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Issue 7
41st Year

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Director John Hlawati.....Feb. 2016 to Feb. 2018

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Hillcrest FL MHC - Manager's Corner - September 2017

HAPPY LABOR DAY!!!

FUN FACTS: Labor Day in the United States is a public holiday celebrated on the first Monday in September. It honors the American labor movement and the contributions that workers have made to the strength, prosperity, and well-being of the country.



SELLING YOUR HOME?

If you have decided to sell your home, please have ALL prospective residents fill out an application to be approved to live here at Hillcrest. NO exceptions. We need to know who is living in our community. This is for our residents' safety. If you are selling/renting your home, or if there will be another person residing in your home, kindly have your interested buyer/tenant/roommate stop by our office to fill out an application. Should we find that a person is living here without Hillcrest's prior approval, we will file for eviction. It is imperative that you inform us of any resident changes. Thank you.

VEHICLES, BOATS & HAULING TRAILERS

This is just a reminder that residents of Hillcrest are allowed to have up to 2 vehicles per home. This includes golf carts and motorcycles. If you have more than 2, you will need to find alternative parking off of Hillcrest property. As you are aware, we have limited space in our community. Recently, there have been several complaints about residents having more than 2 motorized vehicles parked around the community. If you are parking your vehicle in an open lot, kindly respect the surrounding homes and park closer to the street. Please do NOT park right up against someone's home. Also, hauling trailers and boats can be parked in the Northwest corner of 1st street next to the dumpster. Please come into the office to register your hauling trailer or boat. We need to know who owns them.

RENTAL HOME TENANTS ONLY

For the Hillcrest rental homes - in order to ensure your ac is functioning properly & to keep your electrical bill down, please call the office once a month to get your ac filter. Kindly supply us with the size and we will have our maintenance team replace your old filter.

EMERGENCY CONTACT INFO

ELS corporate office has mailed out letters to all of our residents to go online to provide them with your emergency update info. Kindly go to <https://www.surveymonkey.com/R/HillcrestFL> to update your info with our corporate office. This must be done ASAP. If you do not have a computer, you may come into the office to pick up a paper emergency contact form, as it is time to update your emergency contact info again. The form is a little different this year as we have added info about your home. Kindly stop by the office to pick up your form.

TRASH PROCEDURES

Household trash goes into the smaller dumpsters. Large (non-regular household trash) goes into the large dumpster in the SW corner next to the maintenance building on the south side of Druid Rd. **ABSOLUTELY NO TV's, COMPUTERS, ELECTRONIC EQUIPMENT, PAINT, TIRES or CHEMICALS ARE TO BE DUMPED ANYWHERE IN HLLCREST.** You must take these to the local dump to dispose of these items. Anyone caught dumping these on Hillcrest property will be turned into the city of Clearwater and you will be fined! Please ensure you let your neighbors know about this change - per City of Clearwater back in May 2017. For more info, stop by the office to pick up the trash brochures left by the City of Clearwater - Haz-To-Go.

MOVIE NIGHTS



We had our first "dinner and a movie" night on July 27. Dinner was a potluck dinner and the movie was the Wild Hogs. The social club board is considering having a monthly movie night, possibly on a Sunday evening. Snacks were available for a small fee.

SEPTEMBER EVENTS

Our northern friends are planning their return to Hillcrest. Coffee will be held on Saturday, Sept. 2nd at 9:00 a.m. in the clubhouse. Bring your cup, a \$buck, and a friend. Find out what is going on in the community and what is planned in the future. Consider if you will, volunteering for one of the several clubs or an event.

Labor Day is on the 4th and will be celebrated with a dinner. Time and menu not yet decided as of this writing.

Potluck dinners will be held on Thursday the 14th and Thursday the 28th. To participate in a potluck you need to sign up - so we can plan on an appropriate amount of entree. Then you need to bring your place setting and a side dish to share with the group. Your side dish should be brought to the clubhouse ready to serve. Please do not plan on using the microwave or the stove, as the host/hostess is usually using these appliances. Dinner begins promptly at 6:00 p.m. If you would like to host a potluck there is a sign up sheet on the social club bulletin board. You would get the money from the office for the entree. The choice of meal is yours, you (and your helpers) then cook and serve the meal. If you do not wish to host a potluck then please consider helping with the clean up. Any help you provided is greatly appreciated.



