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September • 2018

**Issue 6
42nd Year**

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Note from Elaine Schemm Lot 108

Hurricane season is here. In case of evacuation, you must have a Shangri-La sticker for your car. You may not be able to get back in without your car sticker. Please call me and tell me how many you need. Thanks 302-798-7777

Activities

By Penny Campbell and Vicki Dasco

July has passed and on to August. This month there was nothing budgeted for activities. So lets have an old fashioned Pot Luck Dinner. On the bulletin board in the clubhouse you will find our regular sign-up sheets and a sheet to sign up for what ever you want to bring to the Pot Luck. Side dish, main dish, salad or dessert. Date Aug.12 4pm happy hour, 5pm dinner. Lets all show up and share our dishes and our friendship with each other. There will be no closing date as we have no food to buy. Free to everyone just bring a dish to pass.



Our activities and parties do well when you participate. So far we have had a wonderful response to all our summer activities. If you have new neighbors please let them know to come and join us and have some fun.

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BOB NEEDS OUR HELP!

Our delivery driver, Bob Davis (whom many of you know and have liked over the years), had a **SERIOUS FALL** while trimming a tree for a needy person on Sunday, August 5th.

He broke bones in his neck plus other injuries. He has NO insurance and he is the sole provider for his family. ANY donation you may be able to help with will be GREATLY APPRECIATED!!!

We are attempting to set up a "GoFundMe" page and/or a special account for him. For more info call 727-548-8460.

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Thank you from the Editor

Did you know this newsletter does not cost us anything. The publisher provides it to our park for free. The only stipulation is that it must be hand delivered to each home. The person who agreed to deliver them from June to November abruptly quit leaving us in a bind. Thank you to Bob Vogel for agreeing to step in. Without him you would not be reading this now. Bob is a terrific person. Always there to see if we need help with parties or anything else. Thank you so much Bob. We wouldn't be able to do this without you.



Fourth Of July Party

submitted by Vicki

Our 4th of July party was a big success. To start we were led in a rousing rendition of The Star Spangled Banner by Peter Batchlor. What a nice voice he has. 51 residents and guests feasted on Polish Sausage, Hot dogs and hamburgers with all the fixins. A special thanks to Bob Vogel, Bob Doty, Janis Jones, Jenny Combs and Nancy Haven. And to all those who helped clean up. Editors note A big thanks also needs to go to Penny and Vicki for all the hard work they put into these parties.



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

We're all moving to the big city

The days of living far out in the country appear to be dwindling, according to a report from the Population Division of the U.N. Department of Economic and Social Affairs. Approximately 4.2 billion people live in urban areas worldwide, and 2.5 billion more are expected to join them in the next 30 years—68 percent of the world's population.

The U.N. predicts that by 2030, the world will have 43 “megacities,” with populations of more than 10 million people. The world's largest city will be New Delhi, outpacing Tokyo with a population of 43.3 million inhabitants by 2035.

In the meantime, the rural population is expected to peak and then decline to 3.1 billion by 2050.



Technology—good or evil?

Do you love all the new technology or hate it? Chances are it's a little bit of both. In a survey by Vrge Strategies, 81 percent of respondents said that smartphones, the internet, and other technologies have made their lives better—but at the same time, 51 percent said they believe these tools have had a negative impact on society.

The respondents were concerned about security. Forty-one percent said the internet and other new technologies should have more regulation than they do now, and 72 percent don't think lawmakers are keeping up, given the rapid pace of change in the tech industry.

Another concern: income inequality. Thirty-eight percent of participants in the survey said they believe technology increases the gap between the rich and the poor—although 22 percent said they think new tech reduces the gap.

Teens and social media use

Instagram is fading in popularity among teenagers, according to a Pew Research Center study, and YouTube appears to be taking its place.

The survey, reported on the Pittsburgh Post-Gazette website, found that 85 percent of teenagers in the United States are users of YouTube, but only 72 percent are using Instagram (owned by social media giant Facebook), and 69 percent use Snapchat.

