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GOLDEN CREST

July • 2016

Issue 5 40th Year

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Vice-President	Susan Grannell
Secretary	Dorothy Peterson
Treasurer	Jane Anne McCabe
Members:	Joyce Hawke
	Dee McTrach
	Carol Dakin
	Eloise Blanchard



Golden Crest Chairpersons - 2016 - 2017

Bingo CoordinatorHelene Haanpaa			
Bulletin Board (Inside)Carol Aldrow			
Cards (Euchre)Ed Kurth			
Christmas Bazaar,			
Craft Bake SaleTBA			
Christmas DecorationsTBA			
Clubhouse Outdoor SignLeroy Valleau			
CraftsShirley Boudreau			
Entertainment-Vegas NightArt/Jean Taylor			
Fun & Picnic DayRec. Board			
Fun ShuffleboardTBA			
Golden Crest Fun			
Games/PicnicArt & Jean Taylor & Crew			
Golf LeagueVacant			
Hall Decorations(as required)Leroy Valleau			
Hall PropertiesVacant			
HalloweenLeroy Valleau			

Kitchen Coordinator	Vacant
Library	George Bodie
New Year's Eve	Rec. Board
News Bulletin	Val & Bob Pippy
News Bulletin Distribution	n TBA
November 11th	Rec. Board
(alternate with Golden	Acres)
Pancake Breakfast	Larry Peterson & Crew
Rummage Sale	Carole Seely
	Eloise Blanchard
Sunshine Ladies	Vacant
Travel	Vacant
Water Aerobics	TBA







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Golden Crest Birthdays for July 2016

1	Betty Johnson	429
2	Irene Mancinelli	396
3 5 5 5	Gerald Karlnoski	431
5	Anna Byrnes	309
5	Bernard McCauley	375
	William Donaldson	439
7	Pat Reilly	460
7	Allan W Allen	320
8	Carole Seely	448
8	Sally MacMurray	350
9	Malcolm Bailey	444
9	Maureen Iacovino	308
9	Donna Mason	301
10	Richard (Sonny) Cissell	447
10	Robert Allen	386
10	James Goggins	364
13	Patricia Gagne	424
13	William Smay	445
13	Eleanor Stouffer	352
14	Barry McTrach	354
15	Emile DiSalvo	473
16	Linda Ballantine	437
17	Al DiSalvo	475
18	Neil Seely	448
20	Sally Nicholls	420
20	William Mulvenna	427
21	George Foltz	333
21	George Bodie	306
26	Mary Redding	431
27	Patricia Gardner	328
28	Brian Levy	349
29	William Lehman	409
29	Patsy Waldrop	348
31	Frank Farina	322





Golden Crest Anniversaries for July 2016

3	Regis & Rosella LeBlanc	363
3	Charlie & Twila Miller	469
4	Gregory & Lana Gorman	385
5	Bernard & Blanche Stoneham	411
10	Barry & Dee McTrach	354
10	Arnold & Carol Aldrow	339
17	Hank & Pam Hevink	384



'Hobbits' older than thought

cientists 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 uraniumseries 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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Advice from the A-List

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

Tice 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



Did You Know That July is Also...

Independent Retailer Month. Support and celebrate independent retailers across the country. Independent Retailer Month encourages consumers to shop at independent retailers in their communities, highlighting their positive social and economic impact local, nationally, and globally.

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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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
- Jacob's brother
- 38. Lane
- 39. The peak of a hill

1. Secular

Competent

emotional state

4. Elliptical

Recuperate

8. Bowl over

11. A panel or

10. Numb

committee

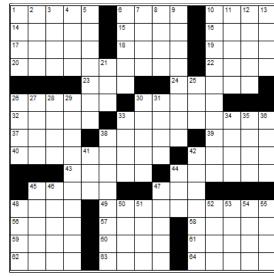
6. Wash oneself

7. Dwarf buffalo

3. Be in an agitated

- 40. Ascribe
- 42. Danger signal
- 43. Timid
- 44. Wobble
- 45. Incline
- 47. Male sheep 48. Thwart
- 49. A written reminder
- 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





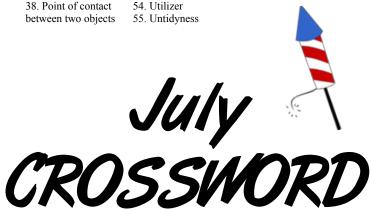
DOWN

- playing card
- 26. Bright thought
- 27. Where a bird lives
- 28. Leave in a hurry
- 29. A transparent gem 47. Stones 30. Brackish
- 31. Tall woody plant
- 9. Genetic endowment 33. In addition
 - 34. "Shucks!"
 - 35. Wound by piercing 53. Amount of
 - 36. Pitcher
- 12. Dental filling 38. Point of contact 13. Notices between two objects

