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SHORELINE PALMS

• C O U R I E R •

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June • 2026

**Issue 4
50th Year**

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on April 19th!
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WEEKLY REPEAT EVENTS



First & Third Mondays	6:00 PM	Game Night
Second & Fourth Mondays	6:00 PM	Game Night (I Got It)
All Tuesdays	6:00 PM	Card Night – Texas Hold ‘Em
All Wednesdays	1:00 PM	Bowling, Seminole Lanes 8668 Park Blvd, Seminole
All Thursdays	8:00 AM	Ladies Juliet Breakfast Location varies
	7:30 AM	Men’s Romeo Breakfast, Benedicts, West Bay Largo
All Fridays	9:00 AM	Golf - Largo Golf Course, 12500 Vonn Rd, Largo





FROM THE PRESIDENT'S DESK

Hey neighbors!

Is it June already? Where did the time go?

Our snowbirds have headed back to cooler climates and things are slowing down around the neighborhood.

But they aren't stopping!

For all you full-timers out there, we'll still be having activities over the Summer, so don't go away! Keep an eye on the calendar (and your email) and plan to stay in touch with your neighbors. If there's something that will get you outta the house, let me know!

We're gonna miss our northern family, for sure. And we'll look forward to their return in the Fall. But I'm excited about building up our community with the locals over the summer.

Say hi if you see me, and let's continue to get together!

Remember to add the following emails to your address book:

- news@shorelinepalmshoa.com (we're using this to send y'all community information)
- board@shorelinepalmshoa.com (send all your HOA questions and comments here)
- admin@shorelinepalmshoa.com (send all your website questions and comments here)

These email addresses will be repeated every month along with any others deemed to be used often.

We are going to communicate mostly via email and our website: shorelinepalmshoa.com. Make sure you're not missing out on the good stuff: email admin@shorelinepalmshoa.com to be added to the list!

Your neighbor and HOA president,

Mark Francis

501-773-3226 Lot 48



SATURDAY MORNING SUNRISE BREAKFAST

Sunrise Breakfast's are done for the season. They will resume in the fall.

Thank you for your support.





AVOID FLORIDA PROBATE COURT
**ATTENTION: OUT-OF-STATE RESIDENTS,
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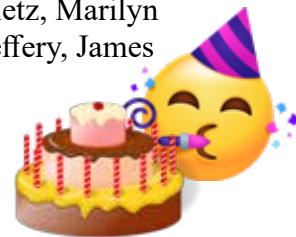


586-6315



JUNE BIRTHDAYS – Happy birthday to all!!

Date	Resident	Date	Resident
1	Salvato, Elora	14	Ambrose, Gerald
3	Tucker, Patricia	16	Nelson, Lori Kay
4	Meyer, Robert	17	DiFabritiis, Debra
5	Smee, Brian	17	Tryhorn, Sheila
5	Luko, Jeffrey	18	Houdek, Dawn
6	Bisher, Bobbie	19	Streeter, Dennis
6	Leone, James	20	Stevenson, Brian D.
7	Parker, Harold	20	Wolff, Edgar
10	Rivieccio, Tammy	21	Ragazzini, Becky
10	Charpentier, Linda	21	Ragazzini, Becky
12	Rossi, Raymond	21	Sharp, Kevin
13	Khan, Sheerally	22	Vergara, Americus
13	Barrett, Joan	23	Henderson, Kim
14	Bocian, David	23	Schilling, Alfred
		26	Beauregard, Lauren
		26	Wilhite, Richard
		26	Baumann, John
		27	Newton, Timothy
		27	Moloy McComis, Teri L.
		27	Rosenquist, Susan
		28	Wostenberg, Janice
		28	Sullivan, John
		29	Sanborn, Michael
		29	Ross, Morris
		30	Pletz, Marilyn
		30	Jeffery, James



SUNSHINE

Dana Scott (217-519-2208, Lot #352) is the Sunshine Person for Shoreline Palms. If you have anything you would like Dana to respond to, please contact her at the number listed above.

