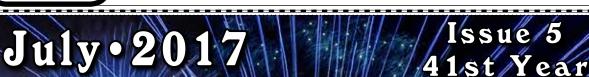
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Happy 4th of July! We wish everyone a safe and happy holiday!

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Secretary	Ken Foster	Feb. 2017 to Feb. 2019
		Feb. 2016 to Feb. 2018
Director	John Hlawati	Feb. 2016 to Feb. 2018

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HILLCREST HIGHLIGHTS JULY, 2017 E



Manager's Corner

JULY 4th - HAVE A HAPPY AND SAFE INDEPENDENCE DAY!!!

Origin of Independence Day

Independence Day of the United States is a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776, by the Continental Congress declaring that the thirteen American colonies regarded themselves as a new nation, the United States of America, and no longer part of the British Empire.



Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States

HURRICANE PREPAREDNESS

Welcome to Hurricane Season! Hillcrest cares about our residents' safety. To help prepare you, Hillcrest office has printed up a hurricane emergency packet. These packets include an "all hazards preparedness guide," mobile home emergency guide, pet shelter registration forms, special needs/assistance forms and an emergency contact form. Please pick one up at the office or the clubhouse. Should you have questions, contact the office.

Hillcrest Neighborhood Watch

Our community is very alert in detecting anything out of the ordinary. As such, it is very important that if you see suspicious activity in our community, please call the police immediately!!! Either dial 911 or you can use the non-emergency # 727-562-4242. Afterwards, kindly notify our office - 727-797-5432 - with any pertinent info regarding the incident, such as the event that took place, who you spoke with, what was involved and the outcome - if the police was involved. If it is after hours on the weekend, please leave a message on our voice mail. We want everyone to be safe, so it is very important that we ALL take preventative steps to ensure everyone's safety. This is a team effort!!!

July Events

ummer is heating up and so are the summer activities. Coffee will be held on July 1st at 9:00 a.m. Bring your cup and a buck(\$). This is the time to find out monthly plans, get \mathbf{J} involved, ask questions, or just enjoy the fellowship. If you would like to host a summer coffee (choosing and getting the donuts and making the coffee) there is a sign up sheet on the social club board. ... continued on page 6



Independence Day is perfect for another party. Final plans and hosts are not set as of this writing.

July 8th is the road trip to the Pinellas Park Performing Art Center where attendees will view the Reflections of Patsy Cline show. Leanne Williams recreates the slick sentimental sound of the legendary Patsy Cline. Those who have already signed up should have their tickets by now. Those still wishing to attend, tickets are \$20 at the door. See Elaine J. for more information. This is a carpooling event and if you can drive, please indicate this on the sign up sheet.

Potlucks for July are Thursday the 13th and the 27th. The 27th is being planned as dinner and a movie. The movie has not been chosen yet. If you would like to host a potluck (choosing the menu, securing the entree, and getting a few friends to help) there is a sign up sheet on the social club board. If you have never attended a potluck and would like to, here are a few tips: 1. Bring your own place setting including plate, utensils and cup. 2. Prepare a side dish for the meal. There are several categories to choose from on the sign up sheet. If you are not sure what to bring, many times there are suggestions at the bottom of the sign up sheet. These may also include paper products that are needed. 3. Potluck begins promptly at 6:00 p.m. 4. Help is always needed for clean up. Volunteer. 5. Side dishes that are to be hot are to be brought to the clubhouse hot. Do not plan on using the stoves or microwaves as these are most likely being used by the host/hostess and their team.

Finally, Wednesday the 19th celebrates summer with an ICE CREAM Social. Time for this has not been set yet.

August if in the planning stages right now. There will be coffee, and potlucks are scheduled. There may also be a BACK TO SCHOOL party early in the month.

Of course, nothing happens without volunteers. If you would like to help, but not necessarily do all the planning and work, talk to Elaine or Pat. Some possible upcoming events under consideration is an Octoberfest Halloween party, a variety show in January, Seasonal Holiday events. We are always interested in what you would like to see happen. Share your ideas with us. Share you time and talent with the community.

