

OFFICE: 10245 110th Avenue North • Largo • FL 33773 • (727) 391-1840

June • 2018

Issue 4 42<sup>nd</sup> Year

Summer is Herel

Rita Drolet and her art class having fun at Sugar Creek MHP!



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#### **Lake Seminole Resort Club**

10245 - 110th Avenue North Largo, FL 33773

> Editor: Becky Burton, <u>beckyjoburton@gmail.com</u> Bulletin Deadline: The 15th of each month

> > Please email me with the subject line: LSR Bulletin

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#### Art in the Park

Barb Touchette and Margot Thomas

ark your calendars - On Sunday afternoon February 17, 2019, Art in the Park is coming back to Lake Seminole Resort. In 2017, we held our first display of over 20 exhibitors and we are hoping to show case even more artisans next year. We welcome exhibits from renters and residents of the park. More information will be forthcoming in the fall, but now is the time to mark your calendar and explore your creative self.

## **Trespass Authorization**

The Pinellas County Sheriff's Office is in receipt of a trespass authorization for Lake Seminole Resort. If you know of someone or a situation involving threat to public safety or welfare, please contact the Pinellas County Sheriff at 727-582-6200. A notice is posted outside the office should you have other questions.

#### Thank you

Jackie Weeks

hank you to the many friends and neighbors for the kind, thoughtful, and generous gifts Bill and I received during my recent stay in the hospital and rehab.

## **Largo Community Center News**

Becky Burton

argo Community Center offers a free movie matinee once a month. These free movies feature recently released films, rated G, PG or PG-13 and are shown with Closed Captioning. Limited refreshments will be sold and movie fun facts provided. The location is at the Largo Community Center, 400 Alt Keene Road (off east Bay). The next movie is "The Post" with Tom Hanks and Meryl Streep, on Thursday, June 14. Doors open at 12:30 pm. Call 727-518-3131 for list of other upcoming movies and dates.

The Largo Community Center also offers a Sunday social dance open to all adults from 6-8 pm. A cash bar is available and doors open at 5:45 pm. The cost is \$10 per person.

To see more events happening this summer, go to www.largo.com/calendar.php



### Fitness Opportunity and More

ake Seminole Resort has become a partner of the City of Largo's Recreation, Parks and Arts Department. This partnership means LSR residents and renters can obtain memberships to the various city centers at a reduced rate of \$10.00 per year. Your membership allows you access to the fitness centers, personal training and group fitness classes. In addition there are programs in art, dance, theatre, music and nature. Sign up information is available at the LSR's office. Be Happy Get Fit.

### **June Birthdays**

- 2 Donald Trott
- 2 Melanie Vance
- 4 Michael Cammarata
- 4 Claire Osgood
- 5 Robert Jaklewicz
- 7 Dinah Olson
- 8 Robert Handy
- 8 William J Smith
- 9 Vera Papp
- 9 Jackie Weeks
- 10 Ron Florack
- 12 Donna Peterson
- 13 Jill Thiemann
- 14 Sue McManaman

- 15 Janet Hayes
- 17 Karin Garron
- 17 Elissa Young
- 18 Eva Doran
- 19 Sharon Abbotts
- 19 Scott Braun19 Mayis Casto
- 22 Lois McInnes
- 22 Lois McInnes 23 Cheri Watkins
- 26 Suzanne Vitale
- 27 Judith Cox
- 27 David Grant
- 27 Mitchell Keener
- 30 Dan Blackburn





#### **Homes For Sale**

Address	Bed/bath	Phone	Contact	Price*
11076 100th Street	2/1	727-458-5001	Realtor / Carolyn Holton	\$ 69,900
11077 102nd Way	1/1	727- 466-7487	Owner/ Jerry Wrightsman	\$ 50,000
11157 102nd Way	2/1.5	727-458-5001	Realtor / Carolyn Holton	\$ 53,900
11043 100th Way	2/2	727-423-1470	Realtor / Carolyn Holton	\$125,000

<sup>\*</sup>Price Includes \$50,000 Share ~ Visit Our Website at www.lakeseminoleresort.com

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

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## **Goodwill**Barbara Fix

#### **Passed Away**

- Phyllis Allen
- Janet Golly
- Marilyn Stepon

#### Nursing Homes, Rehab Centers or Retirement Homes

- Betty Bragg, Oak Tree Manor, 7770 B 128th St., Seminole 33776
- Fred Pupke, Palm Garden of Largo, Room 100, 10500 Starkey Rd, Seminole 33777
- Myra Kerner, Bay Winds Senior Living, Apt 229, 200 Kidd Castle Way, Webster, NY 14580 / Ph. 585-670-7229. (She would love to hear from her friends at LSR.)
- Jean Sloan, Freedom Square Rehabilitation Center, Room 222, 10801 Johnson Blvd., Seminole 33772

# June Sudoku

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#### **Ancient humans cared for others**

Popular culture paints our Neanderthal ancestors as brutish and cruel, but that picture is changing, according to the Sci-News website.

