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GOLDEN CREST

• BULLETIN •

July • 2015

Issue 5 39th Year

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	Susan Grannell, #383
	Carol Dakin, #422
	Dee McTrach, #354
	Joyce Hawke, #387



Golden Crest Chairpersons - 2015

Bingo Coordinator	Helene Haanpaa
Bulletin Board (Inside)	Carol Aldrow
Cards (Euchre)	Ed Kurth
Christmas Bazaar, Craft Bake Sale	
.....	Shirley Boudreau
Christmas Decorations	Boudreau's, Taylor's
.....	and friends
Clubhouse Outdoor Sign.....	Leroy Valleau
Crafts.....	Shirley Boudreau
Entertainment - Vegas Night..	Art/Jean Taylor
Fun & Picnic Day.....	Rec. Board
Fun Shuffleboard.....	Tom Fidgen
Golden Crest Fun Games/Picnic	
.....	Art & Jean Taylor & Crew
Golf League	Nels Auger
Hall Decorations (as required)	Leroy Valleau
Hall Properties	

Halloween	Leroy Valleau
Kitchen Coordinator.....	Dennis MacDonald
Library.....	George Bodie
New Year's Eve	Rec. Board
News Bulletin.....	Val & Bob Pippy
News Bulletin Distribution ..	Eleanor Denslow
November 11th.....	Rec. Board
	(alternate with Golden Acres)
Pancake Breakfast	Larry Peterson &
.....	Crew
Sunshine Ladies	Brenda Boudreau
.....	Carol Nash
Travel	Teriann Tringali
Water Aerobics.....	Maureen Fidgen

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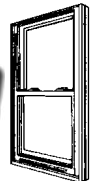
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Golden Crest Birthdays for July 2015:

1	Betty Johnson	429
2	Irene Mancinelli	396
3	Gerald Karlnoski	431
5	Anna Byrnes	309
6	John Cobb	385
7	Pat Reilly	460
7	Allan W Allen	320
8	Patricia Fernicola	383
8	Carole Seely	448
8	Sally MacMurray	350
9	Malcolm Bailey	444
9	Maureen Iacovino	308
9	Donna Mason	301
10	Richard (Sonny) Cissell	447
10	Robert Allen	386
13	Patricia Gagne	424
13	William Smay	445
15	Emile DiSalvo	473
17	Al DiSalvo	475
18	Neil Seely	448
20	Janice Nantais	461
20	Sally Nicholls	420
21	George Foltz	333
28	Brian Levy	349
29	William Lehman	409
29	Patsy Waldrop	348
31	Frank Farina	322
31	Paul Adkins	304



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



Golden Crest Anniversaries for July 2015:

3	Regis & Rosella LeBlanc	363
3	Charlie & Twila Miller	469
4	Gregory & Lana Gorman	385
5	Bernard & Blanche Stoneham	411
10	Arnold & Carol Aldrow	339
17	Hank & Pam Heyink	384
22	Tom & Maureen Fidgen	357



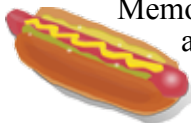
July Is...

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



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

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



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



It Pays To Patronize the Advertisers in This Newsletter!

With our monthly cash give-a-way, **Monthly Mania**, residents can win up to \$100 for simply using the businesses in the newsletter. See the winners listing page toward the end of this newsletter for more info. We give out \$400 monthly to residents just like you!

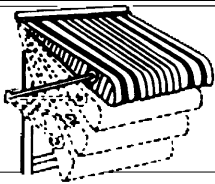
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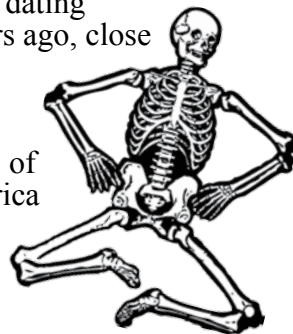
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Ancient bones offer clues to evolution

