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## **Summer Activities**

submitted by Pat Jones

There are several activities planned for the summer. Nothing happens without volunteers though. Two big parties left to plan are Fourth of July and Labor Day. These parties are paid for by ELS. If you would like to host and organize one of these events please let me know. The menu and type of party would be your choice. I will help if you need it.

Coming up on June 21st is a pot luck called "An evening on the Lanai". The menu will be of a picnic type, hot dogs, hamburgers or something along those lines. The idea is that the pot luck will take place on the community lanai. The grill will be going and additional tables will be set out. Though the time is 6pm I'm hoping for flexibility. Just bring a side dish (in this case chips, salads etc.) to share. Take a dip in the pool. Have some dinner, socialize, go back to the pool. Whatever you feel like doing.

The pot luck on the 13th is the regular birthday party pot luck. Be sure to sign up in the red book by Wednesday the 12th or Thursday the 20th. There is a sheet in the front of the red book to sign up if you would like to host a pot luck. The office gives money for the entree. The host chooses and prepares the entree. If you choose to host a pot luck be sure to keep purchases separate from personal purchases. In other words pot luck supplies must be on their receipt.

Coffees will be the first Saturday of the month. There is a sign up sheet in the front of the red book if you would like to host a coffee.

The common theme throughout all this is volunteers. One person can't do it all. It would be wonderful to see some of our newer residents take part in the activities. The crowds are smaller now and it is a wonderful way to meet other residents of the community.



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



## Early birds versus night owls—who's better off?

The early bird gets the worm, and early risers enjoy other benefits, according to a story on the *New York Post* website. A survey of sleep habits involving 2,000 people found that, among other things, self-identified early birds have more sex on a weekly basis than their night owl counterparts.

The survey also found that early birds generally make more money, are more likely to work in an office setting, and describe themselves as happy. They're also more likely to be married with children in their home. On the other hand, night owls are typically shy and sarcastic, likely to believe in ghosts and cryptids, and more often single.

They tend to sleep about the same amount—seven hours a night for early birds and six hours for night owls. However, early birds are light sleepers, and they feel more well-rested when they get up than night owls.

## Disconnecting may not lead to the benefits you're looking for

ver feel the need to disconnect from your devices for a "digital detox"? The Yahoo Finance website reported on a survey by Mojo Vision (Saratoga, California), which found that people tend to use technology as much, if not more, after distancing themselves from their smartphones and tablets for a while.

The survey of 1,000 Americans found that 67 percent agree that technology makes life easier, but 55 percent believe that all that tech is a distraction, with one-third worrying that it hurts people's ability to connect with one another. Still, 54 percent said that abstaining from their devices didn't produce the positive benefits they'd hoped for—or at least were unsure whether it had a beneficial impact.

The most common strategies for "subtracting" tech are setting devices to send fewer notifications, putting them on a "Do Not Disturb" setting, scheduling times to not use their devices, or simply turning them off for a period of time.



A good decision is based on knowledge, and not on numbers.

-Plato

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## Flower power

dairy farmer in Japan, Toshiyuki Kuroki, found a novel way to help his wife, Yasuko, cope with her failing health. When complications from diabetes robbed her of her vision, he began planting shibazakura around their farm. It's a species of phlox and a hearty groundcover that blossoms March and April.

Though he knew his wife of 30 years would no longer be able to see the beautiful fuchsia-colored petals, he hoped the sweet fragrance of the flowers would lure her outdoors and out of her deepening depression. It didn't, for a while, and then something pretty wonderful happened.

As the farmer continued to plant more flowers, they thrived and spread across the farmland. People from surrounding areas, even tourists, began to visit the farm. Everyone wanted to see the beautiful pink fields and walk among the spring flowers. With so many new and different people showing up on their land, the farmer's wife began to wander outside and interact with the visitors. She was happy again.

For the past 25 years, the shibazakura fields that surround the home of Toshiyuki and Yasuko Kuroki have sparked joy and wonder in the hearts of many. The Kurokis receive about 7,000 visitors a year at the farm during March and April, and they no longer raise dairy cows.