- 21. A mark on a die or 41. Charged particle
- 42. Girls or women 25. Arranger (abbrev.) 44. Bitumen
 - 45. Smarmy
 - 46. Large commercial ship

 - 48. Tailless amphibian
 - 50. Sword
 - 51. Flexible mineral 52. It smells

 - medicine





Stories to tell your grandkids

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

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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Sunday	Monday	Γ
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	Independence Day	
10	11	
17	18	
24	25	
31		

Golden Crest

uesday	Wednesday	Thursday	Friday	Saturday		
			1	2		
5	6	9:30am - Coffee Hour	8	9		
12	13	9:30am - Coffee Hour	15	16		
19	20	9:30am - Coffee Hour	22	23		
26	27	9:30am - Coffee Hour	29	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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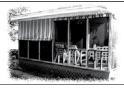
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Pacific weather may signal heat waves

Te 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

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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Young athletes embrace football

ootball 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.

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Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

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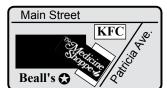
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Did you know this Emporium/ Classified listing reaches over 21,000 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

AUGUST AD DEADLINE - JULY 10, 2016

• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284.
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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

(Allow 4-6 weeks lot	manni	g of check). This month's cash
		Payless Painting
Karen Adams	\$10	Professional Plumbing
Lillian Migliorini	\$10	Knoblach Hearing Care
Teresa Henshall	\$10	Ron Wyngarden MH Washing
		Battleline Termite & Pest Control
		Jones & Sons Plumbing
		.At Home Floors, Carpets + Color Tile
David Vought	\$10	O.E. Wilson Insurance
John Tucker	\$10	Appliance Specialty
Veronica Watkins	\$10	Medicine Shoppe of Dunedin
Louis Vonderbrink	\$10	Perfect Repair & Construction
Ron Juneau	\$10	E & E Gliddon Air Conditioning
		Air Masters of Pinellas
Marlene Murrie	\$10	Notebooks Plus
		Jones & Sons Plumbing
Elizabeth Pattino	\$5	Mobile Home Depot
Ruth French	\$5	Recreational Golf Cars
Jack Murrie	\$5	Sunset Appliance Service
Betty Beveridge	\$5	Debbie's Salon
Natilie Reeves	\$5	Doll Brothers Carpet & Upholstery
Jerry Fisk	\$5	Denny's Plumbing, Inc
		Sunset Appliance Service
June Griffin	\$5	Florida Anchor & Barrier

The Plumbing Patrol
The Tumbing Land
Battleline Termite & Pest Control
Kathy's Cleaning Service
Air Masters of Pinellas
Recreational Golf Cars
Barron's AC & Appliance
Royal Enterprises
Bill the Carpet Guy
Doll Brothers Carpet & Upholstery
Battleline Termite & Pest Control
Air Masters of Pinellas
Jones & Sons Plumbing
Battleline Termite & Pest Control
Air Masters of Pinellas
Barron's AC & Appliance
Doll Brothers Carpet & Upholstery
Modern AC & Appliance
Bill the Carpet Guy
Betty's Cleaning Service
Ron Wyngarden MH Washing
Bob's Appliance Repair
Doll Brothers Carpet & Upholstery
Jones & Sons Plumbing
Modern AC & Appliance

[·] 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 • Green tickets available at participating Monthly Media advertisers.

GOLDEN CREST BULLETIN JULY, 2016 N



Making room

farmer lived in a small house with his wife and six children. The lack of space was driving him crazy, and in desperation he sought advice from the local rabbi.

The rabbi listened sympathetically to his problem. "I can help you," he said, "but you must do exactly as I say." The farmer agreed.

"Do you own any animals?"

"Yes," the man said. "I have a cow, two goats, and some chickens."

"Good. When you get home, bring all your animals into the house with you."

The farmer was puzzled, but he did as the rabbi advised. The next day he returned, complaining, "Rabbi, the animals are all over my house! What should I do?"

"Go home and take the chickens outside," the rabbi said.

The man went home and took the chickens away. The following day he went back to the rabbi's house. "The chickens are outside, but we still have two goats and a cow getting in the way."

"Take the goats back outside," the rabbi instructed.

The day after that, the man returned again. "The goats are out in the yard, but the cow is everywhere."

The rabbi nodded. "Now take your cow back to your field."

The farmer came back smiling the next day. "It's amazing! The house is quiet and we have room to spare! Thank you, rabbi!"

Not so obvious

math professor had a very rapid and hectic lecturing style. He often simply turned his back on the class and scribbled equations on the chalkboard while speaking so fast many students couldn't keep up.

One day a student asked a question about one of the problems. The professor replied, "Well, that's obvious!" But the student persisted. The prof listened thoughtfully, nodding, then went out into the hallway to think. He paced the hall for 10 minutes, then returned to his classroom.

"I've thought it over," the professor said. "I was right: It is obvious." And he went right back to his lecture



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July Sudoku

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