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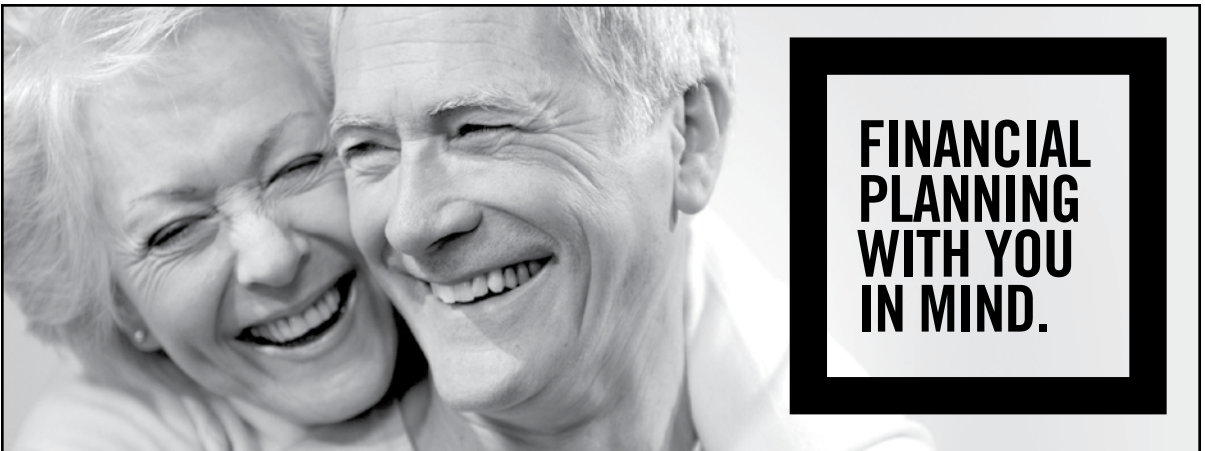
HOMEOWNERS ASSOCIATION

Our annual meeting is held the first Monday in February. At that time there will be four (4) directorships up for election. If you own your home consider joining the homeowners association and then running for a directorship. If you would like to be considered please see a current board member.



BINGO

It is time for a new team to run bingo. If you would like to take over this commitment please see Pat at 1009 for more information.



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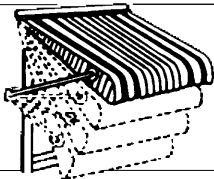
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Did you know that September is also...

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National Child Awareness Month. During National Child Awareness Month, a wide array of organizations set aside their individual agendas to focus on the bigger picture of children in America today and what can be done to address their growing challenges and needs tomorrow.

National Cholesterol Education Month. National Cholesterol Education Month is a good time to get your blood cholesterol checked and take steps to lower it if it's high. It's also a good time to learn about lipid profiles and food and lifestyle choices that will help you reach your personal cholesterol goals.

National Piano Month. A good month to sign up for piano lessons. Although invented around the year 1700, the piano took several decades to become a favorite of composers and performers alike. In the 19th century the instrument grew larger and more powerful. At the same time, the instrument became the primary source of home entertainment, and learning to play the piano became an important part of childhood education.

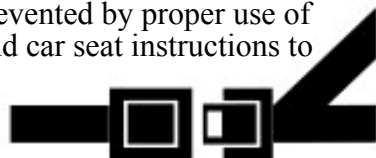


Substitute Teacher Appreciation Week, Sept. 3-9. Five days dedicated to the hundreds of thousands of education professionals who fill in at the schools every day across the United States. This nationwide event is recognized by the U.S. House of Representatives, schools, and school districts around the country.



National Suicide Prevention Week, Sept. 10-16. High schools, colleges, and universities can create their own activities for National Suicide Prevention Week. These locations are ideal to promote public awareness of the goals of suicide prevention, educate the public about the prevalence of suicide, and involve young adults in prevention activities.

Child Passenger Safety Week, Sept. 17-23. Car crashes are a leading cause of death for children up to 13 years old. Many deaths and injuries can be prevented by proper use of car seats, boosters, and seat belts. Getting safety information and car seat instructions to parents and caregivers is crucial to saving young lives.



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What to eat? The choices can be confusing

Americans trying to eat healthy have lots of choices, but all those options can be confusing. The CNN website reports that 78 percent of respondents to a survey by the International Food Information Council Foundation said they're not sure what foods they should eat and which they should avoid.



