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39th Year





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Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are located the bottom of this page.

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Laryer Print Newsletters - At the request of some residents we are now offering Larger Print Newsletters to those who request them. The newsletter type will be approximately 20% larger (16 pt article body type vs. 12 pt normally). There is a small service charge of \$2 per newsletter for those who request. The larger type newsletters can either be delivered to you every month like they are now or we can mail them directly to your home for an additional \$2 per issue shipping charge. Please call Monthly Media (phone number listed below) for more information.



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Picture

Here!



Manager's Corner

ere's hoping that everyone has a safe and happy Fourth of July! As you celebrate, please reference the rules of the community and be considerate of your neighbors.



With regard to the pet policy of the community >>> Please! For the safety of your precious pets, when they are outside of your home they must

be leashed! In consideration of us all please do not neglect to clean up after all of your pets. Also please be aware that there are some feral cats running around in the community and try as we may, we have been unable to cage them and animals services will not take them unless we are able to do that >>> All other cats must be leashed when outside the home. Again, that is for their safety and most of you are aware that there have been coyotes sighted in the area at times.

We want to welcome all our new residents to Hillcrest. Be sure to check the bulletin boards in the clubhouse for upcoming activities and be sure to enjoy the amenities.

Some of you may already be aware that we do have a Neighborhood Watch which was set up by a retired FBI agent. Each street has a Block Captain and they meet once a month to discuss issues and problems. If you should have interest in participating, please contact Bob Fohrmeister of Site 1011 or call him at 727-432-3904. An added note, those of you that have homeowners insurance may get a 10% discount on their rate if their insurance company is notified of this fact.

Thanks, Debbie

Memorial Day 2015

Submitted by Pat Jones

The Memorial Fun Day celebration was held on May 25th. There was plenty to do and everyone seemed to have a good time. So let the thank yous begin. First for set up help I would like to thank Janet G., Tonya, Jan S., Dot B., Charlie B., Angela M., & Roy M. Bingo was the first activity to begin the day at 2:00 p.m. This was ably run by both Janet G. and Tonya. 24 people had a chance to win money.

After Bingo several people remained in the clubhouse, playing cards and Uno. At 3:00 p.m. was the pie judging. Entrants included Barb C., Joan G., Butch G., and Janet G. Judges were Joy B. (Dot & Charlie's daughter), Roy M., Fred R., and Terri S. The pies were Blueberry, Mystery Pecan Pie, Peach Pie, and Cherry Pie. The winner of the baking contest was Joan G. with her Mystery Pecan Pie. We were all assured that that is its real name. She received a small floral arrangement with a pie server as a prize. Good job, Joan!!!

Fun Shuffle took place in the afternoon, just before dinner. 14 people took part and tried their best to hit or not hit the items placed on the courts. This really is a fun sport and I can't wait till I can join the team.

Although there was croquet set up, the day was extremely warm and the lot had no shade,











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so not many took a turn. There was also corn hole set up for anyone to use all day. Also in the club house all day for viewing and guessing was the Who's Who contest. Those submitting pictures included Bob F., Joe W., Butch G., Charlie B., and Janet G. It was amazing to see the pictures of these "babies" who defended our freedoms. Thanks for your service.

The dinner bell rang at 5:00 p.m. and the crowds appeared. Thanks to Dick S. for the grilled turkey, Kim B. for the sausage and peppers, Bob for the sausage, black beans and yellow rice, Leona for the deviled eggs and sausage balls, Jan S. for the spinach salad & rice pilaf, Sue R. for the baked beans. If I've forgotten anyone, I apologize. Also on the table were tossed salad, Trinity coleslaw, pickles, mac & cheese, cucumber spears & celery sticks. Dessert consisted of the aforementioned pies, and a cake.

This was a lot of fun to put together and it was nice to see so many people take part. July 4th is just around the corner and a volunteer will be needed for that event.

See Deb is you're interested.

Pot Luck

eople gotta eat. And what better place than pot luck. The second and fourth Thursday of every month serves up a wonderful dinner. Side dishes are brought by those attending. The first pot luck of the month is the BIRTHDAY pot luck. So if you have a birthday that month, come for a piece of birthday cake. Serving starts at 6:00 p.m. Bring your own utensils, plate, and a side dish to share. Volunteers are always needed to cook up the entrée. Come out for some good "eats," and some good fellowship.



