

July 2017

www.forestparkonline.com

Forest Park Newsletter

Forest Park, N. Ft. Myers, FL

Editor: Julie Seubert

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Published by:

Community Media

P.O. Box 1023 Venice, FL 34284

For advertising information Call - 941-375-3699



Happy July 4th

Independence Day

Freedom has its life in the hearts,
the actions, the spirit of men and so
it must be daily earned and refreshed -
else like a flower cut from its life-giving
roots, it will wither and die.

~Dwight D. Eisenhower

SOCIAL CLUB OFFICERS

Robyn Johnson and Julie Seubert, Co-Presidents
Joyce Hines, Secretary
Pat Schuren, Treasurer

FOREST PARK SOCIAL CLUB

Don't miss our annual 4th of July Picnic on Tuesday July 4th at 1:30. Tickets are FREE but limited to 2 tickets per household. Guest tickets will be \$4.00. Chicken, dessert and beverage will be served along with music and door prizes. Please bring a dish to share and your on table settings. You MUST have a ticket to eat and win door prizes. Anyone interested in helping decorate, setting up tables and helping serve should call Robyn or email her at drjohns85@gmail.com.

FOURTH OF JULY OFFICE SCHECULE

The office will be closed Mon. July 3rd & Tue. July 4th in observance of Independence Day. Please note that trash pick-up will be on Monday July 3rd (instead of Tuesday.)



SUMMER OFFICE NEWS

By Sheila Fitzgerald

It's that time of year again! The park office changed over to summer hours until further notice, perhaps mid-September. The hours the office will be open are Monday, Wednesday and Friday, from 9:00 to 12:00. It will be closed and locked every Tuesday and Thursday.

Please take care of any business during the hours the office is open. It is generally thought that the office workload drops in the summer when most of our residents have gone north, but quite the opposite is true. Both Mary and Bob Castor have vacations in the summer and must cover for each other, meaning Bob must do his bookkeeping duties as well as cover the front desk, and Mary will have to do all the bookkeeping chores during the month that Bob is away. In addition,

Mary has to catch up on many things that must be put aside during the busy season. She has to update all the changes to the database, get all the changes ready for the new telephone directories, printing and assembling over 500 copies of the new governing docs to reflect the changes made to the by laws and rules and regulations

over the last few years. We have to have copies for each resident. Info in the HUD binder needs to be updated, making up the welcome packages for new residents, and too many chores to mention. In addition, we lose most of our volunteer reception backup ladies at this time of year.

We would be grateful for assistance with clerical tasks & projects. Some of these projects require advance planning because in some cases Mary needs to do something (such as printing things for the packets beforehand). If you would like to volunteer to help with an occasional project for even an hour or two, please call Mary a day or 2 before. Thanks very much!

NEWSLETTER ARTICLES

By: Julie Seubert

All articles should be sent to Julie Seubert at: fpsocialnews@gmail.com by the 12th of each month for the following month's newsletter. I would appreciate you writing your information in the email in place of an attachment, if possible. Any questions or concerns please email me at the above address or call me at 715-571-4246. Please remember the newsletter continues to run every month all summer long. During the summer months, when the newsletters arrive in the office at the end of each month, watch the marquee for the newsletters to be picked up in the Clubhouse and Activity Building. They will not be delivered to your home during the summer months, so don't forget to stop and pick up your copy. Enjoy your summer, travel safely, we will be looking forward to seeing you in the fall.

FOREST PARK CALENDAR

Gail Ford is the person who handles the updates to the calendar. View the calendar anytime and see the most current information at the following website: www.forestparkonline.com this also allows you to view it in various formats i.e., weekly, monthly, etc. Please contact Gail for calendar changes at: gailford39@gmail.com or call her 603-440-5122



LAWN MOWING HOURS

**7 AM to 11 PM June 1 through August
31st and 8 AM to 11 PM September
1st through May 1st.**

TOOL SHED CLUB

By: *Phyllis Sexton*

The tool shed will be having a Labor Day hamburger dinner on September 4th from 1-3. The menu will be hamburger, baked beans, potato salad, coleslaw, dessert, tea and coffee. There will be music, door prizes and 50/50 drawing. Tickets are \$7.00 each. Tickets sales will be on August 20th and 27th at the clubhouse from 1-3. We will only have 150 tickets for sale. So mark your calendars! Look forward to seeing everyone at the dinner.

