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# Glen Ellen Park

• FOCUS •

E

**June • 2019**

Thank you to Terri Campbell of  
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**Issue 4  
43<sup>rd</sup> Year**

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Director – Keith Hutchinson  
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Office Number (727) 796-7348

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## June Birthdays and Anniversaries

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### June Birthdays:

June 16 – Gloria Sellmeyer

June 25 – Bruce Kestler



### June Anniversary:

Ron and Linda Roy – 60 Years



## Manager Bob Kelsey's Message

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Just a special thank you to all the residents who are having their properties looked after for the summer which consists of weeding, pressure washing, cleaning driveways etc.

I hope everyone had a good month in May and will enjoy June. The steamy weather is upon us, be sure that you stay hydrated and drink lots of fluids and use sunscreen to protect your skin against the very very hot sun rays.

Remember, do not let your dogs do their business on other people's property. It damages the grass terribly and residents have spent a lot of time and money repairing the turf, renewing and planting new grass seed. Be considerate!

Sometime an emergency situation arises and the water has to be turned off immediately. I always let people know when we are turning the water off for a certain length of time. I would appreciate your patience, thank you.

New residents – when you move into Glen Ellen you are given a copy of the 'Prospectus' and 'Rules and Regulations of Glen Ellen'. Please make sure that you read both so you will know what is allowed and what is not allowed in the park. Thank you.

I thank you for your efforts and consideration as a resident of Glen Ellen.



**A Complete Listing of Resident Services  
can be found on the page before your calendar**



## Scribe Nancy Labbe's Message

I hope everyone had an enjoyable May. A good time was had by everyone at the Memorial Day dedication. We thank everyone for their time and effort.

We congratulate all the young people who received their first communion in May and all the graduates in the month of June. We are very proud!

If anyone wishes to host an activity at any time, please check with Nancy Labbe in Mobile 121, (727)238-8927.

Equity Lifestyle Properties was kind enough to resurface the shuffleboard courts. Please do not park golf carts, bicycles, scooters or anything that could damage the surface. It was quite costly and we do not want them damaged. Thank you for your consideration.

**DO NOT FORGET TO SUPPORT OUR VETERANS!**



## June Sudoku

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



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

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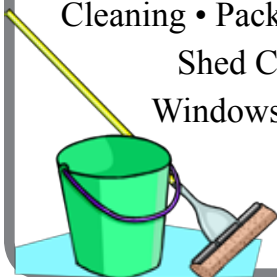
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## Early birds versus night owls—who's better off?

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The early bird gets the worm, and early risers enjoy other benefits, according to a story on the *New York Post* website. A survey of sleep habits involving 2,000 people found that, among other things, self-identified early birds have more sex on a weekly basis than their night owl counterparts.

The survey also found that early birds generally make more money, are more likely to work in an office setting, and describe themselves as happy. They're also more likely to be married with children in their home. On the other hand, night owls are typically shy and sarcastic, likely to believe in ghosts and cryptids, and more often single.

They tend to sleep about the same amount—seven hours a night for early birds and six hours for night owls. However, early birds are light sleepers, and they feel more well-rested when they get up than night owls.

## Disconnecting may not lead to the benefits you're looking for

---

Ever feel the need to disconnect from your devices for a “digital detox”? The Yahoo Finance website reported on a survey by Mojo Vision (Saratoga, California), which found that people tend to use technology as much, if not more, after distancing themselves from their smartphones and tablets for a while.

The survey of 1,000 Americans found that 67 percent agree that technology makes life easier, but 55 percent believe that all that tech is a distraction, with one-third worrying that it hurts people's ability to connect with one another. Still, 54 percent said that abstaining from their devices didn't produce the positive benefits they'd hoped for—or at least were unsure whether it had a beneficial impact.

The most common strategies for “subtracting” tech are setting devices to send fewer notifications, putting them on a “Do Not Disturb” setting, scheduling times to not use their devices, or simply turning them off for a period of time.



***A good decision is based on knowledge, and not on numbers.***

**—Plato**

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right click with mouse to download to your computer**



## Flower power

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A dairy farmer in Japan, Toshiyuki Kuroki, found a novel way to help his wife, Yasuko, cope with her failing health. When complications from diabetes robbed her of her vision, he began planting shibazakura around their farm. It's a species of phlox and a hearty groundcover that blossoms March and April.

