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Oak Crest/Acorn Messenger

Richard E "Jake" Jacobs, Editor • Lot 247 •727- 430-1584 - cejemj0205@aol.com

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- District 3: 31-38; 203-205; 224-304; 336-356
- District 4: 305-335; 357-444
- District 5: 445-533
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Homeowners of Acorn/OakCrest Board Members 2018

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Homeowners of Oak Crest / Acorn Residents, Inc.

Diane Rice, President, Lot 636, 828-230-7249

an you believe it's June already? Some of the dates in June to remember: Flag Day, Thursday, June 14th, Fathers' Day Sunday June 17th, Summer Solstice Thursday June 21st. June is also the start of the hurricane season. Make sure you have tools and supplies recommended by the hurricane preparation lists: these include items such as battery-operated radio and extra batteries, flashlight and batteries, water, paper cups etc., non-perishable foods. Know your evacuation route. Some of the predictions are: 14 named storms, 7 will become hurricanes, and 3 will reach major hurricane strength. We'll wait and see.

Other items to mention: electric pedestals. The power company is responsible for the wire from the pole to the pedestal only; the home owner is responsible for the wire from the pedestal to the home, this includes the wire underground from the pedestal to the home.

There is no HOA meeting scheduled for June.

Oak Crest / Acorn Residents' Club, Inc.

Annette Watts, President, Lot 506, 843-457-9599

In late April Nancy Barboza decided to retire as Chairperson of the Activities Committee. Please join the Board and the Activities Committee in thanking Nancy for her many years of service and dedication to the Club. She has taken the Activities Committee to a whole new level. Thank you, Nancy.

Connie Topor and Liz Bierfelt have accepted the Board's invitation to become Chairperson and Co/Chairperson respectfully. Both of these ladies are well qualified for these positions. They have the expertise and experience needed to move forward. Please give these ladies and the rest of the Activities Committee all of your support. I know they will appreciate it!

Thursday, June 14th, the Activities Committee will be hosting a Coffee Klatch at 7:00 p.m. We will be serving donuts as well. This will be a donation event. There will be a sign-up sheet in the clubhouse. Please sign up if you plan on attending as we need to know how many donuts to purchase. Cutoff date will be Wednesday, June 13th.

Our 4th of July celebration will be held on Saturday, July 7th. We will be having a pot luck dinner starting at 5:00 p.m. Please bring your table service, drinks, and a dish to share. We will have Bingo beginning at 6:00 p.m. Bingo cards will sell for .25 cents per card. We will play approximately 20 games, and all the money taken in on the cards will be given back in prize money. There will be a sign-up sheet in the Club House posted around the 15th of June. We look forward to seeing you there!

SICK BAY REPORT

Margaret Fuller, Lot 456, 727-586-1590

DEATHS:

BOB FULLER, brother of Margaret Fuller, in Rhode Island on April 23rd. RICH CASTLES, 27 Cork Oak, in Largo Medical Ctr. on April 26th

HOSPITAL:

WANTED: FMO PARK REPRESENTATIVE

The Position for FMO PARK REP is open for Oak Crest/Acorn...if interested in this position contact the FMO State Office at:

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The Responsibilities of a Park Rep are as follows:

- 1.) Be the contact person in your community for residents
- 2.) Work in your community to obtain new memberships
- 3.) Work with your HOA and bring updates to your community during an HOA meeting. Or other clubs you may have in your community
- 4.) Work with your community "editor" for whatever print communication your park uses to advertise upcoming meetings or any new updates regarding FMO
- 5.) Keep your District President informed of any questions, comments or concerns your Park members may have
- 6.) To the best of your ability attended your Districts Monthly Meetings, if you can offer your Club House for a meeting. Please contact the main office if interested

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For More Information contact: Randy Holeyfield 813-716-0318 or email.

FMOcountrymeadows@mail.com







From the Editor



CALLING ALL VETERANS OF OAK CREST / ACORN MHP



egardless of the time served, we would like to find out how many Veterans reside in our park.

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'The little things matter'

side from being the senior vice president of the Orlando Magic basketball team and a sought-after motivational speaker, Pat Williams has written more than 100 books. Many years ago, when he was working on a book about John Wooden, Williams interviewed scores of the coach's former players.