NEW RESIDENTS

- Guy & Maria Goldsmith 430 Timber Ln. N. from NY
- Gary P. Ligotti, 503 Blossom Ct. from WY



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Omer Brewer

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NO SOLICITING

Forest Park has a clear non-solicitation policy posted at the front of the community. However, there are several companies that persist in soliciting our residents. Unfortunately, there have been situations where residents have been taken advantage of by solicitors.

The most frequent violators include companies which sell water/water purification systems, tree trimming services, telephone/cable/internet services, and air conditioning companies. These companies may offer free services, such as water quality testing, A/C check, etc. Another tactic they employ is implying that they provided a service in the past to you or to your neighbors, or that they are conducting a survey.

Residents are encouraged to never open the door if you do not recognize the individual. Tell the individual through the window that they are trespassing and must leave immediately. If they do not leave, please call the Lee County Sheriff (non-emergency number) at 239-477-1000. The Sheriff will come out and escort them off of the property.

FOREST PARK WEB SITE:

By Jan Harmon

If you have access to the internet via any electronic gadget you will want to be sure and bookmark our Forest Park site. Since our Newsletter goes to press early in the month there are changes in events and dates on the calendar page that are incorrect when you receive the latest addition. Gail Ford always keeps the Newsletter that is on our site (<http://www.forestparkonline.com/calendar/default.html>) up to date. Check this page often to be sure you have the latest information.

Other information available there includes many documents and forms of interest to our residents. I have just added a new link called "FORMS" on the navigation list. A lot of the forms and information you need for the

park are included there. Of interest is the new VOICE link to the Lee County Sheriffs site and to the form you need to fill out to have your home observed during your absence, either for vacation or for the summer. This year it can only be done on line, not via a paper filled out in the office. Here is the direct link to that form: <http://www.forestparkonline.com/Documents/Forms/VOICE%20Vacation%20Home%20Form.htm> However, you will find it much easier to go to the Forms page and click on the link, which will bring up the page in your web browser to fill in and electronically file. All of our Membership and Board meeting minutes are included under the DOCUMENTS listing. If you want to know what is going on in your absence, be sure to check out those pages. If you need to contact any of our board members, their information can be found on the CONTACT Page.

There are many clubs listed under the ACTIVITIES link which includes a page dedicated to all of the Forest Park clubs and activities, however it has not been kept up to date, as those who are in charge of these events have not given me any new information. If you are an officer in any of the clubs or have charge of any event, I can give you a direct link to that page in order for you to keep it up to date. This is a great way to keep others informed of your activities. If you would like more information on doing this please contact me at webmaster@forestparkonline.com.

Our Photo Gallery has images of most of our activities. You can even print or share any photo you would like from that page. Enjoy seeing what your neighbors and friends are doing.

Of interest to those looking to live in Forest Park there is a CLASSIFIED page listing all For Sale, For Rent, or wanting to rent. Be sure to point anyone interested in living here to that page. It is updated weekly.

To those leaving for the season, be sure to stay informed by reading the latest newsletter on the NEWS link at www.forestparkonline.com and have a happy and safe summer.

HEALTH & WELFARE

By: Mary Gibson

HURRICANE PREPAREDNESS FOR RESIDENTS OF FOREST PARK

The Activity Building and Clubhouse will be open prior to an oncoming hurricane (first come, first serve basis). No advance chair reservations are permitted. Please bring a blanket, a pillow and a 3-day supply of non-perishable food. It is suggested that you prepare your

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Rev. Dr Valerie Bell - Pastor

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emergency supplies NOW. The Activities Building is for residents with pets (cats in the Library and dogs in the Billiards Room) (please see info. below).

If you wish to stay in the facilities, you will be required to sign a form indicating that you understand the Clubhouse and Activity Buildings are NOT certified hurricane shelters, and that you stay in the buildings at your own risk.

Supplies are a critical part of your health and safety and should be gathered in advance of the hurricane.

FOOD-Bring a 3-day supply of non-perishable food that requires no refrigeration and needs little or no water to prepare. The following are suggestions: dry cereal, canned fruit, canned juice, instant coffee and tea, ready-to-eat soups, peanut butter, canned vegetables, ready-to-eat meats, tuna, chicken, Vienna sausages, bread, crackers and quick energy snacks, etc.

PETS - Pets will be housed in the Activity Building only. You must have a crate and the pet must remain crated at all times. You must stay with your pet at all times and are responsible for care and clean up. Bring a 3-day supply of food and water for your pets. Medications and proof of necessary shots are required.

WATER- One gallon per person per day, enough for 3 days.

MISC. - Manual can opener, utility knife, cooler.

COMMUNICATION ITEMS-Cell phone & charger & radio with batteries.

