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SHANGRI LA STAR JANUARY, 2020 S



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Thanksgiving Dinner

hanksgiving dinner went off with great success. First I would like to thank all the cooks Serena, Carol, Cc ,Roberta, Janice , Tammy, Michele, and Jewel. Great big Thank You it could not have happened with out you. Di who did the decorations look great as always To all the servers that served the dinner and had to eat last Thank You. And last but not forgotten to everyone that cleaned up a Huge Thank You.

We had 35 residents and 15 guest. Serena was the chair person great job. we also had a Birthday Hank #99. We sang Happy Birthday and had birthday cake. We saw some new faces and hope to see them again .While everyone was in line we ask a lot of people what they were thankful for. most answers was for their spouse and family. It was fun to hear there answers.

Again I would like to THANK YOU to all that help and we have to do this as a TEAM.



To Butter, or not to Butter

J ack Benny and George Burns met as young performers on the vaudeville circuit and remained friends for life. One day at lunch, Benny wrestled with the problem of whether or not to butter his bread.



"I like butter on my bread," he said. "But my diet strictly forbids butter. Maybe I should call Mary and ask her what to do."

"Jack," Burns said, "don't be ridiculous. You're a grown man. You should be able to decide, without your wife's help, whether or not to butter your own bread."

"You're right," Benny said. "I'll just have the butter, that's all."

When the waiter arrived with the check, Burns pointed to Benny and said, "He's paying."

"What?" Benny said. "Why should I have to pay the whole bill?"

"Because if you don't," Burns said, "I'll tell Mary about the butter."

HORSE RACING AT SHANGRI LA

B e sure to mark your calendars for Shangri La Downs which will be held on January 12, 2020. Our master of ceremony will be Larry and our famous jockey will be Wally. It's always a fun afternoon and where can you bet on your favorite horse and have a Pizza Dinner for \$1.00. Sign up and at the club house and get your tickets from the Byrd's at 102.







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SHUFFLEBOARD

ur Shuffleboard Team is showing much improvement from last year. We have played three games and won one of the games big, 20 to 12 with 5-2 game winners and one 3 game winner. The team enjoys a night out at local restaurants after our games on Thursday.

Larry Byrd is collected for Share of The Wealth again this year and our first winner was drawn at the HOA meeting. The winner was Polly Pifer.



We will be holding our annual Turkey Shoot on January 14, 2020 at 10 AM. It is always fun for everyone. Anyone is welcome and will only cost 10 cents a round. No skill is required. The money collected will be divided up among the top three players but don't expect to retire on your wins. Please sign up in Club House.

Birthday Party

n Jan. 26 we will have our annual park Birthday Party. If you have never attended one of these parties they are a lot of fun. We have Happy Hour (BYOB) then we have dinner. We open presents then cake and ice cream. Everyone goes home with a present. All presents are donated. Cost \$3 for residents and \$5 for guests. Please pay Kathy Schultz lot 96 by Jan 19. Also remember to bring your own place setting. Where else can you go for \$3 and get dinner and a present. Happy Hour is 4:30 and Dinner is 5:30.



A Complete Listing of Resident Services can be found on the page before your calendar

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KNOW YOUR NEIGHBOR



Penny Campbell, lot 5 was born in Kentucky on May 11. She graduated from Ft. Smith Northside High School in 1987. Ft. Smith is known in the History books for Judge Parker's Hanging Gallows city. During those teen years she worked in McDonalds, and Sonic drive-ins ("I refused to wear roller skates, tho")

Upon graduation, Penny joined the Service where she met and married her husband. She has three children: Anthony and Katie who live in North Carolina and Dustin who lives in Virginia.

From 1987 to 1989 she worked as a secretary for the General in charge of the unit in Germany.

