful mix of antioxidants that can lower LDL, or "bad" cholesterol. When possible, opt for the extra-virgin variety; minimal processing helps keep more of its antioxidants intact.

How much is good? Two tablespoons of olive oil per day. The FDA recommends using it as a replacement for other fats like butter.

Rich in plant-based omega-3 fats, both flaxseed and flaxseed oil are used to reduce total cholesterol and LDL, or "bad" cholesterol. Studies are limited, however, and results are mixed. Still, one recent report suggests the cholesterol-lowering abilities of this little brown seed are more pronounced in men, lowering their cholesterol level nearly 10%. And many use the seed to promote good digestion and relieve constipation. And just one tablespoon of ground flax contains 16 grams of omega-3 fats. For women, preliminary research hints that 10 to 30 grams of flaxseed (about 1 to 4 tablespoons) may offer some protection against breast cancer.

How much is good? Experts aren't making any firm recommendations, but 1 to 2 tablespoons per day seems like a good place to start. Keep in mind; seeds need to be ground in order to be digested.

If you want any or all of these cholesterol-lowering foods to do their job effectively, it makes sense to also limit foods that can raise cholesterol. On that list: any animal products with large

...continued on page 30

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amounts of saturated fat, including whole milk, ice cream, and fatty red meats. It also includes processed foods (donuts, chips) that contain harmful trans fats, aka partially hydrogenated oils. A two-pronged effort of including foods that lower cholesterol and limiting foods that raise it will put cholesterol numbers into a healthy range.

Source: CookingLight.com

NOTE: Are you having a hard time knowing about HDL and LDL – which one is good and which one is bad? Here’s a little trick. Think H (HDL) stands for Healthy and L (LDL) stands for Lousy. And remember that you want HDL to go up and LDL to go down. I hope that works for you.

PARMESAN POTATO PANCAKES

Ingredients

- 2 cups leftover mashed potatoes
- 2 tablespoons chopped fresh chives or green onions
- 1 large egg white
- 1/4 cup seasoned breadcrumbs, divided
- 2 tablespoons grated fresh Parmesan cheese
- 2 teaspoons olive oil, divided

Preparation

1. Combine potatoes, chives, egg white, and 2 tablespoons breadcrumbs in a large bowl.
2. Combine 2 tablespoons breadcrumbs and cheese on a small plate. Divide the potato mixture into 8 equal (1/4-cup) portions; dredge in breadcrumb mixture, shaping each portion into a 1/4-inch-thick patty.
3. Heat 1 teaspoon oil in large nonstick skillet. Add 4 patties; cook 3-4 minutes on each side or until golden. Repeat with 1 teaspoon oil and remaining 4 patties. Serve pancakes hot with applesauce and low-fat sour cream.





VEGETARIAN TACO SALAD

Meat, poultry and seafood are top food sources of iron. Beans, greens and dried fruit are also rich in iron. Boost your iron intake by eating foods rich in iron together—a little meat can help you absorb more iron from beans and greens—or pair them with foods high in vitamin C

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1 1/2 cups fresh corn kernels (see Tip) or frozen, thawed
- 4 large tomatoes
- 1 1/2 cups cooked long-grain brown rice (see Tip)
- 1 15-ounce can black, kidney or pinto beans, rinsed
- 1 tablespoon chili powder
- 1 1/2 teaspoons dried oregano, divided
- 1/4 teaspoon salt
- 1/2 cup chopped fresh cilantro
- 1/3 cup prepared salsa
- 2 cups shredded iceberg or romaine lettuce
- 1 cup shredded pepper Jack cheese
- 2 1/2 cups coarsely crumbled tortilla chips
- Lime wedges for garnish

Preparation

1. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and 1/4 teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.
2. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining 1/2 teaspoon oregano in a medium bowl.
3. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and 2/3 cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

Source: http://www.eatingwell.com/recipes/vegetarian_taco_salad.html



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EVENTS & PROGRAMS

BINGO, Thursday Nights, 6:30p.m., Paradise Island Clubhouse, 1001 Starkey Rd., Largo, 4 blocks south of East Bay. Kitchen open 4 to 6p.m. Dinner specials, sandwiches, Fries, desserts, drinks, ice cream, floats and sundaes. 29 games, \$50, \$250, \$250, \$250, pay-out- \$1850. Fun, Fun, Fun \$\$\$

March 14, 2015 9am - 1pm ANNUAL FLEA MARKET & BAKE SALE, Paradise Island MHP 1001 Starkey Rd. Largo. Early Entry \$1 @8am, Lots of treasures, raffles, food. Kitchen open for Breakfast & Lunch, Tables \$12-\$15 each, 727-953-3616 (Marcia)

ANNUAL CRAFT FAIR, Village Green MHP clubhouse 2001 83rd Ave. N. St. Pete. Saturday March 21 9am-3pm, All handmade items. Free Raffle. Lunch available