CLOTHING-1 change per person, rain gear, work clothes/gloves and shoes.

PERSONAL HYGIENE ITEMS-Soap, shampoo, deodorant, toothpaste & brush, etc.

BEDDING-Sleeping bag, blanket & pillow. PLEASE no mattresses.

ENTERTAINMENT-books, puzzles, cards, etc.

HEALTH & SAFETY-Flashlight & plenty of batteries.

FIRST AID KIT-Sunscreen, bug repellent, essential medication and Medicare and insurance papers, extra eyeglasses/contacts & prescriptions, update on vaccinations (particularly tetanus), trash bags.

DOCUMENTS-Store in safe, secure location, such as a safe deposit box. If you bring copies with you, place them in airtight and watertight storage/freezer bags.

BIRTHDAYS

Diana Prittinen	02
Joe Boisvert	03
Brita Mulholland	03
Mary Neidhart	07
Bernie Waltz	12
Mary Siegel	16
Milton Herrick	21
Janet Irwin	20
Carol Geppert	24
Minnie Owens	24
Pete Lawrence	29
William Pucak	29



Use Caution in Hiring Contractors!

When you need to hire a contractor for work on your home (roofing, home repairs, lawn maintenance, etc.), ask the contractor to provide copies of their business license and insurance. This protects you in the event that the contractor is injured on your property. Also ask the contractor to provide references. Get cost estimates and warranties in writing, and do not make final payment until the work is complete. There is a Resource Book in the back of the Clubhouse which contains listings for many different types of contractors. You may also check Angie's List, the Better Business Bureau and other online rating sources. A simple Google search on the business name may provide additional information. Please ask any outside contractor to stop by the office to register and provide copies of their license and insurance. Better safe than sorry! For more information on Florida consumer complaints, visit:

<http://www.stateofflorida.com/Portal/DesktopDefault.aspx?tabid=57>

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TECH SUPPORT SCAMS

A number of our residents have been targeted by the so-called Tech Support Scams. Scammers will call and tell you they are from Microsoft or other technical companies. They will also send emails pretending to be from your bank, Fed Ex, Amazon, etc.

It is recommended that you never open an email unless you are expecting it (such as a subscription, etc.) Never click on links in emails or pop-ups, even if the ups claim to be a security alert or virus alert.

If you need to do online banking, type the bank's website directly into the address bar. Banks will never send information about your account unless you have requested email alerts. Banks will never ask for your ID and password in an email. If you question an email's legitimacy, be sure to call the bank.

Please check out these links at the Federal Trade Commission for additional information.

<https://www.consumer.ftc.gov/articles/0346-tech-support-scams>

<https://www.consumer.ftc.gov/articles/0346-tech-support-scams>

How the Scam Works

Scammers may call, place alarming pop-up messages on your computer, offer free “security” scans, or set up fake websites – all to convince you that your computer is infected. The scammers try to get you on the phone, and then work to convince you there’s a problem. Finally, they ask you to pay them to fix that non-existent problem.

Tech Support Scams Infographic

To convince you that both the scammers and the problems are real, the scammers may:

- pretend to be from a well-known company – like Microsoft or Apple
- use lots of technical terms
- ask you to get on your computer and open some files – and then tell you those files show a problem (when they don’t)

Then, once they’ve convinced you that your computer has a problem, the scammers might:

- ask you to give them remote access to your computer – which lets them change your computer settings so your computer is vulnerable to attack
- trick you into installing malware that gives them access to your computer and sensitive data, like user names and passwords

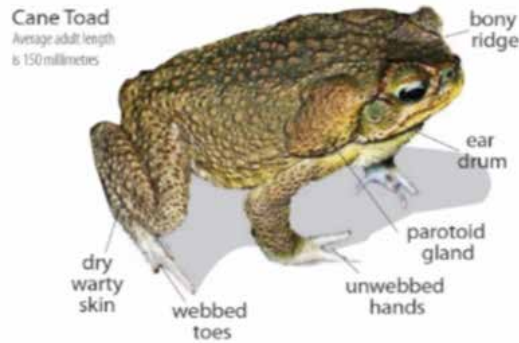
- try to sell you software that’s worthless, or that you could get elsewhere for free
- try to enroll you in a worthless computer maintenance or warranty program
- ask for credit card information so they can bill you for phony services, or services you could get elsewhere for free
- direct you to websites and ask you to enter your credit card number and other personal information

These scammers want to get your money, access to your computer, or both. But there are things you can do to stop them.

