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Hillcrest Shuffle Board Club - 2020-2021 Officers and Captains

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The power of story

uthor Neil Gaiman explains the power of stories with a tale on the Books Bird website:

"My cousin Helen, who is in her 90s now, was in the Warsaw ghetto during World War II. She and a bunch of girls in the ghetto had to do sewing each day. And if you were found with a book, it was an automatic death penalty. She had gotten hold of a copy of Gone with the Wind, and she would take three or four

hours out of her sleeping time each night to read. And then, during the hour or so when they were sewing the next day, she would tell them all the story. These girls were risking certain death for a story. And when she told me the story herself, it actually made what I do feel more important. Because giving people stories is not a luxury. It's actually one of the things you live and die for."

An enduring act of kindness

n act of kindness can have a lifelong effect, as this story illustrates:

A Jewish family who had immigrated from Lithuania to the United States took pity on a seven-year-old boy and brought him to their home. He spent the night in family home, where for the first time in his life he was treated with kindness and tenderness. When he went to bed, the mother sang him Russian lullabies,

which he sang along with her. Later he learned to sing and play several Russian and Jewish songs.

Over time, the boy became the adopted son of this family. The father gave him money to buy his first musical instrument.

The little boy grew up and wrote a book about the family, and proudly spoke Yiddish fluently.

In memory of this family, he wore the Star of David. He said that in this family he learned determination and "to live a real life."

The little boy's name was Louis Armstrong.

Humanity's legacy of stories and storytelling is the most precious we have. All wisdom is in our stories and songs.

— Doris Lessing







Low-impact exercise

Feeling the need to exercise? Start out with this one:

Stand on a comfortable surface with plenty of room on each side. With a five-pound potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to last for a full minute, then relax.

Each day you'll find yourself holding this position just a bit longer.

After a week, move up to 10-pound potato bags. Then try 50-pound bags. Eventually, try to get to where you can lift a 100-pound potato bag in each hand and hold your arms straight for three minutes.

When you feel confident, put a potato in each bag.

The last drop

bartender was so sure he was the strongest man around that he offered a standing \$1,000 bet. He would squeeze a lemon until all the juice ran into a glass. Anyone who could squeeze one more drop of juice out would win the money.

Many people tried over time-weightlifters, longshoremen, etc.-but nobody could do it.

One day a scrawny little man came into the bar wearing thick glasses and a polyester suit. He said in a tiny squeaky voice, "I'd like to try the bet."

Everyone laughed, but the bartender grabbed a lemon and squeezed it dry. Then he handed the remains to the little man.

Then the crowd's laughter turned to total silence as the man gripped the lemon and squeezed six more drops into the glass.

As the crowd cheered, the bartender paid the \$1,000 and asked the man, "What do you do for a living? Are you a lumberjack, a weightlifter, what?"

"No," the man replied. "I work for the IRS."









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Have the Right Doctor? Ask Yourself These 10 Questions.

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- 1. Is your doctor's office still open?
- 2. Have you heard from your doctor in the past two weeks?
- 3. Is your doctor personally calling and texting to check on you?
- 4. Has your doctor called you to explain your risk of coronavirus?
- 5. Is your doctor's office offering doctor phone visits?
- 6. Does your doctor allow walk-in visits?
- 7. Are you able to call your doctor anytime, day or night?
- 8. Do you have any difficulty getting to and from your doctor?
- Is your doctor helping to make sure you receive all of your prescription refills?
- **10.** Is your doctor offering to help you get your medications delivered?



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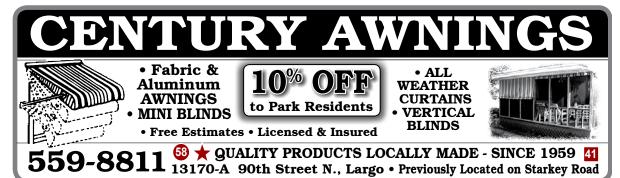
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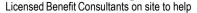
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Some short snappy ones

- If you want to find out who likes you more, lock your best friend and your dog in the trunk of your car for an hour. When you open the trunk, who is happy to see you?
- What did one eye say to the other? "Between you and me, something smells."
- How did the hipster burn his mouth? He ate pizza before it was cool.
- Insect puns bug me.
- My leaf blower doesn't work. It sucks.
- Teacher: "Which book has helped you the most in your life?" Student: "My father's checkbook."
- My friend thinks he's so smart. He told me an onion is the only food that makes you cry, so I threw a coconut in his face.
- Math teacher: "If I have five bottles of beer in one hand and six in the other hand, what do I have?" Student: "A drinking problem."
- Two psychics run into each other on the street. One says to the other, "You're fine, but how am I?"