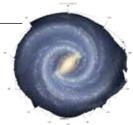
Neanderthals are known to have cared for their injured people, and new findings suggest that they took care of individuals who were suffering regardless of whether their peers could repay them in any way.

For example, the remains of one male Neanderthal 25-40 years old at time of death shows that he had a variety of diseases, including tooth loss, periodontal disease, arthritis, and other long-term health conditions. His care would have required fever management, hygiene maintenance, and helping him stay with the group when it moved its camp. For the last 12 months of his life he would have been unable to contribute much to the group, but he was carefully buried after his death.

The evidence suggests that "organized, knowledgeable, and caring health care is not unique to our species but rather has a long evolutionary history," one scientist states.

## A once-in-a billion-year spin

alaxies rotate, just as Earth and other planets do. However, their spin is remarkably consistent, regardless of size. The Discover Magazine website reports that scientists have determine that all galaxies rotate approximately once every billion years, whether they're massive spiral galaxies or small irregular dwarfs.



Researchers measured the velocities of hydrogen in the outer discs of a variety of galaxies differing in size. The measurements allowed them to calculate the rotation period of each galaxy. "Discovering such regularity in galaxies really helps us to better understand the mechanics that make them tick," one scientist says.

Science is the great antidote to the poison of enthusiasm and superstition.

—Adam Smith





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### **Exercise boosts immunity in older adults**

xercise is good at any age, but scientists now think that regular exercise as you get older may help boost your immune system and prevent infections.

An article on the BBC website reports that scientists in the United Kingdom tracked 125 long-distance cyclists, some in their 80s, and discovered they had immune systems comparable to those of 20-year-olds.

The researchers examined the cyclists' blood for T-cells, which aid the immune system in fighting off infections. The long-distance riders had the same level of T-cells as adults in their 20s, but a similar group of older adults who were less active produced fewer T-cells.

The research suggests that increased physical activity can also help older people respond better to vaccines for such infections as the flu.

### These foods keep your brain healthy

ome foods help keep your heart in shape. Others help your bones. What keeps your brain and memory healthy? The CNN website offers this list of what to eat to maintain a healthy brain as you grow older:

- Berries. Studies suggest that eating at least a half-cup of blueberries, or one cup of strawberries, on a weekly basis may help stave off cognitive decline. Berries have anthocyanidins, whose antioxidant and anti-inflammatory effects may keep the brain in shape.
- Green leafy vegetables. One study of almost 1,000 adults found that a daily serving of spinach, kale, collard greens, or arugula appeared to maintain cognitive health to the extent that participants were considered to be 11 years younger than people who rarely or never consume such veggies.
  - Eggs. Eggs contain choline, which is an important brain nutrient. In a study of 1,400 people, participants with high intakes of choline scored better of visual and verbal memory tests than those who ate less foods with choline. In addition,

people with a high intake of choline over the long term seem to have better MRI brain scans, suggesting that choline may protect people against dementia.



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#### **ACROSS**

- 1. Rascal
- 5. Wharf
- 9. Travels on a wind-propelled boat
- 14. Adoration
- 15. Singer Fitzgerald
- 16. Strange or spooky
- 17. An Egyptian deity
- 18. Ale
- 19. Sporting venue
- 20. Downpour
- 22. What a model does
- 23. Empower
- 24. Skewered cubes of meat
- 26. Product of human creativity
- 29. Gave a speech
- 33. One who defaults
- 38. Capital of Canada
- 39. Hindu princess
- 40. Pile
- 42. A distinct part
- 43. Land
- 45. Parts of a freight train
- 47. Flunky
- 48. Mexican (abbrev.)
- 49. Church deacon
- 52. Picture
- 57. Strike
- 60. Incites
- 63. Loaded
- 64. Ancient Biblical kingdom
- 65. Puts on clothing
- 66. State of watchfulness
- 67. A low tide
- 68. Initial wager
- 69. Found in windows
- 70. Spots
- 71. Untidyness

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#### **DOWN**

- 1. Make a strident sound
- 2. Ancient empire
- 3. Evade
- 4. An emperor of Japan
- 5. Amount owed
- 6. Margarine
- 7. Salesperson
- 8. Fate
- 9. Harbor
- 10. Pertaining to stunt flying
- 11. Anagram of "Sire"
- 12. Connects 2 points
- 13. Oceans

