

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

## To our valued Residents at Lake Haven,

while social distancing while social distancing during the COVID-19 outbreak. We are anxious to get back to business as usual, however, the safety of our community is very important. We will continue to follow direction from our local authorities until further notice. We are doing everything we can to stay prepared for the day we are able to open amenities and our office for walk in use, but until then we are able to communicate through the ways listed below.

## **Office Communication:**

- The Lake Haven office undergoes many phones calls a day, if you do not get an answer please leave a message and your call will be returned.
- You can also reach out to our office by email: lakehaven\_mgr@equitylifestyle.com or lakehaven@equitylifestyle.com
- If you have an after-hours emergency, you can call Ivan at 727-262-0804.
- If you would like you can also write a note and leave it in the drop box outside of the office by the front door.
- Please do not wait on a request because you want to deal only with the manager. Many requests and questions can also be resolved by the office administrative assistant.
- Insults; threats; bad language; false tales; gossip; loud and threatening speech are not approved office communication.

\*\*\*Please ask our office about EFT payments. This is the easiest and best way to pay your rent while social distancing. We are more than happy to get you all set up!

Sincerely,

Lake Haven Management





## Leaving Florida for the summer?

Don't miss the summer issues of your community newsletter. Sign up with Monthly Media (your community newsletter publisher) to <u>have your summer issues mailed</u> to you.

### It's Easy as...

- 1. Decide how many months you'll be away from your community
- 2. Call our office and sign up for the service for \$5 per month flat fee\*
  - \*foreign mailing fees may apply: i.e. Canada is \$6/month\*
- 3. Get your community newsletter mailed to your northern address every month!



Monthly Media 220 Bahama Street Venice, FL 34285 (727) 484-7488

LAKE HAVEN HAPPENINGS MAY, 2020 N





## **PARADISE ISLAND UPDATE**

Pat Walker, Association Secretary

Who was that masked man??? No, I'm not watching a rerun of The Lone Ranger, someone just spoke to me from six feet away and I'm not certain who it was. Is this our new normal? In spite of how much I complained, I long to have the "old normal" back – I believe we all do. No home confinement, no empty shelves at grocery stores, no frightened looks if I cough or sneeze, no panic about the lack of face shields or plastic gloves...just normal complaints about the weather and Florida drivers. Soon this pandemic will be a thing of the past and we can once again physically visit with friends, un-padlock the clubhouses for social events and activities and even swim in the pools – I'm looking forward to that glorious day.

However, the restrictions were imposed to protect us from the virus, and aren't we lucky to have modern technology which keeps us connected while apart. Religious services are available live on Facebook, families can Zoom and be a part of special celebrations, and social media allows us to remain up-to-date on what's happening with family, friends, our local community, our nation and the world. We still have much to be thankful for – let's remember to count our blessings one by one.

The weather is beautiful and we can still go out for a walk or a bike ride. No more lame excuses, we now have the time to exercise since we have thoroughly cleaned our houses, rearranged cupboards and cleaned out closets. As a result, I've amassed a pile of things to donate...when is the next White Elephant Sale??

As it appears from today's mid-April perspective, there will be no activities during May; even the Kentucky Derby Race has been postponed to Labor Day. If safety conditions improve perhaps there will be a cookout on Memorial Day, but that is not a commitment, just a hope – watch your mail tubes for any updates.

If you believe in the power of prayer, please include the medical professionals and support staff, everyone involved in the food chain from farmers to truckers to grocery clerks, scientists and testing labs, President Trump's Coronavirus Task Force, and especially those afflicted with this terrible virus and their families.

Looking forward to happier days when this COVID-19 pandemic is in our rear view mirror. Until then, stay safe – we will get through this and be stronger for it.

Hoping to fulfill the line from Sweet Caroline and be "reaching out, touching you" soon.

On a sad note, I'm sorry to report that our neighbor in Unit #66 Carol Ferguson passed away at home during April. Carol was a home body and attended few social events so many of us did not know her well. We are unaware of any extended family; all her immediate family had predeceased her. We extend condolences to her friends.

