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• C O U R I E R •

## July • 2016

## Issue 5 40th Year

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## Office

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## Crystal Lake Management and Staff

Manager ..... Carol Haney  
Office Phone.....(727) 544-2745  
Office FAX.....(727) 549-1337  
Office Hours Monday – Wednesday & Friday - 9:00 am – 6:00 pm  
Saturday – 10:00 am – 5:00 pm  
Thursday & Sunday - Closed  
Maintenance .....Emergency: 727-657-6265

### HOA Board Officers

President:.....Cliff Shaffer  
1st Vice Pres.: .....Joan Mrowiec  
Secretary: .....Violet Escobar  
Treasurer: .....Kim Haswell

### Courier Editor & Communications

Violet Escobar: 727-278-7310  
MyCrystalLake9301@gmail.com

### Crystal Lake Facebook group link:

See/Call/e-Mail -  
Violet for your Invitation to join

### Block Captain Coordinator

Corky & Vickie Craver ... 248 Circle Drive  
Asst.: Violet Escobar .....70 6th St.

### Block Captains

Circle – 242 - 267 ...Vickie Craver (248)  
1st St – 200 - 241 ....Ursula & Joe (208)  
2nd St – 184-199.....Dan Whallon (190)  
3rd St – 164 -183.....Kim Gaines (158)  
4th St – 111 – 161 ...Kim Gaines (158)  
5th St – 89 – 110 .....Kim Gaines (158)  
6th St – 65-87.....Violet Escobar (70)

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

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

### Neighborhood Watch

Non-emergency, Pinellas Park Police Department at (727) 541-0758  
Emergency: Police, Fire, Medical, please dial 911.

Pinellas Park police station: 7700 59th Street

To report a street light out: call Duke Energy at (727) 443-2641



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## LETTER FROM THE EDITOR

**B**y the time you read this we will have had a very informative meeting with 2 members of the PPPD addressing our safety concerns and giving us instructions as to our part in Neighborhood Watch. I trust you were able to attend that meeting.

But for now, in advance of that meeting, and because I have been a part of different Neighborhood Watch programs throughout many years in many places, I have put together some suggestions of my own.

In my opinion, we don't have to have a structured Neighborhood Watch with the meetings that were required by the PPPD and sadly, so many residents don't care to attend.

So, here are my suggestions: get to know your neighbors. You can begin by getting to know the people who live on either side of you. Notice the vehicles they drive and who visits them regularly. This is not being nosey; it's being observant and a good neighbor.

After that, you can expand your vision to the neighbors across the street or further down the street.

Speak to them when you see them... even if it's just a quick hello and a wave.

Be respectful and courteous but always observant.

If you see something ... say something. If something looks out of place to you or you see someone acting strangely, call the non-emergency Police number (727-541-0758) to report it with as many details as you can.

If you see something serious or threatening to someone or their property or the park property or if it's an emergency, call 911.

In any case, be ready to give details of what you are seeing. A good description of the person or vehicle you are reporting will give the police something to look for even if the person/vehicle has left the park.

Look out for the neighbor who might have health issues and can't get out very often. You might consider returning their trash can after trash pickup or putting their newspaper closer to their door.

We have a unique little community and it only takes a little effort to pay attention and at the same time show some kindness.

Your neighbors are the people who you can hope will be watching out for you, too.

You don't have to be best friends with everyone or even like everyone but if you begin to pay attention to your surroundings, you will be protecting your own property as well as theirs.



**From the Editor**

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## MANAGERS CORNER

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A great big thank you to everybody who adhered to the Lakeshore letter about getting our properties in order. Things are beginning to look so much better. For those who have not responded, please do so. Violations will be coming out soon.



Concerning reserving the Clubhouse, I need at least a 1-week notice. You'll need to fill out a form that must be approved by me (Carol) and submitted with your \$50 deposit. If any rules are broken or if the Clubhouse is left dirty there will be no refund and possible disciplinary action. Absolutely NO alcohol is allowed.

Friendly reminder: Reserving the clubhouse does not include reserving the pool.

