

June • 2018

Issue 4 42nd Year

Summer is Here!
Rita Drolet and her art class having fun at Sugar Creek MHP!



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Summer Activities

submitted by Pat Jones

o far the weather has been just amazing. Warm days and cool nights. But summer is just around the comer. May started the ball rolling with a Kentucky Derby meets Cinco de Mayo party. The party started at 4 with DJ Dennis providing music entertainment.

There was a "Winners" and "Losers" pool. Richard was the lucky WINNER when he pulled Justify as his horse. Lois also won with her loser Mendelssohn. Barb C. won the hat contest with her stunning creation. You can view the finished product on the Hillcrest facebook page. And finally Dennis won the 50/50 raffle. The food theme was Mexican in a nod to Cinco de Mayo. Chicken tacos, tacquitos, Spanish rice, black beans and rice, refried beans and much more was served. Everyone that attended had a good time, new friends were made.

May also saw a potluck on a Sunday afternoon in honor of Mothers Day. You just have to wait till next month for the results. Memorial Day was also celebrated.

June is shaping up nicely. Coffee will be on Saturday June 2, at 9am in the clubhouse. Bring your cup and \$1.00 and a friend. This is when we can plan the month and also plan for future summer events. Everyone is welcome to attend.

Potluck will be on June 14th and also the 28th. Be sure to sign up in the "red book" so the host or hostess can plan accordingly, Then just bring your place setting and a side dish to share. Dinner is served promptly at 6pm. There is a sign up sheet on the social club board if you would like to host a pot luck. Summer is a great time to get your feet wet with hosting a potluck. The office provides funds for the entree and there are fewer people to feed. There is always plenty of help available. If you would like to try hosting and have questions see Pat or Elaine.

Tuesday nights feature games. Join the fun. Also under consideration is a shuffleboard evening, an evening of miniature golf and possibly an outing to a Threshers garne.

We are also looking for a volunteer to take charge of the Fourth of July party. Again the office will supply money for this event.





Ancient humans cared for others

Popular culture paints our Neanderthal ancestors as brutish and cruel, but that picture is changing, according to the Sci-News website.

Neanderthals are known to have cared for their injured people, and new findings suggest that they took care of individuals who were suffering regardless of whether their peers could repay them in any way.

For example, the remains of one male Neanderthal 25-40 years old at time of death shows that he had a variety of diseases, including tooth loss, periodontal disease, arthritis, and other long-term health conditions. His care would have required fever management, hygiene maintenance, and helping him stay with the group when it moved its camp. For the last 12 months of his life he would have been unable to contribute much to the group, but he was carefully buried after his death.

The evidence suggests that "organized, knowledgeable, and caring health care is not unique to our species but rather has a long evolutionary history," one scientist states.





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A deal is a deal

Ronald made a deal with his dad that if he improved his grades by the end of the school year, pitched in around the house, attended church on Sunday with the rest of the family, and cut his now shoulder-length hair, he could have access to the car throughout the summer. Ronald began to focus on his schoolwork more, took on responsibility in the home, and was the first person in the house ready for church each Sunday.

"I knew you could do it," his dad said as looked over Ronald's final grades for the school year. "I'm very proud of how responsible and focused you've been these last few months."

"Hand over those keys, old man," Ronald said to his father with a laugh.

"Not so fast," his father said. "Remember our deal? Grades, church, chores, and hair."

"Do I really have to cut my hair?" Ronald protested.

"That was our deal," his father said.

"Can't you cut me some slack this one time? I've done everything else you wanted," Ronald argued. "It took me so long to grow my hair out. Besides, Moses had long hair, and Samson had long hair, and even Jesus had long hair."

"Good point," his father agreed. "They walked everywhere."



Timeless wisdom

uring the celebration of his 100th birthday, a man was asked about the secret of his longevity.

"I never smoked, drank, or ate fried foods," replied the man. He continued, "and I exercised every day for 30 minutes."

"Well, a lot of people observe those same practices but don't live to be 100," someone in the crowd observed. "Why do you think that is?"

The old man said, "My guess would be they didn't keep at it long enough."



Exercise boosts immunity in older adults

xercise is good at any age, but scientists now think that regular exercise as you get older may help boost your immune system and prevent infections.

An article on the BBC website reports that scientists in the United Kingdom tracked 125 long-distance cyclists, some in their 80s, and discovered they had immune systems comparable to those of 20-year-olds.

