

# *Sunny Hills Civic Association, Inc.* **COMMUNITY NEWSLETTER**

A Florida non-profit corporation with Federal income tax exemption under section 501 (c)(4), civic League, of the I.R.S. Code. Operates under Title XXXVI, F.S. Chapter, Corporations Not For Profit.

**3681 Gables Blvd Sunny Hills, FL 32428**



**Volume: 47 Issue: 8 August 2021**



**Please contact**

**Earl Stewart**

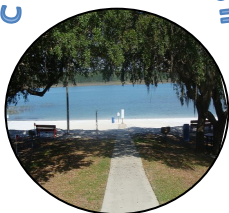
**President**

**E-mail Address:**

SunnyHills  
CivicAssociation  
@outlook.com

**SHCA**

*Sunny Hills*  
CivicaSSociation  
.com



**Membership  
Meeting**

**August 8th**

**6:30pm**



## **No, Barber Poles Aren't Patriotic the Real Meaning Behind Them Will Make You Cringe**

### **BARBERSHOP**

Those rotating red, white, and blue poles outside barbershops have become an icon. At first glance, you'd probably assume barber pole designs have a patriotic background. But the reality is pretty gruesome.

Barbers have been cutting hair for centuries, but they used to have a longer job description. In medieval times, the professionals were known as barber-surgeons, which is just what it sounds like. They weren't just there to give customers a trim—they'd also perform minor surgery, pull teeth, and amputate limbs, according to PBS. But one procedure—bloodletting—led to the barbershop poles you see today.

At the time, people thought having too much blood in a certain area could cause disease like fevers or the plague, and letting some out would make them healthy. In 1163, Pope Alexander III ordered monks and priests to stop performing bloodletting anymore, so barbers started offering the service instead, according to History.

Chic Patriotic Striped Pieces to Rock This 4th of July

During the treatment, barber-surgeons would give patients poles to hold. Grasping the staff made their veins pop out a bit, making them easier to find while the barbers went all Sweeney Todd. (Some historians think the demon barber on Fleet Street might have been real—find more horror films inspired by true stories.)

Even back then, people knew there was a limit to bloodletting, so barbers would stop the bleeding with a white cloth. They'd then tie those towels to the poles and hang them outside their shops, according to History. Some towels stayed blood-stained even after they were washed (learn how they could have gotten rid of blood stains), so it was common to see a pole with white and red swirling around in the breeze.

These days, barbers leave the medical treatment to doctors, but their poles are a nod to their bloody past. In Europe, barber poles are just red and white—reminiscent of the poles from the Middle Ages. There are a couple theories about why the United States added blue to its design. Some say it represents the blue of the veins barber-surgeons would target when bloodletting; others think it's just copying the American flag as a sign of patriotism.

Some places are very selective about who's allowed to display a barber pole. In certain states, it's against the law to have one outside a salon unless a licensed barber works there. Licensed or not, though, we're just happy to know there won't be any bloodshed



## **Washington County Back to School : August 11th first day of school**

**1974**

*Sunny Hills Civic Association*  
**3681 Gables Blvd Sunny Hills, FL 32428**



**2021**

## Lose belly fat by cutting out sugar

Besides being pretty unsexy, belly fat is also dangerous, raising the risk of hypertension, heart disease, and diabetes. Here's how to start losing belly fat fast.

Eating sugar, especially refined sugars added to sweeten food and beverages, is a leading contributing factor to visceral fat. The glucose and fructose that come from sugar are simple carbohydrates that get quickly absorbed into the bloodstream and metabolized to release energy. When there's excess intake, they get converted to glycogen to be stored in fat tissue. Eating a lot of sugar also spikes your blood sugar, which triggers insulin to be released in large amounts, potentially leading to a condition called insulin resistance that's associated with metabolic syndrome. Cutting out all sweetened foods and drinks, including fruit juices, is one of the best things you can do today to lose belly fat fast. Learn to enjoy small amounts of natural sweeteners such as fresh fruit, raw honey, dates, and coconut crystals.



### SIMPLE FORMULA FOR LIVING.

Live beneath your means.  
Return everything you borrow.  
Stop blaming other people.  
Admit it when you make a mistake.  
Give clothes not worn out to charity.  
Do something nice and try not to get caught.  
Listen more; talk less.  
Every day take a 30 min. walk.  
Strive for excellence, not perfection.  
Be on time. Don't make excuses.

