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• P I P E R •

July • 2023

Issue 5 47th Year

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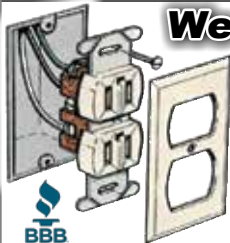
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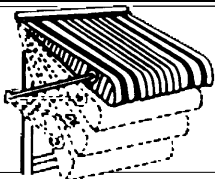
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THANK YOU, SHARON

by JoLynn Kendzora

Just wanted to give another shout out to Sharon Shedd who retired in June. She's been a wonderful asset to this park and we hope she has all kinds of fun in her retirement.

And welcome to Stacey!! Stop in and say hello so she can get to know this great group of people we have here at Lake Highlander.



ART/CRAFT FAIR

by Lynn Marro

Artists and Crafters - between fishing, hiking, cook outs, swimming, etc. remember to take time for working on your art or craft. Our fall Art/Craft Fair is scheduled for November 18th. I MIGHT change it to November 11 because the 18th is Dunedin's big art fair. However, several vendors said they did very well last November even though our fair was the same day as Dunedin's. If you have an opinion one way or another about the date let me know at r21mar@aol.com. The sign-up sheet for tables is in the clubhouse or contact me via e-mail to sign up. The sheet will be taken down on September 1st when I start giving tables to outside vendors.



LAKE HIGHLANDER NIGHT AT THE BALL PARK!!

Saturday, July 8 – the Clearwater Threshers will play Palm Beach Cardinals. Join us for just \$20.50 -- which includes the ticket, free food and soft drinks at the Big Shark Cafe from 5:30-8:00. Sangria, house wine and 16 oz. beers are \$3.00, game starts at 6:30 – and there will be FIREWORKS after the game!! Please call or text Brenda Boudreau at 603-254-5435 for tickets, must be paid in advance --- get a group together and let's enjoy the ball game!!



WALKING PROGRAM

by Terry Lucas

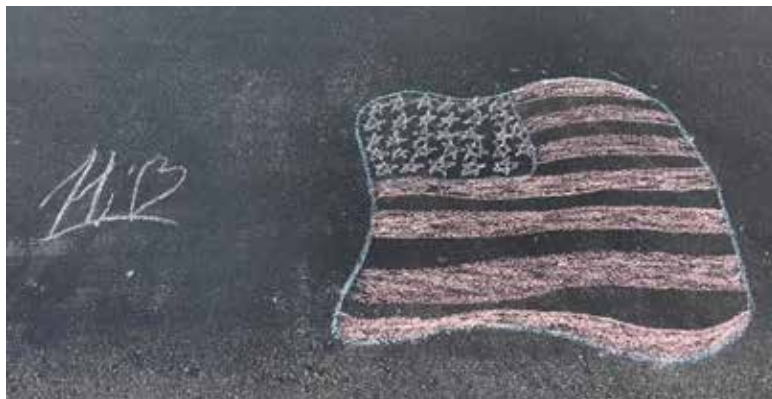
Join us for a fun indoor Summer Brisk Walking Program in the Clubhouse from 9:00 am – 10:00 am every Tuesday, Thursday and Friday. We will be using a DVD by Leslie Sansone. It's a 4-mile brisk walking program, but you can complete as much or as little as you feel comfortable with.



ARTIST IN THE PARK

by JoLynn Kendzora

We had the wonderful opportunity for some street chalk art when Lisa Howell's granddaughter Kiarra came to visit and asked "who wants artwork in front of their home?" Many people ordered up some art and Kiarra had a great time fulfilling those orders – two of my favorites shown here. By the way, she's a reallllly good "31" player, too! Had fun playing cards with her. Thanks, Kiarra!



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SIGNS FROM COLORADO

Do people in Australia call the rest of the world “up-over”?
I don’t have a fit-bit, but I have several fat-bits.
I used to suffer from soap addiction, but I’m clean now.
She only made whiskey but I loved her still.
Terrible summer for Humpty-Dumpty, but he had a great fall.
Life and Beer are very similar, chill for best results.
I’m not bossy, I just know what you should be doing.
Resolutions – in one year and out the other.
Laxatives give you a good run for your money.
Forklift operators hate our puns, they find them unpalatable.
Eat Alphabet Soup, have a vowel movement.
Attention Thieves: Please carry ID so we can notify your next of kin.
Underwear Bandit Caught! Admits brief crime spree!
Anti-Social Vegans avoid the meet.
Bulldozer: Someone who sleeps through political speeches.