Use of Facebook's main site is down to 51 percent among teens, dropping from 71 percent in 2014-15.



The Pew study also found that 95 percent of teenagers either own a smartphone or have access to one, a rise from 73 percent in the previous survey, and 45 percent report using the internet “almost constantly,” almost double the percentage from the earlier survey.

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Plan your cookout for safety

If you're planning a cookout for Labor Day—or any other time—you should observe the following safety tips:

- Always wash the racks on your grill. Unwashed racks can be breeding grounds for bacteria and could contaminate your food at your next cookout. Use a brass-bristle brush to remove all the debris from the rack.
- Never place your grill close to your picnic table or other seating. Place it instead far away from where people will be gathered.
- Don't wear loose or flowing clothes when you are grilling. A drooping sleeve could brush against the grill or coals and catch fire.
- Use heat-resistant cooking mitts and long-handled utensils to avoid burns.
- Make sure you keep a fire extinguisher or a large spray bottle filled with water nearby in case of fire emergencies.
- Never add charcoal starter or fluid to coals that are already warm or hot. The fluid could cause flames to flare dangerously.
- Never use alcohol, kerosene, or gasoline to start a fire or grill. Using any of these fluids to start a fire can cause an explosion.



Saltwater trout evolve to freshwater species

Evolution normally takes place over thousands or millions of years, but sometimes it can happen more quickly. The Science website reports that a group of saltwater steelhead trout transplanted from California to the salt-free waters of Lake Michigan in the 1890s have evolved into a species that can live wholly in fresh water—in only 100 years.

Genetics helped. The steelheads hatch in freshwater rivers before swimming out to the ocean for much of their lives, returning to the rivers to spawn. That probably allowed key genetic differences to develop in their new home, demonstrating how quickly an organism can change and adapt to a new environment if it has the right genetic makeup.



Ignore these creativity myths

Freeing your creativity sometimes means letting go of the misconceptions many people have about it. Don't fall prey to these mistaken assumptions:

- **Only a few people are creative.** Some people may seem to be more creative than others, but all of us have the power to generate new and innovative ideas.
- **You can't teach creativity.** You can train people (and yourself) to be creative with mental exercises and just learning to look at the world through different and fresh angles.
- **Discard bad ideas quickly.** You may think this will save time, but dropping "bad" ideas means you may miss opportunities. Analyze them to find out what makes them bad. Maybe you can fix it, or perhaps you could salvage at least part of the idea for use later.

Live by the principles of creative people

Creativity isn't something you have to be born with. Here are some habits and traits of creative people that you can put to work in your quest to make your imagination blossom:

- **Intolerance for boredom.** Creative people don't like to spend their time with the same old ideas. When they get bored, they start looking for something new and different to play with.
- **Willingness to take chances.** Trying or suggesting anything new has an element of risk. The people you want to emulate aren't afraid of being laughed at or rejected as long as they're committed to their ideas.
- **Enthusiasm.** No one works hard on a project or idea they don't feel strongly about. Don't pursue a project if its possibilities don't excite you.
- **Generosity.** Don't worry too much about people "stealing" your ideas. Creative types know that they do better when sharing their thoughts with a wide array of people and listening to the feedback they generate.
- **Optimism.** You won't succeed if you think only about the possibility of failure. The most successful creative people reached their goals because they never believed that giving up was a good idea.
- **Realism.** At the same time, the best artists, writers, designers, and entrepreneurs understand that hanging on to an idea too long doesn't work. Persistence is a positive trait, but it has to be tempered with an understanding that moving on to a better idea is sometimes the best path to take.



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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

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One of those days

A librarian was scanning a stack of returned books when she heard, “Book, book, book, book.”

She looked up and saw a chicken standing before the counter. The chicken looked at her and then at the stack of books and again said, “Book, book, book, book.”