Don't argue. Get organized.

Be kind to unkind people.

Let someone cut in front of you in line.

Take time to be alone.

Cultivate good manners.

Be humble.

Realize and accept that life isn't fair.

Know when to keep your mouth shut.

Go an entire day without criticizing anyone.

Learn from the past. Plan for the future.

Live in the present.

Don't sweat the small stuff.

It's all small stuff.

**But above all, be honest to your self.  
And treat all others the way you would want them to treat you!**



*Sunny Hills Civic Association, Inc.*



Meet us on Facebook at :

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Our web page: [WWW.Sunnyhillscivicasociation.com](http://WWW.Sunnyhillscivicasociation.com)

Our Email: [sunnyhillscivicasociation@outlook.com](mailto:sunnyhillscivicasociation@outlook.com)

### Membership Meeting

August 8th

Time: 6:30pm

### July Birthdays

Frank Kreis ; Jaolwiga Kuc;  
Maria Messer; Keith Morin;  
Kathryn Nelson; Amy Yates;  
Brett Schomer; Steve Clark



3681 Gables Blvd Sunny Hills, FL 32428



### July Anniversary

Maria & Raymond Messer;  
Kathryn Nelson;  
Kayla Owens;  
Dewy & Marie Pettis

### Sunny Hills Civic Association

SHCA and Boat Lake t-shirts are now available for sale in the office at Boat Lake. Come check out current inventory out! T-shirt's are \$15.00 for adult sizes XS-XL and \$17.00 for 2x or larger. Kids T-shirts coming soon and they will all be \$12.00. Call Boat Lake at 850-832-4771 for any T-shirt questions.

### Sunny Hills Civic Association

**Medical Staff and First Responder Appreciation Day** at Boat Lake was a success and we as an organization and community can't thank these individuals enough for their hard work to care for people in our communities and surrounding areas.



SATURDAY, SEPTEMBER 11, 2021 AT 9 AM CDT - 3 PM...

### **Craft Fair and Yard Sale**

We are having our next **CRAFT FAIR** on 9/11/21 from 9-3 at Boat Lake. All vendors welcome and please call Danielle Flickinger at 850-832-4771 or email Judy Clark at [shcaactivitiesdirector@gmail.com](mailto:shcaactivitiesdirector@gmail.com) and sign up. Sign ups are welcome up to September 10th 2021. Vendor cost is \$10.00 and payable in office morning of the event. Tables must be provided by vendor. Vendor setup starts at 8am. Guest shopping begins at 9am and if only entering park to shop that entrance is FREE. If swimming regular rates apply. **"Sunny Hills Civic Association"**



**Sunny Hills Civic Association**



A new Treasurer: **Tracy Howard** to join our team to finish out this year.  
We also want to thank **Eva Hemphill** for her time as our treasurer this year.



## BOAT LAKE SWIM PARK



Boat Lake Pavilion can be rented out for the Half Day or the Civic Hall for the day for any fun Event any Month.

Special Day for your Party, wedding, birthday, or family reunions or just fun and games.

Please call **832 - 4771** or Email us for Prices or open Dates: **boatlakedirector@gmail.com**



### Ladies Bible Study

**Anna Marie Pettis**

3rd. Friday morning at 10 am

At Sunny Hills Chapel; 4283 Hwy. 77

This is for women of any & all denominations

Contact # for more information **832-549-5689**

### Wasps in mailboxes.



I've had a request from our mail lady for people in our community to once a week check out your mailbox. She has been getting stung at houses delivering mail by wasps that have made nests in or on mailboxes. Thank you so much as she really doesn't want to get stung more than she has too or preferably not at all.

### SHCA President's Report: Earl Stewart

**ALERT!** As you know and feel, the heat index is at all-time highs. PLEASE use extreme caution when entering the outside of your home. Only spend time outside if it is necessary.