Upon discharge from the army, Penny worked in a local grocery store in Deleware until they moved to Virginia where she worked as Asst. Manager in a Walmart Dept. Store. Seventeen years later she moved to North Carolina and started working at Ross Corp. Dept. store . After five years, she transferred here to Tampa. She was renting an apartment in Zephyrhills. Looking in the paper for a place to buy, she found Shangri La . "I moved here in November, and my mother came down for a vacation in January and decided she wanted to live here too. My dad followed her three months later". The family has "Lil Bit" an eleven year old Yorkie, with them who "is well loved!" At the present time Penny works full time at Big Lots on Belcher Ave. in Clearwater.

When asked, Penny states the best feature of living in ShangriLa is the people in the community. "I've made a lot of friends and really enjoy our parties." Penny herself is a worker! For the past two years she has been diligent in taking on the office of HOA Treasurer for one year, and Asst. Treas. for the second, as well as Activities Director.

Penny considers herself an amatuer photographer. She takes pictures for friends weddings, others she puts on Facebook, and says "I love taking pictures!". She visits her children as often as she can. This community is lucky to have such a dedicated resident. Her gentle smile, her spontaneous humor, and her kindness makes me happy to be one of her friends. Go Girl!



SHANGRI LA STAR JANUARY, 2020 S



Recipes

Black Bean & Coconut Rice Bowl

Bring 1 1/2 cups coconut water to a boil in a saucepan over high heat. Stir in 1 cup long-grain white rice, 1 tablespoon vegetable oil, and 1/2 teaspoon kosher salt. Return to a gentle simmer. Cover, reduce heat to low, cook until water is absorbed, 18 to 20 minutes. Remove from heat; let stand covered for 10 minutes. Uncover, fluff with a fork. Heat 1 (15-ounce) can black beans (including liquid) in a separate saucepan over medium heat until simmering. Scoop rice and beans into 4 bowls. Top each bowl with 1 tablespoon Mango Habanero Wing Sauce or Teriyaki Sauce and diced fresh mango.

Deluxe Sheet Pan Nachos

Arrange a rack in the middle of the oven; heat to 425°F. Arrange 8 to 12 ounces tortilla chips in a single layer on a rimmed baking sheet lined with aluminum foil. Spoon 1/2 (16-ounce) jar Black Bean and Corn Salsa over chips. Top with 1 (16-ounce) package Chicken Fajitas, leaving excess moisture in package, and cheese from 1 (9.75-ounce) bag Southwestern Chopped Salad Kit. Bake until cheese melts and chicken is hot, 5 minutes. Toss salad greens with enough salad kit dressing to coat. Top nachos with dressed greens, 1/4 cup guacamole, and tortilla chips and remaining dressing.

Prosciutto Grilled Cheese

Cut 4 thin slices from 1 tomato. Lay slices in a single layer on a paper towel, blot dry, and set aside. Cut 8 (1/4-inch-thick) slices Italian bread from center of loaf. Brush one side of each slice with 1/2 teaspoon olive oil. Spread 1 teaspoon basil pesto onto other side of each slice. Arrange 2 bread slices, oil-side down, in a large skillet over medium heat. Top each slice with 2 slices prosciutto, 1 tomato slice, and 2 (1/4-inch) pieces sliced fresh mozzarella cheese. Top with a second slice of bread, pesto-side down. Cook until bread is golden-brown and cheese is melted, 3 to 4 minutes per side. Transfer sandwiches to a plate; repeat assembling and cooking remaining sandwiches.

Recipes

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JANUARY•2020								
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			Dia	ac hda	ay	5	6 Dominos 1:45 Games 7pm Carol Byrd Lot 102 Birthday	9:30 Sh Meetin 10 Shu 6pm A Meetin 7 HOA
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Horse Racing 2pm Pizza 5pm				ng 2			Dominos 1:45 Games 7pm	Turkey