On Memorial Day, please fly your flags in remembrance of all the brave men and women in the armed forces who gave their lives for our freedom. It is debt we can only repay by being good citizens and passing forward every kindness we personally receive.

### GOD BLESS AMERICA

## **Treasure Cove Happenings-Park 2**

Lori Witkin-Mocerino, President

pril Showers bring May flowers ... and for Park 2, we not only get May flowers but we also get a brand new Board of Directors for the rest of 2020! A notice has been delivered outlining the changes, so be sure to check your tubes. We look forward to some festive gatherings with some new ideas once the restrictions for the COVID-19 have been lifted. Our monthly meetings will start up in the Fall so watch your tubes for further information closer to September.

Park 2 has some new additions. We welcome Gary in 230 and Grace and Marsha in 240. We look forward to having you join us for all of our events.

It's been a tough few weeks for everyone in the world and social distancing has been lonely for many. If you know of any residents of Park 2 that are having difficulties please be sure to reach out and help them. If any of the Park 2 Board Members can be of assistance to anyone, please let us know. We are happy to run errands, pick up supplies at the store or just visit from a distance. It's not fun being alone and we hope everyone continues to be a good neighbor.

On another note, we were recently made aware that the lock to the Park 2 garage had been tampered with and broken. The sad take-away is that the person(s) responsible for this damage also stole all of the medical supplies that were being stored in the garage. So, we ask all residents from all Parks – if you have any medical supplies, i.e., walkers, commodes, canes, etc., that you are not using and would like to donate, please call Tom Coots (501)617-538-3531 so he can make arrangements to get them from you to start a new stockpile of supplies. These supplies are given to any Lake Haven resident in need and all you have to do is reach out to Tom.

Stay safe and healthy and let's hope the COVID-19 does not infect anyone in Lake Haven and we get through this quickly!









# FLORIDA ANCHOR AND BARRIER COMPANY

To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

Wishing you good health and safety, The Florida Anchor & Barrier Team



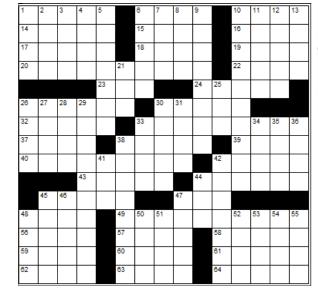
Toll Free - 800-681-3772

& SENIOR

DISCOUNTS

### ACROSS

- 1. Shorthand
- 6. Snip
- 10. At the peak of
- 14. Keyboard instrument
- 15. Sharpen
- 16. Trim
- 17. Tiny balls strung
- together
- 18. Varieties
- 19. Death notice
- 20. Solemnity
- 22. Murmurs
- 23. Reverence
- 24. Moses' brother
- 26. Promise
- 30. Pooch
- 32. Eagle's nest
- 33. Tickweed plant
- 37. Epic
- 38. Light or tulip ones
- 39. Employ
- 40. Pillages
- 42. Ski jacket
- 43. Anagram of "Sneer"
- 44. Assault sexually
- 45. Cambered
- 47. Twosome
- 48. Expectoration
- 49. A moderately quick tempo
- 56. Wise men
- 57. Tidy
- 58. Aromatic solvent
- 59. Relating to urine
- 60. Central area of a church authenticity
- 61. British biscuit
- 62. Spurs
- 63. Winglike
- 64. Thumps







### DOWN

- 21. Female sheep
- 25. In the past
- 26. Overtake
- 27. Jump
- 28. Therefore
- 29. Contradictions
- 30. Handouts
- 31. Spheres
- 33. Adorable
- 34. "Your majesty"
- 35. Bothers
- 36. Chair
- handkerchief
- 38. Brightly colored

- 41. Anger 42. Most destitute
- 44. Cup
- 45. 3-banded
- armadillo
- 46. Inflexible
- 47. Discourage
- 48. Self-satisfied
- 50. Loyal (archaic)
- 51. Magma
- 52. Carve in stone
- 53. You (archaic)
- 54. Care for
- 55. Mining finds

