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Monthly Media has published The Lake Highlander Piper (at no cost to your community) for decades and we very much want to continue providing a printed version for all the community residents. A printed newsletter showcases important community events and activities, as well as shares messages from dozens of businesses that provide valuable products and services for the Lake Highlander residents. Digital and e-mail newsletter alternatives are convenient and they are a great compliment to the printed version, we publish this newsletter online too. However, a digital only newsletter as a replacement to this printed version might leave some residents in the dark.

The printed Lake Highlander Piper provides the following:

- Familiar formatted community news ready for you to read
- No websites or cluttered e-mail in-boxes to comb though to find your community news |
- Relevant businesses who offer specialized services for your home and lifestyle
- Puzzles and games for you to enjoy throughout the month
- Monthly Media's Emporium page where we showcase home goods for sale, other Pinellas County community events for you to visit (craft fairs, bake sales, etc.), and many other great classified listings

If you would like to keep Lake Highlander specific info published in this newsletter please let your community leaders know!

-Monthly Media Staff

Attention Lake Highlander Residents Editor Needed!!!

Would you like to see Lake Highlander related articles in your newsletter?

Do you have a computer with email capabilities?

Then you could be the next editor of Lake Highlander!

If you would be interested please contact Monthly Media at 727-484-7488

JUNE CALENDAR

hild Vision Awareness. To better educate and counsel the public on children's vision problems and detection of eye disease in infants and children. For more information, browse www.ppinc.org.



Children's Awareness. A celebration of children in our everyday lives and communities that lovingly remembers all of America's children that we have lost through violence. For more information e-mail childaware@aol.com.

June Dairy Month. To pay tribute to the vital role milk and dairy products play in the American diet and the contribution of America's dairy farmers. For more information, browse www.nfraweb.org.

Perennial Gardening Month. To celebrate the versatility and beauty of perennial garden plants. For more information, browse www.perennialplant.org.

National Rose Month. To recognize American-grown roses. America's favorite flower is grown in all 50 states and more than 1.2 billion fresh-cut roses are sold at retail stores each year. For more information, www.rosesinc.org.

Rebuild Your Life Month. An opportunity for adults neglected and/or abused as children to celebrate their self-worth and discover inner power.

Weekly

International Volunteers Week. June 3–9. To honor men and women throughout the world who serve as volunteers, rendering valuable service without compensation to the communities in which they live and to honor non-profit organizations dedicated to making the world a better place. For more information, browse www.friendshipandgoodwill.org.

International Clothesline Week. June 1 to 8. To encourage the public to save energy by hanging clothes to dry instead of using their electric dryer. For more information, e-mail gdrisdelle@rogers.com.

National Headache Awareness Week. June 2. To educate the public about the reality and severity of headaches as a legitimate disease. For more information, call 312.274.2651.

Daily

ational Hunger Awareness Day. June 6. To increase awareness of the serious problem of hunger in the United States. One in five children in this country live in poverty and are at risk for hunger. One in 10 households aren't sure where the next meal is coming from. For more information, browse www.secondharvest.org.

Flag Day. June 14. To celebrate the anniversary of The Stars and Stripes. June 14, 1777.

Father's Day. June 16. To reflect on the important role of fathers in the American family.

- SIDI

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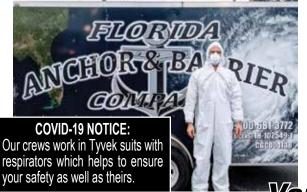


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The story of the mustard seed

In a far away land, lived a young woman and her name was Kisagotami. Now this young woman had only one son—and she loved him with all her heart. But one day her beloved boy fell sick and, despite all the young mother's efforts to save



him, he tragically died. The young mother was so distraught at her loss that she was not able to accept the death and loss of her son, and so desperately, the young mother approached each one of her friends and begged them, "Please, save my child." But each one of her friends said the same thing: "Kisagotami, dear one, the child is dead. There is nothing now that can save him."

But the grieving mother refused to accept her friends' well-meaning words. Instead she carried her child to the Buddha. Weeping uncontrollably, Kisagotami said, "Please save my child. Please give me some medicine that will cure him."