Their story is a reminder that love and flowers are a powerful healing force.

## That's what friends do

story recently went viral on social media that attracted the attention of national news outlets:

A teenager from a small town in Arkansas saved two years of earnings from his part-time job to buy a motorized wheelchair for his best friend and fellow high school classmate. It was a selfless act that speaks volumes about friendship and goodwill while serving as an example of how each of us can do and give more to contribute to the greater good.

A flower cannot blossom without sunshine. A man cannot live without love.

-Max Muller





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## Watch for these hidden causes of high blood pressure

any factors affect your blood pressure, including genetics, diet, and even your sleeping patterns. The Healthline website advises you to be mindful of these possible contributors to high blood pressure, as well:

- Over-the-counter medications. Common medications used to address everyday aches and pains can increase one's blood pressure. These include anti-inflammatory drugs like Aleve, Advil, and Tylenol, as well as decongestants. You don't have to stop taking them, but check with your doctor.
- Caffeine and alcohol. Both of these can heighten your blood pressure. Limit yourself to less than 300 milligrams of caffeine a day—two to three cups of coffee—and one alcoholic beverage a day for women and two for men.



• Food ingredients and supplements. Some herbal supplements, for example, use licorice, which can raise blood pressure. In addition, some cheeses, cured meats, and also soy products contain high levels of tyramine, which can interact with medications like antidepressants, causing a spike in blood pressure.

## Pill offers an alternative to insulin injection

People with type 2 diabetes may have a new alternative to insulin injections, according to the Science Daily website. A research team at MIT has developed a capsule that patients can take orally to receive their insulin through the stomach.

The blueberry-size pill contains a tiny needle filled with compressed, freeze-dried insulin. The needle itself is made of a biodegradable substance and is attached to a compressed spring held in place by a disk of sugar. The capsule is designed to orient itself so the needle can contact the lining of the stomach. When the needle is injected, the insulin dissolves at a controlled rate and then passes harmlessly through the digestive system.

Tests in animals found that the device can deliver sufficient insulin to lower blood sugar at a rate comparable to injections through the skin. The device can also be adapted to deliver other medications.

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-Dalai Lama



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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	,	
2	3	Game
9	10	Game
16 Father's Day	17	Game
23	24	Game
30		

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Tuesday	Wednesday	Thursday		Friday		Saturday	
						Coffee 9am	1
4 night 7 pm	5		6		7		8
11 night 7 pm	12	Pot Luck 6pm	13	Flag Day	14		15
18 night 7 pm	Juneteenth	2	20	A night of the Lanai Pot Luck 6pm start First Day of Summe	21 er		22
25 night 7 pm	26	2	27		28		29



## An educated guess

The students in a zoology class were shown a series of slides. Each picture framed only the legs of a rare and exotic bird. Correctly identifying each species was how the students would earn their final exam grade.



"This is ridiculous!" one student shouted as he marched up to the front of the room, slammed his incomplete final on the professor's desk, and headed toward the door.

The professor looked at the paper and noticed the student's name was not on it. "Wait, what is your name?" he asked.

The student turned around, rolled up the legs of his jeans, and shouted, "You tell me!"

## **Reasons to get away**

fter a day of hiking, a group of tourists were seated around a campfire deep in the Amazon rainforest. Their guide asked the members of the group what inspired them to make this trip.

"I want to explore new places and do fun things," said one camper.

"I write a travel blog," volunteered another. "This is a work assignment for me."



"My neighbor's kid inspired me take this journey," said a third man. "He's learning to play the accordion."

## What you don't know

man is wandering through the desert with his horse and his dog. After several hours under the heat of the sun, the dog sits down and says: "That's it. I'm not taking another step until I get some water."

The man gasps and says: "I didn't know dogs could talk."

The horse looks at the man and says, "Me neither."

