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# HILLCREST

• HIGHLIGHTS •

July 2024

Issue 5  
48<sup>th</sup> Year



**Happy 4th of July, Sugar Creek Volunteers!**

*Picture Submitted by Tina Ramsburg*

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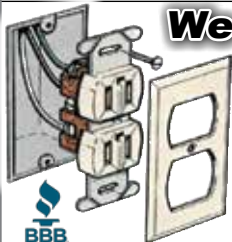
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## SOCIAL CLUB

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**M**ark your calendars, the fun is in the planning stages. This is what's happening, but changes may occur.

- September 7th is coffee hour & the 1st social club meeting of the 2024- 2025 season.
- October 5th is coffee hour along with social club meeting followed by hall decorating.
- October 31st Halloween Happy Hour Party with entertainment by D. J. Bob Kelsey.
- November 2nd is coffee hour along with social club meeting followed by hall decorating.
- November 12th the 1st Friendship club meeting
- November 16th Happy Hour
- November 28th Thanksgiving Dinner
- December 7th is coffee hour along with social club meeting followed by hall decorating.
- December 14th Kick Off the season Party December 22nd Holiday Dinner
- December 31st New Years Eve Party with Tracy Borgatti
- January 4th is coffee hour along with social club meeting followed by hall decorating.
- January 12th Pig Roast with entertainer "Sully" a boot stomping good time.



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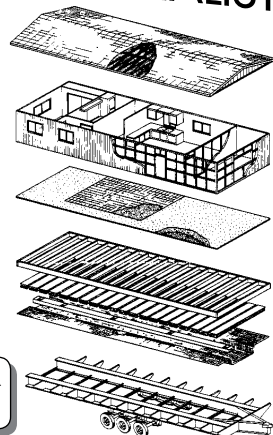


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**Residents of Hillcrest, if you're looking to sell your home, we can help. Call or visit the management office today.**

**Office # (727) 797-5432**

## Worrying is not doing

---



**A**re you worrying about something you need to do? If you are worrying about something, a project or some-thing you need to take care of at home, it's a good idea to keep in mind that merely worrying about something is not doing something. It may sound idiotic, but reminding yourself of this occasionally can help you work through procrastination and avoidance when it comes to dealing with things you'd rather just go away.

For instance, many first time job hunters make this mistake when they graduate from college and are trying to enter the work world. They sit around and fret about how hard it is to get a job, and they keep the focus on the disconcerting fact that they do not know how to find a job. The truth is of course that no one really knows how to get a job until after they've done it once or twice. New job seekers often allow themselves to feel that by worrying, they are actually looking for a job. What they're really doing is thinking about looking for the job. And they are wearing themselves out by participating in this very draining mental game.

The next time you find yourself worrying instead of doing, try writing down what you have done toward resolving your problem or attaining your goal. In the case of job hunters, they might see that they really haven't been sending out too many résumés or making very many phone calls. In the same way, you can evaluate whether you are really making action-based efforts to achieve what needs to be done. If you find that instead you've been doing a lot of thinking and worrying about what you need to do, just accept it, and promise yourself to take at least one step every day toward your goal. And write it down, so you can see for yourself what you have done, and other steps you might try.

## Can you tell if someone is lying? You probably think you can

---

**A**ccording to *New York Times Magazine* contributing writer Robin Marantz Henig, lots of people think they have a special ability or way to spot liars in their midst. The writer says that plenty of people gave her advice when they found out she was writing a piece on deception. Here are some of the things people said they watch for: People who shift their gaze to the left, people who cover their mouths, people who “fidget a lot, cross their legs, cross their arms, look up, look down, make eye contact or fail to make eye contact.”



Marantz Henig says that the idea that it's easy to spot people who are lying has been around for a long time and people believe it. But studies have shown that even though people believe in these ways of spotting liars, that nothing could be further from, well, the truth. In fact, probably fewer than 5 percent of people have some special way of telling whether someone is being deceitful that actually works.

You might say that the liar stereotype is a lie itself—and that there is not any special way to detect a liar. Fact is, Marantz Henig says, that even people who are specially trained to know whether someone is lying or not, such as judges or customs officials, people who have undergone extensive training to find deception, don't do any better than just chance when they are tested. They could have easily flipped a coin, the writer says, and gotten the same results.

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-Monthly Media Staff

# AUGUST AD DEADLINE - JULY 10, 2024

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SCAM ALERT



### Romance Scams

[www.fbi.gov/how-we-can-help-you/scams-and-safety/common-scams-and-crimes](http://www.fbi.gov/how-we-can-help-you/scams-and-safety/common-scams-and-crimes)

Romance scams occur when a criminal adopts a fake online identity to gain a victim's affection and trust. The scammer then uses the illusion of a romantic or close relationship to manipulate and/or steal from the victim.