Buddha looked at the woman with compassion and wisdom, he told the young mother that he would make a medicine for the child, but to do so the Buddha would need some special ingredients—among the things the Buddha said he would need was a handful of mustard seed.

However, the Buddha gave the young mother some special instructions for procuring the mustard seeds: "You must get the mustard seeds from a household where not one of its inhabitants has died—parent, child or servant."

And so the aggrieved mother set out to accomplish the task. She went from house to house in the hope that she would find just such mustard seed as the Buddha desired for the medicine. And every person she spoke to very gladly offered her the seed in the hope that it would save the child's life. But each time the seed was offered and Kisagotami asked whether anyone had died in the house, she found that every single household had suffered just such a loss. At the first house she stopped at, it was the husband who had died. At the second house she stopped at, it was a daughter who had died. And at the third, it was an old grand—mother. Kisagotami could not find one household that had escaped suffering.

Very sadly, Kisagotami returned to the Buddha and very, very gently she laid her child's body on the ground, and said, "I understand now what you and the others were trying to tell me.

The compassionate Buddha said, "You thought you were alone in your suffering. But it is the nature of life that no one can escape the suffering of impermanence."

This is a well-known Buddhist tale adapted from Tales for Change: Using Storytelling to Develop People and Organizations, by Margaret Parkin

On living with purpose Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

— Martin Luther King Jr.

ACROSS

- 1. Eruption
- 6. Hotels
- 10. "Oh dear!"
- 14. Consumer of food
- 15. Half-moon tide
- 16. Type of gesture
- 17. Love intensely
- 18. Arouse
- 19. Indian dress
- 20. Trustworthy
- 22. Utiliser
- 23. Information
- 24. Apprehend
- 26. Strip of wood
- 30. Zero
- 31. Accomplished
- 32. Chills and fever
- 33. Baby cow
- 35. Pantywaist
- 39. Floorshow
- 41. Annoying
- 43. Muse of poetry
- 44. European volcano
- 46. Believe or trust (Scottish)
- 47. Soak (up)
- 49. Hurried on foot
- 50. Stitches
- 51. Depressed urban area
- 54. Large northern deer
- 56. Big laugh
- 57. Valid or accurate
- 63. Car
- 64. Heads
- 65. Omit
- 66. Journey
- 67. Farm newborn
- 68. Territories
- 69. Feudal worker
- 70. Anagram of "Seek"
- 71. Grain disease



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SUMMER



DOWN

- 1. Small ball with a hole 13. Bypass
- 2. Stow, as cargo
- 3. At the peak of
- 4. Arid
- 5. Vogue
- 6. Impossible to satisfy
- 7. Variant of basketball
- 8. Type of fastener
- 9. Distributed
- 10. Ludicrous people
- 11. Rent
- 12. Units of land

- 21. Terpsichore
- 25. Hazard
- 26. Shoestring
- 27. Food thickener
- 28. Big brass
- 29. Hyperthermia
- 34. Contenders
- 36. Achv
- 37. Type of duck
- 38. Evergreens
- 40. Origin

- 42. Positions in a social
- hierarchy 45. Ouiver
- 48. Swoop
- 51. A frame of iron bars
- 52. 24 in a day
- 53. Consumed
- 55. Inscribed pillar
- 58. Cozy spot
- 59. Winglike
- 60. Sovereign
- 61. Poi source
- 62. Bird home





June Crossword









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Pass the rice, please

id you know that there are more than 7,000 varieties of rice worldwide? This grain is the staple food for the diet of more than half the world's population. There are written records of the cultivation of rice in China that date back to 2800 B.C. But rice is known to have been cultivated from at least 5000 B.C., and it is believed to have originated in India. According to The Whole Food Catalog, by Nava Atlas, rice didn't arrive in Europe until sometime in the 15th century, and it didn't come on the scene in North America until the 17th century.

Brown rice is generally accepted as being more nutritious than most white rice. Brown rice is higher in fiber and lower in fat, and is better for digestion. Brown rice provides a range of B vitamins, including thiamin, niacin and folacin, as well as providing the minerals phosphorous, calcium and potassium.