Get Well cards were sent to the below residents:

- Craig Muncaster #184 illness
- Neal Alexander #309 bicycle accident
- David Hartsell #66 surgery
- Rosie Penrod #142 surgery

Sympathy Card was sent to the family of:
Jeanne Muncaster #184 husband Craig



SHORELINE PALMS WALKING CLUB

The walking club has been suspended until fall. If anyone is interested in walking, reach out via text to others to coordinate.





14 ★ 10

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BOOK CLUB NEWS

The Book Club will be suspended for the spring and summer. We will start meetings again in the fall.



GOOD TIMES PLANNER NEWS

Good Times will resume activities in September 2026.

GOOD TIMES PLANNER'S LADIES LUNCHEON

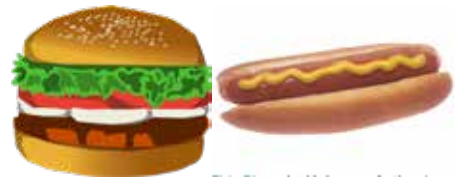
The Good Times Ladies Luncheon are not formally scheduled through the summer months but if anyone is interested in joining in a monthly luncheon, please contact Pat Francis @ 501-773-2178 or Elaine Eckert @ 727-479-7046 to express interest.



HAMBURGER/HOTDOG NIGHT

Hamburger/Hot Dog night will be held on Tuesday, June 9 from 4:30 to 6:00 pm.

- Menu:
- 1/3rd lb Hamburger or Cheeseburger..... \$6.00
 - Quarter lb. Hot Dog \$4.00
 - Chip Varieties \$0.50
 - Soda..... \$1.50
 - Ice Cream Varieties \$1.50



GOLF CART/BICYCLE POKER RUNS

The Golf Cart/Bicycle Poker Runs are held on the 2nd and 4th Saturdays of the month and will continue throughout the summer months beginning on June 13th and 27th. Line your cart up at the Clubhouse driveway beginning at 10:30 am and the run will begin at 11:00. Join in on the fun and possibly win some money. Entry fees are \$5.00 per cart or bicycle, and \$5.00 a ticket to take a chance on the 50/50. High poker hand and low poker hand each win a percentage of the pot. All monies taken in go back to the winners. The 50/50 ticket is drawn after the completion of the run.

...continued on page 13

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Results from the April 25th Poker Run are as follows:
 High Hand – Pat Francis - \$68.00
 Low Hand – Georganne Leone - \$42.00
 The 50/50 Bev Tardiff - \$75.00



The results from the May 9th Poker Run are as follows:
 High Hand – John Lynch winning \$42.00
 Low Hand – Wayne Mowry winning \$28.00
 The 50/50 was won by Sue Sears collecting \$65.00

Dates for the Poker Run in June are June 13th and June 27th. Join us again on Saturday June 13th and share in the fun and possibly win some money!

NOTE TO RESIDENTS:

We are going to continue “I Got It” through the summer as long as there is interest. There will not be any pizza for the summer months. We will start at 6:00 pm on the 2nd and 4th Tuesday and follow the same format. “I Got It” will be held on June 8th & 22nd.



OH, BY THE WAY

The 2026-2027 Community Phone Books have been delivered. If you find any corrections or additions that need to be made, please contact the office.

Phone Book correction or addition:
 Addition:
 Lot 155 CJ Smith cell 727-657-0179



ENTERTAINMENT COMMITTEE NEWS

The entertainment for the season has been concluded. Activities will resume in the fall.
 2026-2027 Entertainment Committee

- Jan Freitus, Chairperson
- Sue Alexander Sue Graziano
- Sharon King Diane Novelli
- Sandi Pettigrew Diana Ricci





JUNE MONTHLY CLUBHOUSE DINNER

As we enter the summer months there is every effort to keep activities going in the community. The Golf Cart Poker Run continued through May and if we have participation, we will continue to run through the rest of the summer.



