

OFFICE: 1500 County Road 1 • Dunedin • FL 34698 • (727) 733-5522

CAKE HIGHLANDER OPIPERO

Juneº2016

Issue 4 40th Year

ARRR...You Ready For Summer? Bob and Ginny Lupton of Bay Ranch having some fun with Captain Jack Sparrow

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Piper Editor



Winter Season Editor T. E. "Terry" Moran Lot 121 738-1268



Editor, June- Nov. Sharon Shedd (727) 736-6872

Social Club Officers

President	Rachel Savage	
1st Vice President	Doris Lapointe	
2nd Vice President	Karen Judson	
Secretary	Jean Gard	(816) 616 6826
•	Becky Holender	

Club and Activity Leaders

Bingo Coordinator	Pat and Bob Reynolds	. 738-1292
Bowling League	Warren Bowman	. 239-0695
Bridge	Nicole Bouvette	. 734-1985
-	Butch Partington	. 736-9030
Bulletin Board (Clubhouse)	Gloria Mac Millan	. 754-2879
Bulletin Board (Pool Side)	R. O. Board	. 733-5522
Chaplain	Darlene Johnson	. 734-3315 &
-		686-2842
Coffee Hour	Shirley Greer	. 733-7135
Decorating Committee	Karen Judson	. 736-3085
Golf	Joan Bernier	. (727) 286-7344
Hobby Club	Rachel Savage	. 736-3281
Library Committee Chairperson	Joan Duclow	. 743-1191
Shuffleboard Club	Butch Partington	. 736-9030
Park Security	Sue Stevens	. 559-1038
Piper Centerfold Calendar	Sharon Shedd	. 736-6872
	MaryLou Fraher	. (515) 571-7804
Sunshine Reporter	Agnes Bowman	. 239-0695
Sunshine Reporter	Al Szynski	. (586) 206-3256
Supplies	Butch Partington	. 736-9030
Travel and Trips		
White Elephant Chairman	Eugene "Brownie" Brown95	3-6293









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- 1. Decide how many months you'll be away from your community
- 2. Call our office and sign up for the service for \$4 per month flat fee* *foreign mailing fees may apply*
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Monthly Media PO Box 1023 Venice, FL 34284 (727) 484-7488



Ron Wyngarden

INSURED



June 2016 - Birthdays

06 01	Eddie Bethel	156
06 02	Donna Turner	177
06 03	William Riley	84
06 04	Debbie Carveth	157
06 06	Betty Marason	122
06 06	Harold Lewis	210
06 07	Nancy Beatini	40
06 07	Margaret Duncan	104
06 10	Dina Sandroni	87
06 10	Clifford Chaisson	107
06 11	Raymond McDonald	166
06 15	Jack French	237
06 17	Joe Kasprzak	188
06 19	Karen Larrimore	41
06 19	Shirley Lewis	210
06 20	Edith Ulens	17
06 20	Fran LaBree	71
06 20	June Marks	306
06 21	Rita Ouellette	224
06 22	Richard Marason Jr.	122
06 22	William Mericle	51
06 22	Jacqueline Miller	176
06 22	Lorna Place	97
06 24	Joyce Pinetti	5
06 25	Lowell Tauszik	109
06 26	Joy Skeie	57
06 26	Charles Place	97
06 27	Jean Gard	192
06 28	Greg Langille	95
06 28	Linda Read	102
06 29	Lois Gatlin	66
06 29	Mary Poole	79
06 29	Harry Ricketts	206
06 29	John Burmeister	245



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Month	Day	Resident		Lot	Year
06	2	Raymond & Sandra McDonald	57	166	1959
06	5	Rodney & Susan Felton	40	133	1976
06	6	Tom & Mary Poole	5	79	2011
06	9	Bill & Lil LaFever	62	75	1954
06	11	Don & Marilyn Krueger	57	119	1959
06	11	Oscar & Dot Leger	56	218	1960
06	12	William & Anne Riley	38	90	1978
06	15	Charles & Lorna Place	48	97	1968
06	17	Barry & Joy Adams	49	161	1967
06	22	William & Adele Bercaw	48	125	1968
06	22	Dennis & Doris La Pointe	48	257	1968
06	22	George & ElizabethLonghurst	42	110	1974
06	22	Dennis & Deborah Modesto	14	18	2002
06	23	Roger & Gerry Santerre	43	88	1973
06	27	Larry & Marie-Etta Farella	46	239	1970
06	27	Donald & Valerie Santry	56	258	1960
06	27	Allen & Joyce Szynski	63	212	1953
06	28	Bob & Pat Reynolds	47	89	1969

This spring we left Lake Highlander a few weeks early as we planned to attend a family reunion in North Carolina. The reunion went well but the return to our summer home in the 1000 Islands (Ontario Canada) was a bit chilly. On April 26th just a few days after I had planted some new grass seed, we received several inches of wet snow. I won't be launching the fishing boat for a couple more days!