The survey of slightly more than 1,000 American adults found that almost 60 percent named food that's "high in healthy components or nutrients" as one of their top three factors for choosing a "healthy" food, followed by food that's free from artificial ingredients, preservatives or additives (just more than 50 percent). Choices that are "part of an important food group that I need to build a healthy eating style" rounded out the list of foods health-conscious folks are looking for (nearly 50 percent).

The U.S. Food and Drug Administration considers food that can be marketed as "healthy" as having low levels of total and saturated fat, sodium, and cholesterol, and at least 10 percent of the daily requirements for vitamins, fiber, and other nutrients.

Millennial women take less vacation than men

Americans workers have a reputation for not taking all the vacation they have coming. Among them, millennial women seem to take the least: Only 44 percent used all their vacation time in 2016, according to a survey reported on the Mic website, compared with 51 percent of their male co-workers.

What's behind the gap? Thirty-seven percent of millennial women said they want to demonstrate full commitment to their jobs, but only 32 percent of men surveyed expressed the same feeling. Moreover, 35 percent of the women said they feel guilty about taking time off, compared with 25 percent of the men.

Overall, 53 percent of the 7,331 millennials surveyed left unused vacation days, with 55 percent of Gen Xers and 52 percent of Baby Boomers forfeiting vacation days.

Teens: Not glued to social media

Most of us imagine that today's teens do nothing but sit around with their smartphones texting each other, checking social media, posting images to Instagram, and the like. That stereotype, like most, isn't true. An Associated Press-NORC Center for Public Affairs Research survey of teens recently found that 58 percent voluntarily take breaks from social media for various reasons:

- Getting in the way of work or school: 8 percent
- Tired of conflict and drama: 24 percent
- Tired of keeping up: 20 percent



Review your response to emergencies

A disaster can strike your organization at any moment—fire, weather, or even workplace violence. Once you’ve overcome it, you may slip back into a “business as usual” mode, but that can be almost as dangerous. Follow this three-step plan to improve your safety preparations:

- **Review your response.** Look back at a recent emergency situation and assess what worked well and what didn’t in terms of your response. Ask people within your organization: What were the goals of our crisis-response efforts? Did we achieve them? What were the values that we communicated by our response? What did we do well in terms of communication? What should we have done better?

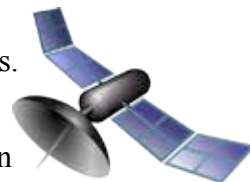
- **Design an improved response.** Use the answers gathered above to design an improved crisis response effort. Consider such possibilities as fire, power outages, severe weather, or any comparable crisis that puts your community on high alert, as well as the potential for a direct attack on your workplace or organization. Once you’ve created the plan, be sure to communicate it throughout the workforce at regular intervals so that everyone knows what to do, or where to find guidance, as soon as an emergency strikes.

- **Redesign your work processes.** As you redesign your crisis plan, proactively rethink how your organization performs work. Do people really need to be at the office all day every day to be productive? How much travel is really necessary? Gather data, make recommendations, and then implement new ideas on a trial basis. The end result may very well be a new workplace where things get done smarter, faster, and cheaper.

The hunt for water throughout the solar system

Water is necessary for life, so the search for traces of water on Mars have been a major objective of scientists studying the red planet. Readings from the Curiosity rover have given them fresh evidence.

According to a report on the Fox News website, researchers now believe that Mars’ Gale Crater was once the home of a lake with a body of water possessing different levels of oxygen at different locations and times. The fluctuations are important because they affect what minerals may be deposited in the sediments at the lake’s bottom. The oxidation states of elements like iron and manganese would be important to life on Mars even before life evolved on Earth.



The search for water isn’t limited to Mars, though. The Sci-News website reports that NASA’s Lunar Reconnaissance Orbiter has detected evidence of surface frost on the south pole of Earth’s moon. These icy deposits look thin and patchy and may be mixed in with regolith, the surface layer of soil, dust, and small rocks. Scientists believe further exploration and analysis could help us understand the origins of water here on Earth.