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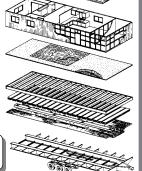




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#### **UPDATE ABOUT BOB**

He has had a couple of strokes and still depends only on donations for support for him and his family.

#### **BOB NEEDS OUR HELP!**

Our delivery driver, Bob Davis (whom many of you know and have liked over the years), had a **SERIOUS FALL** while trimming a tree for a needy person on Sunday, August 5th. He broke bones in his neck plus other injuries. He has NO insurance and he is the sole provider for his family. ANY donation you may be able to help with will be GREATLY **APPRECIATEDIII** 

Tax deductable donations may now be given through **New Day of Love Inc.** (501Č3) Cash • Check • Credit Cards Call for more information

THANK YOU SO MUCH for anything you may be able to do!

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## Three steps to motivate your imagination

otivating yourself—or others—to be creative can be a challenge. Here are few ways (from the DMN website) for kicking creativity into gear:

- **Shake up your process.** Don't do the same things the same way all the time. Even simple changes can help you see the world in a different light. For example, instead of starting your day by checking your email, sit down with a colleague to brainstorm ideas.
- Look for the unfamiliar. Ditch the same-old-same-old. Take a class, or work in a different department for a few days. Talk to new people. Take on fresh challenges that force you to learn something new.
- **Don't be afraid of "bad" ideas.** No idea is bad if it leads to something good. Open your mind to the wild possibilities. They may be unusable, but sometimes they stimulate your thinking and suggest a practical solution to a problem.

## Don't believe you can't be creative

Il people are born with a great core of creativity at our center, says Elaine St. James in her book, *Inner Simplicity*. If you grew up believing that you were not creative, it is time that you abandoned that belief. Believing you are not creative is often an excuse for not using your creative abilities. Believing that you have no talent holds you back from using what you do have.



If you've ever taken a class in, say, creative writing, and you've dropped out because you felt that you were the only one who couldn't write, you might believe you were born without talent. Julia Cameron, the author of The Artist's Way, says this is the equivalent of dropping out of a foreign-language class because you can't already speak the language.

You can develop your talents, and you should, because it will give you the inner peace that will give your life meaning.

VULNERABILITY IS THE BIRTHPLACE OF INNOVATION, CREATIVITY, AND CHANGE.

-BRENÉ BROWN



## **Monthly**

California Avocado Month. Avocado toast lovers of the world will be in heaven this month as the season for California-grown avocados reaches its peak. To learn more about this nutrient-rich fruit, go to https://www.californiaavocado.com/.





Georgia Blueberry Month. This southern state boasts the longest growing season for the antioxidant-rich fruit. Georgia blueberry season runs from April through July. If you'd rather be eating berries for breakfast, visit http://www.georgiablueberries.org/ for recipes.

**Sorghum Month.** The Oldways Whole Grain Council has selected this versatile ancient grain as June's superstar. It's gluten-free, potassium-rich, easy to digest, and easy to grow. Chances are you've eaten it and just didn't know it.

**Professional Wellness Month.** Now is the time to take advantage of your organization's wellness program, or get together with members of your team, to walk, bike, or play volleyball. Let the start of summer and the warm days ahead be the start of a happier and healthier you.

## Weekly

International Clothesline Week, June 1–8. People around the globe will be hanging their clean damp laundry outdoors to harness the drying power of the wind and sun. Try it yourself. Save money, and save the planet.

**Hemp History Week, June 3–9.** You can eat it, but you're not allowed to smoke it. However, this fast-growing, versatile plant can be used to make paper, textiles, biodegradable plastics, and so much more. To learn about hemp's many uses, visit https://www.hemphistoryweek.com/.

Men's Health Week, June 10–16. The week preceding Father's Day heralds the awareness and prevention efforts of men's health issues. Let's keep the men in our lives healthy. Get more info at http://www.menshealthmonth.org/week.html.

National Mosquito Control Awareness Week, June 23–29. The last week of the month highlights the enemy of summer fun—the mosquito. Visit the American Mosquito Control Association website at https://www.mosquito.org/ for tips and facts to minimize your exposure to this pest.

