

# OP PERO

September 2023 Issue 7

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### SOCIAL CLUB HAPPENINGS FOR FUTURE

Party on October 28. Start thinking about your costume! Also, November 13 will be the first Social Club Members Meeting, 7 pm at the Clubhouse. And Wednesday, November 15 is the first Wine & Cheese for the season. November 19, Sunday, is the first of monthly Music in the Park events. More info to come on all of these, just wanted to let you know we're working on things!



### **MORE LAWS OF LIFE**



- 1. The Coffee Law As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
- 2. Murphy's Law of Lockers If there are only 2 people in a locker room, they will have adjacent lockers.
- 3. Law of Physical Surfaces The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.
- 4. Law of Logical Argument Anything is possible IF you don't know what you are talking about.
- 5. Law of Physical Appearance If the clothes fit, they're ugly.
- 6. Law of Public Speaking -- A CLOSED MOUTH GATHERS NO FEET!
- 7. Law of Commercial Marketing Strategy As soon as you find a product that you really like, they will stop making it OR the store will stop selling it!
- 8. Doctors' Law If you don't feel well, make an appointment to go to the doctor, by the time you get there, you'll feel better. But don't make an appointment and you'll stay sick.
- 9. The Law of Television Entertainment As soon as you find a television program that you really like, it will be cancelled.
- 10. If you don't forward this to your friends, your belly button will unscrew and your butt will fall off. Really... It's true. I read it on the Internet!

### **HELPFUL LIFE HACKS**

## An Affordable and Effective Alternative to Buying or Renting a Pressure Washer

The JetNozzle is a simple, but highly effective, hose attachment that uses the natural water pressure from your hose to create a highly pressurized stream of water. You don't need any fancy gadgets or find a socket to plug a bulky machine into. Just attach the JetNozzle to



your water hose and you're good to go. You can use it to wash away the grime and crust on your house, driveway, fencing, and patio with ease. No scrubbing, no chiseling, and absolutely no elbow grease. Should be able to find this at any hardware store.

### STOP Liquids from Boiling Over with a Wooden Spoon

This one is simple. If you've ever cooked something starchy or full of dairy, you run the risk of the liquid

spilling over. So stop that from happening by placing a wooden spoon over the pot! The main caveat is that boiling liquids are very angry and a wooden spoon won't permanently stop it from boiling over. The wooden spoon trick will work for as long as it takes you to turn the heat off or move the pot off the heat. Your best bet is to just not fill the container up so close to the lip.

### **Get Rid of Fruit Flies with Homemade Traps!**

This is one of my favorite tricks. During the summer, we always get a HUGE influx of bugs and pests trying to make their way inside. Unfortunately, that means that even the smallest crack is a point of entry for the annoying little thing known as the fruit fly. And if you see one, then there are a hundred you're NOT seeing. That tells me that I need to start making some traps again. It's very easy and you can make them with household materials. First, I like to grab a bottle of water. Then, I'll cut off the top and invert it so that it forms a funnel going into the bottle. Next, I'll grab some juice, overripe fruits, and some water. You want to make a slurry of warm water, juice, and fruits that you can leave at the bottom of the water bottle. Then you add a drop of dish detergent, put the funnel on, and tape the seams together.

What does this do? Well, the juice, water, and fruit mixture lets out a sweet smell that attracts the fruit flies. They'll enter through the inverted funnel and try to land on the slurry. Because of the dish detergent, the surface tension of the liquid will break as soon as the fly tries to land and drown. The inverted funnel is what makes it easier for them to enter, but difficult to exit (despite how big the opening is in relation to the size of the bug). I recommend trying out different juice and fruit mixtures to figure out what your local bugs like the best.

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Disorganized piles of cables can become a visual blight in your home office but a binder clip can help you to organise several cables and cords easily. First, clip the binder clip to the edge of your desk and feed your cables through the metal hoops in the clamps. This way, the cables will be anchored neatly in a row. In addition, when you unplug a device, the wire will not drop to the ground and cause extra mess. You can also use jumbo binder clips to bind together multiple cables.

### The Bulbs That'll Turn Your Home Into A Shining Beacon During Blackouts

It's kind of crazy how much we take electricity for granted, but who knows when we'll encounter a blackout? The answer is: soon. Blackouts across the nation are on the rise. The number of blackouts increased by nearly a quarter from 22 to 2. We can expect to see power outages, boil notices, and shelter-at-home notices every year. A grid reliability report says power outages are likely in parts of the Midwest as well. Everyone will be affected. Keep your home safe and well-lit with the EmergenBulb. The EmergenBulb is a lightbulb that works during blackouts. They don't use any crazy new gadgets or anything. You screw them in like regular bulbs, but they also hold an ingenious power unit inside the base of the bulb. That way, even when the power goes out, your bulbs will still output light for four hours.