Bah Humbug. Next year we won't head north until May! Terry and Mary Moran



LAKE HIGHLANDER PIPER JUNE, 2016 N







LAKE HIGHLANDER PIPER JUNE, 2016 N



Quality Workmanship Honest Pricing

- Vapor / Moisture Barrier
- Underhome Encapsulated Insulation
- Hurricane Tie-Down Anchors





June is the start of the hurricane season so let's be ready!

Submitted by Fred Wimmer

We are having a variation in our weather pattern for this year. Most of you have already heard we are putting shatters on the clubhouse and multipurpose building. This was accomplished with the help of Sue Stevens and Beth the Park manager and myself. I appreciate all the input from the block captains and the disaster recovery team in regards to this project. If the park was struck by a category one or above and there was some damage done in the park and we may not have utilities. Then the following scenario might take place. In case of an evacuation both buildings will be secured and locked. These two buildings should not be used by Park residents as a shelter from a hurricane. In the past the news channels would give you a



three-day notice. They also would do daily reports on the weather. At this point it is important for you to have your plans made. Things to have ready in case you would have to leave, medications, change of clothing, some cash on hand, notifying a friend or relative of where vou will be headed. Cell phone if you have one and important phone numbers you may need. Remember to take your battery charger with you for your car and AC adapter. Notifying the office that you are leaving and your block captain. I would like to remind the full-time residents that the block captains will be collecting important information sometime in May. Any residents who would have special needs please let your block captain know, I would like to also inform the full-time residence that paperwork from the fire department is left in the clubhouse on the table. You may want to pick a copy and fill it out and send it in. This also allows the first responders information of where to respond in Park. Once we are notified we may return to the park, the following recovery team will be allowed back in by the Sheriff's Department. These individuals must have a letter from the office and a picture ID to reenter the park. A list of individuals will be given to the sheriff department for their database. Beth Carroll, Warren Bowman, Rita St. Laurent, John Sebest, Dusty Rhodes, Fred Wimmer, Jean St. Laurent, Bob Berner, David Vallery, Ray McDonald, Bill Shedd, Joan Berner. Whoever is here first will take the lead in the recovery operations until the Park manager Beth Carroll or director Warren Bowman or Fred Wimmer is here. The multipurpose building will be used as a command post if not severely damaged. The contact numbers will be 727-733-5522 and 727-733-4890 and a voice message will be put on the phone starting with the conditions of the park. This should be your first contact if you need information.

The following emergency supplies and equipment will be stored in or near multipurpose room went the storm is beginning to threaten our area. Generator and fuel if deemed necessary

1.charcoal grill/propane

2.walkie-talkies

3.first aid kit

4.water and portable cooler.



Phone numbers of all residents and employees will be on hand, hardhats, vest, flashlight, batteries, and lamps. The recovery team will have the following responsibilities: cooperate with the local authorities, check each coach to see if any residents are here, check the park to prevent looting, contact local authorities for help(could be at (FEMA) staff the command center for incoming calls, pass on information to returning homeowners. Authorizing expenditures could be done by Park manager, Beth Carroll or president. If they are not available and there are other directors on the recovery team. If possible contact Sue Zerbe to put update on website. When returning to the park please notice that the Falcon Street will be blocked off so the entrance to the park would be off of CR one.

Spring has sprung, the grass is ris, I wonder where the snowbirds is? by Gerry Killham

The snowbirds headed north to find out winter is still hanging around.

We miss our Lake Highlander friends and the warm temperatures.

We had a long but productive RO meeting in April. The meeting had us focused on Park business for 3 hours.

Many important issues where discussed and taken care of. Great job by all of the Director's and the committee's.

To our Lake Highlander friends, enjoy the pool and hot weather. Take care of yourself and our park, and we will see you in the fall.



Have You Volunteered Lately?

The Dunedin Historical Museum is looking for volunteers to help us out on Saturdays at the front desk. This volunteer position requires greeting guests, handling admission and gift shop money, taking phone messages, and basic computer skills.