White rice is polished or refined. What this means is that two important parts of the grain are removed: the germ and the bran. This leaves the endosperm, which is white and starchy. White rice often contains only about one-third of the vitamins and fiber that brown rice does, about half of the minerals, none of the Vitamin E and only about 80 percent of the protein. Often white rice is enriched with iron and B vitamins—but the original quality of nutrition is never recovered.

Asian countries produce about 90 percent of the world's rice, according to the Whole Foods Market Web site. As a matter of fact, in Japan, the word for rice is the same as the word for meal. In the United States, about one-third of the rice used is in beer.

Here is Whole Foods Market's break down of types of rice:

- Long grain. The milled grain is at least three times as long as it is wide. Some varieties of long-grain rice are: basmati, Patna, Dehra Dun, Calmati, Carolina, Della, Himalayan Red, jasmine, jasmati, Louisiana pecan, American, javanica, bulu, wild pecan, Louisiana popcorn, Persian, ambarboo, darbari, domsia, sadri, rosematta, Texmati, Thai red and Wehani.
- Medium grain. The grain is less than three times the length as the width. It is sometimes labeled "short grain," merely to distinguish it from long grain. Some varieties are: japonica, baldo, Turkish, bash ful, Bhutanese Red, mahogany red, bomba, Arborio and Japanese sweet.
- Short grain. Grains that are less than twice as long as it is wide. Sometimes short and medium grain rices are considered one category. Some varieties are: sushi, Balinese black, Balinese purple, pearl and pudding.

Some other terms can be helpful when considering rice. For instance, the word polished simply means that the rice has been polished to remove the bran and germ, and so polished rice is just another name for white rice. Parboiled means that the rice has been soaked, boiled or pressure steamed and then dried before it is milled. It usually has a yellowish or beige color. Converted rice is the same as parboiled, but it has been cooked more to reduce cooking time for consumers. Instant or quick rice is precooked rice that has been dehydrated and then packaged. It usually suffers in terms of taste and texture. Brown rice is also referred to as whole grain rice and is much more nutritious than any white rice. This is because the bran is retained. The bran is the brown/tan covering on the rice that retains most of the nutritional value of rice. White rice is brown rice with the bran removed and then polished. And finally wild rice is not really rice at all, but is the seed of a long-grain marsh grass that is native to the northern Great Lakes region. It is nutty tasting and usually combined with other rices, such as brown.

What treasures might be found in an attic?



You never know what might be lying around in your attic. Journalist Ken Wilkie was covering a story about Vincent Van Gogh by following in the footsteps of the now famous artist, and his inquiries took him to England where Van Gogh as a young man had gone to work as an apprentice art dealer. While in England Vincent lived a lonely life and eventually, it is known from his letters he fell in love

England Vincent lived a lonely life and eventually, it is known from his letters he fell in love with his landlady's daughter. The girl, however, did not return Vincent's feelings and rejected him. Vincent was so hurt—that he set out on a path that would lead eventually to his total devotion to art.

After much research, the address of where Van Gogh had lived as a boarder was finally determined. Wilkie visited the residence and snapped off a few photographs of the building. After much investigation, Wilkie successfully located the granddaughter of the woman who had spurned Vincent. The journalist told the woman that it was her grandmother that Vincent, one of the Western world's most famous artists, had fallen in love with—and that it was her rejection that eventually led Van Gogh to become an artist. The woman was shocked, and she offered to look through her old photographs to see if she could find any of her grandmother. This would be the first look the world had ever gotten of the woman Vincent had fallen in love with. She invited Wilkie to come by the following day.

Wilkie arrived at Kathleen Maynard's home and was treated to tea and sandwiches. As Wilkie talked to Maynard he spotted an old cardboard box. Mrs. Maynard had already gone through the box and pulled out pictures of her grandmother, Vincent's love interest, and her great grandmother, Vincent's landlady. Wilkie was delighted. Even so, he asked Maynard if he might take a peek through the old box. Maynard agreed and Wilkie eagerly sorted through the contents.