The scammer's intention is to establish a relationship as quickly as possible, endear himself to the victim, and gain trust. Scammers may propose marriage and make plans to meet in person, but that will never happen. Eventually, they will ask for money.

If someone you meet online needs your bank account information to deposit money, they are most likely using your account to carry out other theft and fraud schemes.

#### Tips for Avoiding Romance Scams:

- Be careful what you post and make public online. Scammers can use details shared on social media and dating sites to better understand and target you.
- Research the person's photo and profile using online searches to see if the image, name, or details have been used elsewhere.
- Go slowly and ask lots of questions.
- Beware if the individual seems too perfect or quickly asks you to leave a dating service or social media site to communicate directly.
- Beware if the individual attempts to isolate you from friends and family or requests inappropriate photos or financial information that could later be used to extort you.
- Beware if the individual promises to meet in person but then always comes up with an excuse why he or she can't. If you haven't met the person after a few months, for whatever reason, you have good reason to be suspicious.
- Never send money to anyone you have only communicated with online or by phone.

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5



## Perspective is everything



Once, a man who had had a very long day made his way to the train. Along the way, he dropped his brief-case, stepped in gum and had to wait in a long line just to get through the turnstile. When he got on the train, it was crowded and hot because the air conditioning system was not working.

This man was usually a very kind and reasonable man, but on this day his nerves and tolerance were wearing thin. At the first stop the train made, a young woman who was talking very loudly on her cell phone boarded.

People talking loudly on cell phones happened to be one of the man's pet peeves and considering that he'd already had a rough day, the blaring voice was really bothering him. He thought back to how the day had started. His boss had questioned his competence — and it had all been downhill from there. He was fed up with his boss not trusting him. Maybe he would start looking for a new job.

His getting-a-new-job fantasy was interrupted when the young woman practically screamed in his ear, "I need to know. I need to know right now."

Because the man was not in the greatest mood, he internally rolled his eyes at what the woman was saying. "What could be so important?" he thought to himself. She's probably in a fight with her boyfriend and she wants to know if he's been cheating on her. The man closed his eyes and took refuge in dreaming about the day he would turn in his resignation — and the shock and regret with which it would be met. He even allowed himself a delicious moment of allowing his boss to beg him not to go.

However, the man was once again drug from his reverie by the woman loudly declaring into the device "I need to know. I need to know right now."

The man was ready to explode now. He was going to tell the silly woman to keep it down. Who did she think she was anyway, acting so ignorant on the train? Who didn't know how rude it was to talk loudly on cell phones in public these days? Even the Transportation Authority had launched a campaign of clever signs reminding people how annoying this could be. Yes, he would say something. She deserved it for trampling all over his fantasy of his boss begging him not to leave. She deserved it for being loud and obnoxious. He was going to let her have it. It was going to be great.

Just then the train pulled into a stop and a young man boarded and saw the woman. He threw his arms around her, and with tears streaming down his face he buried his face in her shoulder.

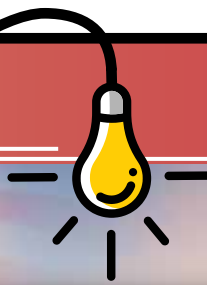
"The hospital just called," he said. "She's stable."

### *On speaking and silence*

*Sometimes it seems that people hear best what we do not say.*

— *Eric Hoffer*

# Did You Know?



Fourth of July became a federal holiday in 1870?

150 million hot dogs are consumed each July 4th?

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 Haseney Electrical Services, Inc. .... 727-441-8434  
 Palm Harbor & Dunedin Electric .... 727-773-1622

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 Florida Anchor & Barrier Co. .... 727-330-7821  
 Perfect Repair & Construction, Inc .... 727-539-0852

## FURNITURE & MATTRESS

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Swailes Re-Face It, LLC ..... 727-804-1689

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Citrus Homes/Meadowood Homes ..... 727-535-5262

## MOBILE HOME SKIRTING

Atlas Mobile Home Services ..... 727-515-0511  
 Mesh Guard LLC. .... 727-678-6569

## MOBILE HOME SUPPLIES - RETAIL

Mobile Home Depot, Inc. .... 727-535-1100

## MOBILE HOME WASH/WAX

Michael Simoneau Maintenance. .... 727-735-2380  
 Royal Enterprises. .... 727-394-7351  
 Wyngarden Mobile Home Wash ..... 727-587-0876

## MOBILE HOME WINDOW FILM

Royal Enterprises. .... 727-394-7351

## PAINTING/INSIDE & OUTSIDE

Payless Painting Services ..... 727-470-5876

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Buggin Out Termite & Pest Control ..... 727-535-2629  
 Coby's Tentless Termite & Pest ..... 727-462-0400  
 FL Termite & Pest Experts ..... 727-785-2552