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## Follow these steps to achievement

ver feel stuck in life? You can dig yourself out of the hole with the proper attitude. Try these tips from the *Success* magazine website:



- **Focus on commitment.** Are you really committed to your goal? If not, you won't be motivated to pursue it.
- Concentrate on gaining knowledge. Don't expect instant results. Instead, work on accumulating the knowledge you need to get to where you want to go.
- **Have some fun.** Don't make the work all drudgery. Set a goal you'll enjoy working toward, and look for opportunities to have fun along the way.
- **Monitor your thoughts.** Don't fall into defeatist thinking. Get rid of negative thoughts that sap your self-confidence.
- **Spark your imagination.** Be open to anything, no matter how wild it seems at first. Generate ideas through brainstorming with others, exploring the world around you, and seeking opportunities to learn new things.
- Challenge yourself. Don't wait for the perfect moment to take action. Take chances, get out of your comfort zone, and be realistic about your mistakes and the causes of your failures.
- Eliminate distractions. Focus on what's most important without letting nonessential tasks get in your way.
- **Rely on yourself first.** You'll have to ask others for advice, assistance, and support, but remember that in the end, your success is your responsibility alone.
- Have a plan. Don't go off in all directions at once. Work out a solid, detailed plan for getting from your starting point to the result you want.
- **Avoid burnout.** Don't work too hard. Take care of your health, and give yourself permission to take a break—from a few minutes to a few days—if you start to feel yourself wearing down physically or mentally.

I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.

—Frank Lloyd Wright

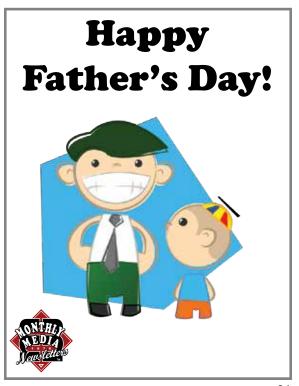






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#### **EVENTS & PROGRAMS**

CARPORT SALE: Gateway MHP, Saturday, June 1st and Sunday, June 2nd, 8am-3pm. 10100 Gandy Blvd., St. Petersburg.



#### 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 things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

## **JULY AD DEADLINE - JUNE 10, 2019**

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.



#### **ACROSS**

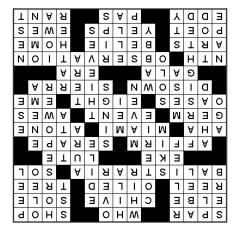
- 1. Box
- 5. Which person?
- 8. Store
- 12. A river in central Europe
- 13. A perennial used for seasoning
- 15. Underside of footwear
- 16. Bobbin
- 17. Lubricated
- 18. Tall woody plant
- 19. An opening to shoot arrows through
- 22. Personification of the sun (Roman mythology)
- 23. Supplement with difficulty
- 24. A pear-shaped stringed instrument
- 29. Long brightly-colored Mexican shawl
- 31. An expression of surprise
- 32. City in Florida
- 34. Repent
- 36. Bacterium
- 38. Occasion
- 40. Generates profound wonder
- 41. Fertile areas in deserts
- 43. One less than nine
- 45. Scottish for "Uncle"
- 46. Disinherit
- 48. A chain of mountains
- 50. Festivity
- 51. Earned Run Average
- 52. Utmost degree
- 54. The act of noticing
- 61. Products of human creativity
- 63. Negate
- 64. House
- 65. Lyrical writer
- 66. Sharp high-pitched dog cries
- 67. Female sheep
- 68. Ripple or current
- 69. Dance step
- 70. Tirade

#### DOWN

- 1. A Slavic people
- 2. Humble request
- 3. Cain's brother
- 4. Respite
- 5. Sound of something in rapid 27. The opposite of myopia motion
- 6. Anagram of "Hail"
- 7. Concluded
- 8. Supersonic transport
- 9. A unit of power
- 10. Margarine
- 11. Skin of a fruit
- 13. Clique
- 14. A magistrate of the Roman 39. Robbers Republic

