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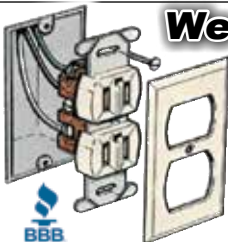
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President : Jerome Freeland
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Treasure: William Diaz
Asst. Treasurer : Theodore Butler
Secretary : Stephanie Lee Jones DiVito

Message from the President



The new HOA Board would like to wish everyone a Happy Valentine's Day. We will be working on making some improvements here at Shangri-La. If you have any questions or ideas please feel free to join our new web page at : Shangri La HOA information.

Our new Treasurer William had a financial meeting with the outgoing treasurer Nancy to have the ledgers were turned over. Two other board members were there also.

There is also a small food pantry in the clubhouse that will be stocked once a week if anyone is in need of something to eat or drink. Please be respectful & only take what you need as others may need it to. Feel free to make any donations, be it food or cash to replenish the cabinet.

We are still looking for A Bingo Caller, Someone to do the Monthly Media & An Activity Director. If you're interested in any of these please contact Bobbi lot #61.

Thank You



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Meeting of minds

The famous movie actor/director Charlie Chaplin once met the world-renowned physicist Albert Einstein at a public event. According to the Storypick website, Einstein told the comedian: “What I most admire about your art is your universality. You don’t say a word, yet the world understands you.”

To which Chaplin replied, “True. But your glory is even greater. The whole world admires you, even though they don’t understand a word of what you say.”

Mistaken identity

Even Queen Elizabeth II sometimes goes unrecognized. A story from the Hello magazine website tells of a time when the queen’s car drove up to the Royal Windsor Horse Show in 1991. A guard walked up and told her, “Sorry, love, you can’t come in without a sticker.”

Unfazed, her majesty answered, “I think if you check, I will be allowed to come in.”

He did, and she was. The guard admitted later that he’d thought the queen was just “some old dear” who was lost.

Penalty box

Gordie Howe was one of the greatest hockey players of all time. One night his team, the Detroit Red Wings, was playing the Toronto Maple Leafs at Maple Leaf Gardens. Howe believed one referee was favoring the home team, so he skated over and asked, “Hey, refer, what would you do if I called you a homer?” (a sports official who makes obvious calls for the home team.)

“I’d have to give you two minutes in the penalty box,” the ref replied.

“What would you do if I only thought you were a homer?”

“I couldn’t do anything. Your thoughts are your own.”

“Good, because I think you’re a ----ing homer!”

And yes, Howe got two minutes in the penalty box.



A little praise

As a speechwriter for presidents Ronald Reagan and George H.W. Bush, Peggy Noonan introduced such phrases as “a thousand points of light” into the vernacular. But she derived her greatest personal satisfaction from a simple note of praise.

As recounted in her book, *What I Saw at the Revolution* (Ivy Books), four months into her job as Reagan’s speechwriter, Noonan had yet to meet the boss. Then he returned the draft of one of her speeches bearing the hand-scrawled words “Very Good.”

Noonan was overjoyed—so overjoyed that she cut out the note, taped it to her blouse, and walked the halls beaming with the pride of a schoolgirl who’d suddenly discovered she was teacher’s pet.

Handling the press

Rock star David Bowie knew how to charm reporters. According to the Digital Spy website, when a magazine ran a series on some of the journalists who’d interviewed him over the years, they discovered that he’d played the same trick on them over and over again:

Bowie would schedule a 45-minute interview. When his aide came in to show the reporter out, he’d say, “Look, I know we’re on a schedule, but we’re having such fun here, could we do an extra 15 minutes?” Every journalist felt flattered by the attention, which usually resulted in a positive review of whatever album Bowie was publicizing. Only years later did they realize that he’d scheduled them for a full hour all along.

Quotes:

We are storytelling animals and cannot bear to acknowledge the ordinariness of our daily lives.
—Stephen Jay Gould

Storytelling reveals meaning without committing the error of defining it.
—Hannah Arendt





Daydreaming can be good for you

Daydreams aren't necessarily a waste of time. We daydream for different reasons, but it can have a positive affect on your life and career. Consider these facts about daydreaming from the LiveScience website:

- Daydreaming can be controlled—up to a point. Most people daydream intentionally because they're bored or working on something simple. When tasks require more concentration, drifting off is less frequent, but still happens.
- Blinking is a clue. Wonder if someone is daydreaming while you're talking? Look closely at their eyes. Studies show that people blink more often and more rapidly when they daydream.
- Daydreaming can help with problem solving. Let your mind wander when you're working on a tough problem. Scientists have observed that the areas of the brain involved in problem solving turn more active when we daydream.

