

# CREST OHIGHTSO

May • 2019

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Thank you to Kathy Kettelkamp of Ranchero Village for the great photo!

Issue 3 43<sup>rd</sup> Year

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#### **Shuffleboard Club News**

The Annual Big Ten Tournament was held on March 16, 2019 at the Clearwater Courts with 10 shufflers from Hillcrest participating. There were 88 people from the Big 10 League who shuffled in the tournament. Roger & Sally Barr from Hillcrest finished in 5th place. Congratulations to them for a job well done!

Our Hillcrest "A" Team finished 7th place and our "B" Team finished 6th in the 2018-2019

season in the Big Ten League.

Jan Schuneman chaired the end-of-season banquet luncheon which was held March 27, 2019 at Fat Cat Tavern. A nice lunch was enjoyed by all.

An Award Certificate was given out at the banquet to Roy Morgan who won 20 games on the B Team. Susan Reynolds was awarded the "Most Improved Shuffler" pin on the A Team this year and Mary Holbrook received the "Most Improved Shuffler" pin on the B Team.

Fun Shuffles on Fridays @ 2:30 p.m. were well attended with everyone hav-

ing a great time and enjoying pizza afterwards.

Hope everyone has a healthy summer and we look forward to seeing everyone again in the fall. The 2019-2020 Season begins November 11, 2019. The BIG TEN FALL meeting will be Friday, November 15, 2019 here at Hillcrest.



#### **Social Club**

Submitted by Pat J.

arch certainly was a busy month. St. Patrick's Day dance, End of Season Party, & Coffees. April will see us celebrate Easter with a dinner. Coffees will continue biweekly. An impromptu meeting was held for some brain storming of activity ideas for next season. We would love to hear what you might enjoy. Keep in mind that the regular events will take place and entertainment has been booked. What we are looking for are some easy to do events that will be of varied interests. If you have an idea that you would like to share place indicate below, and then drop off your idea to Carole S. at Lot 241, Juanita F. at Lot 148 or Pat J. at Lot 1009. Thanks for taking the time to respond.

I would love to see the social club sponsor	



#### **Summer Activities**

Submitted by Pat J.

Plans are underway for our summer activities. Included are the traditional holidays of Memorial Day, July 4th, and Labor Day. At this time other items will include at least one breakfast, one spaghetti dinner, one ice cream social and at least one night on the lanai. Watch the memo board for more information. Potluck will continue as will coffee. To make the summer successful volunteers will be needed. Please help when you can.

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

## May Sudoku

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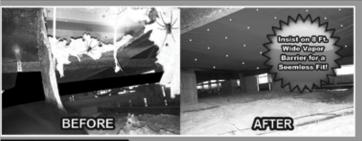


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#### Stay safe during boating season

ere are some basic do's and don'ts for boating safety this summer. Follow these tips for fun, safe boating with your friends and family:

- Wear your life jacket. It floats; you don't.
- Never mix alcohol and boating.
- Know and follow nautical rules.
- Never stand in a small boat.
- Check the weather forecast before you get underway.
- Never overload your boat.
- Always keep a good lookout.



If you do go out in a boat and bad weather unexpectedly occurs, here's what you should do:

- Put your life jacket on, and prepare for rough seas.
- Get below deck, and stay there if possible.
- Keep away from metal objects that are not grounded in the boat's protection system.
- Do not touch more than one grounded object at a time, or you could become the short-cut for electrical surges passing through the protection system.

The one permanent emotion of the inferior man is fear—fear of the unknown, the complex, the inexplicable. What he wants above everything else is safety.

#### —H. L. Mencken

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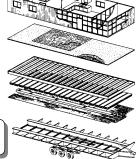




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### Fuel from plastic? It could be coming

Recycling to reduce waste and protect the environment isn't a new idea. However, a new process may be able to recycle up to 25 percent of our plastic waste into fuel, according to the Science Alert website. Chemists at Purdue University have been able to liquefy the polymers that make up about a quarter of plastic waste and turn it into diesel-like products that can be used as a blendstock for fuel.