Though he knew his wife of 30 years would no longer be able to see the beautiful fuchsia-colored petals, he hoped the sweet fragrance of the flowers would lure her outdoors and out of her deepening depression. It didn't, for a while, and then something pretty wonderful happened.



As the farmer continued to plant more flowers, they thrived and spread across the farmland. People from surrounding areas, even tourists, began to visit the farm. Everyone wanted to see the beautiful pink fields and walk among the spring flowers. With so many new and different people showing up on their land, the farmer's wife began to wander outside and interact with the visitors. She was happy again.

For the past 25 years, the shibazakura fields that surround the home of Toshiyuki and Yasuko Kuroki have sparked joy and wonder in the hearts of many. The Kurokis receive about 7,000 visitors a year at the farm during March and April, and they no longer raise dairy cows.

Their story is a reminder that love and flowers are a powerful healing force.

## That's what friends do

---

A story recently went viral on social media that attracted the attention of national news outlets:

A teenager from a small town in Arkansas saved two years of earnings from his part-time job to buy a motorized wheelchair for his best friend and fellow high school classmate. It was a selfless act that speaks volumes about friendship and goodwill while serving as an example of how each of us can do and give more to contribute to the greater good.

**A flower cannot blossom without sunshine. A man cannot live without love.**

**—Max Muller**



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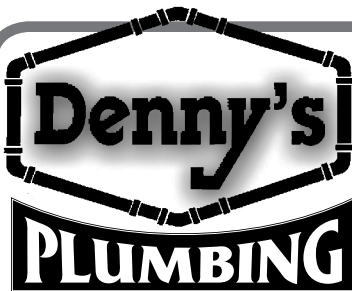


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## Watch for these hidden causes of high blood pressure

---

**M**any factors affect your blood pressure, including genetics, diet, and even your sleeping patterns. The Healthline website advises you to be mindful of these possible contributors to high blood pressure, as well:

- **Over-the-counter medications.** Common medications used to address everyday aches and pains can increase one's blood pressure. These include anti-inflammatory drugs like Aleve, Advil, and Tylenol, as well as decongestants. You don't have to stop taking them, but check with your doctor.
- **Caffeine and alcohol.** Both of these can heighten your blood pressure. Limit yourself to less than 300 milligrams of caffeine a day—two to three cups of coffee—and one alcoholic beverage a day for women and two for men.
- **Food ingredients and supplements.** Some herbal supplements, for example, use licorice, which can raise blood pressure. In addition, some cheeses, cured meats, and also soy products contain high levels of tyramine, which can interact with medications like antidepressants, causing a spike in blood pressure.



## Pill offers an alternative to insulin injection

---

**P**eople with type 2 diabetes may have a new alternative to insulin injections, according to the Science Daily website. A research team at MIT has developed a capsule that patients can take orally to receive their insulin through the stomach.

The blueberry-size pill contains a tiny needle filled with compressed, freeze-dried insulin. The needle itself is made of a biodegradable substance and is attached to a compressed spring held in place by a disk of sugar. The capsule is designed to orient itself so the needle can contact the lining of the stomach. When the needle is injected, the insulin dissolves at a controlled rate and then passes harmlessly through the digestive system.

Tests in animals found that the device can deliver sufficient insulin to lower blood sugar at a rate comparable to injections through the skin. The device can also be adapted to deliver other medications.

*Calm mind brings inner strength and self-confidence,  
so that's very important for good health.*

*—Dalai Lama*



## ATTENTION: FLORIDA RESIDENTS AVOID FLORIDA PROBATE COURT

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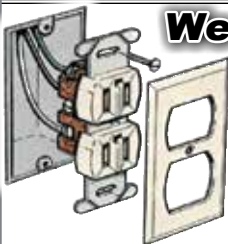
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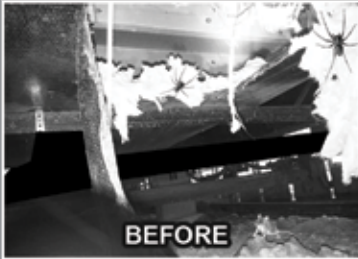
# JUNE • 2019

Sunday	Monday	Tuesday
<p>JULY</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>		
2	3	1pm Ma
9	10	1pm Ma
16	17	1pm Ma
Father's Day		
23	24	1pm Ma
30		