The researchers examined the cyclists' blood for T-cells, which aid the immune system in fighting off infections. The long-distance riders had the same level of T-cells as adults in their 20s, but a similar group of older adults who were less active produced fewer T-cells.

The research suggests that increased physical activity can also help older people respond better to vaccines for such infections as the flu.

These foods keep your brain healthy

ome foods help keep your heart in shape. Others help your bones. What keeps your brain and memory healthy? The CNN website offers this list of what to eat to maintain a healthy brain as you grow older:

- Berries. Studies suggest that eating at least a half-cup of blueberries, or one cup of strawberries, on a weekly basis may help stave off cognitive decline. Berries have anthocyanidins, whose antioxidant and anti-inflammatory effects may keep the brain in shape.
- Green leafy vegetables. One study of almost 1,000 adults found that a daily serving of spinach, kale, collard greens, or arugula appeared to maintain cognitive health to the extent that participants were considered to be 11 years younger than people who rarely or never consume such veggies.
 - Eggs. Eggs contain choline, which is an important brain nutrient. In a study of 1,400 people, participants with high intakes of choline scored better of visual and verbal memory tests than those who ate less foods with choline. In addition, people with a high intake of choline over the long term seem to have

better MRI brain scans, suggesting that choline may protect people against dementia.







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Millennials leading in home purchases

illennials are buying more homes than Gen Xers, baby boomers, and other age groups, according to the Builder Online website, citing a survey by the National Association of Realtors.

Thirty-four percent of all home purchases in the United States in 2017 were made by millennials, followed by Generation X (28 percent), baby boomers (30 percent), and people born from 1925-1945 (6 percent).

In 2018, the typical millennial home buyer has a higher household income than last year (\$88,200 vs. \$82,000). He or she bought the same size home, 1,800 square feet, for more money at a higher price—\$220,000 versus \$205,000 in 2017.

Millennials in 2018 have higher student debt balances than those in previous years, and more of them say that saving for a down payment is the most difficult task in buying a home.

Rentals up in the U.S.

ore Americans are living in rented homes than at any point since 1965. That's from the Pew Research Center, which says that the total number of U.S. households increased by 7.6 million from 2006-2016. However, the number of households headed by homeowners has remained flat, partially because of the aftereffects of the housing crisis late in the last decade.

On the other hand, the number of rented households rose during the same time frame, from 31.2 percent in 2006 to 36.6 percent in 2016. In 1965, the rate of rented households was 37 percent.



Yoga pants stretch sales

Yoga pants are in—whether you wear them for yoga or not. According to the Quartz website, imports of yoga pants have grown an average of 25.7 percent a year since 2010. At the same time, imports of jeans have declined by close to 4 percent a year.

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



ACROSS

- 1. Rascal
- 5. Wharf
- 9. Travels on a wind-propelled boat
- 14. Adoration
- 15. Singer Fitzgerald
- 16. Strange or spooky
- 17. An Egyptian deity
- 18. Ale
- 19. Sporting venue
- 20. Downpour
- 22. What a model does
- 23. Empower
- 24. Skewered cubes of meat
- 26. Product of human creativity
- 29. Gave a speech
- 33. One who defaults
- 38. Capital of Canada
- 39. Hindu princess
- 40. Pile
- 42. A distinct part
- 43. Land
- 45. Parts of a freight train
- 47. Flunky
- 48. Mexican (abbrev.)
- 49. Church deacon
- 52. Picture
- 57. Strike
- 60. Incites
- 63. Loaded
- 64. Ancient Biblical kingdom
- 65. Puts on clothing
- 66. State of watchfulness
- 67. A low tide
- 68. Initial wager
- 69. Found in windows
- 70. Spots
- 71. Untidyness

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DOWN

- 1. Make a strident sound
- 2. Ancient empire
- 3. Evade
- 4. An emperor of Japan
- 5. Amount owed
- 6. Margarine
- 7. Salesperson
- 8. Fate
- 9. Harbor
- 10. Pertaining to stunt flying
- 11. Anagram of "Sire"
- 12. Connects 2 points
- 13. Oceans

- 21. Mop
- 25. Bet taker
- 27. Transmit again
- 28. Tit for
- 30. Bye-bye
- 31. Pitcher
- 32. Weirs
- 33. Squirrel's nest
- 34. Lack of difficulty
- 35. Picnic insects
- 36. Widths of a circle
- 37. Asphalt
- 41. Gear