The process, called hydrothermal liquefaction, involves heating water under heavy pressure to work as a solvent and catalyst for transforming the molecular makeup of polymers. With the addition of some hydrogen atoms, this converts the plastic into a fluid called naphtha.

Previous results were disappointing, but the Purdue team of chemical engineers recently converted more than 90 percent of the polypropylene used in an experiment into fuel-grade naphtha. Further analysis suggests that the process could be a more efficient and environmentally friendly way of dealing with plastic waste than burning it or recycling it.

#### **Mysteries of the ancient stone monuments**

tonehenge is probably the most well-known monument built by ancient humans, but it's not alone. As The New York Times reports, there are as many as 35,000 such structures in Europe, ranging from stone circles to dolmens (tablelike structures) and standing stones. Recent radiocarbon dating reveals that the earliest of these stone structures were built in France some 6,500 years ago and their construction spread to England, Ireland, and Scandinavia, as well as along the Atlantic and Mediterranean coasts over 200–300 years.

Many of the dolmens were used as tombs and could be reopened to permit additional burials. The earliest known dolmen was built in central western France between 4371 and 4262 B.C.

Sicily, Apulia and the Balearic Islands saw a wave of megaliths built between 1000 and 2000 B.C. Stonehenge was constructed sometime late in the megalithic heyday, in approximately 2500 B.C.

Breakthroughs arise when someone can combine many ideas together. Think broadly, not deeply.

—Joshua Krook



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## **Hillcrest**

Tuesday		Wednesday	Thursday	Friday	Saturday
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me Night	21	22	6p Pot Luck	24	25
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#### **Health tips for the 60+ crowd**

aintaining good health is a lifelong activity, but it can get more difficult as we age. The NBC News website offers this healthy advice for people over 60:

- **Buy good sneakers.** Look for top-quality sneakers specifically designed for walking. Start slowly, then increase your walks as time goes on. Good shoes will protect your feet, giving you more motivation to get moving.
- **Practice your balance.** Falls are a big hazard for seniors. Try standing on one leg for 30 seconds a day to get a handle on your equilibrium.
- Eat a healthy breakfast. Skip the sweet rolls and sugary cereals. Start your day with fruit, yogurt, and whole grains.
- Practice getting up. On a regular basis, practice getting down on the floor and standing up again. More practice will improve your ability to get up if you fall.

### Women's brains age more slowly than those of men

ood news for women: Your brains age more slowly than males'. According to an article on the NPR website, researchers have found that the metabolism of women's brains remains healthier and more youthful than that of their male counterparts, making women better equipped to be creative during the later years of their lives.

The findings come from a study of 205 brain scans of people ages 20–82. At first scientists studied brain metabolisms to determine a person's age. Then they observed a significant difference between the age of some people's brains and their chronological ages, leading to the discovery that older women's brains, on average, were about four years younger in terms of metabolism than men's brains. The reason is unknown, but the scientists say a higher brain metabolism may give women an advantage in learning and creativity as they age.

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

-Paul Dudley White



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#### The most important lesson

well-known businessman received an award for his philanthropy. During the ceremony honoring his good works, he was asked to share some of the lessons he had learned throughout his life and career that inspired him to think of others.

He spoke of his childhood and the poverty his family endured in the rural South. "No matter how tough times were, my grandmother was always looking to help anyone she felt was in need.

"One day a neighbor came to our kitchen door and told my grandmother he was hungry and hadn't eaten in days. She invited him in and served him a good portion of what she'd been preparing for our supper. When the man left, I asked my grandmother why she was always feeding other people when there was barely enough for us to eat.

"My grandmother said, 'The only thing that matters in life is giving and serving. That's the most important lesson you need to learn."

The businessman went on to tell how he took his grandmother's words to heart. Throughout his life and career, he made sure to share his wisdom and good fortune with others and include them in his successes as well. "I don't believe that old saying, 'It's lonely at the top.' I believe you don't really make it there until everyone who is a part of what you're doing can get there with you."