# Glen Ellen

Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1pm Mah Jongg
4 h Jongg	5	6 8am Free Coffee Hour 1pm Mah Jongg	7	8 1pm Mah Jongg
11 h Jongg	12	13 1pm Mah Jongg	14	15 1pm Mah Jongg
18 h Jongg	19	20 1pm Mah Jongg	21 First Day of Summer	22 1pm Mah Jongg
25 h Jongg	26	27 1pm Mah Jongg	28	29 1pm Mah Jongg

# LOOKED UNDER YOUR MOBILE HOME LATELY?



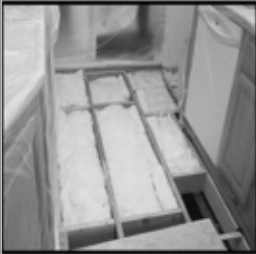
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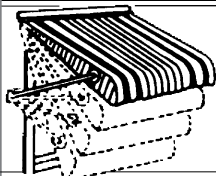
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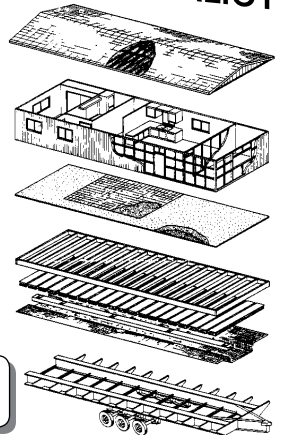
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## An educated guess

---

The students in a zoology class were shown a series of slides. Each picture framed only the legs of a rare and exotic bird. Correctly identifying each species was how the students would earn their final exam grade.



“This is ridiculous!” one student shouted as he marched up to the front of the room, slammed his incomplete final on the professor’s desk, and headed toward the door.

The professor looked at the paper and noticed the student’s name was not on it. “Wait, what is your name?” he asked.

The student turned around, rolled up the legs of his jeans, and shouted, “You tell me!”

## Reasons to get away

---

After a day of hiking, a group of tourists were seated around a campfire deep in the Amazon rainforest. Their guide asked the members of the group what inspired them to make this trip.

“I want to explore new places and do fun things,” said one camper.

“I write a travel blog,” volunteered another. “This is a work assignment for me.”



“My neighbor’s kid inspired me take this journey,” said a third man. “He’s learning to play the accordion.”

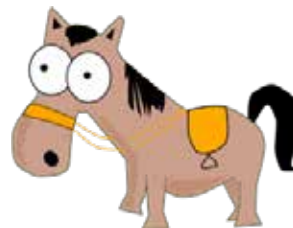
## What you don’t know

---

A man is wandering through the desert with his horse and his dog. After several hours under the heat of the sun, the dog sits down and says: “That’s it. I’m not taking another step until I get some water.”

The man gasps and says: “I didn’t know dogs could talk.”

The horse looks at the man and says, “Me neither.”





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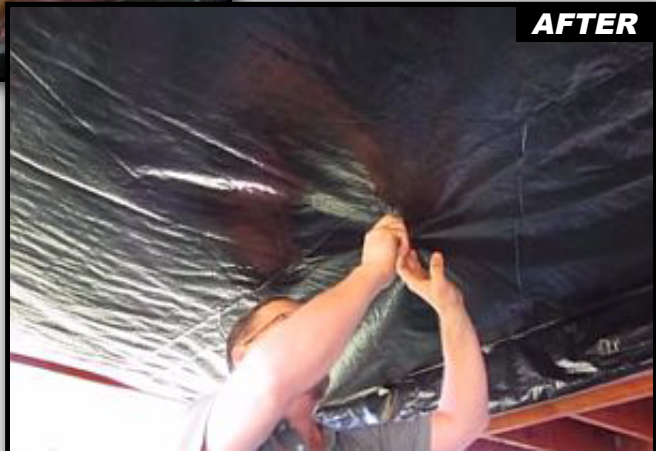
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needy person on Sunday, August 5th.  
He broke bones in his neck plus other  
injuries. He has NO insurance and he is the  
sole provider for his family. ANY donation you  
may be able to help with will be GREATLY  
APPRECIATED!!!