- 21. Mop
- 25. Bet taker
- 27. Transmit again
- 28. Tit for
- 30. Bye-bye
- 31. Pitcher 32. Weirs
- 33. Squirrel's nest
- 34. Lack of difficulty
- 35. Picnic insects
- 36. Widths of a circle
- 37. Asphalt
- 41. Gear

- 44. Innate skills
- 46. Sixty-four in Roman numerals
- 50. Make improvements to
- 51. Cowbov sport
- 53. Refined woman
- 54. Make amends
- 55. Not ladies
- 56 SSSS
- 57. Dross
- 58. Shopping center
- 59. Concept
- 61. Just right (2-1-1)
- 62. Gremlins





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# **Lake Seminole**

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## 'The little things matter'

side from being the senior vice president of the Orlando Magic basketball team and a sought-after motivational speaker, Pat Williams has written more than 100 books. Many years ago, when he was working on a book about John Wooden, Williams interviewed scores of the coach's former players.

A story shared by many of these players was about a longstanding tradition of the coach. At the start of each season, Wooden spent an hour instructing his players on the proper way to wear their socks and shoes. From the snug fit of the heel of the sock to the lacing of their shoes, the coach covered every detail with great importance.

When Williams asked the coach about why he devoted this kind of time and attention to such a seemingly insignificant subject, Wooden replied, "The little things matter."

He went on to explain how one wrinkle in a sock could contribute to a blister on a toe or foot. One blister could have a huge impact on the outcome of a game—or a season.

"I started teaching about shoes and socks early in my career," Wooden said. "I saw that it really did cut down on blisters during the season. That little detail gave us an edge."







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Ronald made a deal with his dad that if he improved his grades by the end of the school year, pitched in around the house, attended church on Sunday with the rest of the family, and cut his now shoulder-length hair, he could have access to the car throughout the summer. Ronald began to focus on his schoolwork more, took on responsibility in the home, and was the first person in the house ready for church each Sunday.

"I knew you could do it," his dad said as looked over Ronald's final grades for the school year. "I'm very proud of how responsible and focused you've been these last few months."

"Hand over those keys, old man," Ronald said to his father with a laugh.

"Not so fast," his father said. "Remember our deal? Grades, church, chores, and hair."

"Do I really have to cut my hair?" Ronald protested.

"That was our deal," his father said.

"Can't you cut me some slack this one time? I've done everything else you wanted," Ronald argued. "It took me so long to grow my hair out. Besides, Moses had long hair, and Samson had long hair, and even Jesus had long hair."

"Good point," his father agreed. "They walked everywhere."



#### **Timeless wisdom**

uring the celebration of his 100th birthday, a man was asked about the secret of his longevity.

"I never smoked, drank, or ate fried foods," replied the man. He continued, "and I exercised every day for 30 minutes."

"Well, a lot of people observe those same practices but don't live to be 100," someone in the crowd observed. "Why do you think that is?"

The old man said, "My guess would be they didn't keep at it long enough."





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**National Rose Month.** With 150 different species of roses and more than 11,000 hybrid varieties, you should be able to find one or two to cultivate and appreciate this time of the year.

**National Migraine and Headache Awareness Month.** Wear purple this month to show your support for those who suffer from headaches and migraines. To increase your awareness about these conditions, go to www.headaches.org.

**Sports America Kids Month**. Summer is here, so let's keep our youngsters active, healthy, and outdoors.

**Lemonade Days, June 2-10.** In 2004, Alexandra Scott lost her battle with cancer at age 8. During the last few years of her life, she raised \$1 million to fund pediatric cancer research with the help of a lemonade stand. This week families and businesses across the United States will set up lemonade stands to raise money for a cure to childhood cancers. To learn more, go to alexslemonade.org.

**National Business Etiquette Week, Jun. 3-9**. This year's theme is "Toxic Workplaces: How to Resurrect Civility in Business." In case you've been slacking off, strive to conduct yourself with common sense and professionalism in the workplace and everywhere else this week and beyond.

**National Week of Making, June 11-17.** Individuals and organizations highlight the creativity, innovation, and accomplishments in technology, arts, and design of "makers" of all ages.

Men's Health Week, June 11-17. The days leading up to Father's Day raise awareness of men's health issues and the need for screenings and treatments. Spend time this week encouraging the men in your life to take ownership of their health and well-being.

**Lightning Safety Awareness Week, June 17-23**. The third full week of the month is devoted to educating the public about the danger of lightning. To learn more, go to www.lightningsafety.noaa.gov.