#### It's all in the name

P.T. Barnum was sometimes referred to as the "Shakespeare of Advertising" for his clever use of language. He used that prowess to entice curious masses to pay to view his many attractions and sideshows. He also used that wit to get them to move along as well.

Barnum noticed that patrons visiting one of his museums tended to hang around the building after taking everything in, which prevented others from entering the property. Worried that his profits would suffer, Barnum had a huge sign installed at the last exhibit that read, "This Way to the Egress."

Undoubtedly, most probably thought they were being put on the path to view some sort of never-before-seen spectacle. Imagine their surprise when they discovered they'd been directed to the exit.



#### **Monthly**

**Better Hearing and Speech Month.** The American Speech-Language-Hearing Association uses this month to raise public awareness of communication disorders and the treatments and strategies necessary to overcome them. The 2019 theme is "Communication Across the Lifespan." To learn more, visit https://www.asha.org/bhsm/

Clean Air Month. The quality of the air we breathe affects our general health, well-being, and ability to function daily. Are there hidden toxics lurking in your home, community, or workplace? If so, what can be done about it? Visit the American Lung Association website to learn more and read its annual State of the Air report.

Gardening for Wildlife Month. If you're planting a garden this year, make sure to include plenty of native flora. Restore the balance of nature by creating a thriving ecosystem that will attract and sustain insects, birds, and other animals. Locate resources and other ideas on the National Wildlife Federation website.

Get Caught Reading Month. Librarians, teachers, and other advocates will take up the charge launched by the Association of American Publishers 30 years ago. Read for pleasure, read for fun, read to your children, and encourage them to read and grow intellectually and linguistically. If you're going to get caught doing something this month, let it be reading.

#### Weekly

National Hurricane Preparedness Week, May 11–19. Hurricane season typically runs July through October, but it's not too early to plan for disaster if you live in an area where these storms are common. Visit the Department of Homeland Security at https://www.ready.gov/hurricane-toolkit for safety tips and tools, and bookmark the National Weather service site at https://www.weather.gov/wrn/hurricanepreparedness for even more information.

National Women's Health Week, May 12–18. Women's health needs change as they age. Visit https://www.womenshealth.gov/nwhw/to take a quiz, get your health score, and find out where to focus your efforts to maintain your optimal health.

National Bike to Work Week, May 13–19. Who needs cars, buses, and trains? If you have the wheels and a safe and manageable route to your workplace, pedal it out. It's great exercise that will get you pumped up at the start of your workday and help you wind down in the evening. It benefits the environment, too. Go to https://bikeleague.org/ for more information.

National African Violet Week, May 26—June 2. Serious gardeners take note: If you want to learn more about growing, caring for, and showing these beauties, pack your bags and get to Houston, where the African Violet Society of America will host its 73rd annual convention and exhibition. "Violet Fun in the Texas Sun" is the theme for this year's event.

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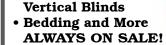
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#### Renting a house? Here's what to know beforehand

any people choose to rent a house instead of buying one. It's a legitimate choice, but the details are somewhat different. The Ladders website offers this advice to first-time renters:

- Know the Fair Market Rent (FMR). FMR is set by the Department of Housing and Urban Development and can be accessed at RentData.org. You can also simply check rental listings to compare rents, although you should be aware that you may be comparing very different types of housing.
- Be ready for a background check. Landlords will probably look at your financial background before renting to you, so take care of anything that might affect your credit rating and be ready for some investigation into your overall financial situation.
- Negotiate. You don't have to capitulate to a landlord's demands. Be prepared to negotiate move-in dates and the like so you can make the best deal for yourself.
- Ask about subletting. Check the details of your lease for any restrictions on subletting your home. You may not be planning to do so when you move in, but the option can be useful if your circumstances change.
- Know what you can change. Can you repaint walls or remodel your kitchen while you're renting? Who's responsible for the upkeep? Make sure you know this ahead of time before you're stuck with surprise fees or get a chunk of money taken out of your security deposit.