*Tax deductible donations may now be given  
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THANK YOU SO MUCH for anything you  
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## Three steps to motivate your imagination

---

**M**otivating yourself—or others—to be creative can be a challenge. Here are few ways (from the DMN website) for kicking creativity into gear:

- **Shake up your process.** Don't do the same things the same way all the time. Even simple changes can help you see the world in a different light. For example, instead of starting your day by checking your email, sit down with a colleague to brainstorm ideas.
- **Look for the unfamiliar.** Ditch the same-old-same-old. Take a class, or work in a different department for a few days. Talk to new people. Take on fresh challenges that force you to learn something new.
- **Don't be afraid of “bad” ideas.** No idea is bad if it leads to something good. Open your mind to the wild possibilities. They may be unusable, but sometimes they stimulate your thinking and suggest a practical solution to a problem.



## Don't believe you can't be creative

---

**A**ll people are born with a great core of creativity at our center, says Elaine St. James in her book, *Inner Simplicity*. If you grew up believing that you were not creative, it is time that you abandoned that belief. Believing you are not creative is often an excuse for not using your creative abilities. Believing that you have no talent holds you back from using what you do have.



If you've ever taken a class in, say, creative writing, and you've dropped out because you felt that you were the only one who couldn't write, you might believe you were born without talent. Julia Cameron, the author of *The Artist's Way*, says this is the equivalent of dropping out of a foreign-language class because you can't already speak the language.

You can develop your talents, and you should, because it will give you the inner peace that will give your life meaning.

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**—BRENÉ BROWN**

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## Monthly

---

**California Avocado Month.** Avocado toast lovers of the world will be in heaven this month as the season for California-grown avocados reaches its peak. To learn more about this nutrient-rich fruit, go to <https://www.californiaavocado.com/>.



**Georgia Blueberry Month.** This southern state boasts the longest growing season for the antioxidant-rich fruit. Georgia blueberry season runs from April through July. If you'd rather be eating berries for breakfast, visit <http://www.georgiablueberries.org/> for recipes.

**Sorghum Month.** The Oldways Whole Grain Council has selected this versatile ancient grain as June's superstar. It's gluten-free, potassium-rich, easy to digest, and easy to grow. Chances are you've eaten it and just didn't know it.

**Professional Wellness Month.** Now is the time to take advantage of your organization's wellness program, or get together with members of your team, to walk, bike, or play volleyball. Let the start of summer and the warm days ahead be the start of a happier and healthier you.

## Weekly

---

**International Clothesline Week, June 1–8.** People around the globe will be hanging their clean damp laundry outdoors to harness the drying power of the wind and sun. Try it yourself. Save money, and save the planet.

**Hemp History Week, June 3–9.** You can eat it, but you're not allowed to smoke it. However, this fast-growing, versatile plant can be used to make paper, textiles, biodegradable plastics, and so much more. To learn about hemp's many uses, visit <https://www.hemphistoryweek.com/>.

**Men's Health Week, June 10–16.** The week preceding Father's Day heralds the awareness and prevention efforts of men's health issues. Let's keep the men in our lives healthy. Get more info at <http://www.menshealthmonth.org/week.html>.

**National Mosquito Control Awareness Week, June 23–29.** The last week of the month highlights the enemy of summer fun—the mosquito. Visit the American Mosquito Control Association website at <https://www.mosquito.org/> for tips and facts to minimize your exposure to this pest.



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**Happy  
Father's Day!**





## Follow these steps to achievement

**E**ver feel stuck in life? You can dig yourself out of the hole with the proper attitude. Try these tips from the *Success* magazine website:



- **Focus on commitment.** Are you really committed to your goal? If not, you won't be motivated to pursue it.
- **Concentrate on gaining knowledge.** Don't expect instant results. Instead, work on accumulating the knowledge you need to get to where you want to go.
- **Have some fun.** Don't make the work all drudgery. Set a goal you'll enjoy working toward, and look for opportunities to have fun along the way.
- **Monitor your thoughts.** Don't fall into defeatist thinking. Get rid of negative thoughts that sap your self-confidence.
- **Spark your imagination.** Be open to anything, no matter how wild it seems at first. Generate ideas through brainstorming with others, exploring the world around you, and seeking opportunities to learn new things.
- **Challenge yourself.** Don't wait for the perfect moment to take action. Take chances, get out of your comfort zone, and be realistic about your mistakes and the causes of your failures.
- **Eliminate distractions.** Focus on what's most important without letting nonessential tasks get in your way.
- **Rely on yourself first.** You'll have to ask others for advice, assistance, and support, but remember that in the end, your success is your responsibility alone.
- **Have a plan.** Don't go off in all directions at once. Work out a solid, detailed plan for getting from your starting point to the result you want.
- **Avoid burnout.** Don't work too hard. Take care of your health, and give yourself permission to take a break—from a few minutes to a few days—if you start to feel yourself wearing down physically or mentally.