If You Get a Call or Pop-Up

- If you get an unexpected or urgent call from someone who claims to be tech support, hang up. It’s not a real call. And don’t rely on caller ID to prove who a caller is. Criminals can make caller ID seem like they’re calling from a legitimate company or a local number.
- If you get a pop-up message that tells you to call tech support, ignore it. There are legitimate pop-ups from your security software to do things like update your operating system. But do not call a number that pops up on your screen in a warning about a computer problem.
- If you’re concerned about your computer, call your security software company directly – but don’t use the phone number in the pop-up or on caller ID. Instead, look for the company’s contact information online, or on a software package or your receipt.
- Never share passwords or give control of your computer to anyone who contacts you.
- Get rid of malware. Update or download legitimate security software and scan your computer. Delete anything the software says is a problem.
- Change any passwords that you shared with someone. Change the passwords on every account that uses passwords you shared.
- If you paid for bogus services with a credit card, call your credit card company and ask to reverse the charges. Check your statements for any charges you didn’t make, and ask to reverse those, too. Report it to [ftc.gov/complaint](https://www.ftc.gov/complaint).

Community Safety Alert re: Cane Toads



Cane toads are giant poisonous toads which have been spotted in the park. Please make sure your pets do not get near them and use caution if you spot one. Below is some additional information.

These invasive toads can grow to 10-inches long, and are one of the largest toad species in the world. Florida Fish and Wildlife says that when they feel threatened, the toads excrete a milky poison that oozes from their skin, which can be deadly to animals, especially to anything that tries to eat them (like a dog or cat). They ooze can

also irritate the skin and eyes of people.

Cane toads were first introduced in Florida in the '30s and '40s to control pests that harmed sugar cane agriculture according to Florida Fish and Wildlife, and they pose a relatively low threat to Florida's environment and economy.

The only problem is they're extremely hard to kill. According to News-Press, some people have even said that these toads are still alive after being run over by a car. The University of Florida told News-Press that cane toads can be euthanized by rubbing or spraying sunburn spray on their bellies and freezing them in a plastic bag for 24-48 hours. After that, they should be dead.

If you suspect your dog or cat has been poisoned by a cane toad, rinse their mouth immediately with water and you should probably take them to the vet.

For more information, visit:

http://www.wec.ufl.edu/extension/wildlife_info/frogtoads/bufo_marinus.php

July Word Search

A	N	O	N	Y	M	O	U	S	E	E	F	G
N	V	T	U	R	K	E	Y	T	T	N	L	I
Y	P	E	R	S	O	N	A	A	I	T	O	L
O	G	A	R	D	E	N	E	R	N	E	W	L
N	U	S	E	A	O	R	V	E	D	R	E	E
E	D	T	Y	D	G	R	M	S	I	T	R	M
F	A	I	T	H	E	E	A	O	V	A	W	E
O	I	L	N	M	G	P	N	U	I	I	H	R
C	L	L	E	N	S	A	I	R	D	N	I	G
U	Y	H	A	S	E	I	G	C	U	U	L	E
S	T	R	E	E	T	R	H	E	A	E	E	N
T	R	L	G	U	E	S	T	E	L	Z	O	C
A	B	X	I	N	D	U	S	T	R	Y	E	Y

anonymous
anyone
arrangement
average

bless

daily
dinner
donate

lens
lest
lone

nights

person

repairs
resource

emergency
entertain

faith
fees
flower
focus

spas
stares
still
street

teas
theme
turkey

while

gage
garden
gill
great
guest

individual
industry

RESOURCE BOOK

In the clubhouse there is a Resource Book which has been put together by members of Forest Park.

These are referrals or warning of how outside vendors have performed in the Park. Before you hire someone, please check the book to see if someone in the Park has used that particular company or person. If you would like to add a name or business, you may do so.

NEIGHBORHOOD WATCH

By: Mike Flanning

Welcome to the Summer Volunteers, remember the security bag will be in the Activities Building Daily. You will receive a monthly schedule. Thank you for your help for the summer months.

A BIG THANK YOU!! to all the Winter Volunteers. Everyone have a safe and enjoyable Summer.

FOREST PARK VISITORS WRISTBANDS



Visitors unaccompanied by Forest Park residents must wear wristbands when using park recreational facilities (pool, mini-golf, etc.). The wristbands are now available in the park office (2 per family and additional bands may be requested). The bands stretch but if they are not large enough you may pin them to clothing, attach them to a key chain or just bring them along.