If you are interested please call 727-736-1176 or stop by and visit.



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





Wildfire guts large swath of Canadian city; 88,000 flee.

Please let's all keep are northern family members and friend in our thoughts and prayers

Bruce Mayer, assistant deputy minister of the province's forestry division, said the arrival of the cold front packing 15 to 30 mph winds meant a "more intense burning day," according to the Journal.

Feeding off dry conditions and high temperatures, the fire, which had largely hovered on the outskirts since the weekend,

leapt into the city Tuesday, pushing flames into high-density subdivisions. Officials said as blaze stormed along a ravine and roared into the city, the race was on to get out.

Canadian Prime Minister Justin Trudeau said while the full extent of the damage isn't yet known he called it "absolutely devastating."

"We will be there for them," Trudeau said, adding that the military mobilized aircraft to help fight the blaze.

Blistering heat exacerbated the fire Tuesday, as Fort McMurray, Alberta, shattered a 71-year-old record high,

hitting 90 degrees. The old record for May 3 was 82 degrees, according to the Government of Canada. The average high temperature for the area at this time of year is in the upper 50s, according to weather.com meteorologist Tom Moore.

A very early spring and lack of snow has led to an unusually active year for wildfires across

Canada so far this year, said Macnab. So far, about 30,000 acres have burned in Alberta, including the 25,000 in this fire, he said. That's about 10 times the average for that province alone. Nationally, roughly 41,000 acres have burned across Canada, which is three times the average. Usually the peak months for fires in Canada are June, July and August, Macnab added.

"It's been quite an early start to the fire season," he said.

As flames leaped over roads, and air tankers and choppers buzzed overhead, burning debris landed in the patch of bumperto-bumper traffic trying to leave the city. "It became chaotic with vehicles trying to swerve and pull out into the ditch," said resident Jordan Stuffco, the AP reported.







Lakeside Lassie

I hope that you have enjoyed some of the information that I've written about Lake Highlander and our special area here in Dunedin in recent months. I mentioned on online link that is a lip dub known as FUNEDIN. Hopefully, many of you have seen it. If you're at all like me, you wish that you'd been there to participate when it was filmed in 2012. I've watched it numerous times and always smile. When I sent the information to our daughters and grandchildren, they definitely wanted to know more about this quint little town with brick streets!

Before Dick and I left to return to Ohio and our farming community for the summer season, I read an article about Dunedin and I'd like to share parts of it with you. It was in the March 19, 2016 issue of the "Boston Globe" by staff writer Christoper Muther.

"The founding fathers and mothers of the west coast city of Dunedin are not the early settlers who officially incorporated the Scottish outpost as a town in 1899. The true founding fathers and mothers arrived in the 1980s and 1990s and placed a defibrillator on the ramshackle downtown until they heard a pulse.

But here's where the story of Dunedin's rebirth gets colorful. Many of those founding fathers are gay, and their mark is seen everywhere from the devil-may-care eggplant, acid orange, and bright green buildings that line Main Street, to the annual Mardi Gras parade which draws more than 25,000 revelers. Aside from the party at Universal Studios, Dunedin hosts the largest Mardi Gras celebration in Florida. Bonus: Miss Mardi Gras in Dunedin is always a drag queen.

"There were 11 gay businesses downtown when we moved here in 1997," said Meranova Guest Inn owner Frank Baiamonte. "Isn't that crazy? It's so unusual to find in a place like this." The city's 1980s gay roots didn't just lead to the multihued downtown architecture or the Tuesday night 8pm bingo game at Kelly's "Chic-a-Boom Room" hosted by bearded drag queen Traila Parks. The unique aesthetic (and one-time low rents) drew merchants who now sell art, vintage goods, home décor, and clothes. With the retail came restaurants, bars, and a very necessary ice cream parlor. There are no chain stores on Main Street. It's a charm-laden stretch ideal for dilly-dallying on sunny afternoons.

"Who was it who said 'Gay people didn't create the world, they just decorated it'? It's really the truth," said Gregory Brady, another founding father who heads the city's merchants association. "There's no cookie cutter look to our town, and I think that's one of the things that makes it special." Some city officials and residents draw comparisons between their town and Provincetown, or a low-key and much more sober Key West, but neither quite fit. Dunedin has its own off-beat personality, and it's much more grounded and diverse than either of the aforementioned towns. It's filled with Canadian families who arrive to watch the Toronto Blue Jays spring training camp, along with Midwestern snowbirds, and young parents who may be turned off by the frantic pace on Florida's east coast.