These thoughtful habits can spark your imagination

Even if you don't think of yourself as the creative type, you can always amp your imagination up with a little effort. Keep this advice in mind when you're searching for an original idea or an innovative solution:

- **Meditate.** Spend some time each day visualizing something pleasant and peaceful. It doesn't have to relate to anything you're working on—just picture a lake, a forest, or even a loved one. You'll relax your brain and body while creating a mental environment that attracts fresh thinking.
- **Pretend.** Look at ordinary objects around you and pretend they're something different. Your pen is a magic wand, for example, or a pair of scissors is a spaceship. Explore the premise, and you'll teach your mind to look at everything a little differently.
- **Try something new.** Break out of your routine on a regular basis. Read a book on a subject you're unfamiliar with, try a new sport, talk to someone you don't know well. Different experiences can help loosen up stiff ways of thinking about things.
- **Commit some art.** Try sketching a picture or writing a poem. It doesn't have to be a masterpiece. Just give yourself mind and body space to roam in a fresh direction. You may see and hear the world differently later.

Quotes:

Every child is an artist; the problem is staying an artist when you grow up.
—Pablo Picasso

It is better to fail in originality than to succeed in imitation.
—Herman Melville

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Monthly

African American History Month. An annual observance to recognize and commemorate African American culture, African American History Month (or Black History Month) is celebrated annually in the United States and Canada in February, and in the United Kingdom in October.

Dog Training Education Month. Every day of the month, perform one training activity with your dog: jumping, herding, racing, etc. By the end of the month, you'll notice an improvement in your dog's temperament, and you'll share a closer bond.

National Haiku Writing Month. Write one haiku a day throughout February—the shortest month for the world's shortest genre of poetry. Don't think writing a good haiku is easy, though. As French philosopher and literary theorist Roland Barthes once observed, "Haiku has this rather fantasmagorical property: That we always suppose we ourselves can write such things easily."

Teen Dating Violence Awareness Month. A national effort to raise awareness about abuse in teen and 20-something relationships and promote programs that prevent it. One in three teens in the United States will experience physical, sexual, or emotional abuse by a partner in a relationship before they become adults. Spread awareness, and stop dating abuse before it starts.



Weekly

Burn Awareness Week, Feb. 1-7. Observed the first full week in February, Burn Awareness Week is intended to provide an opportunity for burn, fire, and life safety educators to share the message of burn awareness and prevention in communities around the nation.

National School Counseling Week, Feb. 1-5. This year's theme, "School Counseling: Helping Students Realize Their Potential," will focus public attention on the unique contribution of school counselors and highlight the tremendous impact they can have in helping students achieve school success and plan for a career.

Children of Alcoholics Week, Feb. 8-14. A campaign led by the National Association for Children of Alcoholics (NACOA) to raise awareness of children affected by parental alcohol problems. Children of Alcoholics Week is celebrated internationally each year during the week in which Valentine's Day falls.

National Invasive Species Awareness Week, Feb. 23-27. Raise awareness and identify solutions to invasive species issues at local, state, tribal, regional, international, and national levels. Participating organizations include the Association of Fish and Wildlife Agencies, the Environmental Law Institute, and the Nature Conservancy.



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Your family's medical history may be key to a longer life

Fitness and a good diet are important to staying healthy and living longer, but scientists say our genetic traits and inheritance also determine health and longevity. By keeping track of your family's medical history, you and your doctor may be able to detect diseases you're likely to develop before they get the best of you. Here's what to learn:

Whom should you ask to find out about your family's health/medical history?

- Mother
- Father
- Siblings
- Aunts
- Uncles



What information should you document?

- Causes of death
- Diseases and disorders, such as visual impairment, glaucoma, hearing impairment, obesity, diabetes, high blood pressure, coronary heart disease, cancers, depression, muscular dystrophy, Tay-Sachs disease, hypothyroidism, Down syndrome, etc.
- Habits, such as smoking, diet, alcohol or drug use, exercise, and fitness.

Where should you keep the information?

Record your family's health and medical history in a journal. Create a chart or family tree listing any health traits under each person's name. Take the journal with you whenever you or your immediate family members are scheduled to see your family physician. Share all of your findings on your family's medical history with your doctor and record any new information after each physical.