🌾 May Crossword







- 9. Communications
- 12. Heavenly hunter

1. Boohoos

4. Zero

2. Tall woody plant

3. Ouaint outburst

6. Yours (archaic)

7. Part in a play

8. Writing fluids

5. Performing

- 13. Animal companions
- 10. Being of questionable 11. Forbidden







## ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

### Coverages:

Bodily Injury\$100,000 Each Pers./ \$300,000 Ea. Occur.
Property Damage\$100,000 Each Occur.
Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur.
Pers. Injury Prot\$10,000 Ea. Person, Wage Loss Excluded
Medical Payments\$5,000 Each Person
ComprehensiveACV - \$500 Deductible
CollisionACV - \$500 Deductible
Road Trouble Serv\$50 Each Occurrence
Additional Exp\$30 Per Day / \$900 Each Occurance
Annual Paid In Full Premium \$994.55*

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with AirBags, ABS and Anti-Theft device

\*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving



**May Is Skin Cancer** 

**Awareness Month!** 

## Are You SunSmart?

1 of 5 Americans will develop skin cancer by the age of 70. \*American Cancer Society. Cancer Facts & Figures 2019.

Call To Schedule Your Free Skin Cancer Screening! New Patients Only | Offer Expires 6/30/20 | Code - MM

Florido ermatology AND SKIN CANCER CENTERS EXPERIENCE THE MOHS FELLOWSHIP DIFFERENCE Frust is more than skin deep WWW.FLDSCC.com

**Belleair** | **727.446.6217** 609 Indian Rocks Rd., Belleair, FL 33756

**Pinellas Park** | **727.548.9196** 6020 Park Blvd., Pinellas Park, FL 33781

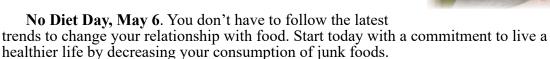
LAKE HAVEN HAPPENINGS MAY, 2020 N

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## **May Days**

**H ug Your Cat Day, May 1**. You should be doing this every day, but in case you're not, today is the day to show your kitty some affection.

Learn to Ride a Bike Day, May 2. Slap on the training wheels if it makes you feel better. The point is, just get on a bike and go for a spin.



Letter Carrier's "Stamp Out Hunger" Food Drive, May 9. Check with your local postal carrier and station to find out what items they are accepting during the largest national food drive in the U.S.

Stay Up All Night Night, May 9. Reconnect with your inner child and have some fun as you stay up (and out) well past the time when the streetlights come on.

Mother's Day, May 10. She carried you in her womb for nine months, and that did a number on her back. Now give her some flowers and take her out to brunch. It's the least you can do.

## How to set reasonable goals

etting a goal is important, but setting a good goal is what really counts. What is a good goal? A good goal usually has a few definable characteristics. Good goals are:

- Specifically focused.
- Neither too hard, nor too easy.
- Shared and agreed upon with others who will be working on them.
- Written down and visualized.





# **SLOW THE SPREAD**

Listen to and follow the directions of your STATE AND LOCAL AUTHORITIES.

**IF YOU FEEL SICK**, stay home. Do not go to work. Contact your medical provider.

**IF YOUR CHILDREN ARE SICK**, keep them at home. Do not send them to school. Contact your medical provider.

**IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE** for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

**IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION** that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit **CORONAVIRUS.GOV** 

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There are 31, 556, 926 seconds in a year?

Cans of diet soda will float in water, regular soda cans will sink?

The human nose can detect around 1 trillion odors?

your community receives this

these business sponsors!

newsletter for FREE because of



Monthly Media 727-484-7488 220 Bahama St Venice, FL 34285



@monthlymedia or
facebook.com/monthlymedia



When searching for home services, health care providers, insurance, and almost anything else...CHECK YOUR NEWSLETTER FIRST!

AND...

These businesses choose to support your community newsletter so please let them know you appreciate them.