Mayor Julie Ward Bujalski provides insight into the Dunedin mentality when she tells the story of mysterious graffiti artists who started painting oranges on buildings in 2009. While

neighboring municipalities were passing ordinances to ban graffiti, Dunedin's residents were thrilled with the mysterious oranges. The city's Chamber of Commerce even put a sign on its building reading "Please paint oranges here!" The identities of the mysterious muralists were soon revealed and they continued to field requests for more oranges. Those oranges have since become a symbol for the town.

"Step away from the home décor stores, elaborate planters, and the downtown farmer's market for a moment and you can see the natural attractions. Honeymoon Island, a 4,352 square-mile state park with four miles of shoreline along the Gulf of Mexico which is a short drive from downtown. Its soft sand beaches and deep blue waters look as if they belong in the Caribbean. From the park it's a quick ferry ride to Caladesi Island State Park which has even more beautiful, white sand beaches. A former railroad corridor is now the 44 mile Pinellas Trail that runs through Dunedin and other west coast towns between St. Petersburg and Tarpon Springs. The trail has helped Dunedin garner many "most walkable city" honors.

In summary Muther wrote, "one evening I was "itching to sample Dunedin's nightlife.... I asked around until I found an activity that sounded as if it were created just for me: Gay bowling. A more accurate description would have been "everybody bowling." A cross section of the town was there for cosmic bowling and \$1 drinks. It was the first time I had ever seen a drag show at a bowling alley. Those queens worked every inch of the lanes..... I applauded and yelled for more, all as I said a silent thank you to Dunedin's founding fathers and mothers for re-establishing a town where rowdy and ribald gay bowling can thrive on an otherwise sleepy Thursday night."

This is Lakeside Lassie, thankful for our diverse community and the freedom to enjoy one another

USELESS TRIVIA

by Al Szynski

The q in q-tips stands for quality. They were originally called baby gays.

- 1. Lyme disease is named after a town in lyme, connecticut, where several cases were identified in 1975.
- 2. At the 2010 grammy awards, taylor swift won more grammys (4) than elvis did his entire career (3).
- 3. The sum of all numbers on a roulette wheel is 666.
- 4. Did you know; michael jackson's 1988 autobiography moonwalk was edited by jacqueline kennedy onassis ?
- 5. In the first kentucky dereby in 1875, 13 of the 15 jockeys were black. Of the first 28 derby winners, 15 were black.
- 6. Dr. Ruth was trained as a sniper by the israeli military.
- 7. Judge judy makes \$45 million per year.
- 8. The female opossum has 13 nipples.
- 9. You can purchase a 5 pound bag of shredded United States currency from the U.S. Bureau of engraving and printing for only \$45. Have a super day.



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LAKE HIGHLANDER PIPER JUNE, 2016 N

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APPLIANCE REPAIR	707 700 4400
A1 Appliance Repair	. 727-736-1106
Appliance Specialty, Inc.	727-520-6002
Bob's Appliance Repair	727-637-4789
AUTO SALES / PURCHASING	
Stingrays, Inc Tampa Bay Car Cash	727-798-2921
Tampa Bay Car Cash	727-580-9580
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Century Awnings Co.	. 727-559-8811
BATHRÓOM REMODEL	
BathMasters	. 727-333-7997
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Jean Satterfield	. 727-724-6450
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Concrete Wizard, Inc.	727 780 5444
	. 121-109-0444
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	/ 2/ -/ 950
Been Flootrin Corre	707 704 4000
Boss Electric Corp.	. 727-791-1300
Haseney Electrical Services, Inc	. 727-441-8434
Palm Harbor & Dunedin Electric	/2/-//3-1622
FLOOR REPAIR	707 000 4000
Flatworks	727-288-4680
Florida Anchor & Barrier Co	
Perfect Repair & Construction, Inc	. 727-539-0852
GOLF CARTS SALES & SERVIC	E
Capital Golf Carts, Inc	
Recreational Golf Cars of Florida	727-548-8460
HEALTH CARE - HOSPITAL	
Morton Plant HospitalMort	onPlant100.org
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O. E. Wilson	. 727-535-0524
MANUFACTURED HOME SALES	NEW
Citrus Homes/Meadowood Homes	. 727-535-5262
MOBILE HOME SUPPLIES - RET	
Mobile Home Depot, Inc.	
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Bob's Mobile Home Washing	727-787-1459
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Wyngarden Mobile Home Wash	727-587-0876
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Payless Painting Services	727-470-5876