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## MONTHLY HOA MEETING

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Things seem to be a little quieter than normal in the summer time but the HOA is still working behind the scenes planning for September when the weather begins to cool down a bit and our residents are more inclined to come out of the AC and gather for fun and socializing around the park.

Meanwhile, Somethings that do continue are Bingo and the Snack Bar on Friday nights. We are always excited to see new faces each week as well as all of the 'regulars' who look forward all week long for this time when we get together for a bite

HOA Meetings will resume after our summer break in September.

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## QUOTES

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Service to others is the rent you pay for your room here on earth. -Muhammad Ali

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou

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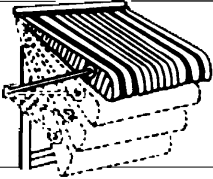
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## RECIPES

### Easy Tomato Soup & Grilled Cheese Croutons

#### Ingredients

- 3 tablespoons good olive oil
- 3 cups yellow onions, chopped (2 onions)
- 1 tablespoon minced garlic (3 cloves)
- 4 cups chicken stock, preferably homemade
- 1 (28-ounce) can crushed tomatoes, preferably San Marzano
- Large pinch of saffron threads
- Kosher salt and freshly ground black pepper
- 1/2 cup orzo
- 1/2 cup heavy cream
- Grilled Cheese Croutons (see below)

#### Directions

In a large pot or Dutch oven such as Le Creuset, heat the olive oil over medium heat. Add the onions and cook over medium-low heat for 15 minutes, stirring occasionally, until golden brown. Add the garlic and cook for 1 more minute. Stir in the chicken stock, tomatoes, saffron, 1 tablespoon salt and 1 teaspoon pepper. Bring the soup to a boil, then lower the heat and simmer for 15 minutes.

Meanwhile, fill a medium pot with water, add 2 teaspoons salt and bring to a boil. Add the orzo and cook for 7 minutes. (It will finish cooking in the soup.) Drain the orzo and add it to the soup. Stir in the cream, return the soup to a simmer and cook for 10 more minutes, stirring frequently.

Serve hot with Grilled Cheese Croutons scattered on top.

### Grilled Cheese Croutons

- 4 (1/2-inch-thick) slices country white bread
- 2 tablespoons unsalted butter, melted
- 4 ounces Gruyere cheese, grated

Heat a panini grill. Place the four slices of bread on a cutting board and brush lightly with the melted butter, being sure to butter the corners. Turn the slices over and pile Gruyere on two of the slices. Place the remaining two slices of bread on top of the Gruyere, buttered sides up.

Grill the sandwiches on the panini grill for about 5 minutes, until nicely browned. Place on a cutting board, allow to rest for 1 minute and cut into 1-inch cubes.

Read more at: <http://www.foodnetwork.com/recipes/ina-garten/easy-tomato-soup-grilled-cheese-cROUTONS-recipe.html?oc=linkbackIngredients>



## **Balance your internal ‘thinker’ and ‘doer’ to bring ideas to life**

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**C**reative people can have dual personalities: the “thinker” who comes up with bright ideas and the “doer” who puts plans into action. How can you help them work together effectively? Follow these steps:

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When you’re heartbroken, you’re at your most creative—you have to channel all your energies into something else to not think about it.

—Florence Welch

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—Florence Welch

## Did You Know That July is Also...

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**National Black Family Month.** During this month, African-American families celebrate their connection, common heritage, and commitment to one another. Families around the nation seek to implement positive changes, connect through old traditions, create new ones, and participate in activities that can be continued throughout the year.

**Parks and Recreation Month.** Sponsored by the National Recreation and Park Association, the leading nonprofit organization dedicated to the advancement of public parks, recreation and conservation. Discover wildlife and outdoor fun at your local park.

**Captive Nations Week, July 7-13.** A week aimed at raising public awareness of the oppression of nations under the control of Communist and other nondemocratic governments. Begun in 1953, it was signed into law by President Dwight D. Eisenhower in 1959.

**Sports Cliché Week, July 10-16.** It's time to celebrate—or possibly get rid of—such common sports clichés as “We’re taking it one game at a time,” “He gave 110 percent,” “Step it up,” and more.