### ACROSS

- 1. Fearless
- 5. Prefer
- 10. Anagram of "Sale"
- 14. African sheep
- 15. Tequila source
- 16. Female horse
- 17. Arranged in random order
- 19. Ear-related
- 20. Estimated time of arrival
- 21. Protective covering
- 22. Hush
- 23. Individual meal portion
- 25. A frequently visited place
- 27. Night before
- 28. Reticent
- 31. Landslide detritus
- 34. Mock
- 35. Twosome
- 36. A rigid circular band
- 37. Fine thread
- 38. List of choices
- 39. Large flightless bird
- 40. Parental sisters
- 41. Charges
- 42. Collection of information
- 44. Sticky stuff
- 45. Intestinal section
- 46. Mother of a parent
- 50. Committee
- 52. Style of building columns
- 54. Be bedridden
- 55. Utiliser
- 56. Shriveling up
- 58. Fish sperm
- 59. Motif
- 60. Environs
- 61. Compensates
- 62. S S S
- 63. Combustible pile



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### DOWN

- 1. Reveals
- 2. Give a speech
- 3. Associated with the moon
- 4. Accomplished
- 5. An acute insufficiency 28. Flavor
- 6. Growing old
- 7. Flower holder
- 8. Modernizes
- 9. Scarlet
- 10. Sum
- 11. Map parallels
- 12. A Great Lake
- 13. Religious offshoot

- 18. Martini garnish
- 22. Resign
- 24. Vice President
- (slang)
- 26. Skin disease
- 29. Litter member
- 30. French for "We"
- 31. Outbuilding
- 32. Deep sleep
- 33. Commonly
- 34. Metalworkers
- 37. Outdoor party
- 38. Natural satellite

- 40. Cain's brother
- 41. Manager
- 43. Alarms
- 44. Complains 46. Munchkin
- 47. Kind of farm
- 48. Mineral excavator
- 49. Seaweed
- 50. Flow intermittently
- 51. Largest continent
- 53. Minerals
- 56. Consumed
- 57. Jabber



# September Crossword



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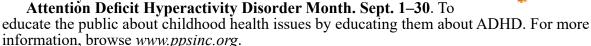
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### **September Calendar**

**Monthly** 



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Baby Safety Month. Sept. 1–30. The Juvenile Products Manufacturer's Association, a national trade organization devoted to helping parents keep babies safe, disseminates information about baby safety. For more information, e-mail *jszwalek@ahint.com*.

**Backpack Safety America Month. Sept. 1–30.** Thousands of school-age children are straining in pain under backpacks that are too heavy for their growing bodies. To remind students, parents and teachers about the safe and proper ways to choose, pack, lift and carry a backpack. For more information, browse *www.backpacksafe.com*.

**International Strategic Thinking Month. Sept. 1–30.** A monthlong effort to bring awareness of the universal need to improve thinking skills. The International Center for Strategic Planning hosts this month each year to draw attention to the value of seeking to expand individual views of the world and remove thought barriers that pre—vent professional achievement. For more information, browse www.icfsp.com.

**Library Card Sign-up Month. Sept. 1–30**. Public and school libraries join forces to try and ensure that every child has a library card. For more information, browse www.ala.org.

Weekly

International Enthusiasm Week. Sept. 1–7. Display genuine enthusiasm to every person, every project, every possibility that comes your way. It will change your week, your month, your year, your life. For more information, browse www.carolynstein.com.

National Childhood Injury Prevention Week. First week of September.

Injuries are the No. 1 killer of children. This week is to promote prevention and intervention of unintentional injuries to children. For more information, browse www.AsSafeAsPossible.org.

National Dog Week. Sept. 20–27. To promote the relationship of dogs to mankind and emphasize the need for the proper care and treatment of dogs. For more information, e-mail mraskin@yerizon.net.

### **Daily**

**Labor Day. Sept. 4.** A national holiday celebrating the people who keep the country going through their hard work.

**Sept. 11**. Attack on America Anniversary. Sept. 11, 2001. In memory of those who suffered and perished when terrorists hijacked four planes, piloting two of them into the World Trade Center's twin towers in New York City and one into the Pentagon. On the fourth plane, passengers appear to have tried to overcome the terrorists. That plane crashed in western Pennsylvania.