The Florida Senate

2015 Bill Summaries - The Florida Senate 5/27/15

CS/CS/HB 307 – Mobile Homes

By Regulatory Affairs Committee; Civil Justice Subcommittee; and Rep. Latvala (SB 662) by Senator Latvala)

This summary is provided for information only and does not represent the opinion of any Senator, Senate Officer, or Senate Office.

Prepared by: Regulated Industries Committee (RI)

The bill relates to the Florida Mobile Home Act, which regulates residential tenancies in which a mobile home is placed on rented or leased lot in a mobile home park with 10 or more lots. The Division of Florida Condominiums, TIMESHARES, and Mobile Homes (division) For Advertising Info Call or email:

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within the Department of Business and Professional Regulation (department) enforces the act. The bill provides that:

- The division is required to provide training and EDUCATIONAL PROGRAMS for mobile HOME OWNERS associations;
- Mobile home owners must comply with all building permit and construction requirements. A mobile home owner is responsible for fines imposed for violating any local codes;
- A mobile home owner's right to a 90-day notice of a rental increase or change in services may not be waived;
- A HOMEOWNERS committee must make a written request for a meeting with the park owner to discuss a proposed rental increase or change in services or rules;
- Lifetime leases and automatically renewable leases are assumable by the homeowner's spouse; however, this right of assumption may only be exercised once during the term of the lease;
- A member of the board of directors of the Florida Mobile Home Relocation Corporation must be removed immediately upon written request for removal from the association that originally nominated that member;
- A homeowner's association's by-laws are deemed to provide specific provisions in the bill related to the conduct of meetings, electronic communication, voting requirements, use of proxies, amending the articles of incorporation and bylaws, duties of officers and directors, filling vacancies on the board, and recall of directors.
 - The division must adopt rules to provide binding arbitration or recall election disputes;
- Board members must either certify that they have read the association's organizing documents, rules, and regulations and that they will faithfully discharge their fiduciary responsibility, or complete the division's EDUCATIONAL PROGRAM within one year of taking office; and
- The homeowner's association is required to retain and make available certain official records to the members of the association, but may not disclose specified information.

If approved by the Governor, these provisions take effect July 1, 2015.

Vote: Senate 40-0; House 114-0

Disclaimer: The information on this system is unverified. The journals or printed bills of the respective chambers should be consulted for official purposes.

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July Is...

Eye Injury Prevention Month. Eye injuries occur at a rate of more than 2,000 per day, with an estimated 1,000 eye injuries occurring in American workplaces alone. In addition to wearing proper safety eyewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision throughout your life.



Independent Retailer Month. Celebrate independent retailers across the country. Support and shop independent merchants all through the year, and use July as a time to unite for the independent retailers in local communities that help build our economy.

National Hot Dog Month. What better month to enjoy a delicious hot dog? The National Hot Dog and Sausage Council estimates that Americans eat over 7 billion hot dogs between Memorial Day and Labor Day, with 150 million consumed on the Fourth of July alone. Do your part.

Parks and Recreation Month. This year marks 30 years of Parks and Recreation Month, highlighting the enduring importance of parks and recreation for the world. From the start, parks were created to give us a place to appreciate nature, exercise, socialize, and have fun—a mission that lives on into the future.

July Daily News...



World UFO Day, July 2. Have you had a close encounter? Spread the word on this day that explores the unexplained.

Independence Day, July 4. The United States declared its independence from Great Britain on this day in 1776.

Global Forgiveness Day, July 7. "To forgive is to offer opportunity for a new beginning to the offender, and provides a process of healing for the victim."

Shark Awareness Day, July 14. As much as we enjoy being frightened by this predator of the sea, remember that the shark has a key role to play in keeping marine ecosystems in balance.



World Ranger Day, July 31. Sponsored by the International Ranger Federation to commemorate rangers killed or injured in the line of duty and to celebrate the work rangers do to protect wildlife around the world.