We will celebrate the Summer Holidays with dinners available for Memorial Day, Independence Day and Labor Day.

We just completed the Memorial Day meal event, but more is in store for the 4th of July. On that Saturday, July 4th, we will have a Clubhouse food event open to all residents. We will be serving Publix Fried Chicken, along with Potato Salad, Corn on the Cob, Dinner Roll and a special dessert, Strawberry Shortcake with Whipped Cream. All this for a mere \$5.00, tickets will be available during June from Ray or Sue Sears at Lot 207 or call 813-215-4800. We will be serving from 4:30 – 6:00 PM so that you can still have plenty of time to go to your favorite area to observe fireworks shows.

GREETINGS SHORELINE PALMS RESIDENTS!! SCOOP HERE!! SPEAKING OF SPORTS.....

HIGHLIGHTS –

Ray’s **Baseball** – Our surprising Tampa Bay Rays are running neck and neck with the Yankees for Eastern Division supremacy. With a cast of good young talent and some surprising outings by the pitching staff, the Rays are exerting themselves into the thick of the race for the first 3rd of the season. But I hate to be the wet blanket on this exciting start, if you remember they started the same way last year only to fall into the injury quagmire and wound up with a mediocre season. It might be different this year with our emerging talent but we will have to wait and see.



Lightning Hockey – Just as I thought, the Lightning fell victim to a tight-checking physical team in the Montreal Canadians. And as they have demonstrated in the past, they seem to be more interested in making pretty passing plays only to be thwarted by a hot goalie. “SHOOT THE PUCK” is the refrain heard most frequently from Lightning fans. I see some changes coming for next year to bolster their chances to finally get out of the first round.

We’ll keep our eyes on the remaining sports contests during the summer months.

If there are any sports fans out there who want to vent or contribute, let me know (nilerivers@gmail.com) and remember, when it’s news in Shoreline Palms, it’s news to me.



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Quote of the month: "Never put off till tomorrow what you can do the day after tomorrow."

Mark Twain

Answer to last month's Trivia Question: In the "Our Gang Comedies", some of the "talkie" shorts were re-branded as "The Little Rascals' by Hal Roach Studios". The cast consisted of George MacFarland as Spanky, Carl Switzer as Alfalfa, William Thomas as Buckwheat, Matthew Beard as Stymie, Darla Hood as Darla and Petey as the dog. (John Lynch, you have a famous namesake for Petey!!)

HERE IT COMES!!

Another music trivia contest is starting this month (June 2026). Here is the format – Each month will be a different category and there will be 1 question from that category. Correct responses will be worth 2 points, incorrect answers are worth 0 points. If your answer contains some semblance of the correct answer, you will receive 1 point. Most of the questions will be direct answers. The awarding of points is at the discretion of the contest coordinator. Here is an example:

Category – 1950's Artist's Trivia

Question - Who scored a 1957 hit with CC Rider?

Answer – Chuck Willis

Points will be tallied each month with the final taking place in June 2027. The winner will receive the coveted "Golden Scoop" award. Let me know if questions.

This month's Trivia Question:

Category - 1950s Artists Trivia
Which group had a hit with Courtroom Blues?



SHORELINE PALMS A-LISTER NEWS.

As the new media coordinator, if you have any items of interest or suggestions, please email me at cjsmith090559@gmail.com.