- 44. Innate skills
- 46. Sixty-four in Roman numerals
- 50. Make improvements to
- 51. Cowbov sport
- 53. Refined woman
- 54. Make amends
- 55. Not ladies
- 56 SSSS
- 57. Dross
- 58. Shopping center
- 59. Concept
- 61. Just right (2-1-1)
- 62. Gremlins





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5 Night 7 pm	6	7	8	9
12 Night 7 pm	13	Potluck 6 pm Flag Day	15	16
19 Night 7 pm	20	21 First Day of Summer	22	23
26 Night 7 pm	27	Potluck 6 pm	29	30

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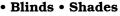
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Month of June

Adopt A Cat Month. They're cute, smart, affectionate, cuddly, and sometimes dismissive. Find a shelter in your area, and make a connection with a furry friend you can take home.



National Rose Month. With 150 different species of roses and more than 11,000 hybrid varieties, you should be able to find one or two to cultivate and appreciate this time of the year.

National Migraine and Headache Awareness Month. Wear purple this month to show your support for those who suffer from headaches and migraines. To increase your awareness about these conditions, go to www.headaches.org.

Sports America Kids Month. Summer is here, so let's keep our youngsters active, healthy, and outdoors.

Lemonade Days, June 2-10. In 2004, Alexandra Scott lost her battle with cancer at age 8. During the last few years of her life, she raised \$1 million to fund pediatric cancer research with the help of a lemonade stand. This week families and businesses across the United States will set up lemonade stands to raise money for a cure to childhood cancers. To learn more, go to alexslemonade.org.

National Business Etiquette Week, Jun. 3-9. This year's theme is "Toxic Workplaces: How to Resurrect Civility in Business." In case you've been slacking off, strive to conduct yourself with common sense and professionalism in the workplace and everywhere else this week and beyond.

National Week of Making, June 11-17. Individuals and organizations highlight the creativity, innovation, and accomplishments in technology, arts, and design of "makers" of all ages.

Men's Health Week, June 11-17. The days leading up to Father's Day raise awareness of men's health issues and the need for screenings and treatments. Spend time this week encouraging the men in your life to take ownership of their health and well-being.

Lightning Safety Awareness Week, June 17-23. The third full week of the month is devoted to educating the public about the danger of lightning. To learn more, go to www.lightningsafety.noaa.gov.



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Practice food safety during picnics

Picnics are part of the fun of summertime, but thousands of people become ill every year from picnic food that's not safely prepared or stored. Here are some tips for making sure you have a safe picnic in the park:

- Always wash your hands thoroughly—before you prepare food and after you handle raw meats.
 - Clean your food. You don't know where fruits and veggies have been.
 - Wrap all foods. Keep the foods separate so drippings don't contaminate each other.
- Keep food chilled. Don't take cold foods out of the fridge until it's time to go. Pack them in a cooler as soon as you take them out of the fridge.
- Keep coolers under a tree. When you're packing the car, try keeping the cooler inside the car, rather than in a hot trunk.
- Try to plan just the right amount of food to take. Then you won't have to worry about the storage or safety of leftovers.

Work safely in the heat

s the warm days of summer set in, keep these safety tips in mind to avoid overstressing your body as you work outdoors:

- Perform your heaviest tasks during the morning. If you have work that will require you to exert a lot of energy, it's best to do it in the cooler hours of the morning.
- **Build your tolerance.** It usually takes a good two weeks for your body to acclimate itself to working in the heat, so give your body time to adjust to higher temps.
 - Use the buddy system. That way you can keep an eye out and get help if needed.
 - **Drink water.** Health experts say you should drink a small cup every 15 to 20 minutes when you're working in the heat to stay hydrated and cool.
 - **Take breaks.** Give your body a chance to cool down by heading off to a cool area for a few minutes.
 - Eat lightly. Try not to eat heavy or big meals before you have to work in the heat.

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How the greats got their start

reat writers have to start somewhere. Some of the most creative poets and novelists toiled in distinctly non-creative jobs before hitting it big. Here are a few of them:

- Langston Hughes. The famous poet worked as a busboy in Washington, D.C.'s Wardman Park hotel. When another poet, Vachel Lindsay, took a seat at a table, the young Hughes offered her some of his poems, and Lindsay was struck by his skill, leading to his eventual success.
- Kurt Vonnegut. The author of Slaughterhouse-5 and other novels owned and managed a Saab dealership before a stint in the U.S. Army during World War II.
- J.D. Salinger. The reclusive writer, best known for his novel The Catcher in the Rye, once served as entertainment director aboard a Swedish luxury cruise ship, the H.M.S. Kungsholm.
- Mary Higgins Clark. The award-winning mystery writer held a wide variety of jobs before turning to fulltime writing at 47—secretary, business machines manager, catalog copywriter, model, and flight attendant for Pan American Airlines.