- 20. Examine hastily
- 21. Subtle emanation
- 25. Goodbye (slang)
- 26. In the front
- 28. Someone who is highly
- 29. Makes melodious sounds
- 30. Bowel cleansing
- 31. In the past
- 33. Japanese apricot
- 35. East southeast
- 37. Plateau

- 42. Alone
- 44. Prefix indicating 1 trillion
- 47. A loon
- 49. On the contrary
- 52. Anagram of "Pane" 53. Stepped
- 55. Ooze
- 56. Singer
- Fitzgerald
- 57 Tears
- 58. Mid-western state
- 59. Portent
- 60. Where a bird lives
- 62. Pigpen





June Crossword

## June Sudoku

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	6	1					9	
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#### Allow 4-6 weeks for mailing of check). This month's cash winners are:

(Allow 4-6 weeks fo	r mailing c	of check). This month's cash
Steve Ray	\$100	Dunedin Transmission
Phil Houpt	\$10	Bob's Mobile Home Washing
Edith Winter	\$10	Community Roofing of Florida
Nancy Underwood	\$10	George's Mobile Home Service, Inc.
		All Weather Roofing
		Air Masters of Pinellas, Inc.
		Ron Wyngarden MH Washing
Edward Bates	\$10	Natures Resource Pest Control, Inc.
Jean Cahill	\$10	. Doll Brothers Upholstery Cleaning
		Debbie's Cleaning Services
Sally Ericson	\$10	Tarpon Pest Control
Victor Bartlett	\$10 E	& E Gliddon Air Conditioning, Inc.
John Knippel	\$10Pa	alm Harbor & Dunedin Electric, Inc.
		Appliance Specialty, Inc.
Thomas Miller	\$5	The Plumbing Patrol
		1st Class Handyman Service, Inc.
Peggy Gronek	\$5	Royal Enterprise
		Jones & Sons Plumbing, Inc
Mary Wuest	\$5	Ron Wyngarden MH Washing
Helen Blond	\$5Ba	attleline Termite & Pest Control, Inc.
Paul Boone	\$5	Natures Resource Pest Control, Inc.
		Royal Enterprise
		Bob's Mobile Home Wash
Iris Broce	\$5	Doll Brothers Carpet Cleaning

viiiicio aic.		
Patty Schuyler	. \$5	
Roger Wray	\$5	Buggin out Termite Inc.
Marilyn Moore	. \$5	Community Roofing of Florida
Carolyn Hooper	. \$5	Air Masters of Pinellas, Inc.
Robert Morgan	. \$5	Bob's Mobile Home Wash
Roy Martin	. \$5	Boss Electric Corp.
Betty Flynn	. \$5	Jones & Sons Plumbing, Inc
Howard Florczak	. \$5	Haseney Electric
Leland Armstrong	. \$5	Battleline Termite & Pest Control, Inc.
Lois Ayotte	. \$5	Heller's Mobile home Washing
Barbara Maglia	. \$5	O.W. Wilson Insurance
Tom Crowley	. \$5	Battleline Termite & Pest Control, Inc.
Masion Mein	. \$5	All Weather Roofing
Patricia O'Flaherty	. \$5	Jones & Sons Plumbing, Inc
Evelyn Carmichael	. \$5	Bob's Mobile Home Wash
Arnold Alloway	. \$5	Jones & Sons Plumbing, Inc
Theresa Lorentzen	. \$5	J. Timothy Doerner, D.D.S., P.A.
Sandra Losiniecki	. \$5	Heller's Mobile home Washing
Connie Reardon	. \$5	Discount Computer Repair
		Doll Brothers Upholstery Cleaning
		Jones & Sons Plumbing, Inc
Albert Carey	. \$5	Air Masters of Pinellas, Inc.
Ken Mortenson	. \$5	1st Class Handyman Service, Inc.
Brenda Milobowski	. \$5	Debbie's Cleaning Services

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