Missing ingredient

food critic visited a local restaurant to review its food for the local magazine. The owner welcomed her and showed her to a table.

After a while, the critic called the owner over to say that there was something missing in her bowl of soup.

The owner asked if it was too spicy, too sweet, or too salty. The critic said no, so the owner decided to taste the soup himself. "Give me a spoon."

"That's what's missing," said the critic.

Laughter is the corrective force which prevents us from becoming cranks. — Henri Bergson

There is nothing in the world so irresistibly contagious as laughter and good humor. — *Charles Dickens*













ACROSS

- 1. Rugby formation
- 6. Academy award
- 11. Not here
- 12. Settlement
- 15. Recognition
- 16. Female protagonists
- 17. 54 in Roman numerals
- 18. Nightclub
- 20. Take in slowly
- 21. Gumbo
- 23. Concludes
- 24. Not difficult
- 25. A noble gas
- 26. Start over
- 27. Baroque composer
- 28. Sea eagle
- 29. Sphere
- 30. Ski jacket
- 31. Masseurs
- 34. Range
- 36. Female sibling
- 37. Dagger handle
- 41. Alley
- 42. Three-handed card game
- 43. Paris airport
- 44. Docile
- 45. Secluded valley
- 46. Journey
- 47. Beer
- 48. Clatter
- 51. Consumed food
- 52. Depicts
- 54. Happenings
- 56. Give forth
- 57. Twilled fabric
- 58. Drive
- 59. Contemptuous look

- 12 13 16 23 22 25 26 29 32 33 34 35 36 38 39 40 41 43 42 46 44 45 47 49 52 54
- 1. A forward on a soccer 14. Catch a glimpse of
- team
- 2. V-shaped stripes
- 3. Scarlet
- 4. Relating to urine
- 5. Of higher order
- 6. Exaggerate
- 7. Fathers
- 8. Coagulate
- 9. Anagram of "Ail"
- 10. Plunder
- 13. Japanese hostess

DOWN

- 15. Duplicate
- 16. Small carry baskets
- 19. Ales
- 22. Windflower
- 24. Hearing range
- 26. Thorny flower
- 27. Tavern
- 30. Annovance
- 32. Gorilla
- 33. Goliath
- 34. Ski race

- 35. Photo devices
- 38. Dispose
- 39. Flutter
- 40. Varieties
- 42. Killer
- 44. Adhesive strip
- 45. Grille
- 48. Scottish hillside
- 49. Not more
- 50. Not odd
- 53. Explosive
- 55. Before, poetically





It takes eight minutes and 19 seconds for light to travel from the sun to Earth?

Peanuts aren't nuts? (They're legumes!)

There are 2,000 thunderstorms on Earth every minute?



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Gulfport Tuesday Fresh Market

3101 Beach Blvd Gulfport, FL 33707 **Tuesdays 9:00 AM - 2:00 PM**

Larrys Car Show

Quaker Steak & Lube 10400 49th St N, Clearwater, FL **Thursdays 5:00 – 9:00 PM**

Love the Community, Love Free Yoga

Pass-a-Grille Beach 113 11th Ave, Pass-a-Grille Beach, Fl Join the yoga community for free, beachside yoga. This open air event is BYOT (bring your own towel)

Saturdays 10am-11am

Farmers Market

England Brothers Bandshell Park 5010 81st Ave. N Pinellas Park, FL 33781 **Sundays 7:00 AM - 2:00 PM**

Pinellas County Events



First Friday- FREE Family Event

100 E Tarpon Ave, Tarpon Springs, FL A free family event held the first Friday of the month – featuring Art, Food, Shops and Music, with a fun theme every month! **Fri, Sep 3, 10 PM – Sat, Sep 4, 2 AM**