1. Stay indoors and in an air-conditioned environment as much as possible unless you're sure your body has a high tolerance for heat.
2. Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar.
3. Eat more frequently but make sure meals are balanced and light.
4. Never leave any person or pet in a closed, parked vehicle.
5. Avoid dressing babies in heavy clothing or wrapping them in warm blankets.
6. Check frequently on people who are elderly, ill or may need help. If you might need help, arrange to have family, friends or neighbors check in with you at least twice a day throughout warm weather periods.
7. Make sure pets have plenty of water.
8. Salt tablets should only be taken if specified by your doctor. If you are on a salt-restrictive diet, check with a doctor before increasing salt intake.
9. If you take prescription diuretics, antihistamines, mood-altering or antispasmodic drugs, check with a doctor about the effects of

sun and heat exposure.

10. Cover windows that receive morning or afternoon sun. Awnings or louvers can reduce the heat entering a house by as much as 80 percent.

#### If you go outside

11. Plan strenuous outdoor activities for early or late in the day when temperatures are cooler; then gradually build up tolerance for warmer conditions.
12. Take frequent breaks when working outdoors.
13. Wear a wide-brimmed hat, sun block and light-colored, loose-fitting clothes when outdoors.
14. at first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.

#### Sunny Hills Civic Association

\*\* We have talked about having a community-wide yard sale when the weather gets cooler. If interested please email us with your thoughts and suggestions to:

**sunnyhillscivicassociation@outlook.com** or mail us at:  
**sunny Hills Civic Association: PO Box 165 Wausau, FL 32463.**  
or email: **Judy Clark at: shcaactivitiesdirector@gmail.com**



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## Sunny Hills Civic Association, Inc.

### First Baptist Church of Sunny Hills

1886 Sunny Hills Blvd

Pastor: Geoff Adams Phone: 904-710-4909



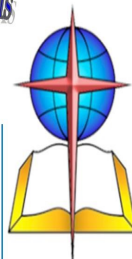
Starting May 4th

Sunday Services:

8:30am & 11am

Evening 6pm

Wednesday: Eve 6pm



Outreach Store at **Presbyterian Church**



at 3768 Country Club Blvd has a  
sale the 2nd and 4th Saturday  
every month from 8am-11am.



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Mon; Thurs; Fri 8:00 am

Sat: 5:00 pm

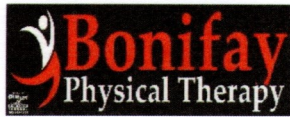
Sunday: 9:00 & 11:00 am

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Bible Study: 9:00 AM  
Worship: 10:00 AM  
Fellowship: 11:00 AM

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## Sunny Hills, Florida

In May 1968, the Deltona Corporation plunked down \$1.25 million for nearly 25,000 acres of land located approximately 25 miles north of Panama City.

The property was located on S.R. 77, about halfway between Panama City and Chipley in Washington County.

The company scheduled the new city of Sunny Hills which was to open in the early 1970s. The Mackie brothers' 400 million project was expected to rival the \$600 million Disney World in Central Florida and to add Northwest Florida to the map in development.

At this same time, the Miami company was also developing three communities: Deltona, located near Orlando; Spring Hill, north of Tampa; and Marco Island, a waterfront community on Florida's southwest Gulf Coast.

Deltona specialized in creating planned cities and was one of the most well-known firms of its type in the country. The property was located just across the Bay County line.

### A Planned Community

The corporation paid from \$50 to \$250 an acre for the land with the intention of building the new community. It purchased the land from Charles E. and Philip A. Weisenburgh of Houston, TX.

In 1971 and 1972, Sunny Hills was platted as a community for about 60,000 residents on 24,301 residential lots spread over 28 square miles. It covered 17,743 acres and included almost 55% of all the paved roads in the county.

Sunny Hills fronted S.R. 77 for two and one-half miles. It contained 14 freshwater lakes plus beautiful, sparkling 525-acre Gap Pond. The property was irregular in shape, and was about 10 miles wide from east to west and seven miles long from north to south.

Washington County Chairman Tillman Pippin said he looked for tremendous growth in population, possibly industry, and in particular, for small satellite enterprises to spring up on the outskirts of the Mackie brothers' project.

Pippin described it as a boon to both Washington and Bay counties and for the entire Panhandle.

### A Nature Preserve

Pippin pointed out the almost limitless recreational opportunities afforded by the many lakes and ponds on the property, as well as the game to be found in the gently rolling sand hills. A shopping center, recreational facilities, hotels, a golf course, a clubhouse and thousands of homes were anticipated for the new community. More than 5,000 acres were set aside as nature preserves.