PEST CONTROL

-				
	Buggin Out Termite & Pest Control	727-	-535-	2629
	Nature's Resource Pest Control	727-	-785-	2552
P	HARMACY			
	Medicine Shoppe, The	727-	-733-	0404
P	LUMBING SERVICE			
	Dunedin Plumbing, Inc	727-	-734-	2879
	Plumbing Patrol, Inc.	727	726-	9193
	Ray Duncan Plumbing, Inc.	727	733-	0968
R		· ·		
- '	AMS Advanced MH Systems	727	471-	0820
	Community Roofing of Florida, Inc	727	536-	9999
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- '	All Weather Roofing	800-	-297-	3758
	AMS Advanced MH Systems	727.	471-	0820
	ASC Aluminum Specialty Contr	727	547-	8300
R	OOF WASHING		017	0000
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т	TE DOWNS/MOBILE HOMES		0.0	2000
1	Florida Anchor & Barrier Co	727.	330-	7821
т	V REPAIR	121	000	1021
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v				0001
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v		121	202	2040
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	ASC Aluminum Specialty Contr.	727.	547	8300
	Mitchell Siding	727	586	6315
v		121.	-000-	0010
	AMS Advanced MH Systems	727	471	0820
	ASC Aluminum Specialty Contr.	727.	547	8300





JUNE•20	016
Sunday	Monday

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5	6 Aqua Aerobics 9:00 am	Aqua A 9:00 an BINGC
12	13 Aqua Aerobics 9:00 am	Aqua A 9:00 an BINGC
19 GRILL OUT see bulletin board for details Father's Day	20 Aqua Aerobics 9:00 am	Aqua A 9:00 an Ladies BINGC
26 Sunday Pizza & Movie 5:00 p.m.	27 Aqua Aerobics 9:00 am	Aqua A 9:00 an BINGC

Lake Highlander

	-			
luesday	Wednesday	Thursday	Friday	Saturday
	1 Aqua Aerobics 9:00 am	2 Aqua Aerobics 9:00 am Hand & Foot Cards 6:00 p.m.	3 Aqua Aerobics 9:00 am	4 Coffee 9:30 a.m.
7 Aerobics n D 7:00 PM	8 Aqua Aerobics 9:00 am Ladies Poker 11:30	9 Aqua Aerobics 9:00 am Billiard shoot out 2:00 Hand & Foot Cards 6:00 p.m.	10 Aqua Aerobics 9:00 am BYOD Lanai	11 Coffee 9:30 a.m.
14 Aerobics n D 7:00 PM	15 Aqua Aerobics 9:00 am Ladies Poker 11:30	16 Aqua Aerobics 9:00 am Pancake Breakfast Hand & Foot Cards 6:00 p.m.	17 Aqua Aerobics 9:00 am	18 Coffee 9:30 a.m.
21 Aerobics n Poker 11:30 D 7:00 PM	22 Aqua Aerobics 9:00 am Floor Cleaning	23 Aqua Aerobics 9:00 am Hand & Foot Cards 6:00 p.m. Floor Cleaning	24 Aqua Aerobics 9:00 am	25 Coffee 9:30 a.m.
28 Aerobics n D 7:00 PM	29 Aqua Aerobics 9:00 am	30 Aqua Aerobics 9:00 am Hand & Foot Cards 6:00 p.m.		JULY 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



Italian Night! 1st "Pot Luck" of the summer season!





The winning argument?

W illiam Gladstone, prime minister of Great Britain for many years in the 19th century, was known as a master of argument, even within his own family. On one occasion Gladstone and his sister Mary argued over where to hang a picture in their house. A workman stood around while the argument went on and on. Mary wouldn't yield, and eventually Gladstone simply stopped talking.

The workman finally hung up the picture where Mary wanted, but when he was done he walked to the other side of the room and hammered a nail in the wall where Gladstone had wanted the picture to hang. Mary asked him what he was doing.



"Well, Miss," the worker replied, "that'll do to hang the picture when you come round to Master William's opinion."

Al is at it again with "LOTS OF LAUGHS"!!!

love this story. Lay down what's bothering you, breath in the fresh air and LISTEN to this story.

Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life.

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country.

As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting in septic tanks for twenty years."

Apparently, I'm still lost....it's a man thing.

When you have stopped laughing be sure to forward this on to others who would enjoy a good story.

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Coffee may keep you healthy

s drinking coffee good for you? A recent article on The New York Times website linked to a number of different studies touting the positive effects of caffeine on several different health problems. They include:

- Liver damage. A review of data collected by studies of more than 430,000 people found that coffee may lower the risk of cirrhosis of the liver, a disease associated with overindulgence in alcohol (among other causes).
- Tinnitus. Researchers kept track of more than 65,000 women and found that those who drank more than one 8-ounce cup of coffee a day were less likely to suffer from tinnitus, that persistent ringing or buzzing in your ears.
- Auto crashes. A study of truck drivers who routinely work on long hauls found that coffee drinkers (or consumers of other caffeinated drinks) seem 63 percent less likely to be involved in crashes while driving.
- Melanoma. An analysis of health and dietary data involving more than 400,000 people ages 50-71 found that those who drank four or more cups of coffee a day were 20 percent less likely to develop skin cancer. (The researchers cautioned that avoiding exposure to the sun's ultraviolet rays is still the most important way to avoid melanoma.)

State of health: What's the best place for you to live?

Well-Being Index. Their most recent report (using data from 2014) ranked all 50 states in order of health. The top 10 healthiest states?

- Alaska
- Hawaii
- South Dakota
- Wyoming
- Montana
- Colorado
- Nebraska
- Utah
- New Mexico
- Texas

The least healthy state, according to the Index, was West Virginia. The Index looks at a variety of factors, including purpose, social relationships, financial stability, community, and physical health.







How fast do you want that package?

A mericans tend to be an impatient bunch. A study by fulfillment software vendor Temando found that 80 percent of U.S. consumers want same-day shipping from retailers, and 61 percent want their purchases shipped out even faster, within three hours.



Retailers haven't responded, at least not yet. The study noted that only 53 percent offer same-day shipping even though 55 percent of buyers indicated they'd be willing to pay for it, and only 20 percent send products within three hours, although 31 percent said they'd be ready to pay for that.

Watch your words when talking to doctors

- ommunicating with your doctor is important, but you can overdo it. From the Prevention.com website comes this lists of things doctors don't want to hear from their patients:
- "I'm sure I have _____." Researching your symptoms online is fine, but most doctors want to diagnose illnesses themselves. Don't walk into the doctor's office insisting you know what's wrong.
- "It's probably just stress." Writing off your problems to stress might keep you from fully describing what's going on. Be ready to tell your doctor all your symptoms so he or she can get a clear idea of your illness.
- "I'm sorry for wasting your time." You may feel that your illness isn't important, but doctors would prefer that you come in before a minor ailment turns into a serious one. You don't have to apologize for taking care of your health.
- "Haven't you heard of this new drug?" Doctors are busy people who don't have time to keep up with every new medication, no matter how hard they try. Don't insist that your doctor prescribe something you saw on TV, but do print out articles that might be helpful in treating your illness.
- "You're supposed to be the expert." Again, doctors are human, and they sometimes miss things. Have realistic expectations, and talk openly about your needs so the doctor can make an informed decision.

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Dragonfly breaks record for longest flight

B irds may fly great distances, but the world's leading long-distance flyer is a dragonfly an inch and a half long, according to biologists at Rutgers University-Newark. A species of dragonfly known as Pantala flavescens can be found in areas as far apart as eastern Canada, Texas, Japan, and India. Their work found that dragonflies in all these locations share a common gene pool, showing that they were able to travel vast distances to intermingle with local species.

The dragonflies have an increased surface area on their wings that lets wind carry them across oceans. (Some have already been observed migrating between Asia and Africa across the Indian Ocean.) Some of them may actually make the long journey without stopping, stroking the air and then gliding for extended periods to conserve their energy.

Monarch butterflies were previously thought to migrate the farthest distance of any creature—2,500 miles—but if the Rutgers biologists are correct, the dragonflies have set a new record.

Microwaves make rubies sparkle

W ant to make your jewelry sparkle? Try putting it in the microwave. Actually, that may not be your best or safest bet, but scientists have discovered that a microwave treatment can improve the clarity and color of rubies, which aside from jewelry are used in high-power switches and sensors.