Memorial Day 2017

This well attended party featured ribs, wings, and chicken. Autograph Bingo was won by Micki S. The word search game was won by Helene L. and Barb C. As there were so many correct entries the winners were drawn from all the correct entrants. The 50/50 was won by Judy. The other half of the 50/50 will be used for events such as the ice cream social, movie rental, etc.











Threshers Baseball

Several residents attended the Threshers (Phillies farm team) vs the Charlotte Stone Crabs (Rays farm team) on June 6th. Due to heavy rains the day before and the postponement of that game, those attending were able to attend the double header. This was on a Feeding Frenzy Monday so most of the menu was all you can eat. Some of the specialty items (grilled cheese, phillie cheesesteak, etc.) were a reduced portion size. Even with overcast skies the evening was a good time. No rain, 75-74 degrees and a light summer breeze. Those rooting for the Threshers were disappointed, as they lost both games. One resident would have been the recipient of 4 tickets to the Clearwater Marine Aquarium, but they left before the 6th inning of the second game.

Labor Day Party

If you want a different kind of experience then request to be the organizer of this party. We are always looking for new volunteers and new ideas. Money for the party if provided by the park and is sufficient to plan and implement the party. See Pat or Elaine if you wold like to "take charge" of this party.



HILLCREST HIGHLIGHTS JULY, 2017 E

HILLCREST HIGHLIGHTS JULY, 2017 E

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Bingo

y team and I have been doing Wednesday Night Bingo for several years now. We are looking for someone to take over the responsibility. If you would like more information about this please see Pat at #1009.

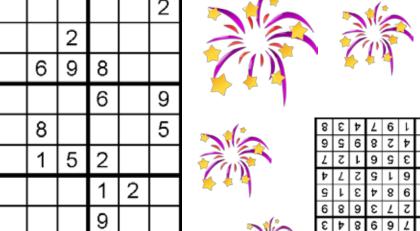
Homeowners Association

Lust a heads up. There will be four (4) positions available on the Board. If you own your home, please consider running for a directors position. The HOA is different from other social club boards in

that the state of Florida required that you are elected to the Board, and the Board elects the officers. So if you want to have a position on the board, bear in mind you will need to accept an officers position.

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July Sudoku







HILLCREST HIGHLIGHTS JULY, 2017 E

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Artificial intelligence is coming

rtificial intelligence sounds scary in science fiction stories and movies, but it's becoming a big factor in business success, according to a report from Tata Consultancy Services. Its survey of 834 executives across 13 global industry sectors found that 84 percent of organizations see AI as essential, and 50 percent believe it will transform their businesses.

AI doesn't appear to be cheap, though. Seven percent of business survey said they invested more than \$250 million on AI in 2016, and 2 percent expect to spend a billion dollars by the year 2020.

Energy drink and vodka? Think again

E nergy drinks like Red Bull or Monster Energy are all the rage, and so is mixing them with alcohol for a more potent cocktail, especially among young people. But is it safe? In research reported on the WebMD website, the answer looks like "no."

Canadian researchers analyzed 13 studies involving alcohol mixed with highly caffeinated energy drinks. They found a higher rate of injury among people indulging in such cocktails compared with simply drinking alcohol by itself. Injuries included car accidents, falls, violence, and suicidal behavior.

The authors point out that the stimulant effects of energy-drink caffeine can mask the impact of alcohol, even though alcohol still has an impairing effect on the body and the brain.

Watch your waist in your 40s to avoid dementia later

arrying belly weight during the 40s appears to increase the risk for dementia in the 70s, whereas carrying extra midsection weight later in life isn't as accurate an indicator. Researchers say these findings are disturbing because 50 percent of adults in the United States are considered abdominally obese.