Please remember that all owners are responsible for their visitors who must comply with all Forest Park Rules & Regulations. Thank you for your anticipated cooperation to assist in maintaining the security of our park.



GREEN TREE STICKER

There is a little green tree sticker available in the office that goes on the LEFT SIDE OF YOUR BACK WINDOW of your car. All residents with automobiles should have this highly visible authorization to be in the Park. This will help the safety patrol on their nightly rounds. If you are temporary resident and don't want any stickers on your window, then scotch tape it there while you are here.

ALUMINUM CAN RE-CYCLE

By: Social Club

REMINDER Aluminum Cans being collected

Please do Not Use the can as an ashtray. Beer Drinkers, Please rinse out the can and turn it over to dry out. **Everyone** Please take the tab off, collect them and take your full container to the clubhouse. On kitchen counter, there is a Ronald McDonald box that you put the tabs into. Betty Campbell takes them to the Ronald McDonald where they sell the aluminum. You are helping both Social Club and Ronald McDonald House. Our aluminum crusher people appreciate your Help.

Please remember to put your washed out, dry aluminum cans. In a bag and place **UNDER YOUR MAILBOX** early Tuesday morning for pick up. Please make sure your cans are rinsed **CLEAN** and **DRY**. Please place away from trash bags. **DO NOT** place plastic, glass or metal cans in the bag. Those go in the blue recycle bins. Money collected for can recycle helps pay some of the costs of Social Club activities. It benefits all residents of Forest Park. Please place your aluminum cans out near your mailbox either Monday night, or very early on Tuesday morning. To make the job easier, we are asking that you take the tabs off your cans. It takes as long to take the tabs off the cans as it does to run the crushing machine. You take the tabs off and bag them, when you have a full bag, bring the tabs to the Clubhouse.

Remember to use flashing lights or flashlights when you are riding or walking at night.



BID EUCHRE

By Madeline Preston

Needed: More Players

We play Bid Euchre every Saturday Night at 6:30 PM in the Activities Building. There is a Signup sheet in the Activities Building on the cabinet near the Water Machine. Please sign up if you anticipate playing on Saturday Night. We would like to have more players join us.



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**Underhome
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BINGO

By: Anne Domingos

Please joins us on Tuesdays at 6:45 for 7:00 pm Bingo in the Clubhouse each week. Cards are \$.50 with a minimum purchase of four cards. Night Owl cards are 25 cents. All three Bingo's go all year round. Check your calendar in the newsletter each month. There is a new addition to our BINGO games. You put a quarter into a "money ball pot." The first number called is the "special number" so that if you bingo on that number, you will win the money that has been collected in the money ball pot plus the money that is allotted for the game that you won. If the money ball pot was not won, the amount is saved from week to week until someone is the winner. Come and Enjoy Playing Bingo!

FRIDAY NIGHT BRIDGE

By Trish Tegeler

We are playing bridge every Friday night in the Club House. If you are interested in playing there is a signup sheet in the club house. Please put your name and phone number on the sheet or call Trish Tegeler at 239-567-0148.

CHORALEERS

The Forest Park Choraleers are still searching for a director and accompanist. If you are interested in these positions, please contact Joyce Hines @ 724-689-5175!

COMPUTER CLUB

By Sherrill Wright

Recycle: Don't throw away your used ink cartridges! I take them to Office Max and get a credit or them, which is then donated back to the Computer Club. There is a collection container on the Activity room counter. If we have fulfilled our quota, they are donated to a local school for them to do the same.

The Computer Club can no longer accept old computers, printers or other old equipment. If you have any items you wish to recycle, please check with us before leaving them in the activities building. Some items we may be able to recycle on Freecycle.org. or you can check with Hope Hospice, Goodwill etc. If they won't accept them, they can be put out with your garbage and will be recycled through our electronic recycler. Make sure you wipe your hard drive on any computer.

Thanks for your cooperation on this.



HAND AND FOOT CARD GAME

Join us on Sunday nights at 6:00 pm in the Clubhouse for the "Hand and Foot" card game. It can be played at a table of 6, 4, or 3. All are welcomed! This card Game goes all through the summer months.

KARAOKE MONDAYS

By Robyn Johnson

Karaoke will be held on the first and third Monday of each month during the summer. Music starts at 6:00 p.m. Come on out if you are a star (or just think you are!)

We will not be having Hot Dog Dinners during the summer months.



LADIES BIBLE STUDY

By Laura Esters

The Ladies' Bible Study Group meets weekly on Thursday mornings from 10:00 A.M. to noon. Our members are women from various churches and/or denominations. We have refreshments, a time for sharing our concerns, prayer and a study, which is taught from both the Old and New Testaments by Laura Esters.