As reported on the Science Daily website, a research team at India's Institute of Minerals and Materials Technology (IMMT) put a series of natural, hexagonal rubies in a standard 3MW microwave furnace and heated them at 1,500 degrees Celsius. The microwaves changed the gemstones' color and structure, turning them from reddish black to bright pink and smoothing out defects and impurities by altering their atomic layout and crystal structure.

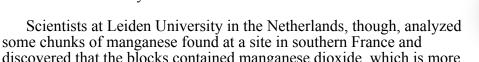
The process is promising because it's quicker than regular heating and ensures uniformity, and is also more energy efficient.

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Did Neanderthals build their own fires?

Ur Neanderthal ancestors may have used chemistry to start fires, according to an article on the Scientific American website. Archeologists have found chunks of black manganese oxides in Neanderthal sites for years. Previously they believed the oxides were used for dark body paint, although other sources like ash and charcoal would have been more easily available to them.





some chunks of manganese found at a site in southern France and discovered that the blocks contained manganese dioxide, which is more flammable than other types of manganese. Groundup particles of the substances can lower the ignition temperature of wood by more than 100 degrees—suggesting that instead of relying on naturally occurring fires sparked by lightning, Neanderthals were able to build fires on their own

Radio bursts detected from neutron star

They're not signals from an advanced alien civilization, but they've been a mystery to astronomers for years. Fast radio bursts, or FRBs, are bursts of energy from outer space lasting just milliseconds but emitting as much energy as the sun produces in 10,000



years. Only 17 have ever been recorded, all of them apparently one-time events.

But a repeating FRB has recently been detected, according to the Sci-News website: Astronomers from McGill University using the Arecibo radio telescope in Puerto Rico have recorded a series of 10 FRBs they believe may emanate from a rotating neutron star in a distant galaxy.

This conflicts with previous theories that FRBs are caused by cataclysmic events such as supernovas or the creation of black holes. Whatever their origin, the truth is out there.

The important thing in science is not so much to obtain new facts as to discover new ways of thinking about them.

—William Lawrence Bragg





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The Internet spreads across the globe

A ccess to the Internet has expanded around the world, according to the Pew Research Center. A global survey found that 54 percent of people in the developing world consider themselves "Internet users" in 2015, up from 45 percent just two years earlier. Those users include 37 percent of survey respondents who said they own a smartphone, an increase from 21 percent in 2013.



Still, growth is slow in some parts of the world. In Africa, the countries Burkina Faso, Uganda, and Ethiopia have Internet use rates below 20 percent. The rate is 42 percent in South Africa and 39 percent of Nigeria, two of Africa's largest economies.

Meanwhile, advanced economies have much higher rates—94 percent in South Korea, 93 percent in Australia, 90 percent in Canada, 89 percent in the United States, and 89 percent in the United Kingdom.

Figuring the tip: How much to leave?

F Tow much to tip a server depends to some extent on where you are. The national average is 18.9 percent, according to the Zagat website, but the amount fluctuates around the country:

• Boston	20 percent
• Philadelphia	19.9 percent
Chicago	19.6 percent
Minneapolis	18.2 percent
• Nashville	18.2 percent
• Orlando	18.1 percent
San Antonio	17.1 percent



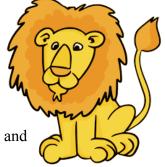
Monkey business

wealthy man took his dachshund on an African safari, but on the second day the dog got scared and ran into the jungle. Lost, he wandered around until a lion spotted him.

Thinking fast, the dachshund turned his back on the lion and lay down, pretending to sleep. "Boy, that was one tasty lion!" he said loudly. "After a meal like that, I need to take a nap!"

The lion backed off. "I've never seen an animal like that," he thought. "He must be dangerous."

A monkey up in a tree saw the whole thing and realized that the dog had fooled the king of beasts. So he jumped onto the lion's back and explained that he'd been tricked.



Furious, the lion leaped to attack again. But the dachshund saw him just in time and thought fast again. Lifting his head with a yawn, he said loudly, "Where is that monkey? I thought he'd be back by now with another lion!"

Dem bones

ome tourists in a museum were marveling at a complete dinosaur skeleton. One of them asked the guard, "Do you know how old those dinosaur bones are?"



The guard replied, "They're 70 million and three years old. Three and a half actually."

"How can anybody be so precise?" the visitor asked.

"Well, they were 70 million years old when I started working here, and that was three and a half years ago."

They're biting

A millionaire walked past an old man sitting on the curb outside a bar. The old man had a fishing rod, and he seemed to be trying to catch fish in the storm drain.