The librarian handed the chicken a random book from the pile; the chicken grabbed the book in her beak and ran out of the library.

A few minutes later the chicken returned to the library with the book and tossed it on the counter. Again, the chicken said, “Book, book, book, book.”

The librarian handed the chicken another book. The chicken ran off with it only to return minutes later, slamming it on the counter, flapping her wings, and shouting, “Book, book, book, book!”

The librarian handed the chicken another book. This time when the chicken wandered off, the librarian followed. She tracked the chicken down the block, to the park, where a frog was sitting on the edge of a pond. The chicken showed the frog the book, and the frog said, “Read-it, read-it, read-it, read-it.”



You know you're getting old when ...

Three elderly gentlemen were taking a stroll in the park. The first man said, “Isn't it windy?”

The second man replied, “I'm pretty sure it's Thursday.”

The third man said: “Me, too. Let's go get some lemonade.”

A knock-knock joke

“Knock, knock.”

“Who's there?”

“Repeat.”

“Repeat, who?”

“Who, who, who, who ...”



Gardening may benefit mental health

Getting your hands dirty in the garden may be one way to fight depression, according to the Gardening Know How website. Fresh air and sunshine help, but scientists say there's a natural antidepressant in soil: *Mycobacterium vaccae* apparently has the same effect on neurons that Prozac and other medications provide. The bacterium seems to enhance the production of serotonin, the lack of which has been linked to depression, anxiety, bipolar disorder, and other mental illnesses.



Experiments using the bacterium with rats appeared to increase cognitive ability, lower stress, and create higher levels of concentration. Studies testing the bacterium on cancer patients found that the patients reported less stress and a better quality of life.

The effects can come from the air, touch, and through the blood in case of a cut in the skin. You should always wash your hands after working in the dirt, of course, but a few hours in the garden every week could have a positive effect on your physical and mental health.

Live a fuller life by enhancing your senses

Our senses are our connection to the world. They can make us feel more alive. Here are a few tips for heightening your senses:

- **Touch.** Close your eyes while you are performing familiar tasks. For instance, when you are taking a bath, close your eyes and then locate the water taps, the soap, etc. Closing your eyes will prevent your sense of sight from predominating. To stimulate nerve endings, go for a massage.
- **Smell.** Sniff specific objects and pay close attention to what you are smelling. Add smells to familiar items, for instance by sprinkling cinnamon in your coffee.
- **Taste.** Eat foods that are high in zinc, or take a multivitamin that contains zinc. If you are on medication, it can affect your taste, so check with your doctor.
- **Sight.** Make sure you wear 100 percent UV-blocking sunglasses. Take off all your eye makeup at night, and always clean your contact lenses.

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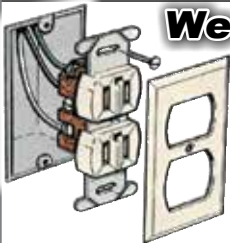
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9 Porsha Mills Birthday Lot 19 Robert & Kim Buck- man Anniversary Lot 7 Coffee & Donuts 9:30 clubhouse	10	Patricia V Birthday Pa
16 Eran Hand Birthday Lot 12 Coffee & Donuts 9:30 Clubhouse	17	Kim Buc Birthday
23 Coffee & Donuts 9:30 Clubhouse First Day of Autumn	24	
30 Coffee & Donuts 9:30 Clubhouse		