JUNE CROSSWORD



ACROSS

1. Bother
5. Start
10. Not us
14. Decorative case
15. Sporting venue
16. Part portrayed
17. Passing from place to place
19. Celtic language
20. Mesh
21. Metric unit of length
22. Beginning
23. Vibrating effect
25. Avoid
27. Hog's home
28. Cow milkers
31. Master of ceremonies
34. Not solids nor liquids
35. Anger
36. Nonclerical
37. Reveals
38. Make a sweater
39. 54 in Roman numerals
40. Satisfies
41. Chomps
42. Slandered
44. Encountered
45. Reluctant
46. In a constricted manner
50. Decree
52. Drama set to classical music
54. Hasten
55. Fluid escape
56. Warranties
58. Ruination
59. Utilizing
60. Desire
61. Formerly (archaic)
62. On edge
63. Stinging insects

DOWN

1. False move
2. Absolute
3. Hotel apartment
4. Transgression
5. Scarcely
6. Muse of poetry
7. Heredity unit
8. Becomes larger
9. No
10. Voguish
11. Wild bergamot
12. Otherwise
13. Encounter
18. Overact
22. Paddles
24. Milliseconds
26. Contends
28. Took a chance
29. One of the Great Lakes
30. Trawling equipment
31. L L L L
32. Cripple
33. Non-military people
34. Castle entrance
37. Thai currency
38. Friends and acquaintances
40. "Go away!"
41. Started
43. Missile
44. Illusion
46. Sea swallows
47. Thither
48. Feudal lord
49. Affirmatives
50. River to the North Sea
51. Darling
53. Hurt
56. Destroy the interior of
57. Vat





Flying in the face of disaster

In the 1980s and early '90s, Continental Airlines was a disaster. The organization had gone bankrupt twice and was on its way to a third (and final) catastrophe. It had gone through 10 presidents in 10 years, and employees mistrusted management.

Then in 1994 Gordon Bethune stepped in. Instead of running around willy-nilly trying to stamp out the various raging fires, Bethune took a step back to return to the basics. He identified Continental's key goals so that employees' efforts would be concentrated on them rather than diffused by the disaster of the moment. One of his areas of focus was creating a corporate culture. Without the commitment of the employees, the other goals would be impossible.

Drawing on the organization's history of excellence in service, he rallied the workforce. Bethune discovered that the employees weren't bad—they just worked in a dysfunctional organization. So they were quick to get behind his new leadership.

Senior management was a different story. Bethune knew he had to make wholesale changes, and that meant getting rid of the bureaucracy. In a couple of months, Bethune and his top executives replaced 50 of the company's 61 officers with 20 top-notch people.

The changes were dramatic. In one year's time, Continental went from being ranked the worst in customer satisfaction among major airlines to first.

The birth of 'excellence'

Tom Peters didn't exactly give birth to excellence, but he did establish the idea that companies can achieve excellence under the inspiration of a management guru—like himself.

It all began in the spring of 1978. John Larson of McKinsey's San Francisco office was set to give a presentation to a client. But his computer crashed and took with it his notes. He turned to another consultant, Tom Peters, to throw together a presentation that would satisfy the client.

Peters had just returned from traveling the world to compile research on best practices in business. Up until then, his research had been collecting dust after he had presented it to the McKinsey powers that be. With an opportunity to present his findings again, Peters gathered his data. In search of a sexy title to give his presentation, Peters came up with "Excellence." It was a hit.

Eventually, Peters edited the material into a manuscript. Continuing with the idea of excellence, he titled the book *The Secrets of Excellence*. But the title didn't fly with the McKinsey folks, who feared that clients would think the company was selling the secrets of client operations. In 1982, Peters and co-author Robert Waterman renamed it the more politically astute *In Search of Excellence*. And thus was excellence born.

Did You Know?

Due to the rotation of the Earth, June 21st marks the longest day of the year in the northern hemisphere and the shortest day of the year in the southern hemisphere.