As so many new folks have moved into our park, we believe it is important to let our residents know about this activity as well as all the other organizations that the park offers. We do not espouse any specific theology, but are a group of Christian women who enjoy making friends, encouraging and supporting each other as the needs arise, and learning about the Bible.

During the months of November to April we meet at the home of Reva Doliana, 849 Hollyberry Court. From May to October, Waneta Schafer opens up her house to us at 344 Shrub Lane S. Just come to the door, and walk in--we'll be glad to welcome you! If you have any questions, please call Reva at 812-322-3986, Waneta 239-219-7593 or Laura at 239-210-8010.

MEXICAN TRAIN DOMINOES

By Sheila Fitzgerald

We play Mexican train dominoes on Monday morning at 9:00 at the club house. Everyone is welcome to join in. It's an easy game to learn if you have never played and we have a lot of laughs as we play. We would love to have some new members join us.

Also, I have had a request from two people recently to

look into starting a second group that would play at 10:00 rather than 9:00, so they can get their morning exercise or swim in before the game. We would certainly consider this if there is enough interest.

We're a very informal group, with no permanent commitment required. Just come by on any Monday morning and give it a try.

FOREST PARK SHUFFLEBOARD

By Bill Madill, Captain

Over the summer Bob Rispoli has volunteered to keep the wed night fun night going and I am sure Bob will do a good job, next year we are planning on having an orientation Friday to give Shuffling instructions to anyone wanting to learn how to shuffle. Again we have an open league to anyone in the Park, and thanks to Ellsworths sponsorship and our Valentines breakfast plus the 50/50 draws we have found we can be self-sustaining! The Shuffleboard team is a fun organization, yes we do drink beer, in moderation, and we do have fun; and what is wrong with that. Captain Bill !

NORTH EAST CLUB

By Barb Wood

Here are the upcoming dates:

- December 11th, 2017 our Christmas Gathering, hosted by Mike and Kathy Fanning.
- January 22nd, 2018 we'll go back in time to the 50's - 60's Sock Hop, hosted by Ivan and Jill Taylor.
- February 26th, 2018 theme undecided at this time, hosted by Carol Cotrell and the Tetzloff's.
- March 26th, 2018 we'll be headed to Gilligan's Island, hosted by Ray Sutphin and Richard Clark.
- April 9th, 2018 we'll start summer with our annual picnic hosted by the club board members.

Remember dues are still only \$5.00 per member and should be paid at the December meeting. Tickets for the Sock Hop will also be available that night and the cost for the event is \$10.00 per member. (You must be a paid member in order to purchase tickets and attend any of the events.)

Enjoy your summer and see you all back at Forest Park in the fall.



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HEALTH AND WELLNESS

By: Julie Seubert

In the last newsletter, I began my new column on Health and Wellness. So, as you look up the June newsletter, you will see that my column will focus on the flavor enhancers, which are lab-generated chemicals made to boost sales and cut costs for manufacturers.

So many of the “healthy” packaged goodies and snacks you’re getting from the supermarket every week, may be loaded with additives that can put your health at risk.

This month’s additives are High-Fructose Corn Syrup and MSG.

HIGH FRUCTOSE CORN SYRUP - (HFCS) is chemically similar to sucrose (table sugar) but is a cheaper alternative. It is a highly processed form of glucose which becomes fructose. HFCS had been shown to restrict leptin, the hormone in charge of telling your brain that you’re full. Some people would argue that it’s nothing but sugar, however, too much sugar will certainly damage bodily processes in numerous ways, including obesity, greater risk for diabetes, and other metabolic issues.

MSG – can be found on your food items as yeast extract, autolyzed vegetable protein, autolyzed yeast, hydrolyzed vegetable protein, sodium caseinate, maltodextrin, monosodium glutamate, or citric acid. Basically, your grocery store aisles can include over 40 forms of this processed additive. Furthermore, MSG consumption can lead to metabolic syndrome, obesity, and type 2 diabetes. This additive is often found in diet beverages, canned soup, packaged sausages and frankfurters, salad dressing, beef stew, instant soups, and some packaged vegetarian foods.

Hope you are enjoying the column. If you have any articles on health or a favorite recipe, please send them to me. Thanks.