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THE LAWS OF LIFE

I've run afoul, on multiple occasions, of most of these laws. How about you?

1. Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.
2. Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.
3. Law of Probability - The probability of being watched is directly proportional to the stupidity of your act.
4. Law of Random Numbers - If you dial a wrong number, you never get a busy signal; someone always answers.
5. Variation Law - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.
6. Law of the Bath - When the body is fully immersed in water, the telephone will ring.
7. Law of Close Encounters - The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.
8. Law of the Result - When you try to prove to someone that a machine won't work, IT WILL!! AND Visa versa!
9. Law of Biomechanics - The severity of the itch is inversely proportional to the reach.
10. Law of the Theater & Hockey Arena - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.



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ACROSS

- 1. Group of eight
- 6. Anger
- 10. College bigwig
- 14. Australian "bear"
- 15. Smooth or level
- 16. Small island
- 17. Formula 1 driver
- 18. Repair
- 19. Put away
- 20. Stewards
- 22. British tax
- 23. Durable fabric
- 24. Large marine eel
- 25. Rear end
- 29. Stud farm operator
- 31. Midday
- 33. Anticlimax
- 37. Prey
- 38. Alliance
- 39. Siren
- 41. Insanity



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50					51				52	53	54	55
56					57				58			
59					60				61			
62					63				64			

DOWN

- 42. Bouquet
- 44. Exam
- 45. Direct
- 48. Funnel shapes
- 50. Puncture
- 51. Wandering
- 56. Jewish month
- 57. Location
- 58. Ice or steam
- 59. Day, month and year
- 60. At any point
- 61. Lacquer ingredient
- 62. Got a good look at
- 63. C C C
- 64. Evil spirit
- 13. Paperboy
- 21. Argues
- 24. Doled
- 25. Initial wager
- 26. Horse color
- 27. Classify
- 28. Designed
- 30. Postponed
- 32. Interior layout and furnishings
- 34. Curved molding
- 35. Wimp
- 36. Bird home
- 40. Get
- 41. Social skills
- 43. A small chin beard
- 45. Protective covering from sunlight
- 46. This day
- 47. Fill with joy
- 49. Stitched
- 51. Millisecond
- 52. Rattling breath
- 53. Any thing
- 54. Captain of the Nautilus
- 55. Smile



July
Crossword

N	O	W	E	D	E	S	C	E	D	E	A	E
D	A	T	E	R	L	E	R	S	I	T	E	R
A	D	A	R	S	I	T	E	R	S	I	T	E
G	O	L	D	E	R	I	N	G	H	O	L	E
S	T	E	E	R	C	O	N	E	S	S	T	E
S	T	E	E	R	N	O	S	E	G	A	T	E
E	N	T	I	C	E	R	M	A	D	O	N	E
T	A	R	G	E	T	L	E	T	A	G	U	E
N	O	O	N	A	Y	L	E	T	D	O	W	N
A	R	S	E	B	R	E	D	E	R	S	E	R
S	E	R	G	E	M	O	R	A	L	E	S	E
A	T	T	E	N	D	A	N	T	S	C	E	S
R	A	C	E	R	M	E	N	D	S	T	O	W
K	O	A	L	A	E	V	E	N	I	S	L	E
O	C	T	A	D	R	A	G	E	D	E	A	N

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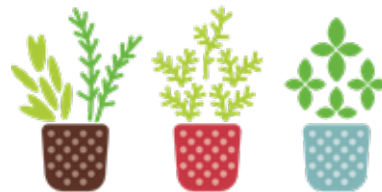
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22



The anti-cancer lowdown on herbs and spices

Many spices and herbs are believed to be imbued with health-building properties and have anti-cancer effects. Herbs and spices are believed to be full of antioxidants, which prevent the damage that free radicals can do to cells.



The National Cancer Institute has identified the following herbs and spices as having cancer-preventing properties: tarragon, cumin, coriander, anise, caraway, turmeric, fennel, rosemary, thyme, oregano and sage. Some of these; caraway, tarragon, fennel and cumin; may also prevent tumor growth, and they are believed to reduce cholesterol levels. Coriander, it is believed, is effective in combating carcinogens. Turmeric contains curcumin, which gives it a yellow color, and has been shown to protect mice against Alzheimer's. Saffron and paprika are believed to stimulate immunity. Cloves and nutmeg are believed to fight bacteria, and chili peppers and ginger might help prevent tumor formation. Cinnamon could be a possible treatment for diabetes in the future. One to two teaspoons were found to lower blood sugar and prevent insulin spikes. —adapted from the U.C. Berkeley Wellness Letter