**National Zoo Keeper Week, July 17-23.** Sponsored by the American Association of Zoo Keepers to advance excellence in the animal keeping profession, foster effective communication beneficial to animal care, support deserving conservation projects, and promote the preservation of our natural resources and animal life.

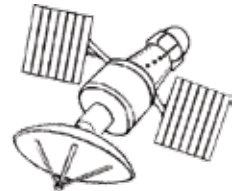
**World UFO Day, July 2.** Look to the skies for evidence of alien visitors.



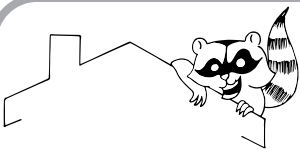
**Independence Day, July 4.** Celebrate the birthday of the United States of America.

**Global Forgiveness Day, July 7.** Begun in 1994 to help people around the world identify with their personal need to forgive and be forgiven.

**Space Exploration Day, July 20.** Neil Armstrong and Edwin “Buzz” Aldrin first walked on the moon on this day in 1969.



**World Ranger Day, July 31.** Sponsored by the International Ranger Federation to celebrate the work rangers do to protect wildlife.



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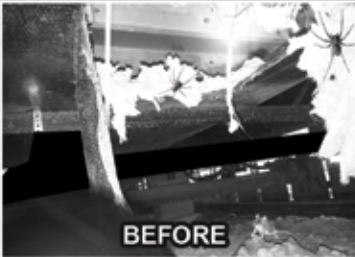
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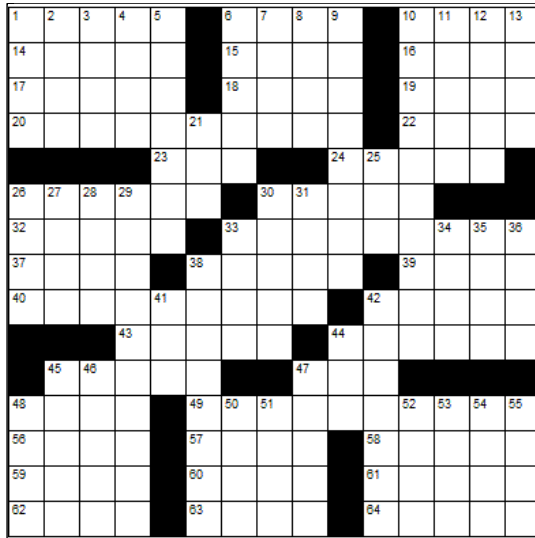
STATE CERTIFIED MOBILE HOME INSTALLER  
#IH102549/1





**ACROSS**

- 1. Toil
- 6. Big party
- 10. Nile bird
- 14. Not below
- 15. \_\_\_ meridiem
- 16. Not a single one
- 17. Pelvic
- 18. See the sights
- 19. A period of discounted prices
- 20. Plastic wrap
- 22. Historical periods
- 23. Compete
- 24. Clotheshorse
- 26. The arch of the foot
- 30. Mixes
- 32. Interior decoration
- 33. Ruffed grouse
- 37. Jacob's brother
- 38. Lane
- 39. The peak of a hill
- 40. Ascribe
- 42. Danger signal
- 43. Timid
- 44. Wobble
- 45. Incline
- 47. Male sheep
- 48. Thwart
- 49. A written reminder
- 56. Hindu princess
- 57. Very imposing or impressive
- 58. Not tight
- 59. Not closed
- 60. Between the head and shoulders
- 61. S S S S
- 62. Ringlet
- 63. Earl Grey and orange