## PLUMBING SERVICE

Denny's Plumbing, Inc. .... 727-530-1391  
 Jones & Sons Plumbing, Inc. .... 727-799-0287  
 Largo Plumbing Co ..... 727-596-0525

## REMODELING/INTERIOR

Premier Mobile Home Repair. .... 727-201-2000  
 Veterans Mobile Home Services. .... 727-435-0747

## ROOF COATING

Community Roofing of Florida, Inc ..... 727-536-9999

## ROOF REPLACEMENT

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 AMS Advanced MH Systems ..... 727-471-0820  
 ASC Aluminum Specialty Contr. .... 727-547-8300

## ROOM ADDITIONS

Bay Area Aluminum Services, Inc. .... 727-585-4442  
 Keenan Construction ..... 727-455-0778

## TIE DOWNS/MOBILE HOMES

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 Florida Anchor & Barrier Co. .... 727-330-7821  
 United Vapor Barrier & Floors ..... 727-453-2573

## TRAVEL/TOURS

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Florida Anchor & Barrier Co. .... 727-330-7821  
 Precision Vapor Barriers ..... 727-431-6875  
 Underhome Armor. .... 727-282-2045

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 ASC Aluminum Specialty Contr. .... 727-547-8300  
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 Bonded & Insured 14

# July 2024

Sunday							Monday							T
AUGUST														1
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# Hillcrest

Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Independence Day	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			



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# July



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8	3	4	1	6	2	9	7	5
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5	9	2	7	1	6	3	4	8

# JULY CALENDAR

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**Cell Phone Courtesy Month. July 1–31.** With more than 180 million cell phone users in the United States, this month is dedicated to encouraging the increasingly unmindful corps of cell phone users to be more respectful of their surroundings and those around them.

**National Baked Bean Month. July 1–31.** To pay tribute to one of America’s favorite and most healthful and nutritious foods—baked beans made with dried or canned beans. For more information, browse [www.americanbean.org](http://www.americanbean.org).

**National Blueberries Month. July 1–31.** To make the public aware that this is the peak month for fresh blueberries. For more information, browse [www.blueberry.org](http://www.blueberry.org).

**National Horseradish Month. July 1–31.** To celebrate the healthful and hot horseradish, which has been prized for its medicinal and gastronomic qualities for centuries. For more information, browse [www.horseradish.org](http://www.horseradish.org).

**Family Reunion Month. July 1–31.** July is the most popular month of the year for families to meet and celebrate the unique history of their family. To encourage the trips back to the family homesteads, tales of generations gone by, and celebrations of generations yet to come. For more information, browse [www.reunionsolutions.com](http://www.reunionsolutions.com).

## Weekly

---

**Dog Days. July 3–Aug. 11.** Hottest days of the year in the Northern Hemisphere. Usually about 40 days, but variously reckoned at 3–54 days.

**Take Charge of Change Week. First week of July.** To increase awareness of the individual’s power to control his own destiny. To look at the principles of taking charge of the changes that affect each of us. To focus on reducing stress and improving the quality of your life when you put yourself in the driver’s seat. For more information, browse [www.idealady.com](http://www.idealady.com).

## Daily

---

**Independence Day. July 4, 1776.** The United States commemorates adoption of the Declaration of Independence by the Continental Congress. The nation’s birthday. Legal holiday in all states and territories.

**Gorgeous Grandma Day. July 23.** Even though television and the press glamorize youth and make older folks often feel undervalued, the “senior citizen” label can no longer describe a feeble, antiquated person who is treasured only as a volunteer. A day to recognize the majority of older women are far from powerless, sickly, frail or helpless. Browse [www.gorgeousgrandma.com](http://www.gorgeousgrandma.com).

**Parents’ Day. July 28.** To pay tribute to the men and women across the United States whose devotion as parents strengthens our society and forms the foundation for a bright future for America.

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# July Word Search



E	N	E	D	R	U	B	R	A	L	T	E	R
R	S	D	R	I	V	E	A	S	R	P	V	W
I	C	D	E	E	P	S	I	E	T	S	I	Y
T	O	E	T	S	R	O	S	X	L	I	S	L
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alter

drive

intensive

pear

site

boost

entire

legality

plate

speed

burden

excellent

magic

raise

state

catch

exist  
extractive

nature

retain

sting

center

hanging

object

reveal

truth

cheese

consequence

count

scope

seen

simply

water

were

worse



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## In praise of the pomegranate



It is said that the Prophet Muhammad encouraged his followers to eat pomegranate fruit to purge themselves of envy and hatred. Now, the fruit is being touted for its ability to purge the arteries of fatty deposits—and therefore slowing down the process of hardening of the arteries and cardiovascular disease.