Listen to the advice of these millionaires

To manage your money wisely, good advice is imperative. Listen to these words of wisdom from millionaires around the world:

- Robert Kiyosaki, author of *Rich Dad, Poor Dad* (Warner Books): "It's not how much money you make, but how much money you keep."
- Warren Buffett, investor: "Never depend on a single income. Make investments to create a second source."
- Tony Robbins, inspirational speaker: "Don't think in terms of taking huge risks to get huge rewards. Think about the least amount of risk for the greater reward, and be disciplined about that."
- Dave Ramsey, entrepreneur and radio host: "Financial peace isn't the acquisition of stuff. It's learning to live on less than you make, so you can give money back and have money to invest."





Help out friends when they're sick

A friend is sick. Sending a get-well card is nice, but for a serious illness, it's not enough. What can you do to really help? Try some of these thoughtful gestures:

- Text when you're at the store: "Can I pick up anything for you?"
- Plan a lunch date.
- Offer to run their errands.
- Help out around the house, cleaning up or doing laundry.
- Offer to drive to doctors' appointments, the store, or anywhere else they need to go.

Get up and work out

The alarm rings. Do you leap out of bed to head for the gym? Or hit snooze and tell yourself you'll work out tomorrow? Motivating yourself to get up and start exercising can be tough. If you give in to temptation to skip the health club more than you'd like, try these tips to get moving:

- Watch what you eat before bedtime. A heavy snack right before you hit the mattress will make you feel lethargic in the morning. Stick to fruit, vegetables, and lean, protein-rich foods, and don't eat anything for at least 90 minutes before you go to bed.
- Go to bed early. You'll wake up feeling refreshed and ready to work out if you get enough sleep—seven to eight hours. Limit your TV, computer, and cellphone use before bedtime so you can get to sleep easier.
- Look forward to something. Don't think of exercise as drudgery. Find something you enjoy about it so you wake up excited about hitting the gym, or give yourself a reward for working out once you're finished.
- Find a workout buddy. Exercising alone can be boring. Ask around your neighborhood, workplace, or health club and find someone who works out on the same schedule you do. When you know you've got someone waiting for you, you'll be more motivated to show up.

Quotes:

Health is the natural condition. When sickness occurs, it is a sign that nature has gone off course because of a physical or mental imbalance.

—Jostein Gaarder

Health is more than the absence of disease. Health is about jobs and employment, education, the environment, and all of those things that go into making us healthy.

—Joycelyn Elders

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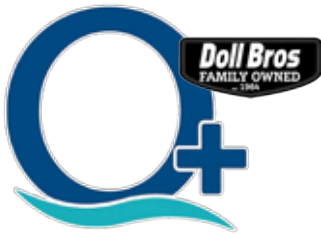
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Feeling sick? Don't depend on the internet for a cure

The internet is good for some things, but when you want to find out what's making you feel sick, you're generally better off with your doctor than with a medical website or smartphone app. That's the diagnosis of a study by Harvard Medical School that was recently written up in the JAMA Internal Medicine journal.

The research involved 234 physicians and 23 diagnostic tools offered by such websites as the Mayo Clinic and Web MD, along with apps for the iPhone and Android smartphones. Given 45 hypothetical patients and their symptoms, the human doctors got the correct diagnosis right away in 72 percent of the cases, while the computerized symptom checkers were correct only 34 percent of the time.



When asked to provide not one but three possible diagnoses, physicians again outperformed their technological counterparts, hitting the right diagnosis with their top three 84 percent of the time. Websites and apps found the correct diagnosis just 51 percent of the time.

So although you might be tempted to just Google your symptoms and head to the drugstore, most of the time you're better making an appointment with your doctor.

Spare your back by lifting safely

A major cause of back pain and injury is improperly lifting heavy items at work or in the home. Remember these basic techniques for safe lifting:

- Assess whether you need help. Before you even think of lifting an object, ask yourself whether you can really handle the load alone or you should ask a co-worker for assistance, or get some kind of mechanical aid, like a dolly.
- Always bend your knees. Bending at the waist when you lift something strains your back. Bending at the knees helps you maintain your balance and lets your stronger leg muscles do the work of lifting.
- Hug your load. Keep the object as close to your body as you can. Gradually straighten your legs to a standing position.
- Don't twist. Twisting can overload your spine and cause serious injury. Keep your feet, knees, and torso pointed in the same direction when you lift.
- Put your load down carefully. Use the same techniques in setting down the object that you do when lifting it.