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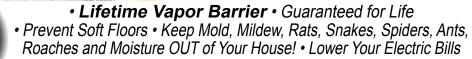
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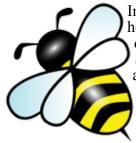
Ancient bones offer clues to evolution

cientists may have discovered a new human ancestor to go along with "Lucy," the 3.2 million-year-old Australopithecus afarensis female from eastern Africa. Dubbed "Little Foot" because of his small bones, this specimen was unearthed in South Africa in the early 1990s. His skeleton was almost completely preserved after falling down a narrow cave shaft and dying there. Whether Little Foot was a relative of Lucy's or a different pre-human species has been a subject of debate among anthropologists, but a new dating process suggests that Little Foot lived and died some 3.67 million years ago, close to the same time as Lucy.

Although some scientists dispute the accuracy of the dating technique, if it holds up it suggests an evolutionary link between different species of Australopithecus in ancient Africa, as well as evidence of where in Africa modern humans began to develop.

Birds do it, bees do it, and so do amorous mice

From time immemorial, men have wooed their lady loves with romantic (if sometimes off-key) music. Now scientists from Duke University believe that love songs aren't just for humans. Mice also sing to females they hope to attract, although they aren't likely using Barry White.



Instead, mice rely on high-pitched sounds outside the range of human hearing, using specific tunes when they smell a potential mate and different ones when they finally set eyes on her. The songs are louder and composed of more complex sounds when they smell a female scent, and get simpler—but longer—when they finally meet face to face. The complex songs seem to attract females, although what specifically draws them close is still uncertain.

The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today.

-Pope Paul VI

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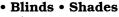
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ACROSS

- 1. Daisylike bloom
- 6. Bygone era
- 10. Doing nothing
- 14. Rental agreement
- 15. Matured
- 16. Mangle
- 17. Collection of maps
- 18. Formally surrender
- 19. Rumple
- 20. Shield
- 22. Initial wager
- 23. Bran source
- 24. Shabby
- 26. In a forward direction
- 30 Sudden burst
- 32. Crystal-lined rock
- 33. A guest cabin
- 37. Space
- 38. Without company
- 39. Hawkeye State
- 40. Gift
- 42. Stares
- 43. Poverty-stricken
- 44. Assault sexually
- 45. Extraterrestrial
- 47. Average
- 48. Blockhead
- 49. Astounded
- 56. Hindu princess
- 57. Razzes
- 58. France's longest river
- 59. Chocolate cookie
- 60. Stringed instrument
- 61. Move forward suddenly
- 62. Small slender gull
- 63. Hearing organs
- 64. Eagerness

DOWN

- 21 Knave
- 25. Consumed food
- 26. Monster
- 27. A noble gas
- 28. Comes from trees
- 29 Rebuke
- 30. Obdurate
- 31. Breathe hard
- 33. Sleigh
- 34 Exude
 - 35. Is endebted to
 - 36. Spar
 - 38. Willing to comply

- 41. Tiny
- 42. Big ape
- 44. Adult male
- 45. Cognizant
- 46. A protective covering
- 47. Models
- 48. Gait faster than a
- walk
- 50. Kind of bean
- 51. Unit of pressure
- 52. Not sweet
- 53. Posterior
- 54. Therefore
- Bambi was one



1. Wings

5. Repair

2. Collections

6. Luxury boat

9 Without teeth

10 Extraneous

11. Intimidate

12. Vigorously

passionate

13. If not

8. Start over

3. After-bath powder

4. Brother of Jacob

7. Curved molding



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5	6	
12	13	
19	20	
26	27	

Hillcrest

uesday	Wednesday	Thursday	Friday	Saturday
	1 BINGO! 6pm	2	3	4
	Canada Day			Independence Day
7	8	9 Pot Luck 6pm	10	11
14	15	16	17	18
21	22	Pot Luck 6pm	24	25
28	29	30	31	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



The strongest bonds

farm boy took his cows to the meadows out to pasture every morning and brought them back to the barn at the end of the day. One evening, as he was tying the cows up for the night, he found that he'd lost the piece of rope he needed for the last one.

He couldn't go to all the way town to buy more rope, but he didn't want the cow to wander away. So he went to his grandfather for advice.