The word pomegranate comes from the Latin *pomum granatum*, meaning apple of many seeds. And, the pomegranate does look somewhat like an apple and contains many seeds.

Today, health experts are singing the praises of the pomegranate for its apparent protective powers. Pomegranates are loaded with Vitamins A, C, E and iron, and the fruit is known as a powerful antioxidant that helps fight off free radicals in the blood. Free radicals can cause damage to the body if they are not controlled by antioxidants. Experts now believe that pomegranates contain the highest antioxidant capacity of any other natural juice, red wine or green tea. Antioxidants are substances that occur in plants and help protect the body from free radicals. Free radicals can affect cholesterol and can speed up the process of hardening of the arteries. This process takes place through what is known as oxidation, which causes narrowing and sometimes blockages in arteries.

One great benefit of pomegranate consumption, according to experts, is that it is believed to reduce the risk of cardiovascular disease. According to a BBC News story by Jini Reddy, studies in Israel have shown that drinking pomegranate juice slows down oxidation—by almost half—thereby reducing the retention of LDL, or bad cholesterol. In another study on pomegranate consumption in Naples, Italy, researchers found that the effects of pomegranate juice in limiting hardening of the arteries were even higher than previously presumed, according to a National Geographic News story by Stefan Lovgren.

Mythology and cultural rituals have often attributed superpowers such as resurrection and fantastic longevity to the pomegranate—it seems that science is finally catching up and catching on to the possibilities of the pomegranate.

### ***On sincerity***

*Individuals are considered sincere when there is little or no discrepancy between the goals they seek and those they claim to be seeking.*

— **Leonard W. Doob**

*Use no hurtful deceit; think innocently and justly and, if you speak, speak accordingly.*

— **Benjamin Franklin**

### ***On fate***

*Fate is determined by what one does and what one doesn't do.*

— **Ralph Ellison**

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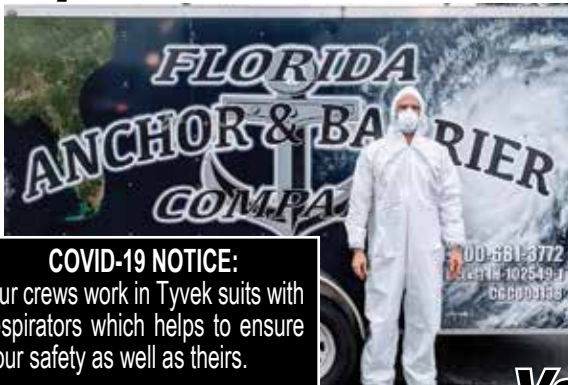
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According to Greek mythology, Zeus once held a contest to see who would be awarded patronage of Attica. The patronage would be awarded to the god or goddess who provided the most useful gift. Poseidon, to show that he would be a great patron, took his trident and struck open the rock of the Acropolis, and from the crevice poured a great spring of water. But when the Athenians tasted the spring water, it was salty, since Poseidon was a sea god. Athena, when her turn came, made an olive tree grow on the Acropolis. From this the Athenians were able to produce oil, from which lamps were lit, anointing the body could take place, and food preparation was possible. Athena won and became the patron god of Athens. (Mythology, Edith Hamilton)



Olives were cultivated in Crete as early as 2500 B.C., according to Peggy Knickerbocker in *Olive Oil: From Tree to Table*. And today, health experts say that even though Americans have a better health-care system and Greeks smoke more than we do, they live longer and have lower rates of cancer and heart disease than Americans (“Olive oil fights heart disease, breast cancer, studies say,” by Stefan Lovgren in *National Geographic News*.)

Why is olive oil so good for you? The answer is simply this: Olive oil is high in monounsaturated fat — which is the “good” fat you hear about when doctors are preaching to you about cholesterol. Even the Food and Drug Administration has gotten on the olive oil bandwagon and has allowed the health claim that monounsaturated fat from olive oil can decrease the risk of coronary heart disease.

New studies have shown that oleic acid, which is the main monounsaturated fatty acid in olive oil, can actually cripple a gene that is responsible for 25 percent to 30 percent of breast cancers today. Javier Menendez of Northwestern University, one of the study’s authors, says that the Mediterranean diet, which is laced with olive oil, has significant protective effects against cancer, heart disease and aging.

All of which makes Athena’s tree a pretty good gift.

### ***On fear***

*To defend oneself against fear is simply to ensure that one will, one day, be conquered by it; fears must be faced.*

— **James Baldwin**

### ***On intellectual growth***

*Intellectual growth should commence at birth and cease only at death.*

— **Albert Einstein**

*There’s something still better than silence, ’tis this — to speak the truth.*

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