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May • 2018

Issue 3 42nd Year

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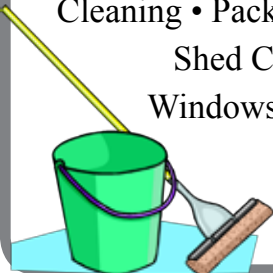
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Shuffleboard Club News

The Annual Big Ten Tournament was held on March 17, 2018 at the Clearwater Courts with 8 shufflers from Hillcrest participating. Ralph Webb & Robert Strang took 3rd Place in the "A Division" Main Event and Roy Morgan & Fred Reynolds took 2nd Place in the "B Division" Consolation Event. Congratulations to all for a job well done!

Both our Hillcrest "A" Team and "B" Team finished the 017-2018 season in 2nd Place in the Big Ten League.

Jan Schuneman chaired the end-of-season banquet luncheon which was held March 23, 2018 at Applebee's. A delicious lunch was enjoyed by all.

Award Certificates were given out at the banquet for 20 and 30 game winners. Robert Strang was a 20 game winner on the A Team & 30 games on the B Team. Roger Barr, Roy Morgan, & Fred Reynolds all won 20 games in both the "A" Team & "B" Team. Dave Boswell, Ken Foster & Mel Jones each won 20 games in the "A" Division, while Morna Rankin & Jan Schuneman won 20 games in the "B" Division. Elaine Jourdan was awarded the "Most Improved Shuffler" pin this year.

Fun Shuffles on Fridays @ 3:00 p.m. have been well attended with everyone having a great time and enjoying pizza afterwards.

Hope everyone has a happy, healthy summer and we look forward to seeing everyone again in the fall. The 2018-2019 Season begins November 12, 2018. The BIG TEN FALL meeting will be Friday, November 16, 2018 at Embassy.

From the HOA President

Dear Homeowners,
Hope this letter finds you and yours well. This month has been a busy one. I am happy to report communication with the Management has reaped some results. The Clubhouse has a new first aid kit. The pool area restrooms are properly marked as not to confuse their usage. As you all can see the demolition of lot 501 trailer has begun.

For all who plan on doing new construction or repairs within our community, I would like to say thank you for investing in our community. Now a word of advice, please check with the code enforcement agency to see if a permit is needed. I am not sure of all code requirements, but it sure doesn't hurt to check with the code enforcement prior to pursuing a project. With that being said, I have noticed code enforcement going through the park so take heed.

I would like to thank all of the community for keeping me informed of concerns and constructive suggestion for a safe and quiet enjoyment of our living conditions. Look forward to working with you in the future.

Respectfully,
Ken Foster





Hillcrest Manager's Corner - May 2018

MOTHER'S DAY

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March or May.

Wishing all of our wonderful women in our community a beautiful Mother's Day!!!

MEMORIAL DAY

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

Have a festive and safe Memorial Day Weekend!!! Our office will be closed Monday, May 30, 2018.

HAPPY ENDINGS

After almost 2-1/2 years of dedicated service, Hillcrest will be saying goodbye to our Administrative Assistant and Sales Specialist, Ashley Braband. She has been promoted to another position within ELS. Ashley has been fundamental in assisting with maintaining our community and her attention to details in the office. Her bubbly, warm personality will be missed around Hillcrest.

Friendship Club

Submitted by Janet B.

The Hillcrest Friendship Club will be done with meetings for this year as you are reading this. We have a gathering planned for April and many of the snowbirds are already gone, however, we will meet one more time and have an enjoyable afternoon. There will be no hostesses, we will all bring a snack to share and say goodbye to another season of sharing and spending time with each other. The next meeting will be the 2nd Tuesday in November, we love to meet new neighbors so sign up on the Friendship board and plan to attend. See you in the fall!

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Social Club

Submitted by Pat Jones

The final meeting of the 2017-2018 winter season was held on Friday, April 6th at 7:00 p.m. President Elaine thanked all those present for attending the many events and a special thanks to all those that helped at any event.

The nominating committee has been selected. The committee consists of Carole Sutherland, Janet Boswell and Jan Schuneman. The offices of President and Treasurer are up for election.

A review of upcoming activities was conducted. For May we are planning a Kentucky Derby meets Cinco De Mayo party. Get your sombreros decorated for the party. BYOB your drink of choice. After the race we will be hosting a Mexican themed dinner. If you would like to help with this party, either with the race part or the food part, please see Pat (1009) or Elaine (530).