On June 12, 1971, the Deltona Corp. printed a full-page ad in the News Herald offering investors a choice of 12 different model homes, built by the Mackie brothers. The homes ranged in price from \$30,000 for the four-bedroom, two bath "Patricia" to the two bedroom, one-bath "Cam" for \$14,600. Lots came with full sodding, landscaping, sidewalks, driveways and paved streets.

### SHCA "BOAT LAKE" Sun-Set Night

August 6th 2021 from 5:00-7:45pm Boat

Lake will have our monthly sunset night event for anyone to come enjoy the beautiful view that evening. Every day it's a different and breathtaking sunset to watch and live to share that experience with our beloved guests. Bring your beach towel or chair and just relax and don't forget your camera to capture it all!



## Your Body's General Health at 70+

What to expect, what to look forward to and  
what to do now for a longer, happier life

The good news in your 70s: Yes, you still have many great adventures ahead.

The reality check in your 70s: Your quality of life is in your hands.

- **You feel optimistic** about aging. Sixty-six percent of people in their 70s felt very good about growing older, compared with 46 percent of people in their 30s, a recent University of Chicago survey found. One in five 70-year-olds even said they were “excited” about getting older. In another study, half of people in their 70s said their lives have turned out better than they ever expected.
- **You can expect** plenty of good years to come. By age 65, women are projected to live another 20.6 years; men, 18 — a two-year jump for women and a four-year increase for men since 1981.
- **You’re 26 percent** less likely to die of cancer than those in your parents’ generation were. Thanks to more powerful treatments and a drop in smoking, cancer death rates have dropped dramatically since the 1990s — saving 2.4 million lives. But it is important to get screened. Here’s one way to stack the deck in your favor: Pursue recommended colon cancer screenings, something many older Americans are skipping, the American Cancer Society reports. Screenings are the top reason colon cancer deaths fell 52 percent between 1970 and 2015. If you can’t deal with a colonoscopy, ask your physician to prescribe a test that will allow you to mail a stool sample to a lab for screening.
- **Your heart may need** a fresh battery. The number of natural “pacemaker” cells in your ticker is declining; by age 75 you’ll have 90 percent fewer than you had in your youth. Not surprisingly, the average age for a first pacemaker is (you guessed it) 75; approximately 225,000 people per year in the United States have pacemakers implanted. But once in place, this device is like a fresh battery for your heart — it can keep you ticking for decades to come.
- **A dog wouldn’t hurt, either.** Forty percent of people in their 70s own a pet, for good reason. Older adults who walk their dogs have a healthier body weight, go to the doctor less often, get more exercise, and mix and mingle with other people more frequently than those without dogs. Even the American Heart Association is on board with the “Dogs are heart healthy” message. You don’t need to adopt Marmaduke to get the exercise-related benefits. Owners of cuddly, toy-size pooches had a 15 percent lower risk of an early death than did those who didn’t have dogs, a recent Swedish study of 3.4 million older adults found.
- **Focus on healthy food.** “My standard breakfast is whole-grain bread with sunflower seed butter, almond butter or peanut butter, and skim milk. I enjoy it, don’t get bored, and it keeps me going until lunch. For dinner I always start with a salad: Whatever greens are in the refrigerator go in first and then raw veggies,” said Alice