**DOWN**

- 1. Secular
- 2. Competent
- 3. Be in an agitated emotional state
- 4. Elliptical
- 5. Recuperate
- 6. Wash oneself
- 7. Dwarf buffalo
- 8. Bowl over
- 9. Genetic endowment
- 10. Numb
- 11. A panel or committee
- 12. Dental filling
- 13. Notices
- 21. A mark on a die or playing card
- 25. Arranger (abbrev.)
- 26. Bright thought
- 27. Where a bird lives
- 28. Leave in a hurry
- 29. A transparent gem
- 30. Brackish
- 31. Tall woody plant
- 33. In addition
- 34. "Shucks!"
- 35. Wound by piercing
- 36. Pitcher
- 38. Point of contact between two objects
- 41. Charged particle
- 42. Girls or women
- 44. Bitumen
- 45. Smarmy
- 46. Large commercial ship
- 47. Stones
- 48. Tailless amphibian
- 50. Sword
- 51. Flexible mineral
- 52. It smells
- 53. Amount of medicine
- 54. Utilizer
- 55. Untidyness



# July CROSSWORD



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 Level 5 Cleaning ..... 727-479-2674  
 Royal Enterprises..... 727-394-7351

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# JULY • 2016

Sunday	Monday	Tuesday
3	4	
	Independence Day	
10	11	
17	18	
24	25	
31		

# Crystal Lake

Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:15P- 7P Snack Bar 7P BINGO	2
5	6	7	8 6:15P- 7P Snack Bar 7P BINGO	9
12	13	14	15 6:15P- 7P Snack Bar 7P BINGO	16
19	20	21 1P-4P: Card Stamping	22 6:15P- 7P Snack Bar 7P BINGO	23
26	27	28	29 6:15P- 7P Snack Bar 7P BINGO	30
				AUGUST 2016 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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Additional Exp.....	\$30 Per Day / \$900 Each Occurrence
<b>Annual Paid In Full Premium.....</b>	<b>\$994.55*</b>



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★  
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Carol Zapiecki, Clearwater, FL



## Young athletes embrace football

Football is the fastest-growing youth sport in the U.S., according to a survey conducted for USA Football (the national governing body) by the Physical Activity Council and Sports Marketing Surveys USA. Among American kids 6 and older, flag football showed the biggest rise—8.7 percent from 2014 to 2015, representing approximately 120,000 more young players.

Baseball came in second, with a jump of 3.3 percent, and tackle football increased by about 1.9 percent, or about 21,000 additional players.

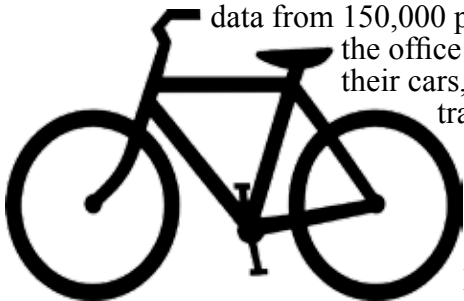
The numbers were similar in the 15–18 age group: Flag football grew 10.5 percent, adding about 100,000 players, and tackle football increased 2.5 percent, for 30,000 more players. The only other sport to grow in size among the older age group was basketball, at 1.1 percent.



## Your commute may improve your health

You may not like going to work in the morning, but the way you get there can have a positive influence on your overall health. The journal *Lancet Diabetes & Endocrinology* has published a study that found middle-aged people who walk, ride a bike, or even take public transportation to their workplace tend to have a lower body mass index (BMI) than those who regularly drive.

The reason is simple: More physical activity keeps weight down and results in better overall health. Researchers at the London School of Hygiene & Tropical Medicine looked at data from 150,000 people ages 40–69. Not surprisingly, those who biked to the office weighed showed a healthier BMI than those who drive their cars, followed by walkers and then workers who took a bus or train.



Although walking or biking may be impossible for many people, the physical activity involved in just getting to the bus stop or train station can have a significant positive effect.

One measure of friendship consists not in the number of things friends can discuss, but in the number of things they need no longer mention.