Shangri La

Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Alice King Birthday Lot 69 George Sleuth Birthday Lot 85
4 Mayo Birthday and Jewel Mayo sary	5 Gloria Allman Lot 32	6	7	8
11 Wright Lot 147 <i>triot Day</i>	12 Pat Signor Lot 40 Birthday Pot Luck Clubhouse 4pm Happy Hour 5pm dinner	13	14 Walter Dellapenna Birthday Lot 39	15
18 kman Lot 7	19	20 Michele O'Brien Birthday Lot 83	21 Sylvia Rodriguez Birthday Lot 52	22
25	26	27	28	29
				OCTOBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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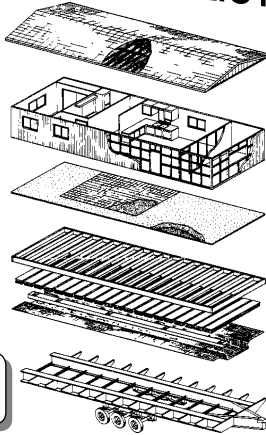
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In the 1980s, children from three different Canadian communities participated in a study. The researchers found that the children who lived in an area with no access to television scored higher in thinking skills that measured imaginativeness than their TV-watching counterparts. Two years later, televisions were introduced into the homes of these same rural children. The decline of their divergent thinking skills soon followed.

If watching television can diminish a child's thinking skills, imagine the impact of countless hours of video game playing, texting, and communicating through emoji. Help your children unplug from their devices, grow bored, and tune in to their imaginations. The opportunity to uncover their hidden talents and build new worlds awaits.

Help your family eat their fruits and veggies

According to the American Heart Association we should be consuming at least four cups of fruit and five cups of vegetables every day. Fresh and frozen options work best and will ensure you're not taking in too much sodium or other preservatives. Here are some tips to make sure your plate is filled with these healthy nutrients and every meal:

- Have a cup of fruit with your breakfast.
- Add chopped veggies such as spinach, onions, bell peppers, and mushrooms to your eggs.
- Eat an apple, orange, or banana for a morning snack.
- Swap the chips with celery or carrot sticks for an afternoon snack or with your lunch.
- Enjoy a cup of vegetable soup with afternoon meals.
- Make sure you add plenty of lettuce, tomato slices, and sprouts to your sandwiches.
- Pack raisins or other dried fruits in your backpack or purse for a quick and easy snack when you're out and about.
- Always have a side salad and a steamed/cooked vegetable with dinner.



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Many years ago, businessman Rene Henry invited a friend and their dates out for an afternoon on his sailboat on Santa Monica Bay. The good times quickly soured when a thick blanket of fog appeared late in the afternoon, making visibility nonexistent.

For Henry, who raced his boat every Wednesday and sailed 12 months out the year, the arrival of the fog was of no concern. Armed with a compass and sophisticated nautical charts, (GPS was not available at this time) he plotted a course that would get the boat safely back to the marina.

Things began to change when Henry and his friends spied five sailboats lined up in a row, heading in a different direction. Henry's guests believed the best course of action was to follow the lead of the other boats. Five captains couldn't be wrong.

Henry was confident in the course he'd charted, but agreed to recheck his calculations to appease the others. He turned the wheel over to his friend so he could go below deck. When he returned to the helm a short time later he realized his friend had taken them off course so they were now following the other sailboats.

Henry resumed the wheel and steered them back to the course he'd figured out. By this time Henry's friend and their dates were anxious, and there was little Henry could do to assuage their fears. His years of experience sailing for both pleasure and sport had made him an able mariner, and the course he plotted delivered them safely back to the marina.



Later that evening Henry received a call from a friend who happened to be on Venice Beach that day. The friend told him about how five sailboats emerged from the fog and crashed onto the breakers at Venice Beach, one right after the other.

Henry's experience is a good example of why you should never doubt your own abilities or blindly follow someone else's lead. Had Henry been swayed by fear of his friends that day, he too would have crashed on the breakers.

Doubters do not achieve; skeptics do not contribute; cynics do not create.

—Calvin Coolidge

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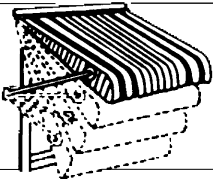
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Monthly

Be Kind to Writers and Editors Month. Yes, it's a real thing, so be creative in your efforts to shamelessly promote your craft while persuading your colleagues to pay tribute to your brilliance and dedication.