A hodgepodge of health tips

Here is a smattering of tips to keep you at your best:



- If you need long-lasting energy, eat foods like lentils, soybeans, couscous and dried fruits.
 - Make sure that you drink plenty of water. Eight to 10 glasses a day help replenish and cleanse the body.
 - Want to feel better? How about popping a chocolate kiss in your mouth. Just one has been shown to raise endorphin levels and make you feel better. More, however, won't make you feel any better than just one.
 - Add ginger to your recipes. Ginger has been used since ancient times in China to help digestion and cleanse the body.
 - After age 30, people begin to lose muscle mass, and it becomes increasingly important to perform weight-bearing exercises.
 - Eat 1 cup of yogurt per day. Women who ate 1 cup of yogurt per day for six months got 33 percent fewer yeast infections, according to a recent study.
- adapted from iVillage.com

Inspiration

*People are not lazy. They simply have impotent goals —
that is, goals that do not inspire them.*

—Anthony Robbins

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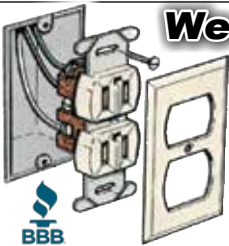
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JULY • 2023

Sunday	Monday	Tuesday
<p>AUGUST</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>		
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Tuesday	Wednesday	Thursday	Friday	Saturday
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- Brisk DVD n - Aqua s n -- Bowling Bingo Independence Day	10:00 am - Aqua Aerobics 6 pm - Men's Poker	9-10am - Brisk Walking DVD 10:00 am - Aqua Aerobics 6:30 pm - Euchre in Library 7 pm - Card Bingo	9-10am - Brisk Walking DVD 10:00 am - Aqua Aerobics	8
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July Monthly

National Purposeful Parenting Month. July 1–31. To encourage parents to incorporate purpose in their parenting. To elevate the level of parental effectiveness by building awareness and providing interested participants with tips for positive, conscientious parenting. For more information, browse www.parentingwithoutpressure.com.



National Recreation and Parks Month. July 1–31. To showcase and invite community participation in quality leisure activities for all segments of the population. For more information, browse www.nrpa.org.

Social Wellness Month. July 1–31. Improve your social and communication skills and learn to act appropriately in prominent situations. For more information, browse www.WordsOfWellness.com.

Air Conditioning Appreciation Days. July 3–Aug. 15.

Northern Hemisphere. During Dog Days, the hottest time of the year in the Northern Hemisphere, acknowledge the contribution of air conditioning to a higher quality of life. For more information, browse www.ari.org.

Weekly

Freedom From Fear of Speaking Week. July 3–9. This week is dedicated to stamping out the fear of public speaking. For more information, browse www.WriteSpeakforSuccess.com.

Freedom Week. July 4–10. To disseminate throughout the world information about freedom and liberty. For more information, browse www.friendshipandgoodwill.org.

National Rabbit Week. July 15–21. To pay tribute to the rabbit for being a great companion to humans as a house pet. Recognition should also be given to any rabbit that has done something special for mankind (saved someone's life, visited someone in the hospital). For more information, call 514.849.0888.

Restless Leg Syndrome Education and Awareness Week. July 18–25. To raise awareness about RLS. More than 12 million Americans have severe leg pains called Restless Leg Syndrome. For more information, browse www.ppsinc.org.

Daily

Stay Out of the Sun Day. July 3. For health's sake, give your skin a break today. For more information, browse www.wellcat.com.

Independence Day (Fourth of July). The United States commemorates adoption of the Declaration of Independence by the Continental Congress on July 4, 1776.

National Ice Cream Day. July 16. To promote America's favorite dessert, ice cream, on Sundae Sunday.