Tampa Bay Women's Expo

4800 N US Highway 301 Tampa, FL 33610 Grab your friends and join us for a Ladies Day Out! Saturday, September 11, 10am-4pm

Back to School Spash & Eco Fest

508 Live Oak Tarpon Springs, FL 34689 Please join us for a celebration of going back to school. We will have food, water slides, music and fun! The City of Tarpon Springs is also teaming up with Keep Pinellas Beautiful to offer an educational and informative event about the environment. Free Trees will be available for Tarpon Springs Residents, with ID. Concessions available for purchase. **Saturday, September 18, 10am-2pm**

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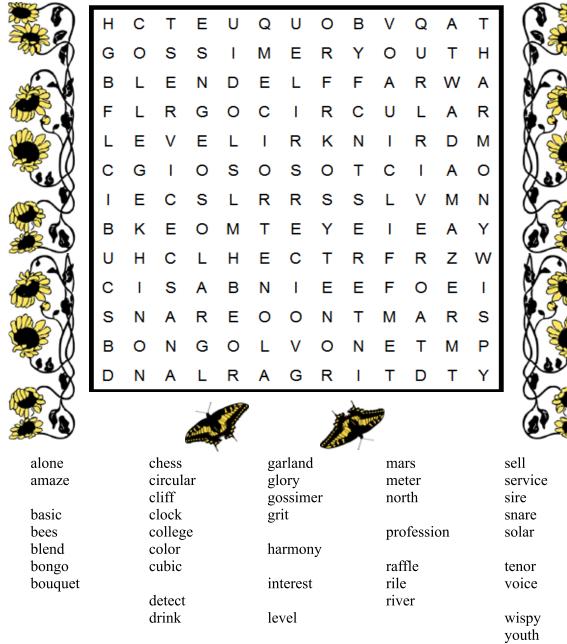
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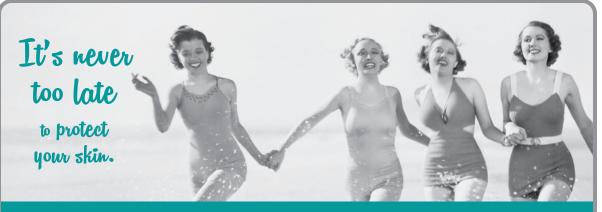
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HILLCREST HIGHLIGHTS SEPTEMBER, 2021 E

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Stay healthy with fiber

¬ iber, in the form of fruits, vegetables, whole grains, and - other carbohydrates that pass through your body undigested, is important to your digestive health, and your overall well-being in general. Too little fiber in the diet is associated with a higher risk of heart disease and diabetes. But only seven percent of adults in the U.S. get enough fiber, according to a study reported by U.S. News & World Report.



How much should you eat? Overall, health experts say you should consume 14 grams of fiber for every 1,000 calories you eat in a day. For women, the target is 25 grams in a 2,000-calorie daily diet; for men, it's 38 grams in a 2,500-calorie diet. People over 50 can consume less.

What to eat? Try a one-cup serving of pearl barley, which has six grams of fiber, instead of white rice, with just two grams.

Avoid injury as you age

As we age, our bodies get injured more easily. That's a fact of life, but you can avoid serious injury at any age by following some basic guidelines from the Seacoast Online website:

- Stay physically active. Keep your body moving as much as you can to avoid stiffness and pain associated with arthritis, which grows worse the less you move. Regular, moderate exercise can decrease the impact of meniscal tears and bulging discs.
- **Eat a healthy diet.** Green leafy vegetables like kale, spinach, and arugula help keep your ٠ bones strong and durable. So do nuts, fish, and grapefruit. Unprocessed oatmeal, raisins, blueberries, and unsalted nuts can keep your heart healthy as you age. Check with your doctor on what diet is best for you.
- Maintain your balance. Slips and falls can cause fractures and broken bones, so keep-٠ ing your balance is crucial. Practice by standing on one foot while you brush your feet or wash the dishes. Try walking on your heel or toes for a short distance. Yoga and tai chi can also help you promote balance.
- Strengthen your core muscles. Keeping your core—abs, hips, and buttocks—strong will • help you stand and sit more erect, as well as prevent back and neck pain and help you feel more energetic in general. Pilates is one good technique for getting and keeping your core in shape.