Intergeneration Month. Promoting the sharing of knowledge, awareness of needs, exchange of ideas, and growth that can occur only when people interact with those of differing age groups. Expand your base to broaden your horizons.

National Pediculosis Prevention Month. September means our children have gone back to school, and it's time to review the facts and figures about head lice. Go to <https://www.head-lice.org/> to learn more and protect your family from an outbreak.

One on One Month. Take time to get better acquainted with your staff, team members, and coworkers to boost morale in your organization. Carve out quality time to do the same with family, friends, and members of your community.

Weekly

International Enthusiasm Week, Sept. 1-7. Each of us can find something to be grateful and enthusiastic about this week and each week thereafter. Count your blessings and enjoy life.

Self-University Week, Sept. 1-7. The first week of the month is committed to lifelong learning. Open your mind to the discoveries that await the daring among us with a desire for knowledge.

Line Dance Week, Sept. 10-15. If you can follow directions, you can learn to line dance. It's simple and fun, as long as you don't step on anyone's toes.



International Clean Hands Week, Sept. 16-22. As autumn arrives, so too does the start of the cold and flu season. Keep in mind that proper handwashing with soap and water can help prevent the spread of germs in schools, workplaces, and other public spaces.

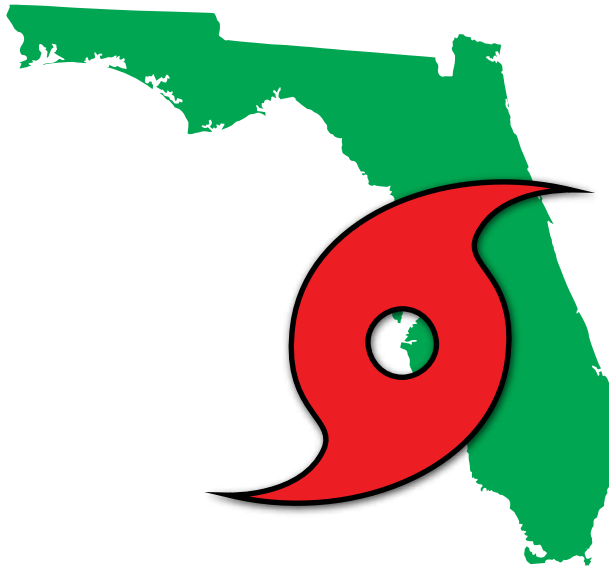


Banned Books Week, Sept. 23-29. Most banned books deal with themes of inclusion, tolerance, and diversity. Read a banned book this week, and support the American Library Association as it champions free speech. The theme this year is, "Banning Books Silences Stories. Speak Out!"

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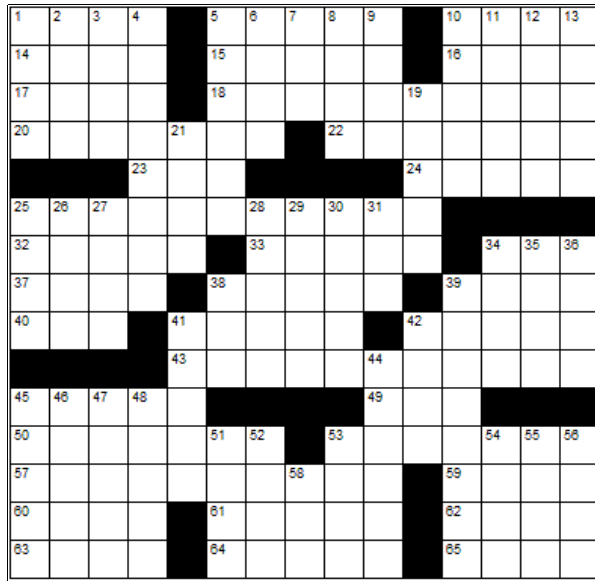
George Lordstrom, Saint Petersburg, FL