—Clifton Fadiman



# July Sudoku

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



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



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## Advice from the A-List

---

**C**elebrities aren't necessarily smarter than the rest of us, but their success speaks for itself. Here's what they have to say about achieving success in any endeavor:

- Leonardo DiCaprio, actor: "I've been very lucky to have achieved a lot of the things that I dreamt of achieving as a young man. But at the end of the day—and I truly believe this—it is not about achieving great wealth or success, because they don't bring happiness ultimately. They really don't. What matters is whether or not you've fulfilled the idea of having led an interesting life, whether you've contributed in some way to the world around you."
- Beyoncé, singer: "The reality is, sometimes you lose. And you're never too good to lose, you're never too big to lose, you're never too smart to lose; it happens. And it happens when it needs to happen. And you have to embrace those things."
- Justin Timberlake, singer: "I like being a beginner. I like the moment where I can look at everyone and say, 'I have no idea how to do this. Let's figure it out.'"
- Chris Pine, actor: "Fear runs our lives. It doesn't matter who you are. You have to understand your relationship with fear. Whether you're scared of getting into a relationship or taking the new job or a confrontation—you have to size fear up."
- Ellen DeGeneres, talk show host: "Never follow anyone else's path, unless you're in the woods and lost and you see a path. Then, by all means, follow that path."

## Succeed with kindness—and these kindly tips

---

**N**ice people can finish first. The key is knowing how to use kindness to your advantage. Practice these habits until they become second nature:

- First, be kind to yourself. You'll find being nice to others easier if you build your self-respect with positive thoughts about your personality and achievements.
- Treat everyone with respect. Don't worry about who's on top. Treat everyone the way you want to be treated, regardless of their position or job title.
- Say no when necessary. You can't do everything. But when you do say no, be polite and positive.
- Plant seeds of kindness. Do something nice every day even when your kindness may not have an immediate payoff.
- Complete this statement: "If I were a better person I would \_\_\_\_." Then act on it.

## Stories to tell your grandkids

---

**M**ost children enjoy hearing their grandparents tell stories. You can captivate your grandchildren for hours at a time with some of these tales that are certain to pique their interest:

- How their grandparents met. Did you meet your future wife in grade school? Did you initially dislike the man you eventually married? Children are often curious about how people in their lives ended up together—and they'll like the joy they see in your eyes as you talk about your enduring love.
- The day their parents were born. Kids usually like hearing about their parents. Describe in detail what happened the day their father or mother was born: what time they came, what you were hearing, who helped out, and most important—how you felt.
- The day they were born. Do the same with a story about your grandchild's birth. What preparations did you make? What did you expect? When did you first see your grandchild? What did he or she look like?
- School days. School has changed a lot since you were a child. Talk about what your typical day was like. Describe your favorite teacher. Discuss challenges you had. Tell children what life in a classroom was like without computers, DVDs, and other modern technology they take for granted.
- First jobs. Talk about the restaurant where you washed dishes, or the shop where you stocked shelves. Tell children about your best and worst bosses, experiences helping customers, and what you learned from each position.
- Proudest achievements. Think back to the moments in your life when you felt proud. You'll teach your grandchildren to try hard, never quit, and take pride in their accomplishments.

## The water cure

---

**A** man went to the doctor because he had no energy. After asking a few questions, the doctor wrote a series of prescriptions.

“Now,” she told the patient. “I want you to take the red pill with two glasses of water in the morning, the yellow pill with two glasses of water at lunch, and the green pill will three glasses of water before you go to bed.”

“Wow,” the man sighed. “What do the pills do?”

“Nothing. You're not drinking enough water.”



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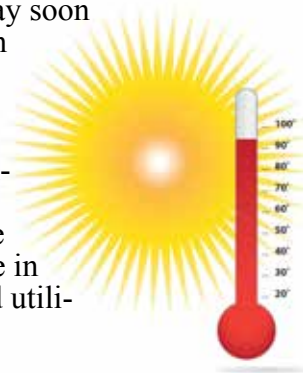




## Pacific weather may signal heat waves

**W**e don't usually expect weather forecasters to predict temperatures more than a few days ahead of time, but some meteorologists think they may soon be able to forecast periods of extreme heat up to 50 days in advance.

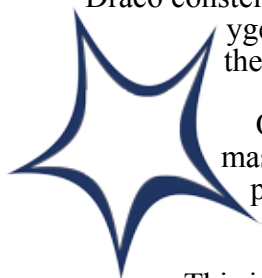
According to the U.S. News & World Report website, when a certain Pacific Ocean region experiences an extreme mixture of temperatures (unusually warm in the south and unnaturally cold in the northeast), a condition called the Pacific Extreme Pattern signals the likelihood of a heat wave to one in four 50 days in advance, and one in two at 40 days. If true, such forecasts could help farmers, cities, and utilities plan for dangerous conditions.