May 12th is the Coffee Saturday this month. Bring your cup and \$1.00 to the clubhouse at 9:00 a.m. Spend some time visiting with friends and finding out what else is happening in the park.

Mother's Day on May 13th will be the first potluck of the month. We will be serving dinner at 1:00 p.m.

The second potluck of the month is planned for Thursday May 24th at 6:00 p.m.

Finally Memorial Day is May 28th and a time to remember our fallen war heroes. We will need help with this event. DJ Dennis will provide the entertainment, but your thoughts and input is desired.

Of course all the above events are contingent on the clubhouse being usable. we are due to have it remodeled starting soon.

May Sudoku

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

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: medium.



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



Did You Know That May is Also...

Asthma and Allergy Awareness Month. The flora in full bloom make May the take-action month for those living with asthma and allergies. To gain insight and learn about events and advocacy efforts targeting these conditions, visit the Asthma and Allergy Foundation of America website at www.aafa.org.

National Barbecue Month. Grilling only hamburgers and hot dogs just won't do. This month, get in touch with your inner pit master and fire up your skills



National Photography Month. Take a photography class, view an exhibit at an art gallery or museum, get inspired, and capture life's moments one frame at a time. There's an entire world to explore on the other side of the lens.

Brain Tumor Action Week, May 6-12. Frequent seizures, headaches, impaired vision, or speech difficulties are a few of the warning signs of the possibility of a brain tumor. This year, nearly 79,000 people will receive a brain tumor diagnosis. To learn more, visit the National Brain Tumor Society website at braintumor.org.



American Craft Beer Week, May 14-20. Roughly 98 percent of the 6,000 breweries in the United States are small, independent, and passionate about the art of beer making. This week craft brewers in every state will showcase what they do best in events that will delight the palates of beer drinkers everywhere.

Garden Meditation Day, May 3. Gardening is good for the soul, and so is meditation. Take time out of your busy schedule to quiet your mind and spirit by smelling the roses, curling your toes in the grass, or napping in the shade of a tree.

International No Diet Day, May 6. Take a break from your diet today and figure out if it's the best thing for you. This day is less about indulgence and more about loving yourself while embracing healthy and positive attitudes toward nutrition and eating.

World Lupus Day, May 10. Lupus is a chronic autoimmune disease that can lead to pain, inflammation, and damage in any part of the body. Since 2004, organizations throughout the world have used this day to raise awareness and emphasize the need for funding and research focused on a cure.

Armed Forces Day, May 19. On the third Saturday of May, citizens around the world pay tribute to the women and men serving in their nation's military branches. Look for parades, exhibits, and events in your area.

Don't Fry Friday, May 25. As we embark upon this long holiday weekend and many warm and sunny days ahead, the American Cancer Society wants you to remember to make protecting your skin from harmful UV rays part of all your outdoor activities.



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<p>Carnival</p> <p>8 Night Bermuda Cruise from Port Canaveral on the Carnival Sunshine, Sept 21 - 29, 2018, <i>roundtrip bus to port, insurance, port taxes & gov fees starting at \$1,071 pp</i></p> <p>8 Day Southern Caribbean Cruise from Port Canaveral on the Carnival Sunshine, Jan 4 - 12, 2019, <i>roundtrip bus to port, insurance, port taxes & gov fees starting at \$932 pp</i></p>	<p>Holland America Line®</p> <p>15 Day Panama Canal Cruise from Fort Lauderdale on the MS Volendam, Jan 18 - Feb 2, 2019, <i>airfare from San Diego to Tampa, all transfers, 2 bottles of wine per room, Pinnacle Grill lunch, Canaletto Dinner, insurance, all port taxes and government fees starting at \$3,161 pp</i></p>	<p>PRINCESS CRUISES</p> <p>11 Day Alaska Cruise and Land Tour on the Golden Princess, July 3 - 14, 2018, <i>all transfers, roundtrip airfare from Tampa, insurance and port taxes & gov fees starting at \$3,803 pp</i></p> <p>10 Night Panama Canal Cruise on the Island Princess, Jan 29 - Feb 7, 2019, <i>roundtrip bus to port, insurance and port taxes & gov fees starting at \$2,130 pp</i></p>	<p>Celebrity X Cruises®</p> <p>5 Night Western Caribbean Cruise on the Celebrity Infinity, Jan 14 - 19, 2019, <i>roundtrip bus to port, 2 private cocktail parties, insurance and port taxes & gov fees starting at \$735 pp</i></p> <p>11 Night Western Caribbean Cruise on the Celebrity Reflection, Jan 28 - Feb 8, 2019, <i>roundtrip bus to port, insurance and port taxes & gov fees starting at \$1,865 pp</i></p>
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Health benefits of coffee for (almost) everyone