Quote:

We must respect the past and mistrust the present if we wish to provide for the safety of the future.
—Joseph Joubert

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Eating healthy: The choices we make

More Americans are trying to make healthier choices about the food they buy and eat these days. A study of 2,000 consumers by health food manufacturer Earth Balance looked at the foods we're buying and why we choose them. Here's a look at the top "better for you" selections:

- **Dairy products:** 29 percent
- **Alternative oils and fats (such as avocado, sunflower, or coconut oil):** 28 percent
- **Alternative snacks (gluten-free crackers, Greek yogurt, etc.):** 28 percent
- **"Superfoods" (such as chia, quinoa, and acai):** 28 percent
- **Plant-based proteins (lentils, spirulina, and so forth):** 18 percent
- **Wheat flour alternatives:** 12 percent

How are you spending your days?

You may think you're working out a lot. But as a percentage of your lifespan, it's probably not that much. In fact, a global study by Reebok found that the average human spends less than 1 percent of his or her entire life exercising—0.69 percent to be exact.

The Reebok study is part of the 25,915 Days campaign, which is named for the number of days in the average human lifespan of 71 years. The survey data came from more than 90,000 respondents the United States, United Kingdom, Canada, Germany, France, Mexico, Russia, Korea, and Spain. In terms of days spent on specific activities, here's what Reebok found:

- **Exercise:** 180 days
- **Looking at a tech device:** 10,625 days
- **Sitting down:** 7,709 days
- **Socializing with family and friends:** 1,765 days



Quotes:

If people do not believe that mathematics is simple, it is only because they do not realize how complicated life is.
—John Louis von Neumann

The essence of mathematics is not to make simple things complicated, but to make complicated things simple.
—S. Gudder





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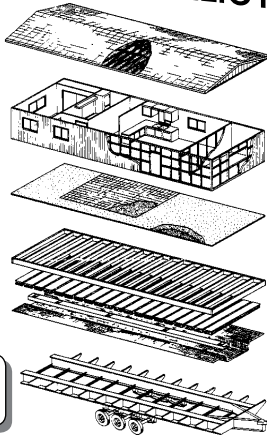
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An ancient mystery: How old are Saturn's rings?

The rings of Saturn have dazzled humans ever since they were found in the sky, but they contain many unexplained mysteries. One is how old they are. One theory states that they date back approximately 4.6 billion years; another suggests that they're just 100 million years old.

Scientists backing the younger theory contend that the rings should show more evidence of space debris from the Kuiper Belt, which would make them darker than they appear today. Proponents of the older view note that the rings were probably created by a moon or some other icy object falling apart as it passed close by Saturn, an event which doesn't seem to have happened in recent times ("recent" in astronomical terms, at any rate).

Some of the trouble comes from not knowing precisely how massive the rings are—a lighter series of rings could have formed more recently than a heavy-scale one.

The case may be solved by the Cassini space probe, which is scheduled to fly between Saturn and its rings in September 2017 on the last leg of its mission. Inside the rings, researchers can measure the gravitational pull on Cassini from both directions and compare those figures with earlier data from orbits farther out, when Saturn and the rings tugged the probe together from the same direction. Scientists are eager to know—according to the Science News website, researchers have a betting pool on the findings.

One more reason to fear spiders? Their hearing

Spiders can't "hear" exactly, but they can sense and respond to vibrations in the air over relatively long distances. Until recently, scientists believed they were only sensitive to sounds from a few inches away. However, the Sci-News website reports that researchers at Cornell University have found that jumping spiders (*Phidippus audax*) can pick up low-frequency sounds from up to 10 feet away.

The spiders apparently sense vibrations through the hairs on their forelegs, which produce a response in acoustically sensitive neurons. Physically probing a single hair produced the same type of response. The jumping spiders are most sensitive to frequencies produced by the wingbeats of wasps, one of their natural enemies. Scientists plan to examine the brains of fishing spiders and wolf spiders for similar abilities.

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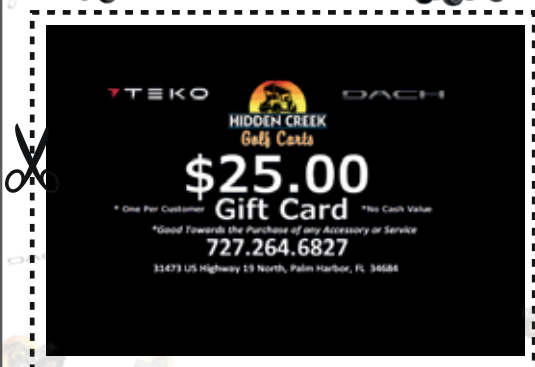
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EVENTS & PROGRAMS

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Saturday, February 7, 2026 from 8 AM
to 8 PM. A wide variety of items will be
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Embassy Mobile Park, Inc. Rummage
Sale, Saturday, February 7th, 9:00
a.m. to 2:00 p.m., in the clubhouse on
4th Street. 16416 US Highway 19 N.,
Clearwater - Largo area. Off East Bay
just West of Tri-City Plaza; come in by
Wendy's onto Pine Forest Drive.