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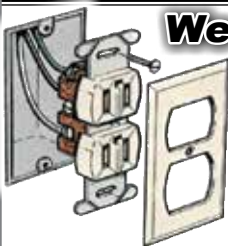
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Sunday	Monday	Tuesday
OCTOBER 2017		
S M T W T F S		
1 2 3 4 5 6 7		
8 9 10 11 12 13 14		
15 16 17 18 19 20 21		
22 23 24 25 26 27 28		
29 30 31		
3	4	
	Labor Day Party	Game 1
	Labor Day	
10	11	Game 1
Grandparent Day		
17	18	Game 1
24	25	Game 1

Hillcrest

Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Coffee - 9 am
5 Night-7pm	6	7	8	9
12 Night-7pm	13	14 Pot Luck - 6pm	15	16
19 Night-7pm	20	21	22	23
26 Night-7pm	27	28 Pot Luck - 6pm	29	30

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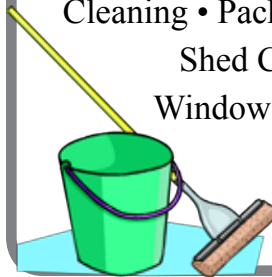
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Chocolate may be good for your heart

In case you're looking for an excuse to eat some chocolate, consider this: It may reduce your risk of irregular heartbeat.

An analysis of some 55,000 adults from Denmark found that eating 2-6 ounces of chocolate a week was associated with a 20 percent decreased risk of atrial fibrillation, or A-fib, otherwise known as an irregular heartbeat. A-fib can compromise blood flow in the upper chambers of the heart—the atria. People with A-fib are five times more likely to suffer a stroke, according to the American Heart Association, and have twice the risk of a heart-related death.



Moderate consumption of chocolate, especially dark chocolate, appears to reduce that risk, although binging on larger amounts can obviously lead to weight gain and associated problems.

Carbon monoxide safety tips for your home

Carbon monoxide (CO) is a colorless and nearly odorless gas that's created by the incomplete burning of solid, liquid, and gaseous fuels. Appliances that burn LP gas (liquefied petroleum), oil, coal, kerosene, coal or wood may produce carbon monoxide. Carbon monoxide is also poisonous to animals and people. Symptoms of its effects include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

To prevent CO poisoning, take these precautions:

- Buy and install a CO alarm. Make sure it is listed with Underwriters Laboratories or that there is information on the package that indicates that it meets the requirements of IAS 6-96 standards. Follow the directions for placement and installation.
- Install appliances properly. Most of them should be installed by a professional.
- Practice good maintenance. Have your heating system (furnaces, flues, and chimneys) inspected and serviced by a professional every year.
- Burn charcoal outdoors only. Never burn it in a tent, home, garage, vehicle, etc. Don't use portable fuel-burning camping equipment indoors or inside tents, etc.
- Make sure you turn off fuel-burning engine equipment when you are inside a garage or basement. Just having the doors open does not ensure your safety.



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ACROSS

1. Stubble
6. Q-Tip
10. Russian emperor
14. Kingly
15. Diminish
16. Sharpen
17. Betel palm
18. Smell
19. Female sheep (plural)
20. Walker
22. Pepper _____
23. Ancient unit of measure
24. Map within a map
26. Overlooks
30. Master of ceremonies
32. Come to pass
33. Without mirth
37. Lion sound
38. Dining room furniture
39. Sheltered spot
40. Begged
42. Goat antelope
43. Church officer
44. Decrease
45. Little rascal
47. 54 in Roman numerals
48. Iridescent gem
49. Not oriental
56. Sandwich shop
57. Frolic
58. Drizzly
59. L L L L
60. Type of sword
61. Mountain crest
62. Shut
63. Sow
64. Harps



DOWN

- | | | |
|------------------------------|----------------------------------|-------------------------|
| 1. Poop | 21. "___ the season to be jolly" | 41. Shade tree |
| 2. Not there | 25. Born as | 42. Some |
| 3. Matured | 26. Not less | 44. Cover |
| 4. Visage | 27. Computer symbol | 45. Hex |
| 5. Blinker | 28. Leave in a hurry | 46. Kind of lily |
| 6. Avowed | 29. A 20th century art movement | 47. Was fond of |
| 7. Dry riverbed | 30. Glowing remnant | 48. Poems |
| 8. Dwarf buffalo | 31. Gentle | 50. Superhero accessory |
| 9. Type of goose | 33. Satisfy | 51. Algonquian Indian |
| 10. Reflexive form of "them" | 34. Hearing organs | 52. Not |
| 11. "Holy cow!" | 35. Blackthorn | 53. Layer |
| 12. Concerning (archaic) | 36. Stitched | 54. Kitty (poker) |
| 13. A musical pause | 38. Polliwogs | 55. Caustics |