Be a Renaissance thinker

The Renaissance, from the 14th-17th centuries, sparked a firestorm of creativity and innovation in Europe. For the first time, according to Anurag Harsh in an article on the Huffington Post, people realized that creativity wasn't some divine gift, but a talent that could be cultivated. Here's what carved the Renaissance thinkers' success:

- They were contrarian. Instead of settling for the status quo, they were willing to challenge the conventional wisdom and take a fresh, new approach to looking at the world around them.
- They were nonconformists. They didn't like the atmosphere of conformity that stifled free thought. They wanted to revolutionize the culture in technology, the arts, philosophy, and other areas.
- They were curious. They asked questions and followed potential solutions wherever they led. They searched for novelty, not the tried and true.
- They explored systems. Instead of limiting themselves to a single area of knowledge, they forged connections between different ways of thinking that led to advances in science, art, and other realms.

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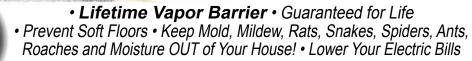
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(Allow 4-6 weeks lot	IIIaiiii	ng of check). Tries months casi
Thomas Miller	. \$100	The Plumbing Patrol, Inc.
Sylvester Taube	\$10	Hellers Mobile Home Washing
Sandi Sylves	\$10	Community Roofing of Florida, Inc.
		Master Plumbers and Septic Inc.
Paul Abraham	\$10	Palm Harbor & Dunedin Electric, Inc,
Fred Abare	\$10	Bill the Carpet Guy
		Florida Anchor and Barrier
Ken Trotter	\$10	ASC Aluminum Specialty Contractors
Dolores Elice	\$10	1st Class Handyman Service, Inc.
		Royal Enterprises
Dennis Daley	\$10	Haseney Electric Services, Inc.
		Appliance Specialty, Inc.
Rich Viel	\$10	Boss Electric Corp.
		Imperial Electric Service of Pinellas
Ronald McDonald	\$5 .	Bill the Carpet Guy
Jane Day	\$5 .	Heller's Mobile Home Washing
Roxaine Wood	\$5 .	
Carol Barnes	\$5	Ron Wyngarden Mobile Home Washing
Jim Campbell	\$5 .	Appliance Specialty, Inc.
David Miller	\$5 .	Shona Bender, LMt
Garvin DesJardin	\$5 .	Natures Resource Pest Control, Inc
William Kjergaard	\$5 .	Recreational Golf Cars of FL, LLC
		Royal Enterprise
Bob Eggers	\$5 .	Boss Electric Corp.

vinners are:		
Mary Cole	. \$5	Battleline Termite & Pest Control, Inc.
Debbie Rott	. \$5	Bob's Mobile Home Washing
		Heller's Mobile Home Washing
Doris Fairobent	. \$5	Discount Computer Repair
Theresa Kirke	. \$5	Jones & Sons Plumbing, Inc.
Peter Nazar	. \$5	Air Masters of Pinellas, Inc.
Judy Smith	. \$5	Shonna Bender, LMT
Donna Miller	. \$5	Bob's Mobile Home Washing
		Bill the Carpet Guy
Joanne Zeffiro	. \$5	Jones & Sons Plumbing, Inc.
Jim Ayers	. \$5	Doll Brothers Upholstery Cleaners
Patricia Forrest	. \$5	Ron Wyngarden Mobile Home Washing
Robert Newman	. \$5	Air Masters of Pinellas, Inc.
Jim Garthwaite	. \$5	Recreational Golf Cars of FL, LLC
Donald Fitzsimmons	. \$5	Royal Enterprise
		Buggin Out Termite & Pest Control
Diane Holroyd	. \$5	Bill the Carpet Guy
Sharon Hamel	. \$5	Boss Electric Corp.
Phil Martin	. \$5	Battleline Termite & Pest Control, Inc.
Dennis Korte	. \$5	Buggin Out Termite & Pest Control
Helen Eppard	. \$5	Natures Resource Pest Control, Inc
Shirley Moreland	. \$5	Appliance Specialty, Inc.
Vicki Ring	. \$5	Natures Resource Pest Control, Inc
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