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# HILLCREST

## HIGHLIGHTS

### May • 2026

Issue 3 • 50<sup>th</sup> Year

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*Photo Credit: David MacAskill*



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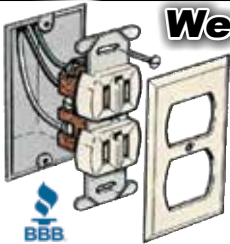
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## Social Club

Submitted by Pat J.

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Hard to believe the season is winding down. Wishing all our snowbird friends a safe trip home, a happy summer, and a quick return.

A March recap, we held our first bingo in a while. This was lightly attended but all who were there seemed to have fun. A big thanks to Judy for calling the numbers and to Diane & Joy for helping to sell game packs. We will have another Bingo on Saturday April 25th.

St. Patrick's day was a wonderful success. Entertainer Dave Adlerian was wonderful, playing the songs we wanted to hear. This multi instrumentalist played sax while strolling through the crowd. We will definitely have him back next season. Thanks to Janet B. for arranging this. We had a menu of corned beef or ham sliders, coleslaw, potato salad, swiss cheese or sauerkraut and a ton of desserts. Nearly everyone got on the dance floor at least once. There were door prizes won by Earl P. and Paul S. On Saturday March 21 we held a Pancake Breakfast. This event was hosted by Cindy and Paul S. with Candy Y. and Diane H. assisting. They did a great job. If you missed this, you missed pancakes, bacon, scrambled eggs, OJ and coffee.

The final event for March was a Happy Hour on Friday 27. This was the last Happy Hour until the fall.

May begins our summer season. If you have an idea for an event please see a Board member. Items under consideration at this time are: a bingo on May 17th, and Memorial day potluck. Other items that may show up are: a pizza party, July 4 with a golf cart parade, Ice cream social, bingo, a dinner dance, Labor day celebration, moonlight shuffle or cornhole.

Easter dinner was held on Easter Sunday at 1pm. The menu included ham and meat lasagna with the appropriate sides and dessert. This dinner was well attended with some new friends attending. I want to thank all the helpers including, Mary Ellen C., Jan B., Candy, Cindy S., Tracy, Judy, Cheryl M., George M., and Paul S.

Leaving for vacations during the summer? Be sure to secure your outside items before you go.





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1. Clutch
6. Engage in
10. Combines
14. Eagle's home
15. Minerals
16. Voucher
17. Coniferous forest
18. Regrets
19. Bay
20. Stuporous
22. Detail
23. Not new
24. Low point
26. Worldwide
30. Stash
32. Scrutinize
33. Pomp
37. Pretentious person
38. Desert watering holes
39. You (archaic)
40. Idioms
42. Offering little or no hope
43. Twiddled one's thumbs
44. Purchasers
45. Chocolate source
47. Not thin
48. Roman robe
49. Hyperactive
56. Wicked
57. Knockout
58. Custom
59. Peddle
60. Distinctive flair
61. Genus of heath
62. 3
63. Break
64. Adjust again

## DOWN

1. An international trade treaty
2. Towards the back
3. Diva's solo
4. Portent or omen
5. Navy jacket
6. Planet
7. African sheep
8. Nerd
9. Flavoring extracts
10. Without intention
11. Hindu loincloth
12. Scuba user
13. Flower stalk
21. Addition
25. Revelation response
26. Sharp intake of breath
27. Moon goddess
28. Scent
29. According to the Bible
30. Enclosed
31. Anagram of "Sage"
33. Rate
34. You (archaic)
35. Big laugh
36. Guffaws
38. Witness
41. American Dental Association
42. Meat retailer
44. Sheep sound
45. Shroud
46. Nimble
47. Not back
48. Exam
50. Low-lying area
51. Nestling hawk
52. Empty weight
53. Nile bird
54. Moral weakness
55. French for "State"





## Monthly

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**ALS Awareness Month.** ALS, also known as Lou Gehrig’s disease, is caused by the death of neurons, leading to stiff muscles, twitching, and gradually worsening weakness. No cure is known, but this month is an opportunity to spotlight and support research to fight this deadly disease.