Clearwater Cascade park-wide yard
sale. Saturday, February 21, 8:00am -
2:00pm. 9790 66th Street N, Pinellas
Park

Blue Jay Estates - Annual Community
Rummage Sale. Friday and Saturday,
February 27 and 28, 2026. 8am - 1pm.
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2000 East Bay Drive, Largo. Sat. Feb
28. 8 to 12. Bikes, Furniture, Small
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planning something.

-Monthly Media Staff

EVENTS & PROGRAMS

March Events

White Elephant/Bake Sale. Saturday
March 7, 2026 8:00AM - 1:00PM.
Lake Highlander Park: 1500 County
Road #1, Dunedin, FL. Small
appliances, furniture, lamps, linens,
jewelry, household appliances, tools,
outdoor furniture, miscellaneous
items, baked goods, snack bar

Palm Hill Country Club Annual Bazaar,
Saturday March 7th. 8am - 1pm. 1800
Seminole Blvd. Largo

Rummage Sale, Unitarian Universalists
of Clearwater, 2470 Nursery Rd,
Clearwater, Saturday March 7, 8am-
2pm. Kitchen ware, home decor, books,
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Crafters Wanted March 21st at Palm
Hill Country Club. 401 8th Ave, Largo,
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- ☐ First aid kit
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Whistle to signal for help
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation Non-sparking wrench or pliers to turn off utilities
- ☐ Can opener (if kit contains canned food)
- ☐ Local maps



FEMA
www.ready.gov/kit

Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ Prescription medications and glasses
- ☐ Infant formula and diapers
- ☐ Pet food, water and supplies for your pet
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
- ☐ Cash and change
- ☐ Emergency reference material such as a first aid book or information from www.ready.gov
- ☐ Sleeping bag or warm blanket for each person.
- ☐ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.
- ☐ Fire Extinguisher Matches in a waterproof container
- ☐ Feminine supplies, personal hygiene items and hand sanitizer
- ☐ Mess kits, Paper cups, plates and disposable utensils, paper towels
- ☐ Paper and pencil Books, games, puzzles or other activities for children



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3. Mail it back to us at: **Monthly Media | 220 Bahama St. Venice, FL 34285**
4. Every month we draw new tickets for **CASH PRIZES** and mail winners a check! **Every month is a new chance to win!**

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STATE	
ZIP	

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Bill Dixon..... \$10 Air Masters of Pinellas
John Cobb \$10 Barron's A/C
Dorothy Clegg..... \$5 Battleline Termite Pest Control
Evelyn Ruppel..... \$10 Battleline Termite Pest Control
Floyd Morin..... \$10 Bay Area Aluminum Services
Philip Willix \$10 Boss Electric
Sharon Fusner \$10 Boss Electric
Fran Gillette \$5 Buggin Out Termite
John Anderson..... \$10 Buggin Out Termite
Bill O'Sullivan..... \$10 Gulf Coast Powerwashing
Cathy Watson \$5 Gulf Coast Powerwashing

Donald Lawdel..... \$10 Gulf Coast Powerwashing
James Huck \$5 Gulf Coast Powerwashing
John Chico \$10 Gulf Coast Powerwashing
Bob Kimsel \$10 Jones & Sons Plumbing
Debbie Girard..... \$10 Jones & Sons Plumbing
Elaine Magee \$10 Jones & Sons Plumbing
Margaret Fake \$5 Jones & Sons Plumbing
Michael Arkanoff..... \$5 Jones & Sons Plumbing
Todd Pickerd..... \$10 Jones & Sons Plumbing
Annie Fox..... \$10 Rod Runners
Steven Dehler..... \$10 Ron Wyngarden Mobile Wash
Marilyn Jones..... \$10 Royal
Joyce Billis..... \$5 Air Masters of Pinellas

• Limit of one ticket per visit • Advertiser may have up to 5 winners per month • Advertiser must have bill paid current to qualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers •



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