19	20	
Joy Lynam	Dominos 1:45	Shuffle
lot 103 Birthday	Games 7pm	10am
-	~	
Diane Desrochers		Michae
lot 101 Birthday	Martin Luther King Jr.'s	Lot 61
	Birthday	
26	27	
Birthday party	Dominos 1:45.	Shuffle
Happy Hour 4:30	Games 7pm	10am
Dinner 5:30	_	
Jeff and Judy Hersh	Jean Allison	
lot 18 Anniversary	lot 146 Birthday	

Shangri La

uesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Poker 5pm	4
	Kathy Schultz lot 96 Birthday New Year's Day			Michael Muldrew Birthday lot 62
7 uffle g ffle practice. ctivities g . Meeting	8 Coffee and donuts 9:30 Poker 5	9 Shuffle team at Mainlands	10 Poker 5 Bob Vogel lot 145 Birthday	11
14 Shoot 10am	15 Coffee and donuts 9:30 Poker 5	16 Shuffle team at EBO	17 Poker 5pm	18
21 practice	22 Coffee and donuts 9:30 Poker 5pm	23 Shuffle team at Bay Ranch Karen Selementi lot 24,	24 Poker 5pm	25
el Christian Birthday	Dorothy Kimball lot 57 Birthday	John Guarino Lot 45, Charles Bachman, lot 126 Birthday	Jim Havens lot 5 Birthday	Bruce Vachon Lot 144 Birthday
28 practice	29 Coffee and donuts 9:30 Poker 5	30 Shuffle team at Pointe West Mary McRae lot 146 Birthday	31 Poker 5pm	



Soy-Glazed Salmon and Rice

Arrange a rack in the middle of the oven and heat to 425oF. Arrange 1 (12-ounce) bag frozen Broccoli Stir-Fry in an even layer in a 9×13-inch baking dish. Top with 4 (4-ounce) frozen wild caught pink salmon fillets (do not thaw). Brush each fillet with 1 tablespoon Asian Soy Wing Sauce. Cover baking dish with aluminum foil. Roast until a knife can pierce salmon completely, about 20 minutes. . Uncover, continue roasting until salmon can be easily flaked with a fork or a probe thermometer inserted in the thickest part of the salmon registers 145oF, 8 to 10 minutes more. Serve salmon and vegetables over steamed long-grain white rice. Top with more sauce and thinly sliced scallions.

Taco Skillet Dinner

Arrange a rack in the upper third of the oven and heat broiler to high. Heat 1 tablespoon vegetable oil in a large oven-safe skillet over medium-high heat until shimmering. Add 1 to 1 1/2 pounds ground turkey and 1/2 teaspoon kosher salt and cook, breaking the meat into smaller pieces, until browned and cooked through, 10 to 12 minutes. Stir in 1 cup Chipotle Lime Salsa, sprinkle with 1/2 cup shredded Mexican-style cheese. Broil until cheese melts, 2 to 3 minutes. Top with 1 cup corn chips and 1 diced avocado.





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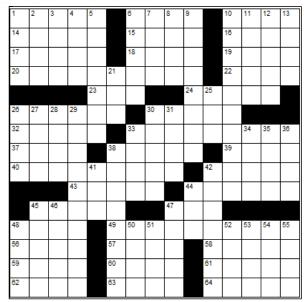




Happy New Year

ACROSS

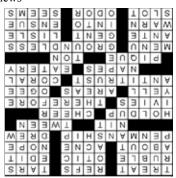
- 1. Delicacy
- 6. Umpires
- 10. Sailors
- 14. Russian currency
- 15. Ear-related
- 16. Modify
- 17. Circa
- 18 Skin disease
- 19 No
- 20. Calligraphy
- 22. Sketched
- 23. Louse-to-be
- 24. Not quite a teenager
- 26. Armed robbery
- 30. Inspire
- 32. Wall climbers
- 33. Hence
- 37. Scream
- 38. Districts
- 39. Curved molding
- 40. Antimonopoly
- 42. Reef material
- 43. Scruffs
- 44. Diner
- 45. Arouse
- 47. 2,000 pounds
- 48. List of options
- 49. Unwarranted
- 56. Kitty (poker)
- 57. Lady's escort
- 58. Fine thread
- 59. Alert
- 60. Moving within
- 61. Follow as a result
- 62. Notch
- 63. Smell
- 64. Appears