**Better Hearing Month.** Approximately 36 million Americans suffer from some form of hearing loss—and more than half are under 65. Visit an audiologist today to learn how to protect your hearing and ensure that your ears stay healthy throughout your life.

**National Military Appreciation Month.** As designated by Congress, National Military Appreciation Month celebrates the history of our armed forces and recognizes the brave people who have served in every branch of military service. It also allows Americans to educate each generation on the historical impact of our military through community participation.

**National Bike Month.** Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling and encourage more folks to giving biking a try.

## Weekly

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**Children’s Mental Health Awareness Week, May 3-9.** A yearly event aimed at raising awareness of the issues and causes integral to the children’s mental health field nationwide. Sponsored by the National Federation of Families for Children’s Mental Health, this year’s theme is “Healthy Families, Resilient

**Food Allergy Awareness Week, May 10-16.** Food allergies affect up to 15 million people in the United States, including one in 13 children. Whether you’re newly diagnosed or brushing up on the facts, learning all you can about the condition is the key to staying safe and living well with food allergies.

**American Craft Beer Week, May 11-17.** American craft brewers are small, independent, and traditional. The average American lives within 10 miles of a brewery, and the United States now has more beer styles and brands to choose from than any other market in the world. Enjoy a cold one (responsibly) all month long.



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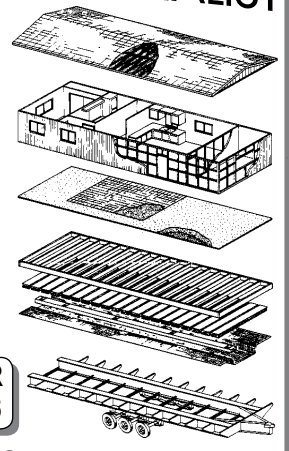
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## The absent-minded composer

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The famous composer Ludwig von Beethoven once went to a restaurant for some dinner, but being very absent-minded he forgot what he actually came there for. A waiter asked him several times what he would like to order, but Beethoven paid him no attention.

After an hour Beethoven called the waiter and asked him, “How much do I pay?”

The waiter replied, “Sir, you haven’t ordered anything yet. What I can do for you?”

Frustrated, Beethoven snapped back, “Oh, just bring whatever you want and leave me alone!”

## Einstein: A genius with a human touch

---

Albert Einstein was a scientific genius, and stories about him are legendary. Three stories illustrate that he was as human as the rest of us:

- When Einstein went to Princeton University in 1953, someone asked what he would need for his office. His reply: “A desk, some pads and a pencil, and a large wastebasket to hold all of my mistakes.”
- A student visited Einstein in his Princeton office one day with a copy of this year’s final exam in his hand. “Professor, all the questions on this year’s test are the same as last year!” “Yes,” Einstein replied, “but this year all the answers are different.”
- After finishing a paper, Einstein and his assistant could find only one paper clip in his office to hold the pages together. Unfortunately, it was bent out of shape and impossible to use. They searched the desk for something to use as a tool to straighten the clip, and found a full box of paper clips in one drawer. Instead of taking one of those clips, Einstein used one as a tool to straighten out the bent clip.

The assistant asked why he didn’t just use one of the fresh clips. Einstein answered, “Once I am set on a goal it becomes difficult to deflect me.”

## Quote

---

To hell with facts! We need stories!  
—Ken Kesey



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## A lesson in taking chances

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A story from the book *Art and Fear*, by David Bayles and Ted Orland (Image Continuum Press), illustrates the power of taking chances and risking failure when you're trying to achieve something of quality:

On the first day of class, a ceramics teacher announced that he was putting his students into two groups. Half the students would be graded on quantity of works produced, the other half on the quality of just one work. On the final day of class, the instructor looked at the pots from both groups and realized that the best pots—those with the most creative designs and those that seemed most beautiful—all came from the group graded on quantity.