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30			***Be on the lookout for tickets to the 4th of July chicken dinner at clubhouse 4:30 to 6:00 pm.	<div style="text-align: center;"> <p>July</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p> </div>

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Mix these ingredients for cultural creativity

Do you want to nurture a culture of creativity in your organization? Try to build in these essential ingredients:

- **Curiosity.** Ask people questions that challenge the conventional wisdom. Encourage them to stretch boundaries and take chances on new opportunities.
- **Emotion.** People who love what they do are better at generating new ideas about their work. Hire and support people who show a real enthusiasm for your organization and its mission.
- **Tolerance.** People won't suggest ideas if they're afraid of being punished for failure. Encourage risk taking by showing forgiveness when things don't work out, as long as people are giving their best efforts.
- **Direction.** A clear sense of what you want to achieve will help people focus their ideas. Have a concrete mission statement that tells everyone what you're trying to do, why it's important, and how it will benefit everyone.



What do the instructions say? Creativity expert

Yoram Solomon often conducts workshops that teach people to approach problems with an open mind. In one exercise (recounted on the Inc. magazine website), he asks participants to build a structure out of a sheet of paper. Some cut the paper into smaller pieces, although his instructions don't specifically say they can.

Once everyone is finished, Solomon asks, "Did the instructions allow you to cut the paper?" Most believe they've done something wrong. But one person usually pipes up with, "You didn't say we couldn't, either."

"To be creative," Solomon points out, "don't assume restrictions that don't really exist."

Quote

Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.

—George Bernard Shaw

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Beware these creativity myths

Creativity can seem magical and mysterious, but you shouldn't make assumptions that can hold your imagination back. Watch out for these misconceptions that can impede your efforts to find innovative ideas and solutions:

- **The “eureka” moment.** Many people believe that creativity is a sudden flash of insight. More often it's the result of research and persistence, immersing yourself in a subject, and then building on what you learn.
- **Inborn creativity.** You aren't necessarily born with the ability—or inability—to think creatively. You can learn the knack by asking questions, looking at things in new ways, and challenging the status quo.
- **Uniqueness.** Good ideas don't always spring from something new. Often the best ideas and solutions come from combining separate elements in different ways.
- **Lone wolves.** The stereotype of the genius working alone in an office or laboratory is misleading at best. Although some mavericks do produce good ideas totally on their own, many of the best ideas and solutions are the result of collaboration by smart, motivated people.
- **Brainstorming.** Brainstorming sessions can produce results if they're focused on a specific issue. If it's just a free-form session of throwing ideas around, chances are you won't generate practical solutions. Keep the discussion centered on the problem you're trying to solve.
- **No limits.** Creativity may seem to thrive on the concept of thinking beyond boundaries. In reality, constraints can force your thinking in the right direction. Try setting some limits to what you want to create—size, budget, deadlines—and see how that helps focus your imagination.

Quote

Curiosity about life in all of its aspects, I think, is still the secret of great creative people.

—Leo Burnett



Try ginger for its health benefits

Looking to get over a cold a little more quickly, or ease muscle soreness? A little ginger may help. Check out this list of ginger’s healthy benefits from the Huffington Post website:



- **The common cold.** Some research suggests that ginger helps your body sweat out a cold, as well as producing a germ-fighting agent called dermicidin, which can protect you from bacteria and fungi.

- **Muscle aches.** One study by the American Pain Society found that taking two grams of ginger for 11 days can significantly reduce aches and muscle soreness caused by exercise. That’s because ginger contains anti-inflammatory compounds known as gingerols, which prevent the transmission of pain from inflammation. Try adding a few slices of ginger every time you drink a glass of water.

- **Indigestion.** Ginger can help speed up the digestive process, allowing you to empty your stomach faster. It also helps eliminate excess gas from the intestinal tract.

Watch out for ‘masked’ hypertension

Being diagnosed with high blood pressure may be scary, but thinking your blood pressure is normal when it’s not? Scarier still.

The Live Science website reports that almost one in eight Americans who believe their blood pressure is just fine may really have a masked form of hypertension that doesn’t show up when they visit their doctors. Instead their blood pressure is elevated during their daily activities, so they may be at increased risk of heart disease without realizing it. To diagnose masked hypertension, researchers suggest wearing 12-hour blood pressure monitors that take readings through the day.