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Famous people who refused to be failures

We've all heard the stories of famous people who had rough or bumpy starts. Here's a few for the record:

- **Lucille Ball:** She began studying to be an actress in 1927 and was told by the head instructor of the John Murray Anderson Drama School, "Try any other profession. Any other."
- **Clint Eastwood and Burt Reynolds:** In 1959, a Universal Pictures executive dismissed them at the same meeting with the following statements. To Burt Reynolds: "You have no talent." To Clint Eastwood: "You have a chip on your tooth, your Adam's apple sticks out too far and you talk too slow."
- **Marilyn Monroe (Norma Jean Baker):** In 1944, Emmeline Snively, director of the Blue Book Modeling Agency, told modeling hopeful Norma Jean, "You'd better learn secretarial work or else get married."
- **Elvis Presley:** In 1954, Jimmy Denny, manager of the Grand Ole Opry, fired Elvis after one performance. He told Presley, "You ain't goin' nowhere son. You ought to go back to drivin' a truck."
- **Alexander Graham Bell:** When he invented the telephone in 1876, it did not ring off the hook with calls from potential backers. After making a demonstration call, President Rutherford Hayes said, "That's an amazing invention, but who would ever want to use one of them?"
- **Thomas Edison:** He was one of the greatest inventors in American history. When he first attended school in Port Huron, Mich., his teachers complained that he was "too slow" and hard to handle. As a result, Edison's mother decided to take her son out of school and teach him at home. In his lifetime, Edison produced more than 1,300 inventions.
- **Franklin D. Roosevelt:** Paralyzed by polio at 39, he went on to become one of America's most beloved and influential leaders. He was elected president of the United States four times.
- **Julia Child:** In 1953, she and her two collaborators signed a publishing contract to produce a book tentatively titled *French Cooking for the American Kitchen*. Julia and her colleagues worked on the book for five years. The publisher rejected the 850 - page manuscript. Child and her partners worked for another year totally revising the manuscript. Again the publisher rejected it. But Julia Child did not give up. She and her collaborators went back to work again, found a new publisher, and in 1961—eight years after beginning—they published *Mastering the Art of French Cooking*, which has sold more than 1 million copies.
- **Douglas MacArthur:** He might never have gained power and fame without persistence. When he applied for admission to West Point, he was turned down, not once, but twice. But he tried a third time, was accepted and marched into the history books.
- **Abraham Lincoln:** He entered the Blackhawk War as a captain. By the end of the war, he had been demoted to the rank of private.

—from the IdeaBank Web site

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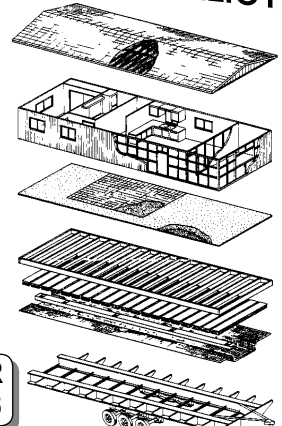
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July



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How to convince someone...



In the musical “My Fair Lady,” based on George Bernard Shaw’s novel *Pygmalion*, Professor Higgins has driven his cockney prodigy Eliza Doolittle to exhaustion teaching her how to speak “proper” English.

Late in the play, Eliza responds with frustration when her would-be swain Freddie talks about his affection for her in romantic phrases but doesn’t kiss or hold her.

“Words! Words! Words!” Eliza explodes. “I am so sick of words! I get words all day through. First from him, now from you! Is that all you blighters can do?”

Then she sings, “Don’t talk of stars burning above; if you’re in love, show me! Tell me no dreams filled with desire. If you’re on fire, show me!”

There is a profound lesson here for anyone trying to persuade someone to his or her point of view.

An old American proverb says: “Tell me, and I will forget, show me, and I may remember; but involve me, and I’ll understand.” —from The IdeaBank Web site

A lesson about getting to the top



A tired and disheartened turkey had a chat with a bull. During the conversation the turkey revealed one of his deepest desires to the bull. “I would love to get to the top of that tree there,” the turkey said, “but I just don’t have enough energy to do the job.”

The bull scratched his head and after a moment he came up with an idea. “Why don’t you eat some of my droppings. It won’t cost you anything, and my dung is packed with nutrients.”

The turkey thought about this for a minute, then began pecking around and nibbling at the dung. After the turkey had finished a whole lump of dung, he suddenly felt the strength to reach the first branch of the tree.

The next day, the turkey ate some more dung, and he was able to reach the second branch.

After two weeks of dining on dung, the turkey could finally be seen proudly perched at the top of the tree. Soon he was spotted by a farmer and shot out of the tree.

Moral: While bullsh*t might help you get to the top, it probably won’t keep you there for long. — adapted from Paul Tomko’s Collection of Humorous Quotes Web site

Driving

Everyone driving slower than you is an idiot. Everyone driving faster than you is a maniac.