## White dwarf is one of its kind

**A**stronomers have located a white dwarf star that seemingly breaks the rules. A white dwarf is formed when a dying star flings off most of its gaseous body into space, leaving behind a hot, exposed core. Most retain an atmosphere of hydrogen and helium, with heavier elements like oxygen and carbon sinking deep to the center of what's left of the star.

But the Science News website reports that scientists have discovered a white dwarf in the Draco constellation, some 1,200 light-years away, with an atmosphere that's rich in oxygen—affording astronomers a clear look into the interior of the body that they haven't had before.



One theory is that another nearby star might have pulled gas—and mass—from the star as it decayed, leaving the oxygen behind. Another explanation is that a heavy layer of hydrogen might have triggered a massive thermonuclear explosion and ripped off the white dwarf's outer layers.

This is the only white dwarf of its kind observed so far—but exceptions can help scientists understand the rules behind how the universe runs.

We are trying to prove ourselves wrong as quickly as possible, because only in that way can we find progress.

—Richard Feynman

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## 'Hobbits' older than thought

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Scientists discovered ancient human fossils on the Indonesian Island of Flores more than 10 years ago and nicknamed the new species “hobbits” because of their diminutive size, about 3.5 feet tall. They believed these small humans (official name: homo floresiensis) lived about 18,000 years ago, or perhaps even later.

But according to an article in The Christian Science Monitor, the remains may be much older. Some scientists are now arguing that erosion made the fossils appear modern than they really are. Using such techniques as radiocarbon dating and uranium-series dating, they’ve determined that the fossils may be 60,000 to 100,000 years old. Artifacts made of stone discovered in the same area appear to be between 50,000 and 190,000 years old, pushing the date of the hobbits’ existence—and extinction—back further than previously thought.



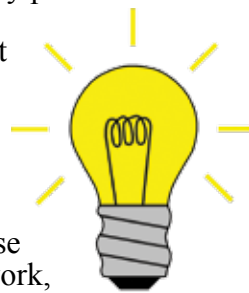
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## Master the elements of successful innovation

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Innovation is crucial to an organization’s long-term success. To help it take root, remember that successful innovation has these basic components:

- **Imagination.** Everyone on your team should be able to think creatively, find fresh solutions, make new connections, and take different approaches to everyday problems.
- **Risk.** Every new idea carries an element of risk. Don’t be reckless, but be ready to tolerate some uncertainty when you try something new.
- **Work.** Ideas won’t implement themselves. You and your co-workers should be prepared to do the hard work of bringing innovation to life.
- **Optimism.** You won’t always succeed, but you should maintain a sense of excitement and passion about every new idea. Some of them will work, feeding your desire to move on to the next project.



Creativity and insight almost always involve an experience of acute pattern recognition: the eureka moment in which we perceive the interconnection between disparate concepts or ideas to reveal something new.

—Jason Silva



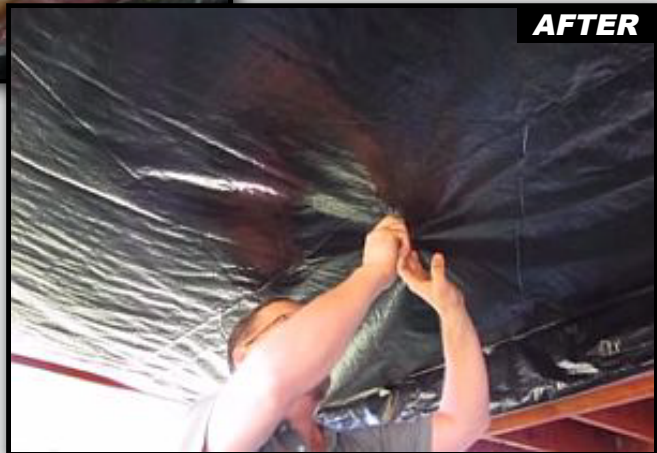
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-Monthly Media Staff

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## A good sleep starts with good nutrition

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If you have trouble getting a good night's sleep, try looking at your diet. A study by the Institute of Human Nutrition at Columbia University Medical Center in New York suggests that cutting back on sugar and fat, along with increasing the amount of fiber in your meals, may help people sleep better.