COMMUNITY SALE, SAT MARCH 14TH, 8-2 IN CLUBHOUSE. VENDORS WANTED, FLEA MARKET, BAKE SALE, RAFFLES, BREAKFAST AND LUNCH WILL BE AVAILABLE - HOURLY DOOR PRIZES 50/50. CALL 727-434-1065 TABLES 10.00 7349 ULMERTON ROAD, LARGO 33771

RUMMAGE SALE – Faith Lutheran Church, 1620 Pinehurst, Dunedin Saturday, March 14, 8 am – 2 pm Shop for pre-owned items such as

- Bedding/Curtains • Books • Crafts
- Clothing • Holidays • Shoes/Purses
- White Elephant Great prices!

RUMMAGE SALE – Faith Lutheran Church, 1620 Pinehurst, Dunedin Saturday, March 14, 8 am – 2 pm Shop for pre-owned items such as

- Bedding/Curtains • Books • Crafts
- Clothing • Holidays • Shoes/Purses
- White Elephant Great prices!

Palm Hill Country Club Bazaar & Bake Sale. Saturday March 7th 9:00 AM to 1:00 PM Palm Hill south clubhouse. Food served. lots of bargains, come find your treasure. Early admission at 8:30 AM \$1.00, 1800 Seminole Blvd Largo

HUGE RUMMAGE SALE, Friday, March 6th, 8am - 2pm. St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL 33770. (Corner of Highland and Rosery)

FRIDAY, MARCH 6TH, 9am-1pm, Flea Market/Bake Sale Lake Seminole Resort MHP Clubhouse, 10245 110th Ave. North, East off Seminole Blvd. Refreshments, Lunch.

WHITE ELEPHANT SALE. Saturday March 7 - 9AM-1PM. Americana Cove, 7201 1st St NE, St. Petersburg, 33702. Jewelry, antiques, electrics, cookware, china, glassware, pictures, books, DVD's, CD's, tapes, LP's, collectibles, linens, plants, furniture, bakery, raffles, lunch.

MARCH 21st, 9am-1pm, ANNUAL CRAFT FAIR SOUTHWIND MHP CLUBHOUSE, 795 COUNTY ROAD 1 PALM HARBOR, LUNCH AVAILABLE

Saturday, March 7th, 8-1, Lake Haven MHP, 1415 Main St. Dunedin, FL. Huge Spring White Elephant Sale. Clothing, furniture, appliances & more. The best baked goods in town! Lunch available

Annual Carport Sale, March 7th, 8 to 1, Holiday Shores Park, off 104th Avenue, N, Largo, FL

Sat. Mar 7, 8-1 White Elephant & Bake Sale, Furniture, clothing, linens, jewelry, etc. Lake Highlander 1500 County Rd 1, Dunedin

MARCH 7th 8am-1pm - ANNUAL BAZAAR-BRIAR CREEK II MHP Clubhouse (Near Mease Countryside Hospital)

Vendors Wanted: Paradise Island Annual Flea Market 3/14/15. Tables \$10. 727-953-3616 Marcia

GARAGE SALE - CLEARWATER - Japanese Gardens MHP 19709 US 19N - Saturday, March 7th - 9am-2pm at 2687 Rickshaw Drive. TREASURES GALORE!

La Plaza MHP Carport Sale, 6700 150th Ave. N., Clearwater, FL 33764, Saturday, March 14th, 2015, 8am to 1pm

“SPRING IS SPRUNG” Fashion Show, St. Catherine of Siena Women’s Guild, Thurs. 3/19/15 11 A.M. Tickets \$22, Info. Call Church Office - 727-531-7721

CRAFT FAIR - SATURDAY - March 21st, 2015 - 8am-2pm. Park Royale MHP - 10611 66th St. N. Pinellas Park

Amber Glades Estates Carport Sale + Café, Saturday, March 7th from 9am to 3pm. Large variety of everything! Breakfast and Lunch served at Clubhouse. 3113 SR 580, Safety Harbor, FL

Note: Emporium is 2 pages this month.

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• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284.
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1. Add vegetable stock or water to medium saucepan.
2. Bring stock or water to a boil over medium-high heat.
3. Stir in quinoa, salt, and pepper.
4. Switch heat to low and cover pot with lid.
5. Cook until liquid is evaporated and quinoa is tender, about 15 minutes.
6. Remove lid and stir in veggies with a fork.
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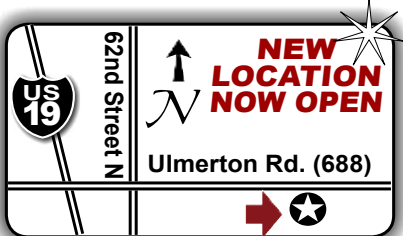
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(Allow 4-6 weeks for mailing of check). **This month's cash winners are:**

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