"Here's what you do," the grandfather said. "Go up to the cow the same way you do every night and pretend to tie a rope around him, then pretend to tie the rope up to his stall. Make sure he sees you doing it, and he'll be fooled." The boy followed his grandfather's advice, and the next morning when he went to the barn he found the cow still there.

He untied all the rest of the cattle and herded them out to pasture for the day. But when he passed by the barn on his way to do his other chores, he noticed the cow was still there. He went to his grandfather again.

The grandfather smiled and said: "You forgot to untie the cow. Go back and pretend to let him loose, and you'll be able to herd him outside."

Moral: Often what holds us back are the bonds we only think are real.

Correct: A Zen parable

wo monks could not agree on a problem. Finally they went to the master of their monastery to settle the dispute. They agreed to argue their positions one at a time while the master listened.

After hearing the argument presented by the first monk, the master nodded. "You are correct." The first monk was pleased, but the master then told the second monk to speak his piece.

The other monk made his case. Once he finished, the master gave another nod. "You are correct."

"But master!" the two monks cried together. "We can't both be correct!"

Again the master nodded and smiled. "You are correct."

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Who's the smart one?

A little boy visited a small a barbershop in his town every day. The barber liked to joke with his customers that the boy always fell for the same trick. He'd put a dollar bill in one hand and two quarters in the other and asked, "Which do you want, son?"

Every time, the boy picked the two quarters. "Two is better than one," he'd say as he left the shop. One day a customer, fresh from his haircut, ran into the boy on the street. "Listen, son," he said, "you ought to know that a dollar is worth twice as much as two quarters."

"I know," the little boy said.

"Then why do you always pick the two quarters?"

"Because the day I pick the dollar, the game is over!"









Eliminate the obstacles to a good night's rest

good night's sleep is essential to everyone's health, and yet many people have trouble getting the shut-eye they need. If you're not waking up feeling refreshed and ready to start your day with energy, check out these problems that may be preventing you from sleeping soundly:

- Procrastination. You know you should go to bed, but you let yourself get distracted by household tasks or the TV. Set a firm time limit on your evening and stick to it.
- Caffeine. Avoid coffee and other caffeinated drinks after 3 p.m. The effects can linger for up to seven hours, making sleep difficult by the time you need to go to bed.
- Heat. You may not be sweating, but feeling just a little too warm can keep you from dropping off. Try sticking one foot out from under the covers to balance the temperature.
- Stress. The news, your job, or personal worries can make relaxation and sleep difficult. Practice meditation and other techniques to un-tense your body and your mind.
- Work. If your job starts too early in the morning, you'll have trouble waking up and performing well. Try to negotiate a later arrival time. Emphasize how your productivity will increase if you get the right amount of rest.

Prevent back pain before it strikes

Back pain can make your work difficult no matter what job you do. Lifting heavy items is only one potential source of damage; poor posture and repetitive movements can also cause strain and pain. Keep your back in good shape with these general tips from the Mayo Clinic website:

- Get some exercise. Losing weight and staying in shape will decrease wear and tear on your back muscles. Combine aerobic activity with strength training that stretches and strengthens your stomach and back.
- Practice good posture. Your parents were right when they told you to stand up straight. Make a point of keeping your weight balanced on both feet without slouching. Use a chair with good back support, and make sure it's the right height, allowing you to keep both feet flat on the floor and your knees on the same level as your hips.

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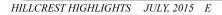
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	5		9					
2	1		3			9		
			7		4			
5					7		3	
4		9	1		8	2	7	
		1			5		8	
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Happy 4th of July!



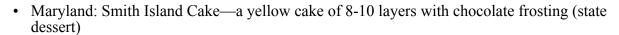
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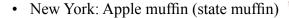


The state of food across the U.S.

very U.S. state is known for something: slogans, state birds, celebrities, etc. If you're d hungry, or planning your vacation menu, consider some of these official state foods found across the country:

- Alaska: Salmon (state fish)
- California: Avocado (state fruit)
- Delaware: Peach piece (state pie)
- Georgia: Grits (state prepared food)
- Illinois: Popcorn (state snack food)
- Louisiana: Sweet potato (state vegetable)







The creative process—from the artists who know

That do professional artists, writers, and performers think about creativity? From The Guardian come these thoughts on the process from people who depend on their imagination to do their jobs:

- Guy Garvey, musician. "Just start scribbling. The first draft is never your last draft. Nothing you write is by accident."
- Polly Stenham, playwright. "I'm very fidgety, and I seem to work best when my hands are occupied with something other than what I'm thinking about. During rehearsals, I find myself drawing little pictures or symbols that are somehow connected to the play."
- Tamara Rojo, ballet dancer. "An idea never comes to me suddenly; it sits inside me for a while, and then emerges."
- Mark-Anthony Turnage, composer. "If you get overexcited by an idea, take a break and come back to it later. It is all about developing a cold eye with which to look over your own work"
- Fyfe Dangerfield, musician. "For me, the image of the tortured artist is a myth—you don't need to be miserable to write songs. In fact, if I am feeling down, the last thing I want to do is write; though it's important sometimes just to sit down and get on with it, however you're feeling. Your creativity is like a tap: if you don't use it, it gets clogged up."

28



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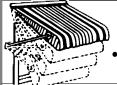
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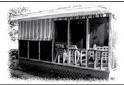
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Doctors may soon use lasers to seal wounds

asers are common weapons in science fiction movies, but soon a laser may be used to heal wounds in real life if scientists at Tel Aviv University are successful.

As reported on the Reuters website, the scientists developed optical fiber capable of transmitting infrared light and at the same time measuring the heat of the tissue it's pointed at. This allows them to control the laser's power accurately and use it to "weld" tissue effectively without any burning or scarring. Collagen aids the bonding process, growing firm as the skin cools down.

This laser-aided process may result in stronger bonding with fewer scars than traditional suture offers. Initial tests on humans showed successful healing with less scar tissue; examinations one year after surgery should demonstrate whether the laser produces less scarring than needle and thread.

Twin suns may support rocky worlds—in theory

any solar systems around the universe are binary, with two stars orbiting each other in space. Scientists have long believed that rocky planets can't form in these systems because of gravitational forces that would cause planetesimals (worlds in the process of forming) to destroy themselves in collisions instead of slowly merging with each other. Thus, the common image of a world with two (or more) sunsets on the horizon seemed relegated to movies.

But new studies suggest that planetesimals behave differently than had been thought, according to the Sci-News website. Astronomers previously theorized that small worlds seek a circular orbit, leading to collisions around binary stars; now they believe that planets in these systems may take on an oval orbit as they form, avoiding crashes and eventually accumulating a rocky mass. Such worlds could see more than one sun in the sky, and may be able to support life.

Nature composes some of her loveliest poems for the microscope and the telescope.

-Theodore Roszak



Support innovation with continuous learning

The more you learn, the more material you have for your creative efforts. To master lifelong learning, no matter what your ambitions are, consider these points from the Innovation Excellence website:

- Laughter is good for the brain. Find the humor in whatever you do. Laughter will help you remember incidents better, and also generate a sense of security which supports a well-balanced mind.
- Learn in chunks. Instead of trying to memorize information in big blocks, concentrate on learning a few individual points at a time. You'll retain more without the mental exhaustion of cramming.
- Study a foreign language. Bilingual speakers tend to process information more efficiently than those who speak only one language. People who exercise their brains by learning Spanish, Japanese, or some other tongue frequently find they don't have to work as hard performing other cognitive tasks.

Keep your mouth shut

turtle was lying on the bank of a river one day when he heard two hunters walk by, talking about how they planned to come back the next day to catch some turtles for soup. He worried all night, because he knew he couldn't outrun the hunters, and in the morning he had a plan.

He saw two birds in the tree overhead. As the hunters approach, the turtle called out, "You up there! Would you help me escape these hunters?"

"What do you want us to do?" the first bird asked.

"I'll hold this stick in my mouth," the turtle said, "and you two pick me up and fly me to the other side of the river"

The birds agreed and flew down to the ground. The turtle clamped a thick stick between its jaws, and the birds slowly lifted him up off the ground.

As the hunters reached the riverbank, they stared in amazement. "Look at those birds! They figured out how to carry a turtle across the river! Those must be the smartest animals in the world!"

Jealous, the turtle cried out: "It was my ideaaaaa ..."



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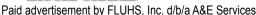
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Thanks!

-Monthly Media Staff

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