H. Lichtenstein, 70, Gershoff Professor of Nutrition Science and Policy at Tufts University.

- **Snack on nuts.** People in their 70s who ate a Mediterranean-style diet (plenty of produce, whole grains, lean protein) and munched on a handful of nuts three times a week cut their risk for a heart-threatening prediabetic condition called metabolic syndrome by 60 percent over three years, compared with those who ate a conventional Western-style diet. This eating strategy cools off inflammation and protects your heart. “It is never too late to change dietary habits to improve cardiovascular health,” the researchers note.
- **Salt sensitive?** Brain scans show that hot red peppers increase activity in brain regions also stimulated by consuming salt. That’s likely why, in a recent study of 606 adults from China’s Third Military Medical University, Chinese women and men who loved very spicy food consumed less salt and had blood pressure readings four to seven points lower than those who steered clear of tongue-sizzling tastes.
- **Your health is more pliable** than ever. Medicine has made tremendous advances in treatments for heart disease and cancer. But fighting the third serious health threat — **diabetes** — primarily comes down to you. Fortunately, older adults benefit from healthy lifestyle changes to a greater degree than any other population group, according to the landmark Diabetes Prevention Program follow-up study. Over 10 years, subjects 60 and older saw a 49 percent decrease in their odds for developing diabetes after making healthy lifestyle changes; for adults under 60, the same adjustments resulted in a 34 percent reduction. Younger adults responded better to the diabetes drug metformin, however; older adults who took metformin had a slightly higher risk for diabetes than did the control group — another reason diet and exercise trumps drugs.
- **You need to be serious** about blood sugar. Diabetes and prediabetes affect 73 percent of older Americans. If your blood sugar continues to rise, it will go after your heart, your brain, your eyes and just about everything else. Diabetes doubles your risk for a silent heart attack, triples your risk for a second (or third) cardiovascular event if you’ve already had one, raises your odds for a stroke and doubles your risk for an earlier-age heart-related death. If you don’t have a fitness and diet program designed to attack this No. 1 threat, now is the time to get one.
- **Thankfully, making changes** is easier than ever. Now there’s no excuse for you not to get healthy. This year, Medicare will start picking up the tab for subscribers who have prediabetes and enroll in a diabetes prevention program. You can join classes held at YMCAs, hospitals, health centers, workplaces and other locations across the United States.



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# Washington County, Florida

Newsletter Editor & Publisher:



## Sunny Hills Civic Association, Inc.

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WWW.SunnyHillsCivicAssociation.com

Boat Lake Office: 850-832-4771



Call Boat Lake Swim Park at 850-832-4771 or email us at [boatlakedirector@gmail.com](mailto:boatlakedirector@gmail.com) to setup a Special Day for your party, wedding, birthday, or family reunion or just for a large group outing.

### Boat Lake Swim Park



Square



### Sunny Hills MSBU Board



#### MSBU Ordinance Started in 2001- 4

Cherry Sherman [msbu1@washingtonfl.com](mailto:msbu1@washingtonfl.com)  
Andrea Smith-Blackwood [msbu2@washingtonfl.com](mailto:msbu2@washingtonfl.com)  
Kathy Gesslein [msbu3@washingtonfl.com](mailto:msbu3@washingtonfl.com)  
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Steven Healis [msbucoordinator@washingtonfl.com](mailto:msbucoordinator@washingtonfl.com)

### Sunny Hills, Florida

**Crime Watch Coordinator**  
Suzi Schomer  
Call: for more information



**850-381-1976**

**Boat Lake  
Swim Park  
850-832-4771**

### Washington County, FL

Emergency Fire, Police, EMS ..... 911  
Gulf Power Company ..... 800-225-5797  
Sunny Hills Utilities Company 888-228-2134  
Waste Management services 800-333-7709  
Animal Control /Sheriff.....638-6111

### Sunny Hills Civic Association

Come check out the candles that we have set up at **Boat Lake** for sale to help with the medical and travel expenses for little man Rush (#RushTough). They are handmade and smell so good and have his handsome pictures on the label on them. They are \$20.00 a piece and all money goes to his mom for his care. He was diagnosed a month ago with leukemia and is such a handsome little boy and a frequent visitor at Boat Lake and we can't wait until he is well enough to hopefully visit the lake again in the future. He is currently on his second round of Chemotherapy.

### Sunny Hills Civic Association Newsletter Fun!

The free gift for this month is one free drink and one free snack. Please join in, find this month's picture search. Call 850-832-4771 to collect your prize. This month is KIDS.



Basketball get together at Wilder Park hosted by **SHCA** will be on August 7th and 21st and will start at 5pm-until dark. All ages welcome! If girls want to attend and not play basketball they can join in on learning some free basic skills for cheerleading! Hope to see many people join in on the fun outdoor activities. We may even catch our favorite college basketball player from Boat Lake Shyanne Gill (attendant) challenging us on the court and teaching some skills!!!

### Sunny Hills Civic Association, Inc.

Earl Stewart - President  
[shcapresident6@gmail.com](mailto:shcapresident6@gmail.com)

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[shcavpresident6@gmail.com](mailto:shcavpresident6@gmail.com)

Suzi Schomer - Secretary  
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Tracy Howard - Treasurer  
[shcatreasurer6@gmail.com](mailto:shcatreasurer6@gmail.com)

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