Is coffee good for you? Bad? The arguments go on and on, but a meta-analysis of 127 studies on the question by the University of Catania in Italy has found that drinking coffee is associated with the following health benefits:

- Decreased risk of breast, colorectal, colon, endometrial and prostate cancers, among others, from 2-20 percent depending on the cancer type.
- Five percent reduction in risk for cardiovascular disease.
- An approximately 30 percent lower risk for both Type 2 diabetes and Parkinson's disease, thanks to coffee's ability to improve enzymes that regulate glucose and insulin metabolisms.
- A lower death rate.



Coffee's natural antioxidants reduce free radicals that can damage cells and cause aging. It's also an anti-inflammatory that calms you down so you don't overact to stress.

One group that should avoid coffee, however, is pregnant women. Coffee, the study notes, can increase the risk of miscarriage.

Be ready to donate

Are you nervous about donating blood or signing up to be an organ donor? You don't have to be. An infographic from Work The World explores some of the common misconceptions about blood and organ donations. They include:

- Age. There is no age limit on organ donations. In fact, the oldest known donor to date was a Scottish woman of 107 who donated one of her corneas after death. The main factor is the health of the organ and the donor.
- Organs. A single organ donor can improve or save up to eight lives. Donating tissue can save even more.
- Blood type. All blood types are needed, even the most common ones.
- Tattoos. Got a tattoo? That won't prevent you from donating blood as long as you're otherwise healthy.

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—ISAAC ASIMOV

New filter makes dirty water safe to drink in one step

The lack of drinkable water could reach crisis levels in the 21st century, but a team of scientists in Australia may have an answer, according to the Science Alert website. They're using a type of graphene called Graphair to filter safe water from seawater in just one step.

Graphene is an ultra-strong carbon material only one atom thick. It's expensive to produce, but Graphair is cheaper and simple to make.



A graphene film with microscopic nanochannels allows water to filter through but stops larger pollutants. On its own, it becomes contaminated quickly. When Graphair is added, the film screens out 99 percent of pollutants, and still works even when covered with contaminants.

The scientists hope that the process could eventually be used for filtration in households and town water supplies, and for treating seawater and industrial wastewater.

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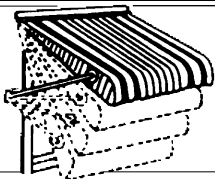


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A lesson in diplomacy

If you've ever had to deal with the thoughtless behavior of someone, you'll appreciate this story about the great composer and pianist Franz Liszt.

The virtuoso musician once found himself at odds with an important member of his audience. The czar of Russia, Nicholas I, made a late entrance during Liszt's concert. Even after being seated, the czar continued to speak with members of his entourage. Liszt realized that Nicholas had no intention of ending his discourse, so he stopped playing and bowed his head.

Noticing the silence, Nicholas dispatched one of his aides to find out why the pianist was no longer playing.

"Music herself should be silent when Nicholas speaks," Liszt replied.



After that, Liszt was able to finish his recital with the czar's full attention.

The daily residue

A man was seated on the bus having an animated conversation with someone via cell phone. He fumed. He swore. He shouted and swore, a lot more.

The other passengers dared not look at him for fear of being on the receiving end of his ire.

"I need to get off here!" he shouted as he raced to the front of the bus and disembarked.

"Excuse me sir," the bus driver said to the man, "you left something behind."

The man stood outside of the bus checking his pockets. He then asked, "What did I leave?"

"A very bad impression," the bus driver replied as he closed the door and drove away.

Every block of stone has a statue inside it, and it is the task of the sculptor to discover it.

—Michelangelo

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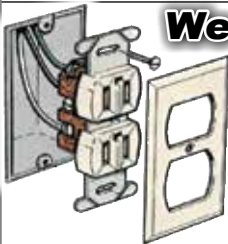
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JUNE																				
S	M	T	W	T	F	S								Game r						
					1	2														
3	4	5	6	7	8	9														
10	11	12	13	14	15	16														
17	18	19	20	21	22	23														
24	25	26	27	28	29	30														
							6							7						
														Game r						
							13							14						
Mother's Day							Potluck 1pm							Game r						
							Mother's Day													
							20							21						
														Game r						
							27							28						
														Game r						
														Memorial Day						
														Tribute TBD						
														Memorial Day						