As the authors put it: “It seems that while the ‘quantity’ group was busily churning out piles of work—and learning from their mistakes—the ‘quality’ group had sat theorizing about perfection, and in the end had little more to show for their efforts than grandiose theories and a pile of dead clay.”

## Take a fresh approach to solving problems

---

You don't always want the same old solutions to everyday problems. Sometimes you want to try something different. From the *Fast Company* website comes these ideas for finding a fresh approach:

- **Rephrase the question.** The way you frame the problem may limit your options. Teach yourself to expand the scope. Instead of, “How can we throw a great birthday party for Ted?” Ask, “What can we do to make this a memorable birthday?”
- **Look for bad ideas.** Seeking perfect solutions can put too much pressure on your creativity. Give yourself a break and try coming up with some bad ideas. You'll get them out of the way quickly, and sometimes a bad idea can lead to something new and exciting.
- **Challenge your assumptions.** Take a hard look at your basic beliefs about the situation. Is the customer really always right? Is the lowest price necessarily the best deal? Turning your assumptions on their heads can suggest a different direction to go in.

## Quotes

---

There are painters who transform the sun to a yellow spot, but there are others who with the help of their art and their intelligence, transform a yellow spot into sun.  
—Pablo Picasso

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Sunday	Monday	Tuesday
3	4	
10	11	Cinco de Mayo
Mother's Day		
1pm - Bingo	18	
24	25 4pm - Memorial Day Party	
Pentecost	Memorial Day	
31		

# Hillcrest

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
			1 7pm - Bar Poker	2 6pm - Kentucky Derby Party 9am - Coffee																																										
5 7pm - Games  Día de Mayo	6	7  National Day of Prayer	8 7pm - Bar Poker	9																																										
12 7pm - Games	13	14 6pm - Potluck  Ascension Day	15 7pm - Bar Poker	16																																										
19 7pm - Games	20	21	22 7pm - Bar Poker	23																																										
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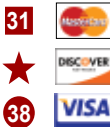
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## Report: Fiber may prevent breast cancer

---

Parents and young women concerned about breast cancer may want to take note of a study from the journal *Pediatrics*: Scientists have discovered that adolescents and young women can significantly reduce their chances of getting breast cancer later in life by eating a high-fiber diet early on.

Researchers tracked more than 90,000 women over a period of years. Women 27-44 answered questions relating to their diet as adults and in high school. The data they collected about fiber consumption, after screening out other factors like race and family history of breast cancer, showed that women who had eaten high amounts of fiber had a 12-19 percent lower chance of getting breast cancer. In addition, women who reported a high fiber intake during their high school years were found to have a 16 percent lower risk of suffering breast cancer overall, as well as a 24 percent lower risk of being diagnosed before menopause.

Fiber from fruits and vegetables appear to offer the most health benefits.

## Keep your workplace a healthy zone

---

From Ebola to the Zika virus, new diseases seem to be rising every day to threaten our health. If you're a manager, you should do everything you can to keep your workforce safe from illness. Take these steps to minimize the risks:

- **Adjust absentee policies.** Many organizations still penalize workers for taking sick leave. Let your employees stay home when they're sick rather than risk infecting others.
- **Promote hygiene.** Post restroom signs urging workers to wash their hands frequently. Instruct cleaning services to wipe down telephone receivers as well as desk surfaces.
- **Plan ahead.** Consider how you'd respond if your department experienced a 30 percent absentee rate. How can you ensure that essential functions are covered? You can't stop bad things from happening, but you can take steps to keep them from crippling your organization.

## Quotes

---

Healthy citizens are the greatest asset any country can have.  
—Winston Churchill

## Try these year-round common cold remedies

**Y**ou can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- **Honey.** Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- **Zinc.** Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- **Hot liquids.** Hot tea or water can loosen up congestion in your chest and sinuses.
- **Salt water.** Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- **Vitamin C.** Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.



## Exercise: More isn't necessarily better

**L**osing weight is just a matter of exercising, right? Actually, that may not be the case, according to a study of exercise and weight loss reported on the CNN website.