At the very bottom of the box Wilkie saw an old drawing, stained and soiled with time, of the very address he had photographed a few days before. He says he felt his skin tingle as he realized what he was looking at. A new Van Gogh work had been found.

The secret of life

The great secret, Eliza, is not having bad manners or good manners or any other particular sort of manners, but having the same manner for all human souls: in short, behaving as if you were in Heaven, where there are no third-class carriages, and one soul is as good as another.

— George Bernard Shaw

On kindness

Have you had a kindness shown? Pass it on; 'Twas not given for thee alone, Pass it on; Let it travel down the years, Let it wipe another's tears. Pass it on.

— The Rev. Henry Burton

Kindness is good will. Kindness says, "I want you to be happy."

— Randolph Ray

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n: 1 Tropicana Dr. St. Petersburg, FL 33701

Tarpon Springs First Friday

A free family event held the first Friday of the month – featuring Art, Food, Shops and Music,

with a fun theme every month! **Date**: Monthly on the first Friday

Time: 6pm - 10pm

Cost: Free

Location: 324 E. Pine St. Tarpon Springs, FL 34689

St. Pete Sunday Market at Arts Xchange

Come to see your favorites and some new vendors each market! Local Artists will be Live Painting and there will be Live Music from local DJ's and Musicians. There will also be a large variety of vendors to shop from as well as food trucks. This free market is family and dog-friendly!

Date: Monthly on the third Sunday

Time: 12:00pm - 4:00pm

Cost: Free

Location: ArtsXchange 515 22nd St. South

St. Petersburg, FL 33712

Critical Mass (Bike) Ride St. Pete

Join us on the last Friday of every month for a fun ride! We gather at 7 p.m. at the fountain in Willams Park and we head out at 7:30 p.m. This is a social ride, so the purpose is to promote fellowship, safety, education and awareness. We go 10 - 12 mph for about one hour. Safety is our #1 priority - we strongly encourage helmets, lights (the more extravagant the better), and checking your tires before we ride out.

Date: Monthly on the last Friday

Time: 7:00 pm - 9:00pm

Cost: Free

Location: 559 Mirror Lake Dr N

St. Petersburg, FL 33701

Did You Know?

Father's Day wasn't officially recognized as a national holiday until 1972?

In 2023, over \$23 Billion was spent on Father's Day?

Father's Day is the fou<mark>rth</mark> most popular holiday for greeting cards, behin<mark>d Christ</mark>mas, Valentine's Day and Mother's Day but just ahead of Easter?





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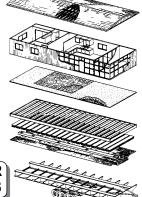
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Hitting the fan

wearing seems to be a bit more acceptable these days than it used to be. And so, you don't get the colorful euphemistic exclamations that were constantly being created to replace swear words in days gone by, when it was considered very bad taste to use the name of God or Jesus or other religious figures in your everyday rantings.

Of course, the English being who they are have a long history of employing euphemistic phrases. This probably comes of the very English desire to communicate but not be explicit at the same time. This likely gave rise to the delight the English took in their come—dies, according to the Web site Phrases.org.uk.Look back into time and you'll find a rich history of comedies based on double entendres.

And we can probably thank the folks across the pond for "minced oaths" as well. Minced oaths are subgroups of euphemisms, according to Answers.com. They're something that people say instead of swearing when they're surprised or annoyed. So for instance, if there were delicate-eared folks around, you might say "Fudge bars" instead of ...well, you get it, right?

Here is a list of some minced oaths gleaned from Answers.com and Wikipedia:

- Bejabbers Figs
- Blimey For crying out loud
- By George Freaking
- By golly Frickin'
- By gosh Fudge
- By gum Fup duck
- Christmas Gadzooks
- Crikey Gee whiz
- Cripes Gee willikers
- Crud God bless America
- Dablastit Golly
- Dad gum Good grief
- Dagnabbit Heck
- Dang Holy cow
- Darn Jeepers creepers
- Doggone Jiminy Christmas
- Drat Jiminy Cricket
- Egads Judas Priest
- Feck Jumping Jehosaphat
- Fiddlesticks Sam Hill
- Sheesh Sufferin' succotash
- Shoot Sugar
- Son of a gun Tarnation