Researchers at Kaiser Permanente studied 6,583 people who were between the ages of 40 and 45. An average of 36 years later, 16 percent of the participants— who had been measured for abdominal density—were diagnosed with dementia. Abdominal obesity increased the risk of dementia regardless of whether people had normal overall weight or were overweight or obese overall—and regardless of the health conditions including diabetes, cardiovascular disease, and stroke.



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16	17	
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Hillcrest

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4 ndence Day ime TBD endence Day	5	6	7	8 Patsy Cline Road Trip
11 every y night at	12	13 Potluck - 6p.m.	14	15
18	19 Ice Cream Social 6p.m.	20	21	22
25	26	27 Potluck - 6p.m.	28	29
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A simple answer

seeker of spiritual truth decided to visit a very wise sage who lived on top of a mountain. The seeker climbed for weeks to make the painful ascent. When he finally reached the wise man's home, he asked, "What should I do to make my life happier?"

The sage responded, "To begin with, the next time you come to visit me, start on the other side of the mountain and take the train to the top."

The wrong answer

Two applicants, Smith and Jones, applied for work at an organization that had only one open position. The hiring manager sat the two of them side by side to take an aptitude test. When time was up, she found that both applicants missed only one question—the same one. After studying the results, the administrator announced that although both candidates had given the same wrong answer, candidate Smith had won the job.

"Wait a minute," Jones complained. "How can one wrong answer be better than another?"

"Well," the manager said, "on the one question you both missed, Mr. Smith wrote, 'I don't know this answer.' You wrote, 'Neither do I.""

The best listener

Speaker arrived for his presentation at a high school graduation and immediately became uneasy. The crowd was full of families talking with each other. Their small children ran around the gymnasium, shouting happily. It was not a crowd looking forward to a speech; people just wanted to see their kids graduate.

The crowd paid little attention to the speech. He tried all the attention-getting tricks he knew—changing the volume and pitch of his voice, walking about the stage, telling his funniest stories—but nothing worked.

Then he saw one man looking directly at him, smiling and nodding his head. The speaker remembered the value of focusing on a sympathetic listener. By concentrating on giving that one person the very best speech he could, he made it through the presentation.

Afterward, the principal of the school asked, "Would you like to meet any of the audience?" The speaker, wanted to thank the man on whom he'd relied to finish his speech. "Yes, I'd like to meet that gentleman over there."

"Certainly," said the principal. "But you know, of course, that he's completely deaf."





Bumblebees leave 'footprint' to mark flowers

umblebees may be smarter than you think. According to the LiveScience website,

Scientists at the University of Bristol have discovered that bumblebees mark the flowers they feed from with "smelly footprints" so they can distinguish between flowers that have been visited by members of their nests and those fed on by strangers. This also allows them to ignore flowers whose food is gone and identify better sources of nutrients.



In one experiment, researchers trained bees to discriminate between flowers marked by their nest mates and those scented by bees from a different nest. In a second experiment, bees were seen learning that flowers with footprints from their nest mates were more rewarding than those marked with their own scent.

In addition, the scientists discovered that bumblebees can tell the difference between their own footprints and those of their nest mates.

Space probe headed where no one has gone before

The New Horizons space probe made history with its flyby of Pluto in 2015, and now it's halfway to making history yet again. Its next destination is 2014 MU69, an object in the Kuiper Belt.

New Horizons has gone into hibernation mode for the next 466 million miles of its voyage, slowing down as it gets farther from the sun. The object is only about 1 percent of Pluto's size, and it's about 1 billion miles away from Pluto. Scientists at NASA are patiently awaiting another historic rendezvous in 2019.

Egyptians excavate undiscovered pyramid

It's not a "new" pyramid, exactly—it's 3,700 years old—but archeologists have unearthed a previously undiscovered pyramid from Egypt's 13 dynasty. One corridor and a block engraved with ancient hieroglyphics are in good condition, according to the Fox News Science website, and explorers will continue excavating to determine its full size and other details.