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ACROSS

- 1. Relating to aircraft
- 5. Tag
- 10. Expectoration
- 14. 24 in Roman numerals
- 15. Humble
- 16. Roman moon goddess
- 17. Vitality
- 18. Lingo
- 20. Continuing forever
- 22. Any simple chemical
- 23. Occupation
- 24. Church recesses
- 25. Cars
- 32. Water soaked soils
- 33. Licoricelike flavor
- 34. Bar bill
- 37. Hotels
- 38. Rubs
- 39. Garden tool
- 40. East Indian tree
- 41. Gesture of indifference
- 42. Eagle's nest
- 43. Happiness
- 45. Subarctic coniferous forests
- 49. A very long period
- 50. Abrupt strong increase
- 53. Type of marmoset
- 57. Criminal
- 59. Schnozzola
- 60. Mining finds
- 61. Sound of an angry dog
- 62. Scrabble piece
- 63. Rodents
- 64. Not cloudy
- 65. Toboggan



DOWN

- 1. Spindle
- 2. Way out
- 3. Abundant
- 4. Gladdens
- 5. Washbasin
- 6. Cain's brother
- 7. Tavern
- 8. Feudal worker
- 9. Loyal (archaic)
- 10. Slouch
- 11. Whines
- 12. Absurd
- 13. Small open pies
- 21. French for "Names"
- 25. Corrosive
- 26. Forearm bone
- 27. Armored vehicle
- 28. Scottish for "Child"
- 29. Enter data
- 30. Feudal lord
- 31. S
- 34. Container weight
- 35. Like
- 36. Red vegetable
- 38. Which person?
- 39. Leftovers
- 41. Neck warmer
- 42. "Smallest" particle
- 44. Almost
- 45. Carcinoid
- 46. 3-banded armadillo
- 47. A small island
- 48. Estimate
- 51. Jokes
- 52. Beige
- 53. Small city
- 54. Agitate
- 55. Small island
- 56. Require
- 58. 2,000 pounds



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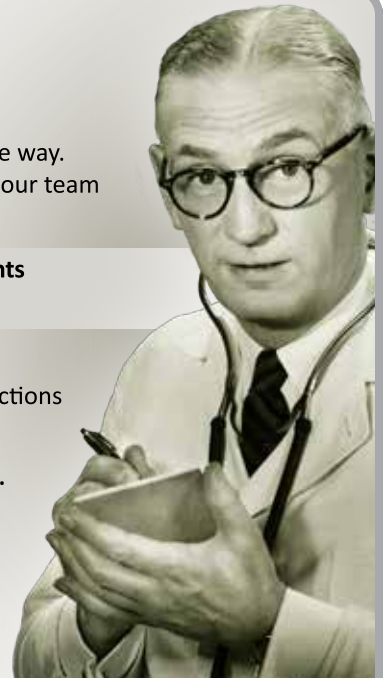
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September Sudoku

Difficulty level: easy.

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



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



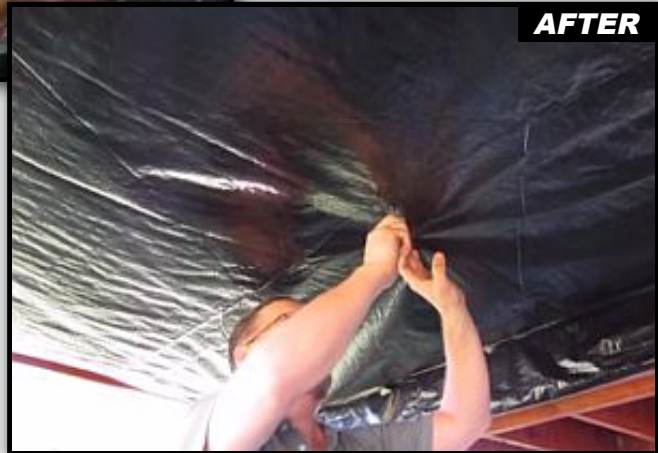
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