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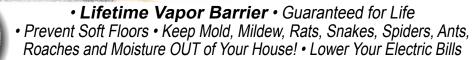
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-Monthly Media Staff

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## **Practice food safety during picnics**

Picnics are part of the fun of summertime, but thousands of people become ill every year from picnic food that's not safely prepared or stored. Here are some tips for making sure you have a safe picnic in the park:

- Always wash your hands thoroughly—before you prepare food and after you handle raw meats.
  - Clean your food. You don't know where fruits and veggies have been.
  - Wrap all foods. Keep the foods separate so drippings don't contaminate each other.
- Keep food chilled. Don't take cold foods out of the fridge until it's time to go. Pack them in a cooler as soon as you take them out of the fridge.
- Keep coolers under a tree. When you're packing the car, try keeping the cooler inside the car, rather than in a hot trunk.
- Try to plan just the right amount of food to take. Then you won't have to worry about the storage or safety of leftovers.

## Work safely in the heat

s the warm days of summer set in, keep these safety tips in mind to avoid overstressing your body as you work outdoors:

- Perform your heaviest tasks during the morning. If you have work that will require you to exert a lot of energy, it's best to do it in the cooler hours of the morning.
- **Build your tolerance.** It usually takes a good two weeks for your body to acclimate itself to working in the heat, so give your body time to adjust to higher temps.
  - Use the buddy system. That way you can keep an eye out and get help if needed.
    - **Drink water.** Health experts say you should drink a small cup every 15 to 20 minutes when you're working in the heat to stay hydrated and cool.
      - **Take breaks.** Give your body a chance to cool down by heading off to a cool area for a few minutes.
    - Eat lightly. Try not to eat heavy or big meals before you have to work in the heat.



#### How the greats got their start

reat writers have to start somewhere. Some of the most creative poets and novelists toiled in distinctly non-creative jobs before hitting it big. Here are a few of them:

- Langston Hughes. The famous poet worked as a busboy in Washington, D.C.'s Wardman Park hotel. When another poet, Vachel Lindsay, took a seat at a table, the young Hughes offered her some of his poems, and Lindsay was struck by his skill, leading to his eventual success.
- Kurt Vonnegut. The author of Slaughterhouse-5 and other novels owned and managed a Saab dealership before a stint in the U.S. Army during World War II.
- J.D. Salinger. The reclusive writer, best known for his novel The Catcher in the Rye, once served as entertainment director aboard a Swedish luxury cruise ship, the H.M.S. Kungsholm.
- Mary Higgins Clark. The award-winning mystery writer held a wide variety of jobs before turning to fulltime writing at 47—secretary, business machines manager, catalog copywriter, model, and flight attendant for Pan American Airlines.

#### Be a Renaissance thinker

The Renaissance, from the 14th-17th centuries, sparked a firestorm of creativity and innovation in Europe. For the first time, according to Anurag Harsh in an article on the Huffington Post, people realized that creativity wasn't some divine gift, but a talent that could be cultivated. Here's what carved the Renaissance thinkers' success:

- They were contrarian. Instead of settling for the status quo, they were willing to challenge the conventional wisdom and take a fresh, new approach to looking at the world around them.
- They were nonconformists. They didn't like the atmosphere of conformity that stifled free thought. They wanted to revolutionize the culture in technology, the arts, philosophy, and other areas.
- They were curious. They asked questions and followed potential solutions wherever they led. They searched for novelty, not the tried and true.
- They explored systems. Instead of limiting themselves to a single area of knowledge, they forged connections between different ways of thinking that led to advances in science, art, and other realms.

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(Allow 4-6 weeks fo	r mailin	g of check).  This month's casl
Thomas Miller	\$100	The Plumbing Patrol, Inc.
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Jane Day	\$5	
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		Appliance Specialty, Inc.
		Shona Bender, LMt
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William Kjergaard	\$5	Recreational Golf Cars of FL, LLC
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Bob Eggers	\$5	Boss Electric Corp.

vinners are:		
Mary Cole	\$5	Battleline Termite & Pest Control, Inc.
		Bob's Mobile Home Washing
		Heller's Mobile Home Washing
Doris Fairobent	\$5	Discount Computer Repair
Theresa Kirke	\$5	Jones & Sons Plumbing, Inc.
Peter Nazar	. \$5	Air Masters of Pinellas, Inc.
		Shonna Bender, LMT
Donna Miller	\$5	Bob's Mobile Home Washing
Jack Peel	. \$5	Bill the Carpet Guy
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