## **Services Directory**

### AIR CONDITIONING SALES/SERVICE

Barron's Air Conditioning	/2/-/84-1603
E & E Gliddon, Inc	727-546-4343
Modern A/C Service Co.	727-541-5541
APPLIANCE REPAIR	
Appliance Specialty, Inc.	727-520-6002
AUTO BUYER	
Stingrays Inc (CASH NOW)	727-708-2021
AUTO REPAIR	
Dunedin Transmission	707 704 4044
	/ 2/-/ 34-4011
AWNINGS	
Century Awnings Co	727-559-8811
CARPET CLEANING	
Coastal Interior Services	727-725-4912
COMPUTER SERVICES	
Discount Computer Repair	727-320-2965
CHURCH	
Curlew United Methodist Church	727-784-3424
DERMATOLOGIST	121-104-0424
Florida Dermatology & Skin Cancer	707 446 6017
ELECTRICAL CONTRACTOR	/ 2/ -440-02 1/
ELECTRICAL CONTRACTOR	
Boss Electric Corp.	/2/-/91-1308
Haseney Electrical Services, Inc	727-441-8434
Palm Harbor & Dunedin Electric	
Palm Harbor & Dunedin Electric	727-773-1622
Palm Harbor & Dunedin Electric	727-773-1622
Palm Harbor & Dunedin Electric	727-773-1622
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR	727-773-1622 727-623-9842
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks	727-773-1622 727-623-9842 727-288-4680
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks Florida Anchor & Barrier Co	727-773-1622 727-623-9842 727-288-4680 727-330-7821
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks	727-773-1622 727-623-9842 727-288-4680 727-330-7821
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks Florida Anchor & Barrier Co. Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood. FLOOR REPAIR Flatworks Florida Anchor & Barrier Co. Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts. Inc.	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood. FLOOR REPAIR Flatworks Florida Anchor & Barrier Co. Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc Recreational Golf Cars of Florida	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833 727-548-8460
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood. FLOOR REPAIR Flatworks Florida Anchor & Barrier Co. Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc. Recreational Golf Cars of Florida Shaffers American Custom Golf Carts	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833 727-548-8460
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks Florida Anchor & Barrier Co Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc Recreational Golf Cars of Florida Shaffers American Custom Golf Carts HANDYMAN	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833 727-548-8460 727-242-7800
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood. FLOOR REPAIR Flatworks Florida Anchor & Barrier Co. Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc. Recreational Golf Cars of Florida Shaffers American Custom Golf Carts	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833 727-548-8460 727-242-7800
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks Florida Anchor & Barrier Co Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc Recreational Golf Cars of Florida Shaffers American Custom Golf Carts HANDYMAN	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833 727-548-8460 727-242-7800
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks Florida Anchor & Barrier Co Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc Recreational Golf Carts of Florida Shaffers American Custom Golf Carts HANDYMAN Ron's Handyman Service INSURANCE/AUTO	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833 727-548-8460 727-242-7800 727-657-2491
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks Florida Anchor & Barrier Co Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc Recreational Golf Carts of Florida Shaffers American Custom Golf Carts HANDYMAN Ron's Handyman Service INSURANCE/AUTO	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833 727-548-8460 727-242-7800 727-657-2491
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Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks Florida Anchor & Barrier Co Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc Recreational Golf Cars of Florida Shaffers American Custom Golf Carts HANDYMAN Ron's Handyman Service INSURANCE/AUTO O. E. Wilson INSURANCE/HEALTH - MEDICAR West Florida Health & Life Insurance	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833 727-548-8460 727-548-8460 727-657-2491 727-535-0524 <b>E</b> 727-781-0626
Palm Harbor & Dunedin Electric FLOOR COVERINGS/RETAIL S&M Hardwood FLOOR REPAIR Flatworks Florida Anchor & Barrier Co Perfect Repair & Construction, Inc GOLF CARTS SALES & SERVICE Capital Golf Carts, Inc Recreational Golf Cars of Florida Shaffers American Custom Golf Carts HANDYMAN Ron's Handyman Service INSURANCE/AUTO O. E. Wilson INSURANCE/HEALTH - MEDICAR West Florida Health & Life Insurance	727-773-1622 727-623-9842 727-288-4680 727-330-7821 727-539-0852 727-772-8833 727-548-8460 727-548-8460 727-657-2491 727-535-0524 <b>E</b> 727-781-0626
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LAKE HAVEN HAPPENINGS MAY, 2020 N