THIS MONTHS RECIPE

Bacon Wrapped Barbecue Pork Tenderloin

- 8 slices bacon
 - 2 pork tenderloins (about 1 lb each)
 - ½ tsp salt
 - ¼ tsp pepper 1/3 cup organic sweet & spicy BBQ sauce
 - 1 TB finely chopped chipotle chile in adobo sauce
 - ¼ tsp ground cumin
- 1.
 2. Heat oven to 425 F. Line 15 x 10-inch pan with heavy duty foil. spray foil with cooking spray.
 3. Microwave bacon between layers of microwavable paper towels on a plate 3 to 4 minutes or just until edges begin to brown but are still soft and pliable. Cut each piece in half crosswise.
 4. Season tenderloins with salt and pepper; place in pan. Arrange bacon pieces diagonally over top of pork, pressing bacon over sides.
 5. In small bowl, mix barbeque sauce, chipotle chile and cumin. Brush tops of each tenderloin with glaze. Bake tenderloins 30 to 35 minutes or until meat thermometer inserted in center of pork reads 145 degrees. Let stand 10 minutes before slicing.



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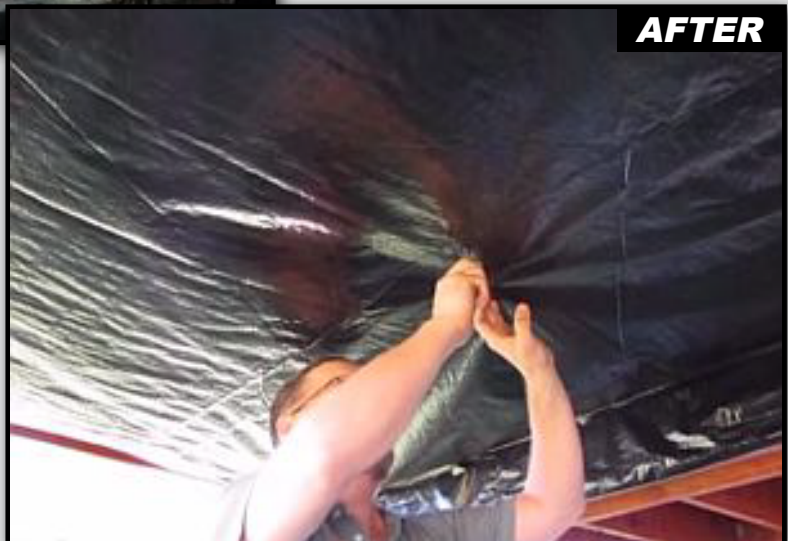
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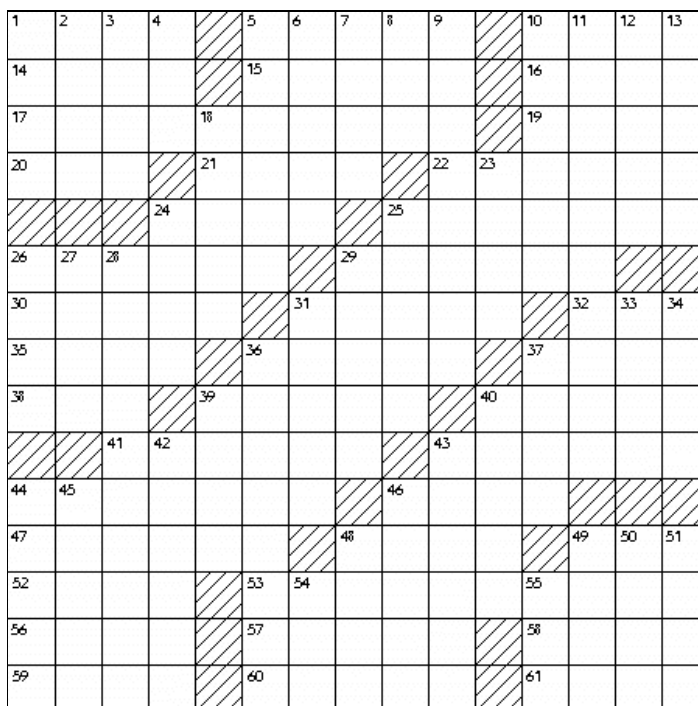


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JULY CROSSWORD

ACROSS

1. Pigeon pea
5. Render harmless
10. Close
14. Margarine
15. Water wheel
16. A three-tone Chadic language
17. Burning
19. Seed coat
20. September (abbrev.)
21. Litigated
22. Source of lead
24. Psyche
25. Luminous meteors
26. Raising
29. A Niger-Congo language
30. Cause to crash
31. Swarm
32. An Internet data exchange protocol
35. Thereto (2 words)
36. Hinged device used to pick up things
37. Goddess of the earth (Greek mythology)
38. Possess
39. Foam
40. Not late
41. Religious Islamic leaders
43. Diamond-shaped pattern (knitting)
44. Pertaining to small sacs in a compound gland
46. Hillside
47. Sieve tubes (Botany)
48. Goals or objectives
49. Traverse on snow
52. ____ Lang Syne
53. Moderately rich
56. An Algonquian people of North America
57. City in Viet Nam
58. A British noble title
59. Goes astray
60. Expended
61. Not false