The pyramid was discovered 25 miles south of Cairo, north of the so-called "Bent Pyramid" built by King Sneferu, whose angle changes about half up. It's also near the smooth-sided Red Pyramid, built some 4,600 years ago.

Snefero's son Khufu built the Great Pyramid of Giza. The newly discovered structure was probably built about 1,000 years after his reign.

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Credit card debt on the rise

inancial counselors usually advise consumers to pay off their credit cards every month, but more Americans are carrying credit card debt from month to month since the most recent recession, according to the National Foundation for Credit Counseling.

A survey of more than 1,600 U.S. adults conducted in March found that 39 percent carry debt from month to month, up from 35 percent in 2016. Sixteen percent are carrying more than \$2,500 monthly, compared with 14 percent last year.



Other results from the survey: Younger adults were more likely than older adults to be denied a credit card (11 percent vs. 6 percent). They were also more likely to make a late credit card payment (11 percent vs. 5 percent), miss a payment (12 percent vs. 4 percent) or pay less than the minimum amount required (13 percent vs. 3 percent).

Online shopping: The latest stats

Shopping online is big business these days. A survey of more than 1,000 U.S. consumers by e-commerce platform provider Big commerce found that 96 percent of Americans shop online, accounting for 36 percent of their purchases.

The survey found that 80 percent of consumers make online purchases at least once a month, and 30 percent buy something at least once a week. Forty-eight percent reported spending more than they had originally intended.

Millennials do half their shopping online. Sixty-seven percent of them, along with 56 percent of Generation Xers, would rather shop via the internet, a preference shared by 41 percent of Baby Boomers but only 28 percent of senior citizens.

Giving up on losing weight?

The obesity trend in the United States continues, with the number of adults who are either overweight or obese expanding from 53 percent to 66 percent over a 26-year period from 1998 to 2014. Apparently many of us

have given up trying to fight it. According to the Journal of the American Medical Association (JAMA), the number of people actively trying to lose weight in the past year dropped from 56 percent to 48 percent over the same period.

Researchers theorize that the decline is due to changing perceptions about acceptable body weight.







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Did you know that July is also...

<u>National Cell Phone Courtesy Month.</u> As the cell phone has developed into the smartphone, it's become one of the biggest distractions of all time. National Cell Phone Courtesy Month was founded in 2002 with the intent of making cell phone users more respectful of their surroundings.



Eye Injury Prevention Month. According to the American Academy of Ophthalmology, an estimated 90 percent of eye injuries are preventable with the use of proper safety eyewear. Even a minor injury to the cornea from a small particle of dust or debris can be painful and become a lifelong issue, so take the extra precaution and always protect your eyes.

Independent Retailer Month. Independent Retailer Month encourages consumers to shop at independent retailers locally, nationally and globally. Support and shop at independent retailers year round and use July as a time to unite as a celebration for the independent retailers across the country and in your community.



<u>National Farriers Week, July 9-15.</u> Honoring the men and women who care for and maintain the hooves of horses, a highly specialized trade that requires skill in hoof care, blacksmithing, and the care of injured and diseased hooves.

<u>Captive Nations Week, July 16-22.</u> A week aimed at raising public awareness of the oppression of nations under the control of Communist and other nondemocratic governments. It began in 1953 and declared by a congressional resolution and was signed into law by President Dwight D. Eisenhower in 1959.

<u>National Parenting Gifted Children Week, July 16-22.</u> Parents of gifted children need special understanding in order to raise and advocate for the social and emotional needs of their unique children. NPGC Week celebrates the joys and challenges of raising, guiding, and supporting bright young minds.

<u>Canada Day, July 1.</u> A national holiday celebrating the Constitution Act of 1867, which united the separate colonies of Canada, Nova Scotia, and New Brunswick into a single dominion within the British Empire called Canada.



Independence Day, July 4. The date of the Declaration of Independence, formally announcing the separation of the original 13 colonies of the United States from Great Britain.