The flip side of this phenomenon is so-called “white-coat hypertension,” in which patients’ blood pressure increases at the doctor’s office (possibly from nervousness?) but is normal the rest of the time. Unlike masked hypertension, these people don’t appear to be at a higher risk of heart disease.

Quote

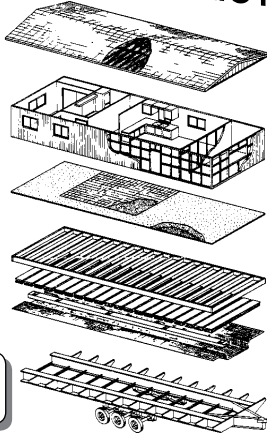
Health is the natural condition. When sickness occurs, it is a sign that nature has gone off course because of a physical or mental imbalance. The road to health for everyone is through moderation, harmony, and a “sound mind in a sound body.”

—Jostein Gaarder

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Exercise may improve cognitive functions in stroke patients

Exercise is essential to good health for everyone. Now a recent study suggests that an exercise routine can have positive mental health benefits for stroke survivors.



A stroke cuts off the flow of blood to the brain, and frequently leaves survivors with physical and mental impairments. An analysis of 13 clinical trials at the University of Pittsburgh appears to indicate that moderate aerobic exercise along with strength and balance training is effective at helping survivors regain such cognitive skills as attention and processing speed. Exercise programs of four to 12 weeks can be beneficial, even long after a stroke occurs.

The most effective programs emphasized strength, balance, stretching, and aerobic fitness that increases your heart rate just enough to make patients sweat. Instead of an intense workout, walking on a treadmill or riding a recumbent bike appears to have a positive impact—important news for anyone dealing with the aftermath of a stroke.

Quote

A sad soul can kill you quicker than a germ.

—John Steinbeck





Monthly



Adopt a Cat Month. Your local shelter has tons of cute, cuddly newborn kittens, mellow older cats, and everything in between. Shelter staffers are ready to help you adopt your very first cat or bring home a friend for another beloved cat.

National Dairy Month. Start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products such as milk contain essential nutrients that can help you manage your weight and reduce your risk for high blood pressure, osteoporosis, and other health problems.

National Zoo and Aquarium Month. June is an excellent time to explore your local zoo and aquarium as well as the websites of America’s great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, activities, and sounds so real you’ll think you’re there.

PTSD Awareness Month. The purpose of PTSD Awareness Month is to raise public awareness of PTSD and effective treatments and help all those affected by PTSD. Mental health experts aren’t sure why some people develop PTSD and others don’t, but if stress reactions don’t improve over time and disrupt everyday life, seeking help to determine whether PTSD is present is important.



Weekly

National Automotive Service Professionals Week, June 8-14. A weeklong celebration to honor the commitment and dedication of the automotive, truck, collision specialists and parts specialists who keep our vehicles running safely.

Men’s Health Week, June 15-21. The purpose of Men’s Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, members of the news media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

National Nursing Assistant Week, June 11-17. Nursing assistants work in hospitals and nursing homes performing everyday living tasks for the elderly, chronically ill, or rehabilitation patients who cannot care for themselves. This week is set aside to recognize the nursing assistants who dedicate their lives to the well-being of others.

National Mosquito Control Awareness week, June 20-26. During “Mosquito Week,” the American Mosquito Control Association’s goal is to educate the public about the significance of mosquitoes in their daily lives and the important service provided by mosquito control workers throughout the United States and worldwide.