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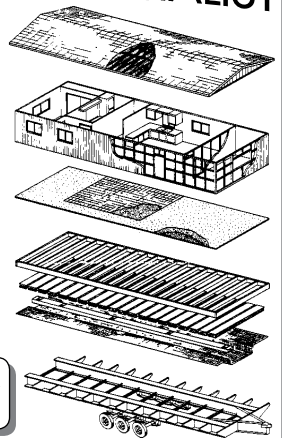
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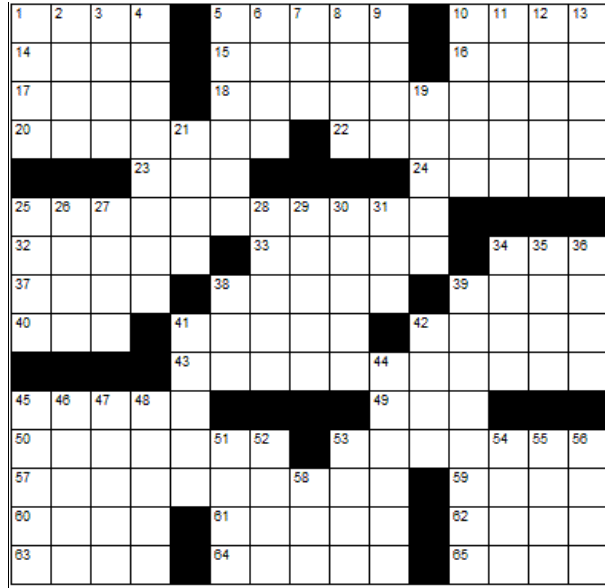
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- 1. Astringent
- 5. Alpha's opposite
- 10. Charity
- 14. List of options
- 15. Varnish ingredient
- 16. A person who lacks good judgment
- 17. Horse feed
- 18. Devalue
- 20. Gnarled
- 22. Overshadowed
- 23. An Old Testament king
- 24. Relaxes
- 25. A dunce
- 32. _____ and lows
- 33. Mountain lakes
- 34. New Zealand parrot
- 37. Leer at
- 38. Remedies
- 39. Remain
- 40. How come?
- 41. Data stream manipulator
- 42. Vernacular
- 43. Being filled with wonder
- 45. Twined
- 49. Australian flightless bird
- 50. Angered
- 53. Fortunate
- 57. Everyplace
- 59. South American country
- 60. Fully developed
- 61. Consumed
- 62. Weightlifters pump this
- 63. Sleigh
- 64. Shooting sport
- 65. Writing table



DOWN

- 1. Violent
- 2. Low-fat
- 3. "Do ___ others..."
- 4. Upper lip hair
- 5. Tough going
- 6. A fitting reward (archaic)
- 7. Clairvoyant's gift
- 8. Prepare for action
- 9. Afresh
- 10. All excited
- 11. Bums around
- 12. Sacred song
- 13. Sleighs
- 19. There's 52 in a deck
- 21. Sounds of disapproval
- 25. Grub
- 26. Not low
- 27. Not pretty
- 28. Chopin composition
- 29. Rabbits
- 30. Construct
- 31. Autonomic nervous system
- 34. An eccentric idea
- 35. Border
- 36. Many millennia
- 38. Bovine
- 39. Not a molar or incisor
- 41. Cheerful (Scottish)
- 42. Citrus fruit
- 44. Yield
- 45. Lascivious looks
- 46. Blacksmith's block
- 47. Paper with a crinkled texture
- 48. Dog-____
- 51. Female sheep (plural)
- 52. East Indian tree
- 53. Broth (Scottish)
- 54. Arid
- 55. God of love
- 56. Immerse briefly into a liquid
- 58. French for "Summer"



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“Certainly,” the lawyer replied.

“In that case,” the butcher said, “you owe me \$15. Your dog ate my best roast.”

“That’s only fair,” the attorney said as he wrote out a check to the butcher.

“Why, thank you!” The butcher was gleeful at having triumphed so effortlessly. He left the lawyer’s office and went back to his shop.

His mood quickly soured when the lawyer dropped off a letter for the butcher that evening. It contained an invoice for a \$150 consultation fee.



Survey looks at who argues about money

Money is a major cause of conflict and stress in many relationships, but it affects some couples more than others. In a survey by CompareCards.com, a subsidiary of LendingTree, only 15 percent of respondents said they fought about money with their partner.

The survey found that 20 percent of members of Generation X (ages 35-54) argue about money, followed by 17 percent of millennials (18-34), and only 9 percent of people over 55.