Taking pity, the millionaire took the old man to a nearby restaurant for a meal. As they ate, the rich man asked, "So how is fishing in that storm drain working out for you?"

d the second

34 "Not bad," said the old man. "You're the third one I've caught today." *LAKE HIGHLANDER PIPER JUNE, 2016 N*







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Did you know that June is also...

Adopt a Cat Month. Thousands of cute cuddly kittens and mellow older cats are waiting in shelters across the country for someone to take them home. Members of the shelter staff are ready to help you adopt your very first cat or bring home a friend for another beloved cat.

Alzheimer's and Brain Awareness Month. Around the world 47 million people are living with some form of dementia, and that number is expected to climb to 76 million by 2030. Learn how to maintain your brain's health, and help raise awareness and support of research aimed at treating brain illnesses.

National Zoo and Aquarium Month. Explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, and activities for the whole family.

PTSD Awareness Month. Post Traumatic Stress Disorder can affect anyone, and its effects are felt throughout every community. The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of effective treatments and to help all those affected by PTSD.

Sun Safety Week, June 5-11. Sponsored by The Sun Safety Alliance, which believes that a focus on skin cancer prevention, education, and awareness will improve public knowledge of the importance of sun safety.



Men's Health Week, June 13-19. Celebrated each year during the week leading up to Father's Day to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Superman Week, June 9-12. An event held in Metropolis, Ill., to celebrate the adventures of the Man of Steel in comics, film, and TV.

Animals Rights Awareness Week, June 19-25. An annual event to raise awareness for the care and concern for animals of all varieties and to educate the general public about the humane treatment that all animals deserve whether they're someone's pet, wildlife residents, residents of a zoo, or raised as food sources.



National Running Day, June 3. Put on your running shoes and some sunscreen and go out for a run!

Father's Day, June 19. Remember your dad—and fathers everywhere—on this special day.

Teach children or grandchildren this important skill

Problem solving is a skill that's valuable throughout your children's lives, from school to their adult careers. You can teach your children how to tackle any problem they're facing by sharing these steps:

- Identify the problem. This is the most important step, and often the most overlooked. Your child can't solve a problem until he or she can state what it is.
- Come up with a list of solutions. Brainstorm possible solutions, even ones that initially seem farfetched. Just keep the ideas flowing.
- Assess each idea. Now is the time to evaluate the merits of each idea, weighing the pros and cons thoroughly.
- Pick one or two ideas. Have your child pick the top two solutions and give his or her specific reasons for choosing those possible solutions.
- Put the decision into action. Before going forward, talk about possible outcomes. What are the potential obstacles? What help can you expect? How can you avoid traps?
- Evaluate and learn. How did the solution work? What changes need to be made to make it work better? What would your child try the next time?

The hungry thief

oe and Sam went into a bakery. When the cashier wasn't looking, Joe quickly slipped three doughnuts into the pocket of his jacket.

"What are you doing?" Sam whispered. "You just stole those!"

"So what?" Joe asked. "Nobody saw a thing."

Sam waved the cashier over. "Give me a doughnut, and I'll show you a magic trick."

Intrigued, the cashier handed over a doughnut. Sam ate it, then asked for a second one, and then a third.

"So what's the trick?" the cashier asked, skeptically.

"You know where those doughnuts are now?"

The cashier frowned. "Where?"

"Look in my friend's pocket."



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James Banyas	\$10	ASC Aluminum Specialty Contractors	Audrey Nower \$5	Bob's Mobile Home Washing
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James Stewart	\$10	Dunedin Plumbing, Inc.	Jim Deitschel \$5	Mobile Home Depot
Scott Berman	\$10	Modern AC & Appliance Service	Helen Trimboli \$5	Battleline Termite & Pest Control
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Cindy Wright	\$10	Royal Enterprises	Mike Chambers \$5	Bill the Carpet Guy
Lynn Lijewski	\$10	Ray Duncan Plumbing	Manny Pimentle \$5	Recreational Golf Cars
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Jan Baltzell	\$5	At Home Carpets Plus Color Tile	Helen Razzano \$5	Royal Enterprises
Hubert Cruse	\$5	Knoblach Hearing Care	Tom Hylock \$5	Jones & Sons Plumbing
Rose Condon	\$5	Ron Wyngarden MH Washing	Melody Moen \$5	Bob's Appliance Repair
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