

July 2023

Issue 5 17th Year

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Would you like help keep Crystal Lake related articles in your newsletter?



Do you have a computer with email capabilities? Then you could be the next editor of Crystal Lake!

If you would be interested please contact Monthly Media at 727-484-7488 or newsletter@monthly-media.com





July Monthly

ational Purposeful Parenting Month. July 1–31. To encourage parents to incorporate purpose in their parent—ing. To elevate the level of parental effectiveness by build—ing awareness and providing interested participants with tips for positive, conscientious parenting. For more infor—mation, 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

reedom 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

tay 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 Inde-pen-dence by the Continental Congress on July 4, 1776.

July 4, 1776.

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









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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!" 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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The anti-cancer lowdown on herbs and spices

any 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

Tere 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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The importance of proofreading ...

he following is a list of newspaper corrections that has been widely circulated over the Internet:

- Important notice: If you are one of hundreds of parachuting enthusiasts who bought our Easy Sky Diving book, please make the following correction: on Page 8, line 7, the words state zip code should have read pull rip cord.
- There was a mistake in an item sent in two weeks ago which stated that Ed Burnham entertained a party at crap shooting. It should have been trap shooting.
- There are two important corrections to the information in the update on our Deep Relaxation professional development program. First, the program will include meditation, not medication. Second, it is experiential, not experimental.
- Our newspaper carried the notice last week that Mr. Oscar Hoffnagle is a defective on the police force. This was a typographical error. Mr. Hoffnagle is, of course, a detective on the police farce.
- In a recent edition, we referred to the chairman of Chrysler Corporation as Lee Iacoocoo. His real name is Lee Iacacca. The Gazette regrets the error.
- Apology: I originally wrote, "Woodrow Wilson's wife grazed on front lawn of the White House." I'm sorry that typesetting inadvertently left out the word "sheep."
- In one edition of today's Food Section, an inaccurate number of jalapeño peppers was given for Jeanette Crowley's Southwestern Chicken Salad recipe. The recipe should call for two, not 21, jalapeño peppers.
- The marriage of Miss Freda van Amburg and Willie Branton, which was announced in this paper a few weeks ago, was a mistake which we wish to correct.

—from various online sources

How a town got its name

ometimes towns get their names because of founders, prominent citizens or natural landmarks. But a town in southern Ohio has a more colorful history it would seem. Knockemstiff, Ohio, is a tiny hamlet that has no main roads or stores. One story about how the town got its unusual name is that it was named for the fighting ability of its young men. Another story is that there was a huge brawl in the town saloon. The third, and final story about how the town got its name is that an angry wife asked the town preacher how she could get her cheating husband to stay home. The preacher's answer: "knockemstiff."

— adapted from amusing facts.com

Be yourself

The privilege of a lifetime is being who you are. —Joseph Campbell

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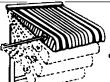
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Why you should be careful if barefoot on the beach

If you're planning a family vacation, and visions of walking barefoot down a beach are dancing in your head, you might want to reconsider and wear shoes. Why? Walking down a beach barefoot can lead to hookworm. Dr. Robin Carder, a pediatric dermatolo¬gist at Children's Medical Center in Dallas, says that it is common to see families return from vacation and have a member suffer from hookworms. Hookworms come from feces that dogs and other animals leave on the sand. Unfortunately, some of the fecal matter remains in the sand, and when a person walks barefoot, a hookworm can hook into the sole of the foot, Carder says. Symptoms are itchy eruptions that can turn into pus filled blisters. If you think you have hookworm, you should seek treatment from a dermatologist. —adapted from the Children's

A few tips for keeping your dog safe in hot weather

Medical Center (in Dallas) Web site

ogs are often like members of the family, so you will want to treat them with care during hot weather. Here are a few tips to keep your four-legged friends happy and healthy:

- Never leave your dog—or any animal—in the car during hot or even warm weather. The interior temperature of your car can easily soar to 120 degrees in just minutes. The only way your dog can cool down is through panting and through the pads of their feet. Many animals die every year because their owners leave them in cars. Even if you leave the windows partially down, the temperatures can soar to dangerously high levels.
- Don't let your dog ride in the bed of a pickup truck.

 Serious eye injuries can occur from debris hitting their eyes at up to 70 miles per hour.

 The dog could also be thrown into oncoming traffic or could fall underneath the truck and be injured. Serious injury or death can also occur when a driver hits the brakes suddenly, swerves or is hit by another vehicle.
- Keep your dog away from fertilizers, plant foods and insecticides. They can be fatal if your pet ingests them. Don't let your pet walk or play on a treated lawn.
- Make sure your pet always wears an ID tag. Even if your dog has an embedded identification chip, you'll still want to make sure he has a tag so that he can be returned quickly to you if he is found. It's also a good idea to keep a current picture of your pet with you. That way, if he disappears or wanders off, you have a photo to show to people when you ask them if they've seen your dog.
- Give your dog prescribed heartworm medicine on a regular basis. It is also a good practice to use only flea and tick medications prescribed by your dog's veterinarian.
- Make sure your pet has plenty of water and shade when he's outdoors. You'll also want to make sure your dog isn't walking on hot asphalt when the heat is high, because it can burn his paws.

—adapted from the Missouri University Veterinary Medical Teaching Hospital Web site

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Safety tips for seniors

eniors 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

ne-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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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
- 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



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DOWN

- 1. Gumbo ingredient
- 2. Jacket
- 3. Diplomacy
- 4. Away from the wind
- 5. Fixes socks
- 6. Wed again
- 7. Seek revenge
- 8. Civilized
- 9. Stops
- 10. Lacking in harmony
- 11. Aromatic compound
- 12. Shad

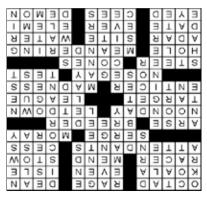
- 13. Paperboy
- 21. Argues
- 24. Doled
- 25. Initial wager
- 26. Horse color
- 27. Classify
- 28. Designed
- 30. Postponed
- 32. Interior layout and
- furnishings
- 34. Curved molding
- 35. Wimp
- 36. Bird home

- 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
- 22. Rutting oreati
- 53. Any thing
- 54. Captain of the

Nautilus

55. Smile







Quotable Humor

On greatness

Few great men would have got past personnel.

— Paul Goodman



When I asked my accountant if anything could get me out of this mess I am in now he thought for a long time and said, 'Yes, death would help.'

-Robert Morley

A consultant defined

The definition of a consultant: Someone who borrows your watch, tells you the time and then charges you for the privilege.

-Anonymous



Anyone who lives within their means suffers from a lack of imagination.

—Oscar Wilde

Bargains

A bargain is something you can't use at a price you can't resist.

—Franklin Jones

On accuracy

I'm not a paranoid, deranged millionaire. Goddamit, I'm a billionaire.

—Howard Hughes

On following the money

I rob banks because that's where the money is.

-Willie Sutton

They were a people so primitive they did not know how to get money, except by working for it.

—Joseph Addison



The first man gets the oyster, the second man gets the shell.

—Andrew Carnegie on children

On ga**mbling**

I had a nest egg but I lost it gambling...

I was betting I'd be dead by now.

—Drew Carev















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Famous people who refused to be failures

The '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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-Monthly Media Staff



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