### MANUFACTURED HOME SALES/NEW

Citrus Homes/Meadowood Homes	
MEDICAL CARE - FACILITY	
BayCare - Mease Dunedin Hospital .	727-953-6813
MEDICAL CARE - ORTHOPEDIC	
Full Circle Orthopedic	800-881-8485
<b>MOBILE HOME SUPPLIES - RET</b>	AIL
Mobile Home Depot. Inc.	727-849-4900
Mobile Home Depot, Inc	
Bob's Mobile Home Washing	727-787-1459
Heller's Mobile Home Washing	727-733-1166
PAINTING/INSIDE & OUTSIDE	
Payless Painting Services	727-470-5876
PEST CONTROL	
Buggin Out Termite & Pest Control	727-535-2629
Nature's Resource Pest Control	727-785-2552
Tarpon Pest Control	
PHARMACY	
Medicine Shoppe, The	727-733-0404
PLUMBING SERVICE	
Dunedin Plumbing, Inc	727-734-2879
Plumbing Patrol, Inc	727-726-9193
Ray Duncan Plumbing, Inc.	727-733-0968
ROOF COATING	
Community Roofing of Florida, Inc	727-536-9999
ROOF REPLACEMENT	
All Weather Roofing	800-297-3758
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	727-547-8300
ROOF WASHING	
Heller's Mobile Home Washing	727-733-1166
TIE DOWNS/MOBILE HOMES	
Florida Anchor & Barrier Co	727-330-7821
VAPOR BARRIER	
Florida Anchor & Barrier Co	727-330-7821
Precision Vapor Barriers	727-288-4680
Underhome Armor	727-282-2045
VINYL SIDING	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	727-547-8300
Mitchell Siding	727-586-6315
WINDOW REPLACEMENT	
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr	727-547-8300
Clear-Vue Windows	727-726-5386







Monday	Т
monday	1
4 8:00AM – Trash Pickup	Cinc
11 8:00AM – Trash Pickup	Cinc
18 8:00AM – Trash Pickup	
25 8:00AM – Trash Pickup Memorial Day	
	8:00AM – Trash Pickup 11 8:00AM – Trash Pickup 18 8:00AM – Trash Pickup 25 8:00AM – Trash Pickup

# Lake Haven

ʻuesday	Wednesday	Thursday	Friday	Saturday
			1	2
5	6 8:00AM – Bundled Trash Pickup	7 8:00AM – Trash Pickup	8	9
co De Mayo		National Day of Prayer		
12	13 8:00AM – Bundled Trash Pickup	14 8:00AM – Trash Pickup	15	16
19	20 8:00AM – Bundled Trash Pickup	21 8:00AM – Trash Pickup	22	23
26	27 8:00AM – Bundled Trash Pickup	Ascension Day 28 8:00AM – Trash Pickup	29	30





Quality Workmanship Honest Pricing

Vapor / Moisture Barrier

## Underhome Encapsulated Insulation

Hurricane Tie-Down Anchors 10 Yrs Exp.

To our valued customers:

Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

We want to build a great relationship with you. Call today for your Free Inspection. (800) 377-7885

Stay Safe and Continued Good Health. Underhome Armor Family





LAKE HAVEN HAPPENINGS MAY, 2020 N

# **SUB-FLOOR & FLOORING EXPERTS!**

## **COVID-19 NOTICE:**

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.



## May

**G lobal Civility Awareness Month.** This is an opportunity for schools, community organizations, businesses, and people throughout the world to promote dignified, respectful behavior in their daily interactions with others. Take up the charge and be your best, well-mannered self every day, this month.



**Mental Health Month**. It's estimated that one in five Americans has some form of a mental health issue. Get the facts and get help for yourself or a loved one. Education and action will help to diminish the stigmas surrounding these diagnosable and treatable conditions.

**National Good Car-Keeping Month**. Clean it out. Get it tuned up. Change the oil. Rotate the tires. Take time to make sure your car has undergone necessary repairs and is up to date on scheduled maintenance.

**National Meditation Month.** Learn to quiet your mind, focus on your breathing, and appreciate the stillness. Now exhale. Find a class, app, or audio recording to guide you through the process of meditation and discover the benefits it can have on your health and well-being.