DOWN

- 21. Bite
- 25. Tiny
- 26. Hello
- 27. Baking appliance
- 28. A jaunty rhythm
- 29. A young offender
- 30. An ancient board
- 31. Warmth
- 33. Not false
- 34. Monster
- 35. Back
- 36 Evasive
- 38. A type of musical

- 41. Letter after sigma
- 42. Wax lights
- 44. Many millennia
- 45. Prison-related
- 46. Foreword
- 47. Coach
- 48. Mouths
- 50. Cleave
- 51. Savvy about
- 52. Connects two
- points
- 53. Anagram of "Sees"
- 54 Skid row
- 55. Views



SHANGRI LA STAR JANUARY, 2020 S



- game

- chord



- 6. Cut of beef 7. Carve in stone 8. French for Finished
- 9. Ceremonial staffs
- 10. Beginner 11. Revere

or Done

1. Snare

2. Country bumpkin

3. Black, in poetry

4. Astringent

5. Lockjaw

- 12 Mature
- 13. Goulash



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Creative thought starts in bed

Creativity is a vital skill that can enhance your career success. You can't always summon it out of the blue, so this advice from the Study Finds website should help: A survey of 2,000 British residents commissioned by Microsoft Surface found many of people's best ideas tend to occur as they're dozing off, when they first wake up in the morning, and sometimes in the middle of the night. Pay attention to your thoughts in bed, write them down when ideas and solutions come to you, and keep rolling through problems before and after you sleep. You might discover some surprising answers.

Got an idea? Run with it

R andall Munson studied computer programming in college, then went to work for IBM, where he spent the better part of his career. Yet in his heart of hearts, what he really wanted to be was a clown.

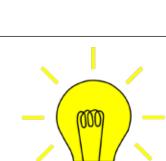
This had been a childhood dream that would take years for him to realize. With his parents' encouragement, young Munson learned ventriloquism, then moved on to magic tricks. It wasn't until his adult years when he actually began to study the art of clowning.

As a program manager for IBM, Munson developed complex operating systems that he trained others to use. He soon realized clowning around was the best way to win over his audience, keep their attention, and explain abstract technical concepts. Following these presentations, he would bring out an old man puppet who would ask the sorts of questions that everyone was thinking about, but too embarrassed to ask.

Since that time, Munson has become a professional speaker. He entertains audiences around the world with humor and magic, imploring them to laugh more and nurture their creativity.

Randall Munson is credited with declaring January International Creativity Month. There's no better time than the present to try something you've been promising yourself you'd get around to but haven't.

Take an art class. Reengage with an old hobby. Finish an abandoned project from long ago. Try anything that will unleash your creative energy, and see where it leads you. Your only limitations are the ones you impose on yourself.





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Haiku to you

Because a little iambic pentameter, verse, and rhyme can be cathartic for the soul and for nurturing your creativity, the second Tuesday in January is devoted to doing just that—in the workplace. Jan. 14 is Poetry at Work Day. What better way to brainstorm or generate ideas than by engaging in a bit of wordplay?

Host an impromptu open-mic reading in the breakroom, hang a whiteboard and encourage your team to collaborate on a poem with each person drafting one line, litter your workplace with poetry to inspire others, or turn your to-do list into a Haiku. Your next big idea may just jump out at you after reading a bit of poetry.

Thoughts on creativity

Writer Austin Kleon has this advice for those of us trying to tap our creative wells: "Let go of the thing that you're trying to be (the noun), and focus on the actual work you need to be doing (the verb). Doing the verb will take you someplace further and far more interesting."

Kleon believes too many of us focus on the titles we aspire to be defined by, instead of concentrating our efforts on the actions and processes that

should be getting our attention. He also thinks titles can keep us from exploring and pushing out past our limits.

