



# Happenings IN TOWER 100

Volume 14 Issue 3

A Monthly Newsletter for the Residents of Mystic Pointe Tower 100

June 2023

## MYSTIC POINTE TOWER 100

19195 Mystic Pointe Drive  
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## Hurricane Season is Here. Are you prepared?

Hurricanes are one of nature's most powerful forces that turn warm ocean water into powerful winds capable of mass destruction. Heavy rain also accompanies hurricanes and is not only a threat to coastal areas, but to areas hundreds of miles inland as well. In some cases, flooding occurs days after the storm actually goes ashore. Hurricanes also bring winds in excess of 74 mph, storm surge and tornadoes. It's critical to be aware of the dangers associated with hurricanes and to learn how you can reduce the loss of life and property if you're prone to these powerful forces.

### During A Hurricane Watch

- Listen to a battery-operated radio or television for hurricane progress reports.
- Check emergency supplies.
- Fuel car.
- Bring in outdoor objects and anchor objects that cannot be brought inside.
- Secure windows. Remove outside antennas.
- Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary.
- Store drinking water in clean bathtubs, jugs and bottles.
- Review evacuation plan.
- Moor boat securely or move it to a designated safe place.

### During A Hurricane Warning

- Listen constantly to a battery-

operated radio or television for official instructions.

- Store valuables and personal papers in a waterproof container on the highest level of your home.
- Avoid elevators.

### If at home:

- Stay inside, away from windows, skylights, and glass doors.
- Keep a supply of flashlights and extra batteries handy. Avoid open flames as a source of light.
- If power is lost, turn off major appliances to reduce power "surge" when electricity is restored.

### If officials indicate evacuation is necessary:

- Leave as soon as possible. Avoid flooded roads and watch for washed-out bridges.
- Secure your home by unplugging appliances and turning off electricity and the main water valve.
- Tell someone outside of the storm area where you are going.
- If time permits, and you live in an identified surge zone, elevate furniture to protect it from flooding or better yet, move it to a higher floor.
- Bring pre-assembled emergency supplies.
- Take blankets and sleeping bags to shelter.
- Lock up home and leave.

## DAD IS GREAT! *Quotations for Father's Day*

- It is a wise father that knows his own child. - William Shakespeare
- When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years. - Mark Twain
- Fathers, like mothers, are not born. Men grow into fathers...and fathering is a very important stage in their development. - David M. Gottesman
- A man's children and his garden both reflect the amount of weeding done during the growing season. - Author Unknown
- It doesn't matter who my father was; it matters who I remember he was. - Anne Sexton
- For rarely are sons similar to their fathers: most are worse, and a few are better than their fathers. - Homer
- It's only when you grow up, and step back from him, or leave him for your own career and your own home...it's only then that you can measure his greatness and fully appreciate it. Pride reinforces love. - Margaret Truman
- You don't have to deserve your mother's love. You have to deserve your father's. - Robert Frost
- Blessed indeed is the man who hears many gentle voices call him father! - Lydia Maria Child
- The father who does not teach his son his duties is equally guilty with the son who neglects them. - Confucius
- You know, fathers just have a way of putting everything together. - Erika Cosby
- He who is taught to live upon little owes more to his father's wisdom than he who has a great deal left him does to his father's care. - William Penn
- A father is a man who expects his son to be as good a man as he meant to be. - Frank A. Clark





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## Dad's Day Strata

- ½ cup broccoli florets
- 3 slices whole wheat bread, cubed
- 1 (14.5 oz) can diced tomatoes with basil, garlic, & oregano, drained
- 8 slices deli honey ham, shredded
- ¼ cup shredded pepperjack cheese
- 4 eggs
- ¼ cup heavy whipping cream
- 1 ½ teaspoons garlic powder
- salt & ground black pepper to taste

Preheat oven to 375 degrees F. Grease a 9-inch square casserole dish. Steam broccoli until tender, 2 to 4 minutes. Mix steamed broccoli, bread cubes, diced tomatoes, ham, and pepper jack cheese together in a large bowl. Beat eggs, cream, garlic powder, salt, and pepper together in a separate bowl; stir into broccoli mixture. Pour mixture into the prepared casserole dish. Bake 35 minutes until eggs are set in the middle. Allow to cool for 3 to 5 minutes before cutting.



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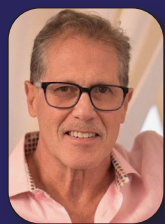
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# STARS & STRIPES

June 14th is Flag Day. How much do you know about our national symbol? Test yourself with this Flag Day trivia quiz.



1. We refer to the flag that flew over Fort McHenry during the War of 1812 as “The Star-Spangled Banner.” That flag still exists. Where is it now?
2. If we were to have a new state added to the United States, we would add one star to the flag. On what day would it be added?
3. Someone who is an expert on flags is called what?
4. You will usually find the American flag flying over the White House. When is it not there?
5. What is required to display the American flag at night?
6. When the National Anthem is played, what should you remove?
7. What does it mean when a flag is flown upside-down?
8. The American flag first flew over a fort in which foreign country?
9. Who cut the American flag into pieces and was honored for doing it?
10. What is the one place where the American flag flies 24 hours a day, is never raised or lowered, and is never saluted?

## Answers

1. The Smithsonian Institution’s National Museum of American History in Washington, D.C.
2. It would be added on the following July 4th.
3. A vexillologist.
4. When the President is not in Washington, D.C.
5. It must be properly illuminated.
6. Your hat.
7. An upside-down flag means you are in dire distress.
8. Libya.
9. Robert Peary, who left pieces of the flag scattered at the North Pole.
10. The Moon.

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- V. Taporowski, Hear Again America patient



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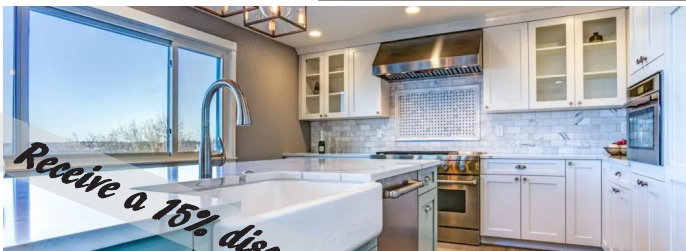
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