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- JUN 9, SAT-SEMINOLE BRIGHTON CASINO with Bingo!...\$59

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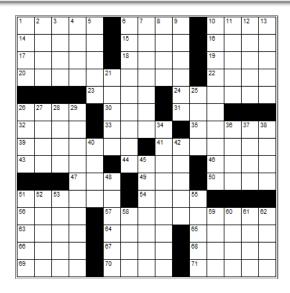
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#### ACROSS

- 1. Narrow fissures
- 6. Bawdy
- 10. Among
- 14. Tag
- 15. District
- 16. Disabled
- 17. Sheeplike
- 18. Fiber source
- 19. Rich soil
- 20. Composition board
- 22. Therefore
- 23. Flippant
- 24. A vast multitude
- 26. Dry riverbed
- 30. 3 in Roman numerals
- 31. Hearing organ
- 32. Distinctive flair
- 33. Foot covering
- 35. Odd-numbered page
- 39. French for "New"
- 41. Snuggled
- 43. Prohibit
- 44. Not barefoot
- 46. Anagram of "Note"
- 47. Get prone
- 49. Female sheep
- 50. Probabilities
- 51. Extreme cruelty
- 54. Charity
- 56. Feces
- 57. Administrative official
- 63. Bright thought
- 64. Dry
- 65. Objectives
- 66. Enumerate
- 67. Water chestnut
- 68. Girlfriend (Spanish)
- 69. Fail to win
- 70. A magician
- 71. Radiolocation



#### DOWN

- 1. Swill 2. Magma supernatural being
- 3. Nile bird 21. African antelope
- 4. Canvas dwelling 25. Hearing organs
- 5. Slumber 26. Make (one's way)
- 6. Difficult
- 7. Fickle 8. Don
- 9. Caress
- 10. A moderately quick tempo
- 11. New Zealand native
- 12. Insect stage

- 13. An evil

- 27. Found in some
- lotions
- 28. Apply 29. Annul
- 34. Information
- 36. Lummox
- 37. Care for
- 38. Poems
- 40. Twin sister of Ares

- 42. Swelling under the
- skin
- 45. Earshot
- 48. Preserve a dead body
- 51. Motionless
- 52. Sound
- 53. Put on clothes
- 55. Sweetener
- 58. Murres
- 59. Unwakable state
- 60. Police action
- 61. Aquatic plant
- 62. Russian emperor





May Crossword

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Deb Siniak	\$10	Mitchell Siding, Inc.
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Dan Karpb	\$10	Appliance Specialty, Inc.
Gord Spafford	\$10	E & E Gliddon Air Conditioning, Inc.
Laureen May	\$10 .	Community Roofing of Florida
Richard Montano	\$10	Natures Resource Pest Control, Inc.
Delores Lange	\$10 .	Bill the Carpet Guy
Mike Hendrixson	\$10 .	Dunedin Plumbing, Inc.
Judy Slagle	\$10 .	Debbie's Salon
John Knol	\$10 .	O.E. Wilson Insurance
Joseph Caserotti	\$5	Discount Computer
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		Bob's Mobile Home Wash
Sonny Neglia	\$5	Tarpon Pest Control
Robert Frig	\$5	1s Class Handyman Service
Irene Engel	\$5	Boss Electric Corp.
Carol Schaus	\$5	Doll Brothers Carpet & Upholstery
		Flanagans Porch & Windows, Inc.
Gerald Burnard	\$5	Community Roofing of Florida
Ruth Moyer	\$5	Hellers Mobile Home Washing

Kenneth Daves	. \$5	Battleling Termite & Pest Control
		Air Masters of Pinellas, Inc.
Jeanette Mullery	. \$5	Bill The Carpet Guy
Leslie Bianchini	. \$5	Ron Wyngarden MH Washing
James Ayers	. \$5	Appliance Specialty, Inc.
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Cheryl Blake	. \$5	Modern Pest Control
Toni Passeio	. \$5	Sherman's Painting
Georgia Goetting	. \$5	Haseney Electrical Sevices, Inc
		Natures Resource Pest Control, Inc.
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