The health of the relationship may influence money squabbles. Eight-two percent of the couples who claimed not to fight over money described themselves as “extremely satisfied in their relationships,” but just 59 percent of people who do have arguments felt the same way.



One way some people avoid financial conflicts is by hiding purchases. Thirty-seven percent of survey participants said they have bought things without telling their significant other, and 11 percent said they have a private bank account, credit card, or loan that their partner doesn’t know about.

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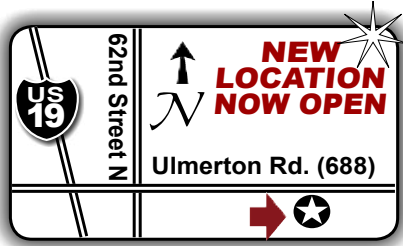
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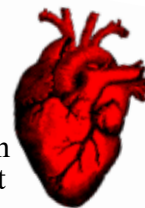
Three steps to better heart health

Improving your heart health doesn't have to mean two-hour gym workouts or a diet of kale and water. The Mayo Clinic website offers three easy steps to keeping your heart in good shape for a long, healthy life:

- **Eat five.** Five servings of fruits and vegetables a day can boost your heart health. Include fruits and vegetables in all your daily meals, and snack on them instead of, or at least in addition to, chips or other junk food.

- **Move 10.** Add 10 minutes of physical activity a day to your routine. This can add up to 60 minutes a week to your exercise regimen, reducing your risk of heart disease by as much as 50 percent.

- **Sleep eight.** Make sure you get at least eight hours of sleep a night. Ample, restful sleep is important to keeping your heart healthy.



Learn what gout is all about

Gout—one of the most common forms of inflammatory arthritis—is on the increase. It affects approximately 8.3 million Americans, 50 percent of whom have three or more attacks a year.

According to an infographic on the Doctor-Patient Communication Tools website, gout is caused by a buildup of uric acid in the blood, where it collects in a joint and then crystallizes. About two-thirds of uric acid in the body is produced naturally, and the other third is an effect of diet. However, genetics plays a larger role than diet in the amount of uric acid in the body.

Talk to your doctor. Although limiting alcohol and other foods can help, dietary changes may not be sufficient. In many cases, medication is necessary to reach and maintain the proper level of uric acid in your body.

Distant galaxy not as large as thought

For years, astronomers believed that the Andromeda galaxy, some 3.5 million light-years from Earth, was much larger than our own Milky Way—and that it would someday gobble up our galaxy. Recent research reported on the Sci-News website, however, suggests that Andromeda's size is roughly equivalent to ours, a mass of 800 billion solar masses.



Scientists analyzed the orbits of high-speed stars in Andromeda and found that the distant galaxy has less dark matter than previously estimated, lowering their measurements of its mass. The two galaxies will still eventually collide in about 4 billion years, but the new findings radically transform astronomers' knowledge of our local galaxy group.

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

Ron Borch..... \$100	Rick's Appliance Repair	Chet Puett..... \$5	Jones and Sons Plumbing, Inc
Jane Lanier..... \$10	Florida Anchor & Barrier Company	Robertta Williams	Doll Brothers Carpet Cleaners
Sandy Jones..... \$10	Mobile Home Depot	Jane Horton..... \$5	Bob's Mobile Home Washing
Dave Sparkes..... \$10	E & E Gliddon Air Conditioning, Inc.	Jean Fitch..... \$5	Buggin Out Termite & Pest Control
Bob Raynor..... \$10	Palm Harbor and Dunedin, Inc.	Bob French..... \$5	Imperial Electric Service of Pinellas
Christina Tambasco..... \$10	Bill The Carpet Guy	Lee Camerin..... \$5	Ron Wyngarden MH Washing
Rosella Pimentle..... \$10	Discount Computer Repair	Fred Tonin..... \$5	Air Masters of Pinellas, Inc
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Pat Gilliland..... \$10	Daily Life Helpers	Kenny Eckhart..... \$5	Battleline Termite & Pest Control, Inc.
Stacy Ness..... \$10	The Plumbing Patrol, Inc.	Elaine Magee..... \$5	Boss Electric Corp.
Verna Nicholls..... \$10	Bob's Mobile Home Washing	Donna Bailey..... \$5	Doll Brothers Carpet Cleaners
William Weeks..... \$10	Boss Electric Corp.	Jane Simmons..... \$5	Daily Life Helpers
Barb Deldin..... \$10	Ron Wyngarden Mobile Home Washing	Pete Loranger..... \$5	Hellers Mobile Home Washing
Marilyn Willette..... \$5	Modern Pest Control, Inc.	Mike Forward..... \$5	Air Masters of Pinellas, Inc
Jim Craig..... \$5	Modern AC & Appliance Service Co.	Sonny Neglia..... \$5	Bob's Mobile Home Washing
Dorothy Feeney..... \$5	Jones and Sons Plumbing, Inc	Kathleen Stafford..... \$5	Bill The Carpet Guy
Barbara Gould..... \$5	Royal Enterprises	Elizabeth Mosher..... \$5	Imperial Electric Service of Pinellas
John Rogers..... \$5	Boss Electric Corp.	Edmund Boudreau..... \$5	Battleline Termite & Pest Control, Inc.
Shirley Ellsworth..... \$5	Hellers Mobile Home Washing	Robert Morgan..... \$5	Bob's Mobile Home Washing
Nancy Enos..... \$5	Royal Enterprises	Sandra Koedyker..... \$5	Ron Wyngarden MH Washing
Ken Boback..... \$5	Discount Computer Repair	Robert Wantuck..... \$5	Jones and Sons Plumbing, Inc
Randy Mumford..... \$5	Bill The Carpet Guy	Robert Gornicki..... \$5	Battleline Termite & Pest Control, Inc.
Phyllis Clayton..... \$5	Doll Brothers Carpet Cleaners	Nancy Wallace..... \$5	E & E Gliddon Air Conditioning, Inc.