Take care of your mind, your body will thank you. Take care of your body, your mind will thank vou.

– Debbie Hampton

Three things in life—your health, your mission, and the people you love. That's it. — Naval Ravikant





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Ask yourself:

- 1. Is your doctor's office still open?
- 2. Have you heard from your doctor in the past two weeks?
- 3. Is your doctor personally calling and texting to check on you?
- 4. Has your doctor called you to explain your risk of coronavirus?
- 5. Is your doctor's office offering doctor phone visits?
- 6. Does your doctor allow walk-in visits?

- www.Dedicated.care
- 7. Are you able to call your doctor anytime, day or night?
- 8. Do you have any difficulty getting to and from your doctor?
- 9. Is your doctor helping to make sure you receive all of your prescription refills?
- 10. Is your doctor offering to help you get your medications delivered?

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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".

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The history of Labor Day

abor Day is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It's a national trib-



ute to the contributions workers have made to the strength, prosperity, and well-being of the United States.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first to suggest a day to honor those "who from rude nature have delved and carved all the grandeur we behold." But other research seems to support the contention that machinist Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. The Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

Either way, the first Labor Day holiday was celebrated on Tuesday, Sept. 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on Sept. 5, 1883.

In 1884, the first Monday in September was selected as the holiday. As labor organizations grew in size and power, so did the idea of Labor Day. In 1885 Labor Day was celebrated in many industrial centers of the country.

The first governmental recognition of the holiday came through municipal ordinances passed during 1885 and 1886. While the first state bill proposing the holiday was introduced into the New York legislature, Oregon passed the first law on Feb. 21, 1887. Four more states—Colorado, Massachusetts, New Jersey, and New York—created the Labor Day holiday by legislative enactment that same year.

By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September a legal holiday in the District of Columbia and the territories.

In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson.

— Tom Bodett



Tiny 'mountain' still tough to climb

V ou might think a mountain just a millimeter tall would be easy to climb, but you'd be wrong if you encountered one on the surface of a neutron star. Scientists, however, have discovered that neutron stars may actually have "mountains" like that, according to the EurekAlert website.

Neutron stars have about as much mass as our sun, but they're only about six miles in diameter. That means their gravitational pull is enormous—a billion times stronger than gravity on Earth. Such force squashes the surface flat—almost.

Computer modeling shows that, instead of being a perfect sphere, neutron stars can have surface deformations or "mountains," some of them millimeters or even centimeters high. Because of their intense gravitation, spinning neutron stars with even slight deformations can produce gravitational waves—ripples in the fabric of spacetime. These waves haven't been observed yet, but scientists hope that future advances in detection may let us probe them further.

Statistical tool sheds new light on ancient stone tool culture

D ifferent kinds of early modern humans co-existed for much longer than was previously thought, according to the SciTech Daily website. One of the earliest known stone tool cultures, the Acheulan, was thought to have died out some 200,000 years ago, but new discoveries by researchers at the University of Kent's School of Anthropology and Conservation suggest the culture may have persisted for much longer. That means the Acheulans may have overlapped with Neanderthals for more than 100,000 years.

Acheulean stone tools like hand axes and cleavers originated in East Africa some 1.75 million years ago and spread across Africa, Europe, and Asia, with different species of early human each using the technologies. The team's analysis showed that the practice ended at different times in different parts of the world.

Using a statistical technique known as optimal linear estimation, which is often used to estimate species extinctions, the team was able to estimate how much longer the stone tool tradition continued after being found in the most recently discovered sites. In effect, the scientists were able to predict part of the archaeological record that hasn't been discovered yet.

The main purpose of science is simplicity, and as we understand more things, everything is becoming simpler. — Edward Teller





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SEPTEMBER DAYS

abor Day, Sept. 6. A federal holiday in the United States celebrated to honor and recognize the American labor movement.

Rosh Hashanah. Sept. 6. Starting at sunset and ending at nightfall, Sept. 8.

Patriot Day and National Day of Service and Remembrance, Sept. 11. A day to pay tribute to the selfless heroes and innocent victims of the terrorist attacks on Sept. 11, 2001.

Yom Kippur, Sept. 15. The Jewish Day of Atonement, traditionally observed with a daylong fast and intensive prayer.