## Weekly

**hoose Privacy Week, May 1-7**. The American Library Association and libraries across the nation will help educate and raise public awareness regarding privacy concerns in our digital age. Check your local branch and learn how to safeguard your information and identity.

**Update Your References Week, May 3-9**. Now is good time to check in with the folks providing your personal and professional job references. Make sure their job titles and contact information are accurate. In the event you have to put yourself out there, at least you'll know the people who are looking to hire

**Teacher Appreciation Week, May 4-8.** The school year is almost over, so there's no better time than the present to do something nice for the people who take on the job of educating your kid. Check with your local PTA to find out what you can do to honor the special teachers at your child's school.



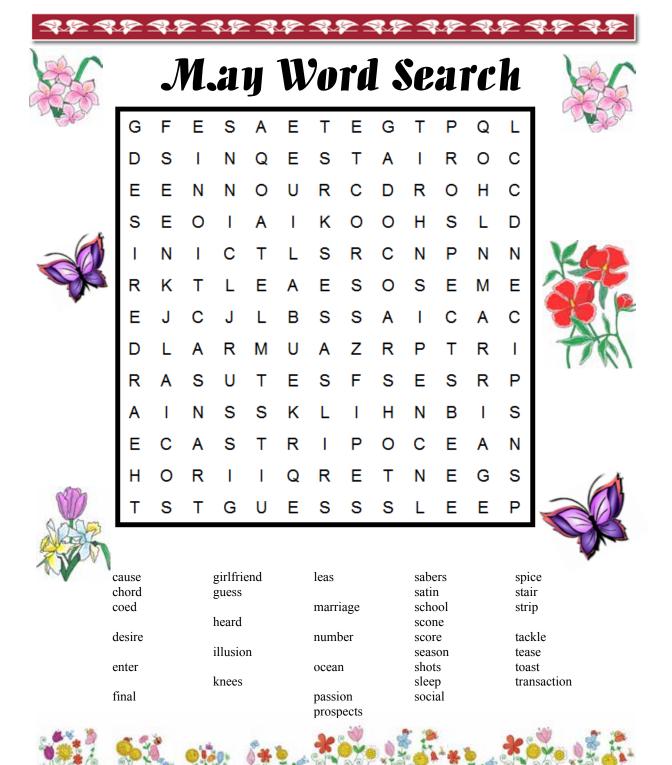








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### **ATTENTION RESIDENTS!**

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 things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

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## JUNE AD DEADLINE - MAY 10, 2020

 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. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

## We Need Cover Pictures! Send in Your Interesting Photos

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint, the picture. Our mailing and email address are here:

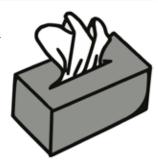


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## If it's not the flower, it could be the flour

Tational Allergy and Asthma Awareness Month serves as a reminder to tackle your spring cleaning projects to maintain a safe environment for optimal health. There's no better time than the present to address these areas:

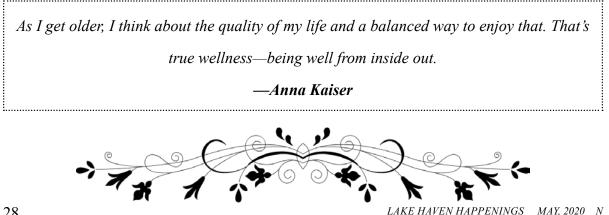
Around the house. Shampoo carpets and upholstery, clean window treatments, vacuum out corners and crevices, and address those areas in your home where dust, mold, and allergens could be lurking and waiting to trigger an asthma event.



In the kitchen. If you or someone in your family is one of the 32 million Americans with a food-based allergy, you'll want to check your pantry and cupboards. After you toss out all the expired food items, take time to review the ingredients of those remaining for known allergens such as wheat, dairy, eggs, soy, nuts, tree nuts, fish, and seafood.