DOWN

1. Medical professionals
2. Found in skin lotion
3. Cannabis
4. Toss
5. Unappreciated
6. Noticed or famed
7. Dry
8. ____ de Janeiro, Brazil
9. Type of beet used as cattle feed
10. Soviet dictator Joseph ____ (1879-1953)
11. Ancestral
12. Mammalian liquid waste
13. Monetary units of Western Samoa
18. Utilizing
23. Winged
24. Stamp coinage
25. Borough in Scotland
26. Busy with (2 words)
27. Front part of a vessel
28. Aspirin or Tylenol
29. Typefaces
31. Feet of horses
33. Basic structural unit of all organisms
34. Pay As You Earn
36. Victories
37. An instrument for indicating a quantity
39. Flat mass of floating ice
40. Delete
42. Positive electrodes
43. Underarm
44. Rapidly
45. A whirring sound
46. Buffalo
48. A1
49. Fly high
50. Turkish monetary unit
51. Small island
54. Knock
55. Drench



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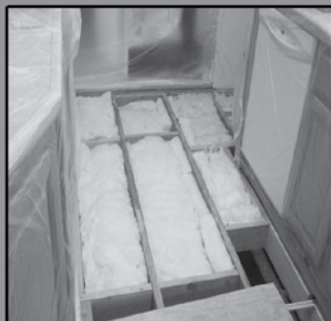
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								2
	4	7			2			
				6	9	8		
		4				6		9
				8				5
9				1	5	2		
	9					1	2	
3						9		
2		6			7	4		



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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 2:00pm July picnic ticket sale 6:00pm Hand and Foot-card game	26 9:00am Dominoes 6:30pm Skip-Bo	27 1:00pm Golf Card game 5:00pm July picnic ticket sale 6:45pm Bingo	28 9:00am Craft Club 6:30pm Euchre 7:00pm Fun Night Shuffle	29 9:00am Quilt Club 10:00am Ladies Bible Study 1:00pm Change Bingo	30 6:30pm Friday Bridge	1 1:00pm Bingo 6:30pm Bid Euchre
2 6:00pm Hand and Foot-card game	3 9:00am Dominoes 6:00pm Karaoke 6:30pm Skip-Bo	4 Independence Day 1:00pm Golf Card game 1:30pm July picnic 6:45pm Bingo	5 9:00am Craft Club 6:30pm Euchre 7:00pm Fun Night Shuffle	6 9:00am Quilt Club 10:00am Ladies Bible Study 1:00pm Change Bingo	7 6:30pm Friday Bridge	8 1:00pm Bingo 6:30pm Bid Euchre
9 6:00pm Hand and Foot-card game	10 9:00am Dominoes 6:30pm Skip-Bo	11 1:00pm Golf Card game 6:45pm Bingo	12 9:00am Craft Club 6:30pm Euchre 7:00pm Fun Night Shuffle	13 9:00am Quilt Club 10:00am Ladies Bible Study 1:00pm Change Bingo	14 6:30pm Friday Bridge	15 1:00pm Bingo 6:30pm Bid Euchre
16 6:00pm Hand and Foot-card game	17 9:00am Dominoes 6:00pm Karaoke 6:30pm Skip-Bo	18 1:00pm Golf Card game 6:45pm Bingo	19 9:00am Craft Club 6:30pm Euchre 7:00pm Fun Night Shuffle	20 9:00am Quilt Club 10:00am Ladies Bible Study 1:00pm Change Bingo	21 6:30pm Friday Bridge	22 1:00pm Bingo 6:30pm Bid Euchre
23 6:00pm Hand and Foot-card game	24 9:00am Dominoes 6:30pm Skip-Bo	25 1:00pm Golf Card game 6:45pm Bingo	26 9:00am Craft Club 6:30pm Euchre 7:00pm Fun Night Shuffle	27 9:00am Quilt Club 10:00am Ladies Bible Study 1:00pm Change Bingo	28 6:30pm Friday Bridge	29 1:00pm Bingo 6:30pm Bid Euchre
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