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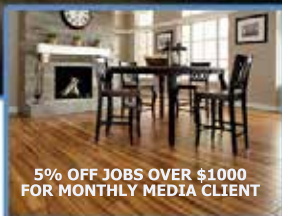
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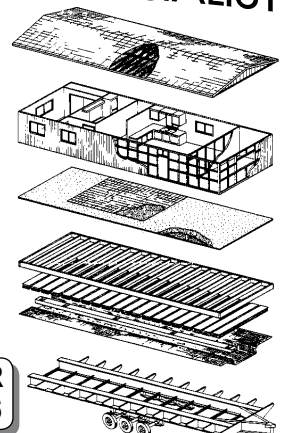
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		8	3		1			6
7	4		8				1	
1				9		2	5	
6						5		
	8			1		9		
3		2	4	8		7		1
	3			2	7			
		9	6		8		3	2
	1	6			5		4	



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

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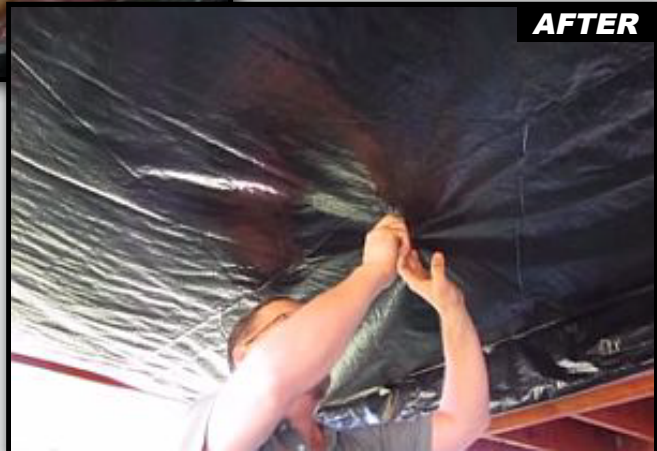
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Famous last words

Because it was a busy day in heaven, St. Peter was interviewing recent arrivals three at a time. “Now, what would you like the pastor to say at your funeral?”

The first man said, “I want him to say that I was a wonderful father and a loving husband who never, ever cheated on his wife.”

The second man answered, “Have him say that I was the most honest businessman in the world and that I absolutely did not embezzle all that money from my company before I died.”

The third person, a woman, thought for a moment, and then replied, “I want him to say, ‘Call a paramedic! She’s still breathing!’”

Why did the chicken go to the library?

A chicken walks into a library, goes up to a librarian and says, “Book, book, book ...”

The librarian gives the chicken a book and the chicken walks away. About ten minutes later the chicken comes back with the book, looking a bit agitated, saying, “Book, book, boooooook ...”

The librarian takes the old book back and gives the chicken another one. The chicken walks out the door.

Ten minutes later the chicken comes back again, very agitated, saying, “Book, book, boooooooooooooook!” The chicken puts the book on the librarian’s desk and looks up, waiting for another book.



The librarian gives the chicken a third book and decides that something weird is happening. He follows the chicken out the door and into the park, all the way to a pond. In the pond is a frog sitting on a lily pad. The chicken gives the book to the frog, who looks at the title and replies, “Reddit, reddit.”

And we should consider every day lost on which we have not danced at least once. And we should call every truth false which was not accompanied by at least one laugh.