<u>Official Shark Awareness Day, July 14.</u> Much as we love to fear this predator of the seas, the shark has a key role to play in keeping marine ecosystems in balance.

<u>National Mutt Day, July 31.</u> Also known as National Mixed Breed Dog Day, National Mutt Day is all about embracing, saving, and celebrating mixed-breed dogs. (It's also celebrated on Dec. 2.)

Underwater cave fish is first found in Europe

The first cave fish in Europe has been discovered by a German underwater cave explorer, according to the U.S. News & World Report website.

Cave fish have been discovered in other parts of the world, but the German discovery is the first time one has been found as far north as Europe. Scientists believe it arose some 20,000 years ago and has evolved to live in an underground environment.



The diving spelunker encountered the fish while exploring an underwater cave in southern Germany. The fish is almost colorless and resembles the stone loach found in rivers close by, although it has smaller eyes and larger nostrils.

Enhance your success with kindness

Nice people can finish first, insist Lisa Kaplan Thaler and Robin Koval in The Power of Nice:How to Conquer the Business World with Kindness (Currency). The book's core tenets remain worthy of consideration. Improve your "NiceQ" with these exercises:

- Be kind to yourself so it's easier to be nice to others.
- Share credit and treat everyone with respect instead of "kissing up and kicking down."

• Say no when necessary—but present it in a positive light. When turning down an assignment, help find someone else who can take it.

- Plant seeds of kindness by doing five nice things every day that have no quick payoff.
- Complete the statement "If I were a kinder person I would ..." and then act on it.

Don't let these get in your way

ften the biggest obstacle to our success lies in our way of thinking. Self-help guru Tony Robbins points out three mistakes you may be making that undermine your progress:

• Confirmation bias. When looking for data or advice, do you have a truly open mind or are you just looking for information that confirms what you already believe? If the latter, you could miss important facts.

• Recency bias. Everything changes, but if you ignore this fact of life you may end up repeating the same steps without making real progress. Just because something worked once doesn't mean it will continue to be successful. Review your strategies on a regular basis and be ready to change if they're no longer applicable.

• Loss aversion. Some of us tend to dwell more on our failures than our success, leading us to avoid risks at all costs. Anticipate failures so you can prevent them. Learn to accept and learn from your failures so you can move forward.

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No guessing required

farmer was tending a flock of sheep in a field when a man in a sleek sports car screeched to a stop on the road nearby. The driver, a young man in expensive designer clothes and sunglasses, leaned out of the window. "If I tell you exactly how many sheep you have here, can I take one?"

The looked the young man up and down and answered, "Sure, why not?"

The young man stepped out of his car holding a state-of-the-art laptop computer. Using all the resources of the internet, including GPS and satellite imaging, he came up with a number: "You have exactly 800 sheep, including six rams and 184 lambs."

"That's right," said the farmer. "I guess you get to take one of my sheep." The young man made his choice and led the animal to the back seat of his car. But before the man could drive off, the farmer said, "Hey, if I can tell what you do for a living, will you give that back to me?"

"Sure," the young man said, feeling confident.

Without hesitation the farmer said, "You're a business consultant."

"How did you guess that?"

"I didn't guess anything," the farmer replied.

"You showed up here without being asked, you took a fee for an answer I already knew to a question I never asked, and you don't know anything about my business. Now give me back my dog."

Alleviate the split-shift blues

Today's nonstop global economy can be tough marriages and families. Separation and divorce tend to be higher among couples who work different schedules—and even when just one spouse works a night shift. How do you keep in touch—and keep your marriage and family strong—when you work a different shift from your partner? Here are some suggestions:

• Set aside an hour or two to talk. Make this together time for just the two of you a priority. Schedule it at least once a week, or as often as you need to.

• Keep it fun. When you and your spouse are together, make sure you make room for fun. Talk about the other niggling stuff like bills and errands at your weekly meetings or over the phone.