Researchers looked at 332 adults in the U.S., Jamaica, and Africa, measuring their activity level over a week. The volunteers displayed a variety of exercise levels from sedentary to active. Although those who exercised and were active more burned away more calories than the others, their activity tended to hit a plateau—after a certain level, more exercise didn't produce more weight loss.

Switching exercises helped a little, since using different muscles can make your body use more energy. But in the long run, a combination of exercise and a reduced-calorie diet may be your best bet for losing those unwanted pounds.



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video  
virus  
voice  
water

## Teens and social media: What's really going on?

If you think your kid is checking his or her smartphone every 30 seconds, you may not be far off. A study of more than 200 eighth-graders reported on the CNN website found that the heaviest social media users check the Internet more than 100 times daily, even when they're in school. What are they looking for?

- Checking their online posts for comments and “likes”: 61 percent.
- Seeing whether friends are doing things without them: 36 percent.
- Making sure friends aren't saying mean things about them: 21 percent.



Fifteen percent of teens in the study reported receiving inappropriate photos. And 94 percent of parents were unaware of the amount of fighting that occurs on social media.

## The workplace is becoming more flexible

Flexible working arrangements have caught on big time in the United States. A study by Flexjobs, an online service specializing in telecommuting and flexible jobs, reported the following trends:

- **Employers are fairly casual about productivity.** Although 89 percent of employers support workplace flexibility, 64 percent have no formal policies regarding telecommuting and flexibility programs, and only 3 percent actively monitor such factors as performance, engagement, and productivity.
- **Health factors are a major driver of flexibility.** Flexjobs found that 32 percent of respondents to their survey believe flexible working arrangements would benefit their health; 29 percent are interested in flexibility in order to have more time for exercise.



## Caregiving has its rewards

As Americans live longer, families are feeling a heavier burden in the caregiving area. The Bureau of Labor Statistics estimates that some 40.5 million Americans are acting as unpaid caregivers for older family members. Most just help one person, but 22 percent are responsible for two people and 7 percent provide help to three or more. Most caregivers are between the ages of 45 and 64 (23 percent), but 17 percent of people older than 65 act as caregivers as well.

The demands may be high, but many Americans find the work worthwhile. Yes, 32 percent describe caregiving as stressful, but 88 percent say helping out an elderly loved one is a rewarding experience.



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## Antilock brakes: Use them properly

---

**A**ntilock braking systems in cars are designed to improve safety, but they won't do the job unless drivers know how to use them correctly. Here's the right way to use the ABS when you need to stop quickly:

- **Apply steady, firm pressure.** Never pump or “feather” your brakes. The ABS regulates the braking pressure so the brakes don't lock up. If you pump or slightly release pressure on the pedal, it confuses the computer system and shuts it off.
- **Don't let up.** The grating noise you may hear is the sound of the ABS working.
- **Don't yank the wheel.** You can steer your car safely, but if you yank the wheel, you could lose control.
- **Be prepared for skids.** Remember that the ABS doesn't prevent skids. Nor does it allow for shorter stopping distances than conventional brakes.



## Don't get zapped at work (or home)

---

**E**lectrical hazards at home and in the workplace injure thousands every year from burns and shocks. Faulty or overloaded wires cause the majority of accidents, so protect your family and your co-workers by following these guidelines:

- **Get inspected.** If your electrical panel hasn't been inspected for more than 10 years, get a qualified electrician to look it over.
- **Unplug heat appliances after use.** At home, that includes toasters, hair dryers, and irons, among others. In the office, unplug space heaters or anything else that can cause a fire.
- **Use the correct wattage.** Putting a 75-watt bulb in a 60-watt light socket is asking for trouble.
- **Use surge protectors.** They'll keep computers and other appliances safe from overloaded circuits.
- **Keep appliances away from water.** If an appliance that's plugged in falls into water or gets wet, unplug it before you reach for it.
- **Don't yank cords.** When unplugging an appliance, always grip the head of the cord. Yanking and tugging can damage the cord's wire and insulation, which can lead to an electrical shock or fire.