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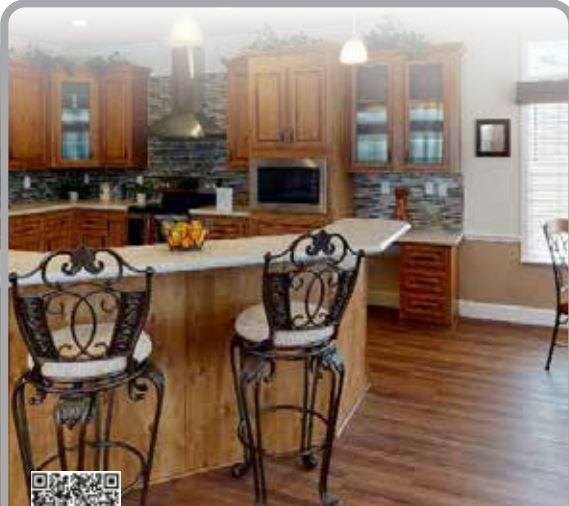
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The cost of a wedding? Priceless

June is a traditional month for weddings, and for some brides and grooms, the sky's the limit. The Knot website tracks wedding costs, and its most recent findings give a snapshot into the state of the wedding industry today:

- Average wedding cost: \$35,329 (excludes honeymoon; up from \$32,641 in 2015)
- Most expensive wedding city: Manhattan, \$78,464 (average)
- Least expensive: Arkansas, \$19,522 (average)
- Average cost of a wedding dress: \$1,564
- Average age: bride, 29; groom, 31
- Average number of guests: 141
- Average number of bridesmaids: 5
- Average number of groomsmen: 5
- Most popular month to get engaged: December (15 percent)
- Average length of engagement: 15 months
- Most popular wedding month: October (16 percent) and September (16 percent)
- Most popular wedding colors: dark blue (29 percent), gold (28 percent), and light pink (28 percent)
- Percentage of destination weddings: 20



What millennials want when dining out

Millennials are driving more and more of the economy, especially with their food and dining choices. Y-Pulse, a youth marketing and millennial research firm, looked at some of the restaurant trends being pushed by people 18-34 years old, and here's some of what it found:

According to the survey, 71 percent of millennials love to attend food-focused events, and 81 percent enjoy exploring new cultures through food. Memorable dining experiences are also important, with 48 percent saying they seek out new restaurants with famous chefs and 69 percent enjoying eating establishments with chefs' tasting menus.

On the other hand, 61 percent say they wish they could find more restaurant offerings that remind them of their grandmothers' cooking, and 69 percent are looking for food that reminds them of their childhood.

Quote

Mathematics, rightly viewed, possesses not only truth, but supreme beauty—a beauty cold and austere, like that of sculpture, without appeal to any part of our weaker nature, without the gorgeous trappings of painting or music, yet sublimely pure, and capable of a stern perfection such as only the greatest art can show.

—Bertrand Russell



Stay safe when working in the heat

When heat and humidity combine to reduce the amount of evaporation of sweat from the body, outdoor work can become dangerous even for those in good shape. The key rules for coping with heat are to drink plenty of water to avoid dehydration and slow down and cool off when experiencing fatigue, a headache, a high pulse rate, or shallow breathing. Overheating can cause serious, even life-threatening conditions such as heatstroke. Look out for these symptoms of heat illness:

- **Heat cramps.** Working in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.
- **Heat syncope or fainting.** Anyone not used to working in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the best approach is to take it easy.
- **Heat exhaustion.** Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but shouldn't exceed 102 degrees. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.
- **Heatstroke.** In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion, and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.



Stay awake on the road

Fatigue can be a killer, especially when you're driving on the open highway for long periods of time. Here are a few tips for staying safe at the wheel:

- **Get enough rest.** Try not to start a trip late in the day. Long-distance driving is tough enough in the daytime. Be ready and awake.
- **If possible, don't drive alone.** Passengers can take turns driving, or at least help you stay awake if you need stimulation.
- **Watch your posture.** Drive with your head up and your shoulders back. Tuck your buttocks against the seat back. Legs should not be fully extended, but flexed at about a 45-degree angle.
- **Take frequent breaks.** Stretching is good for staying flexible and awake.



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 -Monthly Media Staff

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