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How to stay healthy

r. Andrew Weil is famous for his health and nutritional advice. Weil told CNN producer Kelley Colihan that he received only about 30 minutes of nutritional training when he was in medical school. He recommended the following general tips for healthy living:



- Eat a diet that's rich in fresh, organic foods. Weil says the consumption of fruits and vegetables helps protect from many chronic diseases.
- Eat a colorful diet. Weil says that it's important to ask yourself if you've covered your colors. Have you eaten your greens, reds, yellows, purples, etc? This will help keep the focus on a healthy variety of fruits and vegetables.
- Take a good multivitamin. Even if you are a healthy eater, it's difficult to have an optimal diet every day. That's why Weil recommends taking a multivitamin, not to replace healthy eating, but to make sure if you miss something in your diet inadvertently, you will still get it through your supplement.
- Women should pay attention to bone health early. Waiting until you're older is not a good idea, Weil says. Bone health is the result of what you eat and exercise habits in your teens, 20s and 30s.
- Men should watch their diets in regard to prostate cancer. That means getting away from animal-based foods and high-fat diets and eating a diet rich in fruits, vegetables, omega-3s. Cooked tomatoes could be especially important, he says, because they are a source of lycopene, which is protective. More soy foods are also recommended.
- If you suffer from hypertension, then you will want to reduce the amount of processed and refined foods you consume, and increase intake of fruits and vegetables, which will deliver more potassium and have a relaxant effect on blood vessels.
- Make sure you get enough Vitamin D. New research shows that Vitamin D has important protecting effects, but that people are getting less of it from sun exposure because of sunscreens.

On living with purpose

What one has, one ought to use; and whatever he does, he should do with all his might.

— Cicero

Nothing of worthy or weight can be achieved with half a mind, with a faint heart, and with a lame endeav or.

— Isaac Barrow

Firmness of purpose is one of the most necessary sinews of character, and one of the best instruments of success. Without it genius wastes its efforts in a maze of inconsistencies.

— Lord Chesterfield

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To tell the truth

nce a young man from Ohio was running for the Senate. One day his political adviser called him into his office and seemed quite upset.



"What's wrong?" the young politician asked.

"You're going to have to go to Cleveland right away or you're going to lose a lot of votes," the adviser said. "They're telling a bunch of lies about you there."

The young politician thoughtfully rubbed his chin and said, "Well, I've got to go to Cincinnati first."

"Why do you have to go to Cincinnati?" the adviser asked.

"They're telling the truth about me there," the candidate replied. As retold from Good Clean Jokes, by Anne Kostick, Charles Foxgrover and Michael J. Pellowski

Keeping a stopwatch on your desk might be a good idea

eorges Doriot invented the practice that has become known in recent times as venture capitalism. In other words, he had the ability to assess thousands of business proposals and then fund the best ones. According to the PBS Web site, Doriot pioneered the development of venture capitalism in the 1950s. He was born in France in 1899, and then traveled to the United States to study. He ended up staying on and working for an investment bank and taught at Harvard Business School.



The savvy businessman was known for keeping a stopwatch on his desk and telling those who asked him about it, "Sometimes I use it to see how long it takes someone in a meeting to tell me the same thing three times."

Is your ice cream feeling a little warm?

The two substances in ice cream that are usually varied are the amount of fat and air that are incorporated. According to On Food and Cooking: The Science and Lore of the Kitchen by Harold Mc-Gee, "ice cream is a foam that is stabilized by freezing much of the liquid." So if you've ever bought an ice cream that seems a bit warmer and fluffier than other versions you've had, the reason is probably because the brand you've bought is cheaper and incorporates more air. What this means is that the sensation of coldness is lessened because there is less ice and less icy solution because more air has been added to the frozen foam mixture.

Another thing that can happen is that fat content can be reduced in a brand. This can in reverse fashion result in a product that feels colder. This is because the fat globules are not present to break up the ice crystals. Often this also produces a grainy, ice-flecked texture to the brand—think ice milk and sherbet products.

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-Monthly Media Staff



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