If your goal is to be more creative, then embrace creativity in everything you do. Creativity is about fun and playfulness and being open to new possibilities. You can inject a bit of creativity into everything you do, from housework to grocery shopping to managing a process that is becoming mundane.

Don't fall into the habit trap. Use your imagination to push boundaries, explore new options, and gather unlikely resources that will allow you thrive.

In the world of words, the imagination is one of the forces of nature.

-Wallace Stevens







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WANTED TO BUY	Carport Sale - February 15th, Ranchero Village, Ulmberton Rd., 8am-3pm.	Gateway MHP Community Sale, Saturday, Feb. 1st, 8am-2pm. 10100 Gandy Blvd. St. Petersburg.
FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780	Lake Seminole Resort Bingo starts Monday, January 6th at 6:30pm.	Sat. Feb. 29th, 8-12noon. Flea Market,
ARTICLES FOR SALE FOR SALE: 2007 Chrysler Crossfire	CARPORT SALE: January 18/20, 8am-1pm Sugar Creek MH Park 10265 Ulmerton Rd., Largo	Colonial Village, 2000 East Bay Drive, Largo. Furniture, kitchen appliances, housewares, bicycles, clothing, home- baking.
Convertible. Red, mint condition, 54,00 miles. \$8,500. 573-286-0705 FOR SALE: 2001 Harley Davidson Motorcycle Softtail, low miles, loaded,	ANNUAL FLEA MARKET: Four Seasons Estates MHP, Largo. Saturday, February 29, 8am-1pm. \$1.00 early bird entry at 7:30am. Furniture,	Huge Annual Bazaar: Pointe West MHP, 12561 Seminole Blvd., Saturday, January 18th, from 8am to 2pm in the clubhouse. Lots of goodies and raffle.
excellent condition. \$8,500 or OBO. 573-286-0705 EVENTS & PROGRAMS	clothes, tools, jewelry, linens, books, baked goods, snack bar, raffles and more. 13225 101st Street, Largo, off Ulmerton behind the Largo Mall and Golden Corral.	Flea Market: 1/18/2020 8am-12:00pm. Golden Gate MHP Clubhouse 8201 40th St. North, Pinellas Park.
Huge Rummage Sale: January 11th. Location: Japanese Gardens 19709 US 19 N. Clearwater, FL 33764. For details call or text Noreen: 727-776-3151	Saturday, January 18th, 2020 - 8am- 12pm. ANNUAL RUMMAGE AND BAKE SALE, Boca Ciega MHP 11200 Walsingham Road, Largo. Lunch	Sat. Jan. 25, 2020 COMMUNITY SALE 8AM-1PM. Paradise Island Section of Lake Haven MHP, Main St. (SR580) & Lake Haven Rd. (W of Keene/CR1) Dunedin. Housewares,
Paradise Annual Flea Market: March 7, 2020 1001 Starkey Rd Largo, 33771. Vendors, Bake Sale, Kitchen Open, Early Entry 8am \$1 Tables Available call Ken 727-303-3417	served! Garage Sale Riviera Estates: Sat. Jan. 11, 8am to 1pm. 29141 US Hwy 19N, Clearwater. Between Hwy 580 & Curlew Rd. Household items, furniture, etc. Coffee. doouts	Linens, Clothes, Small Appliances, Jewerly, Furniture, Baked Goods, Raffle Baskets, Lunch.
2020 1001 Starkey Rd Largo, 33771. Vendors, Bake Sale, Kitchen Open, Early Entry 8am \$1 Tables Available	Garage Sale Riviera Estates: Sat. Jan. 11, 8am to 1pm. 29141 US Hwy 19N, Clearwater. Between Hwy 580 &	Jewerly, Furniture, Baked Good

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The treatment plan

fter reviewing the lab work of a patient who'd just finished an annual exam, the doctor said, "I'm having the nurse write out these instructions for you, but I will tell them to you now.