—Friedrich Nietzsche

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

Mary Cook	\$100	Modern Pest Control, Inc.	Ruth Osborne	\$5	Enos Plumbing & Services, Inc.
Caroline Bosland	\$10	Florida Anchor & Barrier - Flooring	Cynthia Thomas	\$5	Natures Resource Pest Control, Inc.
Glenn Russell	\$10	1st Class Handy Man Service	Bob Sharp	\$5	Battleline Termite & Pest Control
Maxine McCommis	\$10	Royal Enterprises	Joyce Eickenberg	\$5	Bob's Mobile Home Washing
Nancy Schlaff	\$10	Recreational Golf Carts, LLC	Joan Henderson	\$5	Debbie's Salon
Lois Morgan	\$10	Hellers Mobile Home Washing	Dean Schirm	\$5	Royal Enterprises
Patricia Schmitz	\$10	Modern AC & Appliance Service	Danice Leal	\$5	Boss Electric Corp.
Susan Bailey	\$10	AMS, Inc.	Gary Jira	\$5	Hellers Mobile Home Washing
Kitty Echln	\$10	Debbie's Salon	Shirley Reistl	\$5	E & E Gliddon Air Conditioning, Inc.
Fred Guman	\$10	Jones & Sons Plumbing, Inc.	Janice Wiglund	\$5	Ron Wyngarden Mobile Home Washing
Phil Houpt	\$10	Boss Electric Corp.	Sonny Neglia	\$5	Just Windows, Inc.
Brian Shumaker	\$10	Notebooks Plus	Lorene Hunnell	\$5	Mobile Home Depot
Robert E. Green	\$10	Air Masters of Pinellas, Inc.	Steven Marshall	\$5	Jones & Sons Plumbing, Inc.
Mary Roth	\$10	Battleline Termite & Pest Control	Maureen Koebel	\$5	Bob's Mobile Home Washing
Herb Hendershot	\$5	Hellers Mobile Home Washing	Harriette Reimer	\$5	Debbie's Salon
Mary Buzdigian	\$5	Modern AC & Appliance Service	Carol Pace	\$5	Doll Brothers Carpet Cleaners
Dorothy Mappus	\$5	Boss Electric Corp.	Mary Cliff	\$5	Suncoast Auto & Tire, Inc
JoAnn Bruce	\$5	Royal Enterprises	Becky Zinser	\$5	Modern AC & Appliance Service
Charles Grubb	\$5	Air Masters of Pinellas, Inc.	Louis Oswalt	\$5	Sunset Appliance Service
Madelon Spears	\$5	Doll Brothers Carpet Cleaners	Lisa Vchida	\$5	AMS, Inc.
Dick Proctor	\$5	Battleline Termite & Pest Control	Evelyn Piscopo	\$5	Air Masters of Pinellas, Inc.
Mickey Garboy	\$5	1st Class Handy Man Service	Vern Demmons	\$5	Battleline Termite & Pest Control
Joan Ranta	\$5	Royal Enterprises	Lisa Lee	\$5	Jones & Sons Plumbing, Inc.
Irina Kremer	\$5	Natures Resource Pest Control, Inc.	Linda Reed	\$5	Bill the Carpet Guy

• 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 • Green tickets available at participating Monthly Media advertisers.



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Trying to quit smoking? These tactics can help

Quitting cigarettes is hard, as any former smoker can tell you. If you're trying to kick the habit, consider these proven tactics from the CNN website:



- **Financial incentives.** A CVS Caremark program got impressive results: Participants contributed \$150 dollars at the outset with the understanding that they would get the money back plus another \$650 if they refrained from smoking. They also received support like counseling and access to nicotine gum or patches. The program generated a 52.3 percent success rate. (Another CVS program which offered more money but no upfront risk showed poorer results.)

- **Support.** If you and your partner both smoke and want to stop, try quitting together. Studies show that half of smokers are successful if their partners quit when they do, versus only eight percent when the partner doesn't.

- **Nicotine replacement.** Replacing cigarettes with nicotine inhalers, lozenges, skin patches, and other delivery methods can help smokers through their cravings and withdrawal symptoms. A review of studies found that the chances of success increase 50-70 percent using these replacements.

- **Cold turkey.** This requires discipline and commitment, and only about 4-7 percent of people succeed. Still, it can work if you're mentally prepared and ready for withdrawal symptoms. Some tactics: Drink water when cravings start, or occupy your mind with other activities. Take slow, deep breaths, and remind yourself that you're improving your health. Seek support from family and friends.

Focus on these areas to cut breast cancer risk

Although your risk of breast cancer has a genetic component, some lifestyle choices can influence your chances of a diagnosis, according to the Medline Plus website. Three areas to watch are:

- **Exercise.** For women before menopause, vigorous exercise seems to reduce breast cancer risk. After menopause, moderate activity such as gardening, housework, and a brisk 30-minute walk daily appears to have a positive affect.

- **Weight.** Women who are overweight may have a higher risk of breast cancer after menopause. A five-point increase in your body mass index can increase the risk by 12 percent.

- **Alcohol.** Even moderate alcohol consumption appears to be linked to a greater breast cancer risk, especially if you have a family history of breast cancer. However, keeping weight off and exercising regularly (along with not smoking) seems to cut down the risks associated with an occasional glass of wine.



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