Researchers kept track of 26 men and women, and found that subjects fell asleep faster and slept more soundly on days when they ate a high-fiber diet. When their meals were high in saturated fat and sugar, they took longer to nod off and tended to wake more often at night.



The scientists note that more research is needed to establish a definite link between nutrition and good sleep. Still, eating better can't hurt.

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## Healthy lifestyles are rare in the U.S., study finds

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A healthy lifestyle has four basic characteristics, according to physicians: moderate exercise, a healthy diet, not smoking, and maintaining the recommended body fat average. But only 2.7 percent of Americans fit those standards, researchers at Oregon State University say.

Looking at data on more than 4,700 people, the researchers determined that 16 percent had three of the characteristics, 37 percent had two, 34 percent had one, and 11 percent had zero. Other findings: Seventy-one percent of adults didn't smoke, but only 38 percent ate a healthy diet, 10 percent had a healthy body fat percentage, and 46 percent were physically active.

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## Do you read me? Ants send and receive via antennae

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Ants may not be able to speak, but they can communicate effectively through signals they receive—and send—through their antennae, researchers at the University of Melbourne have discovered.

Ants use chemicals called CHCs, for cuticular hydrocarbons, to identify whether other ants are friendly or hostile. When CHCs are removed from an ant's antennae, it can no longer tell whether other ants are from its nest. The CHCs apparently enable ants to share basic information about their affiliation, something scientists couldn't confirm until now.

Antennae have long been known as vital to ants' behavior. In an experiment conducted more than 125 years ago, a scientist removed the antennae from four different groups of ants and placed them together. Instead of breaking out into fights, the ants interacted peacefully with each other. The role of CHCs clarifies how such communication works, scientists today say.

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## Vacation trends: Money and more

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If you're making vacation plans for the rest of the year, you might be interested in some of these trends reported by the TripAdvisor website:

Seventy-eight percent of U.S. travelers plan to spend the same amount of money or more when they vacation this year, for an average of \$8,400—the third-largest budget of travelers in any country worldwide. Baby Boomers will likely spend an average of \$10,600 for the entire year, but millennials will be more budget-conscious, shelling out an average of \$5,300.



The most important factors in choosing accommodations: price (94 percent cited that as the leading factor), followed by ratings (90 percent), close availability to attractions (89 percent), and dining options (79 percent). Other amenities are crucial as well: Seventy percent of those surveyed said they wouldn't stay at a hotel without air conditioning, and 42 percent won't sign in anyplace that doesn't have Wi-fi.

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## High IQ = fewer friends?

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How do friendships influence happiness? A study published in the British Journal of Psychology looked at data from a long-term survey of 15,000 people ages 18–28 to find out. The study found that happiness tends to increase with the number of social interactions people have.

Not too surprising so far, but researchers noticed an interesting fact: People with high IQs seem to be less happy the more they spend time with friends. The researchers theorize that people with higher IQs are more likely to find satisfaction in long-term endeavors than socializing with friends.

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## Diners willing to pay more for meals

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Eating out can be expensive, but many consumers are more than willing to spend the money for a meal they don't have to cook themselves. The consulting firm Alix Partners, which surveys restaurant-goers, reports that diners expect to pay 1.9 percent more for their meals in 2016, for an average of \$14.25, up from \$13.99 last year.



It's the first time expectations have risen since Alix Partners began their surveys in 2007. In other findings, the survey found that consumers are nervous about food-borne illnesses, with 28 percent saying they'd never eat at a restaurant that had experienced an outbreak, and 34 percent indicating they'd wait until the restaurant had been cleared by health authorities. And just because they plan to spend more money doesn't mean they're not on the lookout for deals—56 percent say they're going to look for more coupons and other discounts this year.

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