"First thing every morning, I want you take one of these red pills with a full glass of water," the doctor said as he handed the patient a bottle of pills.

"A half-hour before lunch, you must take this blue pill with a full glass of water," the doctor said, holding another bottle of pills that he shook before handing them to the patient.



"Now listen carefully, so you don't get confused," the doctor said as he reached into his lab coat pocket and pulled out another

bottle of meds. "After lunch, you are to take one purple pill with a full glass of water. Did you get that?"

"Yes," the patient replied. "Blue before lunch, purple afterward, and red first thing in the morning."

"And a full glass of water with each dose," the doctor said. He retrieved yet another bottle of pills from his pocket. "Take one green pill every evening, after dinner, with . . .?"

"A full glass of water," the patient replied and then asked, "Hey, doc, what's wrong with me?"

"From what I can tell, you're in pretty decent health," the doctor replied. "But you're not drinking enough water."

Perseverance is a positive, active characteristic.

-Joseph B. Wirthlin

No legacy is so rich as honesty.

-William Shakespeare



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Don Cooper \$100	Ronald & Laura Loiselle \$5Bill The Carpet Guy					
Beatrice Beyer \$10	Michael Hendrixson \$5Buggin Out Pest Control					
George Silverman \$101st Class Handyman Service	William Broschart \$5J. Timothy Doerner, D.D.S., P.A.					
Peter Clifton \$10 Jones & Sons Plumbing	Lorraine Richards \$5Royal Enterprise					
Ann Tindall \$10	Ambrose Marsh \$5					
Jo Anne Snock \$10Community Roofing	Claudine Scully					
Georges Bourdeau \$10 Ron Wyngarden Mobile Home Wash	David Ruddock					
Waren Bowman \$10 Bob's Mobile Home Washing	Bill Steiner \$5 Bob's Mobile Home Washing					
Lynn Harbour	John Fischer \$5 Jones & Sons Plumbing					
Beverly Spikes	Nancy Doucette					
April Hebert	Erine Grow \$5 Discount Computer					
Jess McFee \$10Heller's Mobile Home Washing	Lavon Wert \$5 Debbie's Salon					
Barbara Hans \$10 Boss Electric	Mel Oickle					
Carol McGraw \$10	Marge Taylor					
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Mary LangeRoyal Enterprise	Rose Omara \$5 Debbie's Salon					

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Health Watch

Simple tips for a healthier heart

lose to 2,200 people die each day in the United States because of cardiovascular problems. That's one every 40 seconds.

Here's some advice from the WMC Action News website on how to keep your heart healthy:

- Laugh a lot. Laughter dilates your blood vessels, increases blood flow, and lowers your blood pressure.
- Snuggle. Hugging releases oxytocin, a hormone that relieves stress and can reduce blood pressure.
- Get a pet. A University of Maryland study found that survivors of a heart attack who had a dog were eight times more likely to be alive a year after their attack.
- Get the right amount of sleep. Both oversleeping and getting less than six hours of sleep a night raises your heart attack risk. Aim for about eight hours every night.
- Drink coffee. Studies suggest that caffeine can stabilize your heart rhythm if you have an abnormal heart rate. Check with your doctor.
- Move around. Standing and moving around one hour per day can reduce cardiovascular disease risk in women by 25%, according to a University of California, San Diego, study.

Seniors struggle with out-of-pocket medical expenses

Even their treatments, medications, and other medical needs, but who have to pay out-ofpocket costs as well. The Axios website reports that the average overall yearly out-ofpocket cost for Medicare beneficiaries is \$3,166. Here's how it breaks down by condition:

Arthritis	\$2,808
Diabetes	\$3,035
Stroke	\$3,072
Hypertension	\$3,308
Non-skin cancer	\$3,388
Heart disease	\$3,445
Mental condition	\$3,663
Parkinson's	\$7,346
Alzheimer's/dementia	\$13,269