## Space Station experiment points to possible life on Mars

---

Fungi from the dry, frigid environment of Antarctica took a trip to the International Space Station to determine their ability to survive under the harsh conditions of the planet Mars. Their endurance suggests that primitive life may indeed be viable on the red planet's surface.

As reported by the NBC News website, scientists took samples of the fungus from the McMurdo Dry Valleys in Antarctica, then had them sent up to the ISS, where the crew placed them on a sealed platform outside and exposed them to various types of conditions, including one which simulated the sparse atmosphere and the exposure to radiation present on Mars.

After a year and a half, the fungi had retained 60 percent of their cells, providing evidence that simple forms of life can survive under the toughest conditions in space and on distant planets.

## Robot cockroaches could save lives

---

Few animals are as maligned as the lowly cockroach. But scientists have found something worth emulating about them—their ability to squeeze into even the tightest spaces. Cockroaches on the run are about ½ inch tall, but they're able to compress their bodies to a 10th of an inch when they're trying to hide. Scientists at the University of California-Berkeley have been able to adapt that flexibility in a small, soft, multi-legged robot dubbed CRAM (Compressible Robot with Articulated Mechanisms). Constructed with an “origami-like” manufacturing technique, CRAM is seven inches long, three inches tall, and 1.6 ounces, and it's able to compress itself just like a cockroach to get inside tiny spaces. The scientists hope that CRAMs could be deployed in swarms to search for survivors inside collapsed buildings.

## Tarantulas have their own ‘Man in Black’

---

A new species of tarantula has been identified by a postdoctoral researcher at the Florida Museum of Natural History. Actually, Chris Hamilton discovered 14 previously unidentified species during his Ph.D. research at Auburn University, but only one of them was named after one of his favorite entertainers: country singer Johnny Cash.

*Aphonopelma johnnycashi* can be found, appropriately enough, near Folsom Prison in California, the setting of one of Cash's most famous songs and the site of several concerts the “Man in Black” performed during his lifetime. Tarantulas have more than 50 different species, and Hamilton examined more than 3,000 specimens, narrowing the field initially to 29 possibles and finally to 14 completely distinct species. Given that Hamilton has a tattoo of Cash himself, the name came naturally.

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## Get promoted with this career-savvy advice

---

Chances are good you don't want to stay in the same job forever. Whether you dream of moving up to the CEO's office someday or you're just looking for a bump in your salary, understanding how to get promoted is vital to your career success. Keep this advice in mind as you climb the workplace ladder:

- **Get to know your boss.** Find out what your boss likes and doesn't like, both in and out of the workplace. Do your best to adapt your style to fit his or her personality.
- **Keep the drama down.** Make a solid effort to get along with everyone in your workplace. Pitch in to help, support your co-workers, and show that you're a team player.
- **Pay attention.** Don't force your boss or co-workers to repeat themselves. Take notes if necessary, but concentrate on remembering instructions and priorities so you don't have to bother people over and over again.
- **Record your results.** Your boss may not remember everything you've accomplished at review time—or when looking for someone to promote. Document your successes and share them with higher-ups to show what you're capable of.



## Smart advice for success

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Hard work alone won't guarantee a successful career. Although the phrase “work smarter, not harder” has become a cliché, you can flourish in your workplace by focusing your efforts on smarter strategies. Keep these in mind:

- **Challenge yourself.** Take on projects that force you to learn new skills and confront important challenges. You won't get anywhere doing the same job over and over.
- **Overprepare.** Take time to plan. The more information you have at the start of a project, the better you'll be able to deal with problems and obstacles.
- **Listen.** Don't do all the talking. Make a point of asking questions and paying attention to what co-workers, bosses, and customers have to say. Learn as much as you can from the people around you.
- **Know who your friends are.** Don't assume that your co-workers are all on your side. This may sound cynical, but remember that other people have their own agendas. Be discreet and keep relationships on a professional level.
- **Be positive.** Bosses and co-workers like to work with colleagues who are cheerful and upbeat. Project a positive attitude in everything you do, even when problems erupt.



# MAY SUDOKU

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..... HAPPY .....

*Mother's Day*

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

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