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

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



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

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



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

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

—Pope Paul VI

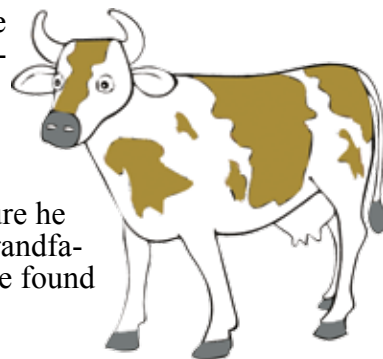


The strongest bonds

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

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

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



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

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

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

Correct: A Zen parable

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

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



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

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

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

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Support innovation with continuous learning

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

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



Keep your mouth shut

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

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

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

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

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

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

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



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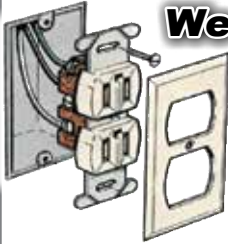


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14	15	16 Coffee Hour 6:00pm - Covered Dish	17	18
21	22	23 Coffee Hour	24	25
28	29	30 Coffee Hour	31	AUGUST 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

July Sudoku

	5		9					
2	1		3			9		
			7		4			
5					7			3
4		9	1		8	2		7
		1			5			8
		2		4				8
								2
		8				4		



1	9	4	2	7	5	8	6	3
3	2	7	9	1	8	5	4	6
8	9	8	4	3	6	2	7	1
9	8	6	5	3	4	1	2	7
5	7	2	8	1	6	9	3	4
4	3	7	1	9	2	6	8	5
6	3	7	5	4	8	1	2	9
2	1	4	3	8	6	9	5	7
8	5	7	9	2	1	3	4	6

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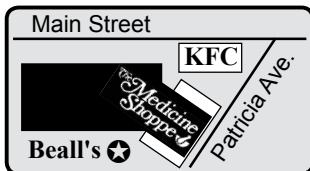
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Larger Print Newsletters - At the request of some residents we are now offering Larger Print Newsletters to those who request them. The newsletter type will be approximately 20% larger (16 pt article body type vs. 12 pt normally). There is a small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



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Doctors may soon use lasers to seal wounds

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

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



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

Twin suns may support rocky worlds—in theory

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

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



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

—Theodore Roszak

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The state of food across the U.S.

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

- Alaska: Salmon (state fish)
- California: Avocado (state fruit)
- Delaware: Peach piece (state pie)
- Georgia: Grits (state prepared food)
- Illinois: Popcorn (state snack food)
- Louisiana: Sweet potato (state vegetable)
- Maryland: Smith Island Cake—a yellow cake of 8-10 layers with chocolate frosting (state dessert)
- New York: Apple muffin (state muffin)



The creative process—from the artists who know

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

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

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Did you know this Emporium/ Classified listing reaches over 21,000 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.

Thanks!

-Monthly Media Staff

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Eliminate the obstacles to a good night's rest

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

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



Prevent back pain before it strikes

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

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



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

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That morning cup of coffee may be really good for you

A lot of us depend on a cup of coffee or two to get going in the morning. But coffee may have even more significant health benefits. Here's a quick look at what it may do to improve your life:

- **Melanoma.** A study by the National Institutes of Health and the AARP found that the more coffee people drink during the day, the lower their chances of developing melanoma over a 10-year period. Four cups of coffee a day was associated to a 20 percent drop in melanoma risk.
- **Multiple sclerosis.** An analysis of two studies of people diagnosed with MS (one in the U.S. and one in Sweden) found that consuming at least four cups of coffee a day appears to delay the onset of symptoms. The caffeine, researchers say, seems to have neuroprotective properties that inhibit MS development.
- **Liver cancer.** Drinkers of three or more alcoholic beverages a day may be able to cut their risk of liver cancer by drinking coffee, according to a recent World Cancer Research Fund report. Coffee and coffee extracts appear to have a preventative effect on the expression of genes involved with inflammation—an effect that's most prevalent in the liver.





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We will inspect and photograph any issues, showing you pictures of the underside of your home. Damaged & worn vapor barriers can create high energy costs and allow mold & mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture & Animals out of your Home.

10% MILITARY DISCOUNT



Repairs will be made quickly and include a **20 Year Transferable Warranty!**

Call Us for a **FREE NO-PRESSURE No-Obligation Estimate**

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