**I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.**  
—Frank Lloyd Wright



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## EVENTS & PROGRAMS

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Saturday, June 1st and Sunday, June  
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## ATTENTION RESIDENTS!

Did you know this Emporium/  
Classified listing reaches over 21,500  
homes in Pinellas County? It goes  
into 60 community newsletters (just  
like this one) from Dunedin to St.  
Petersburg. This is a great market to  
sell items, advertise your next event,  
try and get help for a function, and  
many other things. Remember to  
think about this the next time you're  
planning something.

-Monthly Media Staff

## JULY AD DEADLINE - JUNE 10, 2019

- 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.

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

**THOUSANDS** manufactured home residents have won over **\$148,000** since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or **mail your paid receipt** to us at **Monthly Media • 220 Bahama St. • Venice, FL 34285**. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 4-6 weeks for mailing of check). **This month's cash winners are:**

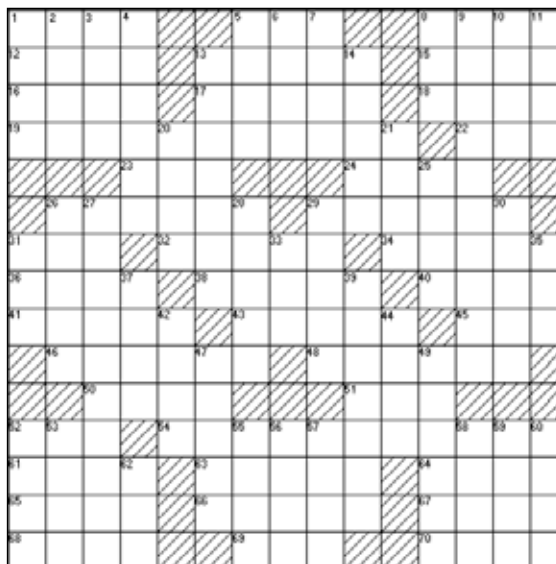
Steve Ray.....	\$100 .....	Dunedin Transmission	Patty Schuyler.....	\$5 .....	Debbie's Salon
Phil Houpt.....	\$10 .....	Bob's Mobile Home Washing	Roger Wray.....	\$5 .....	Buggin out Termite Inc.
Edith Winter.....	\$10 .....	Community Roofing of Florida	Marilyn Moore.....	\$5 .....	Community Roofing of Florida
Nancy Underwood.....	\$10 .....	George's Mobile Home Service, Inc.	Carolyn Hooper.....	\$5 .....	Air Masters of Pinellas, Inc.
Eric Vogel.....	\$10 .....	All Weather Roofing	Robert Morgan.....	\$5 .....	Bob's Mobile Home Wash
Anne Burr.....	\$10 .....	Air Masters of Pinellas, Inc.	Roy Martin.....	\$5 .....	Boss Electric Corp.
David Havens.....	\$10 .....	Ron Wyngarden MH Washing	Betty Flynn.....	\$5 .....	Jones & Sons Plumbing, Inc
Edward Bates.....	\$10 .....	Natures Resource Pest Control, Inc.	Howard Florczak.....	\$5 .....	Haseney Electric
Jean Cahill.....	\$10 .....	Doll Brothers Upholstery Cleaning	Leland Armstrong.....	\$5 .....	Battleline Termite & Pest Control, Inc.
Earl Foster.....	\$10 .....	Debbie's Cleaning Services	Lois Ayotte.....	\$5 .....	Heller's Mobile home Washing
Sally Ericson.....	\$10 .....	Tarpon Pest Control	Barbara Maglia.....	\$5 .....	O.W. Wilson Insurance
Victor Bartlett.....	\$10 .....	E & E Gliddon Air Conditioning, Inc.	Tom Crowley.....	\$5 .....	Battleline Termite & Pest Control, Inc.
John Knippel.....	\$10 .....	Palm Harbor & Dunedin Electric, Inc.	Masion Mein.....	\$5 .....	All Weather Roofing
Jackie O'Dell.....	\$10 .....	Appliance Specialty, Inc.	Patricia O'Flaherty.....	\$5 .....	Jones & Sons Plumbing, Inc
Thomas Miller.....	\$5 .....	The Plumbing Patrol	Evelyn Carmichael.....	\$5 .....	Bob's Mobile Home Wash
Sue Baker.....	\$5 .....	1st Class Handyman Service, Inc.	Arnold Alloway.....	\$5 .....	Jones & Sons Plumbing, Inc
Peggy Gronek.....	\$5 .....	Royal Enterprise	Theresa Lorentzen.....	\$5 .....	J. Timothy Doerner, D.D.S., P.A.
James L. Cates.....	\$5 .....	Jones & Sons Plumbing, Inc	Sandra Losiniecki.....	\$5 .....	Heller's Mobile home Washing
Mary Wuest.....	\$5 .....	Ron Wyngarden MH Washing	Connie Reardon.....	\$5 .....	Discount Computer Repair
Helen Blond.....	\$5 .....	Battleline Termite & Pest Control, Inc.	Diane Nichols.....	\$5 .....	Doll Brothers Upholstery Cleaning
Paul Boone.....	\$5 .....	Natures Resource Pest Control, Inc.	Ronald Cirincione.....	\$5 .....	Jones & Sons Plumbing, Inc
Raymond Bundy.....	\$5 .....	Royal Enterprise	Albert Carey.....	\$5 .....	Air Masters of Pinellas, Inc.
Delmar Haynes.....	\$5 .....	Bob's Mobile Home Wash	Ken Mortenson.....	\$5 .....	1st Class Handyman Service, Inc.
Iris Broce.....	\$5 .....	Doll Brothers Carpet Cleaning	Brenda Milobowski.....	\$5 .....	Debbie's Cleaning Services

- Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify
- No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers.



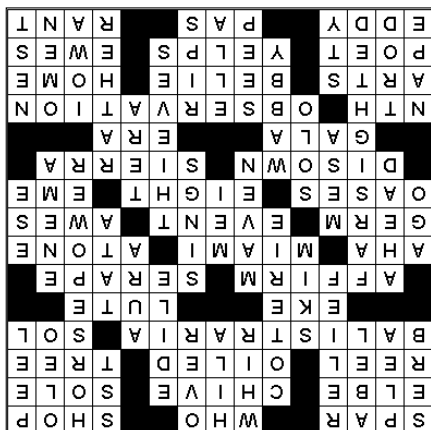
## ACROSS

1. Box
5. Which person?
8. Store
12. A river in central Europe
13. A perennial used for seasoning
15. Underside of footwear
16. Bobbin
17. Lubricated
18. Tall woody plant
19. An opening to shoot arrows through
22. Personification of the sun (Roman mythology)
23. Supplement with difficulty
24. A pear-shaped stringed instrument
26. Assert
29. Long brightly-colored Mexican shawl
31. An expression of surprise
32. City in Florida
34. Repent
36. Bacterium
38. Occasion
40. Generates profound wonder
41. Fertile areas in deserts
43. One less than nine
45. Scottish for "Uncle"
46. Disinherit
48. A chain of mountains
50. Festivity
51. Earned Run Average
52. Utmost degree
54. The act of noticing
61. Products of human creativity
63. Negate
64. House
65. Lyrical writer
66. Sharp high-pitched dog cries
67. Female sheep
68. Ripple or current
69. Dance step
70. Tirade



## DOWN

1. A Slavic people
2. Humble request
3. Cain's brother
4. Respite
5. Sound of something in rapid motion
6. Anagram of "Hail"
7. Concluded
8. Supersonic transport
9. A unit of power
10. Margarine
11. Skin of a fruit
13. Clique
14. A magistrate of the Roman Republic
20. Examine hastily
21. Subtle emanation
25. Goodbye (slang)
26. In the front
27. The opposite of myopia
28. Someone who is highly skilled
29. Makes melodious sounds
30. Bowel cleansing
31. In the past
33. Japanese apricot
35. East southeast
37. Plateau
39. Robbers
42. Alone
44. Prefix indicating 1 trillion
47. A loon
49. On the contrary
52. Anagram of "Pane"
53. Stepped
55. Ooze
56. Singer \_\_\_\_\_ Fitzgerald
57. Tears
58. Mid-western state
59. Portent
60. Where a bird lives
62. Pigpen



  
**FATHER'S DAY**

June  
 Crossword

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Years in Monthly Media

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