— ***George Carlin***

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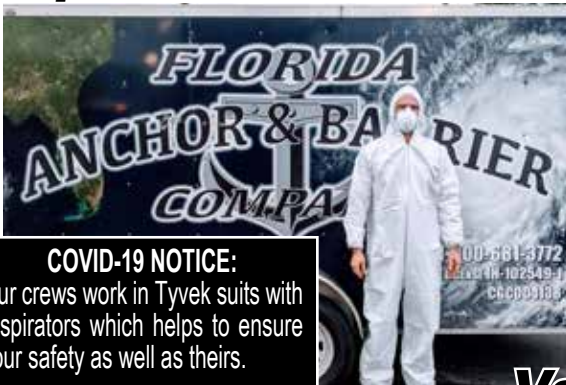
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Safety tips for seniors

Seniors often have special safety and health concerns. Here are a few tips to keep seniors active and healthy:



- Excessive heat can have a severe impact on senior health. When it's really hot, it's probably a good idea for seniors to stay inside in air conditioning. Seniors should not overexert themselves, and they should drink plenty of liquids, unless for some reason their doctor tells them not to.
- Are your hands always cold? If so, you should tell your doctor. There's a chance that you suffer from hypothyroidism. The thyroid helps maintain body temperature, and when it's not working right, your body can become less able to tolerate cold.
- If you suffer from arthritis, you might want to attach your toothbrush handle to a sponge. It will make the brush easier to hang on to. If you suffer from limited shoulder movement, buy an electric toothbrush.
- Wear comfortable shoes. This will allow for proper circulation to take place in the feet. Also, make sure that the shoes you do wear are slip resistant. Women should not wear high heels.
- Exercise. This will help keep your spine, bones and muscles healthy. If you don't exercise, you run the risk of your bones becoming thin and porous, which is known as osteoporosis. Exercise helps you build strong muscles, protect your joints and spine and increase your agility. Exercise also promotes proper posture and balance, which can decrease the likelihood of falls.

— adapted from The Johns Hopkins Geriatrics Center Web site

Prevent senior accidents with home improvements

One-third to one-half of accidents seniors suffer at home can be prevented by making repairs or improvements. Here are a few:

- A shower or tub that's hard to get in and out of. Install grab bars, shower benches or seats.
- Slipping in the tub or shower. Get non-skid strips and place them on the bottom of the tub or shower.
- Difficult doorknobs or faucets. Install lever handles.
- Home access. Install ramps to make access easier.
- Poor ventilation, inadequate heat or air conditioning. Make sure the home has proper insulation, storm windows, screens and air conditioning.
- Stair climbing. Install supports, handrails, etc.



—adapted from the Johns Hopkins Geriatrics Center.

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WANTED

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EVENTS & PROGRAMS

Craft Fair 11/18/23, 9 AM - 1 PM at Clerawater Cascade. Contact Jane Boucher 903-426-3636, Janeboucher29@gmail.com

ARTICLES FOR SALE

2005 PT Cruiser Convertible. 110,000 miles. Everything works great! Runs good! \$3,500 -OBO. Cash only please. 727-307-7118. Serious calls only please.

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VENDORS WANTED - HOLIDAY BAZAAR. Saturday, 11/11/2023 9am-2pm. First Lutheran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Questions: 727-744-3806 or eobrien2429@gmail.com. 217-251-4382 or jayneb1227@gmail.com

ATTENTION RESIDENTS!
 Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something.

-Monthly Media Staff



AUGUST AD DEADLINE - JULY 10, 2023

- Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
- Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

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HOW IT WORKS:

1. Patronize the advertisers in this month's newsletter
2. Ask the business for your Monthly Mania ticket, OR a copy of your receipt and clip this ad
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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Eloise Barrett..... \$10	Air Masters of Pinellas	Anita Philippon..... \$10	Royal Enterprise
Ted Bizan..... \$10	BugginOut Pest Control	Terri Campbell..... \$5	E&E Gliddon A/C
Sylvia Perez..... \$10	Battleline Termite & Pest Control	Richard Anderson..... \$5	Royal Enterprise
Jon Williams..... \$10	Royal Enterprise	Mary Zeerip..... \$5	Boss Electric
Lorene Hunnell..... \$10	Ron Wyngarden Mobile Home Wash	John Orlando..... \$5	Air Masters of Pinellas
Carlos Rios..... \$10	Gulf Coast Pressure Washing	Roberta Kirby..... \$5	Jones & Sons Plumbing
Jim & Sandy Wallen..... \$10	Jones & Sons Plumbing	Irene Mason..... \$5	Ron Wyngarden Mobile Home Wash
Reta Pittman..... \$10	Rick's Appliance	Lola DesRochers..... \$5	Battleline Termite & Pest Control
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• 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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