Here are a few more areas you'll want to check for allergens that might be hiding in plain sight:

- Your child or grandchild's room. Make sure stuffed animals and bean bag toys aren't filled with nut shells, crayons are soy-free crayons, and play dough is the wheat-free version.
- **Fido's corner.** Your dog loves those biscuits and bone treats you give him, but if they contain peanut butter or milk by-products, more sensitive members of your household might have adverse reactions.
- **The bathroom.** The biggest culprit here might be your shampoo, conditioner, soap, or ٠ lotion, so read the labels carefully.



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## Limit your spending to stay on budget

hen you're saving, you have to pay attention to the small stuff. Here are three simple strategies to help curb your spending and cut down on unnecessary expenses.

- **Be your own barista.** Skip the lines, the strain on your budget, and the extra calories by brewing your own coffee at home. In fact, bring your own soda, juice, and any other beverages you like to drink throughout the day.
- Organize a lunch swap. One day you make and bring lunch for yourself and a coworker. The next day, she does the same for you. Don't have a lunch buddy? No problem, brown bag last night's leftovers instead of grabbing takeout.
- Shop smart. Use coupons and hit up the sales. Stock up on your favorite shampoo, personal items, and shelf-stable foods so that you won't have to pay full price in the future.

## The neighborly thing to do

t's a good idea to keep on good terms with your neighbors and be—well—neighborly. Here are a few tips that will help you do just that.

- Make a good first effort. When new neighbors move in, go over and greet them. Bring food or another small gift.
- Help out. Lend your neighbors items they might need—and also make sure you return things you borrow in a timely manner. When your neighbors are going out of town or dealing with a crisis, offer to walk the dog, water plants or pick up mail.
- Never pop in. Always call first.
- **Be respectful**. If you live in a neighborhood of early-to-bedders, keep the noise down at appropriate hours.
- Establish rapport. Organize block parties, park cleanups, and other community events as a way to connect and bond with your neighbors.

Politeness and consideration for others is like investing pennies and getting dollars back. —Thomas Sowell



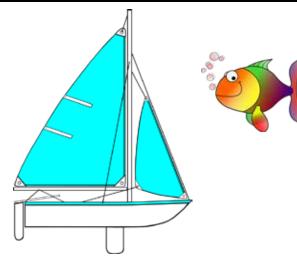












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## A rare second chance

t's rare that second chances come our way. Yet when they do, we're often foiled by others' unwillingness to allow us to redeem ourselves. Here's a tale of one man's strange odyssey from throwing love away to picking up the pieces.

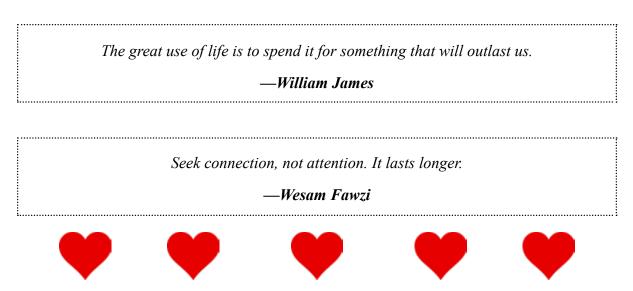


He was in the hospital for heart bypass surgery. He was not a model husband or father: He'd fueled his last 20 years with alcohol and routinely abused his wife. Now, his heart had stopped beating, and because a doctor's job is not to judge, the attending surgeon worked for three hours to revive the 70-somethingyear-old man.

The effort was successful with one mysterious exception: The man suffered a brain injury during the resuscitation and could no longer remember the last 20 years of his life. In fact, he was convinced he was a 50-something-year-old man—had the strength and energy of one— and began behaving as such.

And something else happened when the clock turned back: He stopped drinking and he stopped abusing his wife. He now treated her with love and respect. After a few months, he began to recall about 10 years of his past life, but that didn't nudge him back into his old habits. For the next year, his family had the opportunity to know him and love him as a model father and husband. And then one night, this second chance at love and life unexpectedly ended: The man died in his sleep.

His legacy? A message to love as well as you can, whenever you can, as much as you can.





### Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

**THOUSANDS manufactured home residents have won over \$153,000** 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:

usan Mann	\$100 \$10	Florida Anchor & Barrier	Beverly Zanella		Royal Enterprise
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Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify
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