• 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.



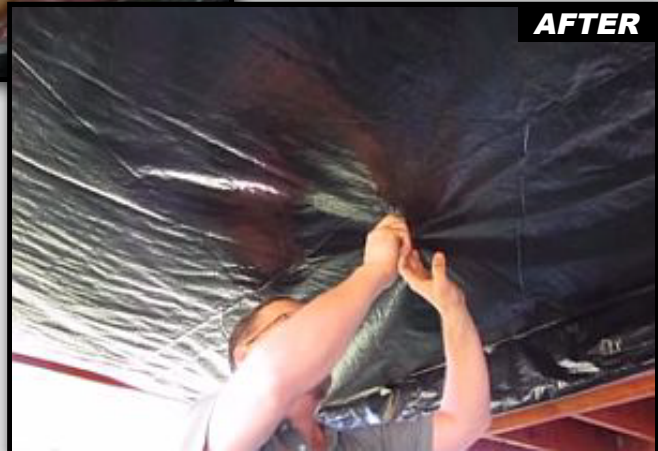
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Hospitals in the U.S.—a snapshot

The American Hospital Association conducts an annual survey on hospitals in the United States. The latest survey includes these numbers:

- Total number of all U.S. registered hospitals that meet AHA’s criteria for registration as a hospital facility: 5,534
- Number of U.S. community hospitals (defined as nonfederal, short-term general, and other special hospitals): 4,840
- Nongovernment nonprofit community hospitals: 2,849
- Investor-owned for-profit community hospitals: 1,035
- State and local government community hospitals: 956
- Federal government hospitals: 209
- Nonfederal psychiatric hospitals: 397
- Other hospitals, including nonfederal long-term care hospitals and hospital units within an institution such as a prison or school infirmary: 88



Self-driving cars rising in drivers’ acceptance

Are you eager to buy a self-driving car? More and more Americans are warming up to the idea. A study by AAA last year found that 78 percent of Americans were scared of the idea of riding in a car that drives itself. A more recent survey saw that figure drop to 63 percent.



Age makes a difference in attitude. Sixty-eight percent of Baby Boomers said they’d feel worried in a driverless car, and 70 percent of Gen Xers expressed concern too. However, fewer than 50 percent of millennials said they’d be frightened of riding in a self-driving vehicle.

Overall, half of drivers in the survey said they want their next car to have some self-driving features, like being able to stop on its own or stay within lanes on the highway.

Clutter is the top target of kitchen remodelers

Thinking of renovating your kitchen? Tidiness is the biggest trend this year, according to the 2018 Houzz Kitchen Trends Study. The study found that 75 percent of homeowners named decluttering their counters as their No. 1 priority, followed by 66 percent who want to put things away and 49 percent who are focused on recycling.

The biggest issue? Storage, cited by 93 percent of survey respondents. That was followed by space planning (38 percent), entertainment (32 percent), and cleanliness (32 percent).

The survey notes that homeowners are also interested in pullout garbage bins, organizers for dishes and utensils, and wine bars.

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-Monthly Media Staff

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