World Pharmacists Day, Sept. 25. "Pharmacy: Always trusted for your health" is the theme of this year's World Pharmacists Day.

NUMBERS IN THE NEWS

Online sources of news dominate

The days of getting your news from Walter Cronkite or the morning newspaper are long gone. The Pew Research Center reports that 86% of Americans get their dose of news from a smartphone,

computer, or tablet "often" or "sometimes." Sixty-eight percent rely on television, 50% listen to the radio, and 32% read print publications.

Digital devices are the dominant medium, with 52% of survey respondents saying they prefer to get their news from an online platform—a news website (26%), social media (11%) or podcasts (three percent). Just 35% said they prefer TV, seven percent like the radio, and five percent say their preference is print.

Crystals grew inside rock like arithmetic flowers. They lengthened and spread, added plane to plane in an awed and perfect obedience to an absolute geometry that even stones—maybe only the stones—understood.

— Annie Dillard









EVENTS & PROGRAMS

ATTENTION GOLFERS. The Tampa Green Beret Association, a fraternity of former and active duty Special Forces soldiers and a non profit organization, is hosting a golf tournament on October 9th to benefit The Tampa Veterans Civic Center. The cost is \$60.00 per player which gets you a round of golf and a nice post play lunch. There will be prizes, ball launcher, raffle. auction, 50/50 and more. To learn more e-mail gilhimes@yahoo.com.

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EVENTS & PROGRAMS

ATTENTION CRAFTERS: Paradise Island Annual Craft Fair is taking reservations for spaces at the Annual Craft Fair, on Saturday November 6, 2021, 9 am to 2 pm. Paradise Island Clubhouse, 1001 Starkey Rd. Largo. Handmade items only. For reservations contact Nadine at 402-750-3083 call/ text, email: nadine5106@gmail.com. Deadline October 15th.



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EVENTS & PROGRAMS

VENDORS WANTED- HOLIDAY BAZAAR - Saturday, 11/13/2021, 9am-1pm. \$30 - 1 table, \$25 additional table, \$15 additional floor space. First Lutheran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Questions: 727-477-3806 or eobrien2429@gmail.com - 217-251-4382 or jayneb1227@gmail.com

Craft/Bake Sale: November 8th, 2021 from 8:30am to 1:30pm. Table Space \$15.00. Sugar Creek MHP 10265 Ulmerton Road, Largo. Call Sally 401-835-0700.

OCTOBER AD DEADLINE - SEPTEMBER 10, 2021

• 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. HILLCREST HIGHLIGHTS SEPTEMBER, 2021 E



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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 8-12 weeks for mailing of check) This month's cash winners are:

(Allow 8-12 weeks for mailing of check). This month's cash	winners are:
Joan Athey \$100	John Swartz \$5Ricks Appliance Repair
Toni McCarthy \$10 Florida Anchor & Barrier	Gerald Schnerr
Lisa Zingg	Wayne Jones \$5 Jones & Sons Plumbing
Ernie Simon \$10 Largo Automotive	Rick Johnson \$5 Palm Harbor and Dunedin Electric
Janet Mercer \$10 Jones & Sons Plumbing	Roxanne Moses
Ron Stewart \$10 Barron's Air Conditioning & Appliance	Barbara Hohler
Ken Eckhart \$10	Cheryl Adam \$5 Jones & Sons Plumbing
Robert Mendes	Joseph Scarpa \$5Air Masters of Pinellas
Carl Hansen \$10 Discount Computer Repair	Daniel Marino
David Kalan \$10 Boss Electric	Elizabeth Pattigno \$5Royal Enterprise
Renate Brauchler \$10 Debbie's Salon	Carol Alvey
Luis & Nancy Serrano \$10 Ron Wyngarden Mobile Home Wash	Mary-Ann Eckenberger \$5 Jones & Sons Plumbing
Lorene Hunnell	Sandra Couch
Ronald Anderson \$10Heller's Mobile Home Washing	Linda Wagler \$5 Debbie's Salon
Neal Alexander	Teresa Kelso
Michael Price \$5 Jones & Sons Plumbing	Janet Heintz \$5
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Sue Folden \$5 Jones & Sons Plumbing	Patricia Masotta
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