A story shared by many of these players was about a longstanding tradition of the coach. At the start of each season, Wooden spent an hour instructing his players on the proper way to wear their socks and shoes. From the snug fit of the heel of the sock to the lacing of their shoes, the coach covered every detail with great importance.

When Williams asked the coach about why he devoted this kind of time and attention to such a seemingly insignificant subject, Wooden replied, "The little things matter."

He went on to explain how one wrinkle in a sock could contribute to a blister on a toe or foot. One blister could have a huge impact on the outcome of a game—or a season.

"I started teaching about shoes and socks early in my career," Wooden said. "I saw that it really did cut down on blisters during the season. That little detail gave us an edge."

Battle of the elements

n Aesop's fable tells of an argument between the North Wind and the Sun as to which was the most powerful force of nature. They decided to end their dispute once and for all with a simple challenge: The victor would be whichever could disrobe the next hiker coming along a nearby path.

No sooner had they agreed on these terms when a traveler appeared on the path. The North Wind flexed his might and concentrated a strong gust at the hiker. The man responded by fastening his coat securely about him and turning up his collar.

Once the North Wind realized his actions had the opposite effect than intended, he stepped aside and challenged the Sun to give it a go. As the winds disappeared the Sun beamed brightly, moving closer to the Earth, showering the hiker with warm rays of light.

The man began to disrobe as he walked to a nearby river. He jumped in to cool himself and then sat on the shore bathing in the sun.

The moral: Persuasion is more powerful than force.









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A deal is a deal

Resolution on 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."

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3 7p Billiards	4 9:45a Water Aerobics 1p Shuffleboard 7p Resident's Club meeting	9:45a W 5p Pi
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17 7p Billiards	18 9:45a Water Aerobics 1p Shuffleboard	9:45a W 5p Pi
24 7p Billiards	25 9:45a Water Aerobics 1p Shuffleboard	9:45a W 5p Pi

Oakcrest/Acorn

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Ancient humans cared for others

Dopular 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.

A once-in-a billion-year spin

Galaxies rotate, just as Earth and other planets do. However, their spin is remarkably consistent, regardless of size. The Discover Magazine website reports that scientists have determine that all galaxies rotate approximately once every billion years, whether they're massive spiral galaxies or small irregular dwarfs.

Researchers measured the velocities of hydrogen in the outer discs of a variety of galaxies differing in size. The measurements allowed them to calculate the rotation period of each galaxy. "Discovering such regularity in galaxies really helps us to better understand the mechanics that make them tick," one scientist says.

Science is the great antidote to the poison of enthusiasm and superstition. —Adam Smith

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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

Some 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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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

- 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

DOWN

- 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. Cowboy sport
- 53. Refined woman
- 54. Make amends
- 55. Not ladies
- 56 8888
- 57. Dross
- 58. Shopping center
- 59. Concept
- 61. Just right (2-1-1)
- 62. Gremlins



OAK CREST/ACORN MESSENGER JUNE, 2018 S



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ARE YOU PAYING TOO MUCH FOR AUTO INSURANCE?

Coverages:

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Annual Paid In Full Premium \$994.55*

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

*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving





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EVENTS & PROGRAMS

BC MART in Briar Creek, 100 Briar Creek Blvd off McMullen Booth! Used goods of all kinds; just a fun place to hunt for all kinds of treasures; just follow the red arrow. Open Wed & Sat 10-Noon!

WANTED TO BUY

FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780



ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

JULY AD DEADLINE - JUNE 10, 2018

Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.



Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

THOUSANDS manufactured home residents have won over \$139,600 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or <u>mail your paid receipt</u> to us at **Monthly Media • 220 Bahama St. • Venice, FL 34285.** That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

(Allow 4-6 weeks for mailing of check). This month's cash winners are:

(Allow 4-6 weeks for maning of check). This month's cash	
Thomas Miller	Mary Cole \$5Battleline Termite & Pest Control, Inc.
Sylvester Taube	Debbie Rott \$5 Bob's Mobile Home Washing
Sandi Sylves \$10Community Roofing of Florida, Inc.	David Buckley \$5
Rosalie Ganno	Doris Fairobent
Paul Abraham \$10 Palm Harbor & Dunedin Electric, Inc,	Theresa Kirke \$5 Jones & Sons Plumbing, Inc.
Fred Abare	Peter Nazar \$5 Air Masters of Pinellas, Inc.
Ruth Williams \$10 Florida Anchor and Barrier	Judy Smith \$5 Shonna Bender, LMT
Ken Trotter \$10 ASC Aluminum Specialty Contractors	Donna Miller \$5 Bob's Mobile Home Washing
Dolores Elice \$101st Class Handyman Service, Inc.	Jack PeelBill the Carpet Guy
Joyce Noto \$10 Royal Enterprises	Joanne Zeffiro \$5 Jones & Sons Plumbing, Inc.
Dennis Daley \$10Haseney Electric Services, Inc.	Jim Ayers \$5 Doll Brothers Upholstery Cleaners
Trish Zampitella \$10 Appliance Specialty, Inc.	Patricia Forrest
Rich Viel \$10 Boss Electric Corp.	Robert Newman \$5 Air Masters of Pinellas, Inc.
Clay Larochelle	Jim Garthwaite
Ronald McDonald \$5Bill the Carpet Guy	Donald Fitzsimmons \$5Royal Enterprise
Jane Day \$5	Alice King \$5 Buggin Out Termite & Pest Control
Roxaine Wood \$5 Doll Brothers Carpet Cleaners	Diane Holroyd \$5 Bill the Carpet Guy
Carol Barnes \$5 Ron Wyngarden Mobile Home Washing	Sharon Hamel \$5 Boss Electric Corp.
Jim Campbell \$5 Appliance Specialty, Inc.	Phil Martin \$5Battleline Termite & Pest Control, Inc.
David Miller \$5 Shona Bender, LMt	Dennis Korte \$5 Buggin Out Termite & Pest Control
Garvin DesJardin \$5 Natures Resource Pest Control, Inc	Helen Eppard \$5 Natures Resource Pest Control, Inc
William Kjergaard \$5 Recreational Golf Cars of FL, LLC	Shirley Moreland \$5 Appliance Specialty, Inc.
Richard Dailey	Vicki Ring \$5 Natures Resource Pest Control, Inc
Bob Eggers	Richard Clark

• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify

• No purchase necessary • Contest void where prohibited by law •Tickets available at participating Monthly Media advertisers.

Activity Leaders - 2018

	Connie Topor Lot 199585-465-2441
	Liz Bierfelt Lot 238
Art Group	Dave Larsen Lot 190 333-1004
Bingo	Kathy Brady Lot 353 239-8726
Bridge	Lou Vonderbrink Lot 261 581-9806
Bulletin Boards, inside	Margaret Fuller Lot 456 586-1590
Bulletin Boards, outside	Kevin Grimes Lot 372 831-7253
	Steve Phillips Lot 55 400-6639
	Kathy Brady Lot 353 239-8726
	Sonny Runyon Lot 394 474-7903
Decorations	Nancy Barboza Lot 529 437-7415
	Rhonda Gillispie Lot 528605-890-2420
Exercise	
	Kathy Brady Lot 353 239-8726
Hobby Class	VACANT Lot 288 518-7996
	Joy Olson Lot 615 588-0323
	Carol Knotts Lot 224 581-8015
	Maryanne Fania Lot 406 474-6451
Messenger Editor	Richard E "Jake" Jacobs Lot 247727-430-1584
Pancake Breakfast	Sue Mosher Lot 79 474-6633
Pinochle	Joe Puzan Lot 584 518-6783
Poker	
Shuffleboard	
Sick Bay	Margaret Fuller Lot 456 586-1590
Sing-a-Long	Margaret Fuller Lot 456 586-1590
Supply Room	Dorothy Noller Lot 79 474-6633
	Annette Watts Lot # 504 843-457-9599
Telephone Directory	Kathy Brady Lot 353
r	Mary Sherman Lot 304 518-376-7445
Water Aerobics:	



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