American Business Women's Day. September 22. To recognize the important contributions of more than 57 million American working women. For more information, browse www.abwa.org.

### The hitchhiker

A

hitchhiker caught a ride. As soon as the hitchhiker sat down in the front seat the driver floored the gas pedal and drove right through a red light.



Frightened, the hitchhiker said, "You oughtn't do that—it's dangerous."

The driver looked over at the new passenger and said earnestly, "Why, that's the way my brother always drives."

They continued on and when they came to the next traffic light, it was red, and the driver didn't as much as pretend to slow down. He barreled right through the intersection. Other cars slammed on their brakes to keep from hitting the red-light-running car.

By this time the hitchhiker was starting to lose his temper, "What are you trying to do—kill us? You're driving like a maniac."

Again, the driver answered in a sincere fashion and said, "My brother always drives exactly like this."

They continued down the road, and as they approached the next traffic light, it turned green just as they were about to go through it. Suddenly, the driver slammed on the brakes and stopped the car immediately.

Beside himself, the hitchhiker said, "Why on earth are you driving like this. Why are you running all the red lights and stopping on green?"

The driver looked at the hitchhiker and said: "My brother might be coming through." — adapted from "Bad driver," as told by Ivan Amburgey, in Laughter in Appalachia, by Loyal Jones and Billy Edd Wheeler

### The sawmill

There was once a sawmill worker who bent down, got too close to the saw and cut his ear off. The ear fell down into the pile of sawdust and disappeared. The worker got down into the sawdust pit and started scratching around looking for his ear.



I walked by and saw my worker in the pit and I asked, "What you looking for?" The worker said, "I cut my ear off and I'm down here looking for it."

"Well, hang on," I said. "I'll come down and help you." I got down into the pit and started feeling around in the sawdust and I found the ear. "I got it," I called out. "Here it is."

The worker took hold of the ear and looked at it closely, then he threw it back down in the sawdust. "Better keep on looking," he said. "Mine had a pencil behind it." —adapted from "Wrong ear," as told by Glen Baker, in Laughter in Appalachia, by Loyal Jones and Billy Edd Wheeler

Man cannot discover new oceans unless he has the courage to lose sight of the shore.

— Andre Gide

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## SEPTEMBER • 2023

Monday

Sunday

OCTOBER M T W T F

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		
6:30 pm – "31" in card room	10:00 am – Aqua Aerobics 6 pm – Men's Poker Labor Day	10:00 ar Aerobic 9-10am Walking 11:30 ar 7 pm
10 6:30 pm – "31" in card room	11 10:00 am – Aqua Aerobics 6 pm – Men's Poker  Patriot Day	10:00 ar Aerobic 9-10am Walking 11:30 ar 7 pm
6:30 pm – "31" in card room	18 10:00 am – Aqua Aerobics 6 pm – Men's Poker	10:00 ar Aerobic 9-10am Walking 11:30 ar 7 pm
24 6:30 pm – "31" in card room	25 10:00 am – Aqua Aerobics 6 pm – Men's Poker	10:00 ar Aerobic 9-10am Walking 11:30 ar 7 pm

## **Lake Highlander**

uesday	Wednesday	Thursday	Friday	Saturday
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5 n – Aqua s – Brisk g DVD n – Bowling Bingo	6 10:00 am – Aqua Aerobics 6 pm – Men's Poker	7 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD 7 pm – Card Bingo	8 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD	9
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19 n – Aqua s – Brisk g DVD n – Bowling Bingo	20 10:00 am – Aqua Aerobics 6 pm – Men's Poker	21 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD 7 pm – Card Bingo	10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD	23 First Day of Autumn
26 n – Aqua ss – Brisk g DVD n – Bowling Bingo	27 10:00 am – Aqua Aerobics 6 pm – Men's Poker	28 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD 7 pm – Card Bingo	29 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD	30

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Inspection



### Pick the right wine shop

Tere is how some top wine pros pick their wine shops in Chicago:



- Stay away from hot shops. If you walk into a wine store in the summer and it's not air conditioned, experts suggest you walk out. The heat "cooks" the wine and ruins it.
- Be wary of wine bottles displayed in an upright position. Wines should be laid on their sides to keep corks moistened. A dry cork allows air into the bottle, which ruins the wine.
- Look for deals. Look for wide ranges in price. Wine pros think stores should offer as many price choices as varieties.
- Don't get hung up on scores from Wine Spectator and other publications. Ask the shop staff what wines they prefer. Talking to someone who has actually tasted the wine rather than just read about it is the rule to follow here.
- Choose wine stores with knowledgeable staff. If workers don't know what they're selling, go somewhere else.
- Buy from a wine shop that makes you excited to try what they recommend. Also, make sure your wine shop has people who know how to couple wine with food.
- Go to a wine shop that asks you the right questions. If staff asks you questions that are too general, like "What do you want this wine for?" and neglect asking you "Is this wine for a dinner at home or a dinner party?" "What will the menu be?" "Is this a gift?" or "How long until this wine will be drunk?" go some-where else.
- If the wine store you frequent is dusty, consider choosing another place to shop. Wine cellars can be dusty, but modern American wine shops need to show they care—and dust usually means neglect.
- adapted from "10 tips for finding the right wine shop," by Bill Daley in the Chicago Tribune

### On alcohol

To alcohol, the cause of—and solution to—all of life's problems.

— Homer Simpson

### On trying

If at first you don't succeed, destroy all evidence of trying.

— Anonymous

### On Congress

Congress is so strange. A man gets up to speak and says nothing. Nobody listens—and then everybody disagrees.

— Boris Marshalov

### **Quotable**

### On being awake

I love sleep. My life has the tendency to fall apart when I'm awake, you know?

— Ernest Hemingway



### On getting to heaven

What will they do next? Ban drinking? We'll never get to heaven if we don't die first.

— an incredulous Irishman responding to the new law making all pubs in the

Republic smoke free

### On success

The penalty of success is to be bored by people who used to snub you.

— Nancy Astor

Success is counted sweetest by those who ne're succeed.

— Emily Dickinson

### On relativity

When a man sits with a pretty girl for an hour, it seems like a minute. But let him sit on a hot stove for a minute—and it's longer than any hour. That's relativity.

—Albert Einstein

### On good manners

Hear no evil, speak no evil—and you'll never be invited to a party. Hospitality is making your guests feel at home, even though you wish they were.

— Anonymous

### On good deeds

A good deed never goes unpunished.

— Gore Vidal



### On silence

Silence is the best substitute for brains ever invented.

— Henry F. Ashurst

### On fathers

Fathers are what give daughters away to other men who aren't nearly good enough, so they can have grandchildren who are smarter than anybody's.

— Paul Harvey



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### How a 17 year old started a thriving online business

t the age of 14, Joseph Cohen started his online venture. As a matter of fact, he waited until his parents went out of town for the weekend, but instead of throwing a party a la Risky Business, he called a car service, descended on Manhattan, bought \$3,000 worth of toys and Christmas lights and opened a Yahoo! store. Before his parents got home, he had doubled his money and had orders waiting.

Cohen says he did it while his parents were away because he thought they'd try to talk him out of it, because just a few weeks before he had accepted a credit card for a payment of \$1,000 in his first online venture — and the card turned out to be phony.

Three years later Cohen's business has \$1.9 million in sales — earning him \$425,000 before taxes.

During the first 14 months of his venture, Cohen sold \$270,000 worth of merchandise—but the following summer when he was 15 he went away to travel camp and took his eye off the business. On his Web site he offered a 50-foot rolled, flat hose for \$20. While he was at camp for six weeks thousands of orders came in and were put on backorder. When Cohen returned he rushed the items out to customers only to find out that the hoses were defective. He had to give customers' money back while he waited for a manufacturer's refund. Even worse, the item had been left online all summer and had racked up \$43,000 in ad charges through a per-click charge. He took care of what needed to be done and has gone on with his online business.

His advice for success: "You've got to do what you love."

— adapted from "The Merchant of Bay Ridge," by Phyllis Berman, in Forbes

### Stephen King gives his Top 10 list to graduates

t a commencement speech this year, Stephen King issued a Top 10 list to graduating seniors urging them to remember to hug and kiss the people who had helped them get to where they already are in life, to be voracious readers, and to give away one-tenth of what they make during their lifetimes.



King, a lifelong resident of Maine, also urged the students to make their careers in his beloved state. As a matter of fact, his last four points on his Top 10 list were: Stay in Maine, stay in Maine, stay in Maine and stay in Maine. King lives near Bangor, Maine. — adapted from www.bostonherald.com

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— Lao-Tzu, Tao Te Ching

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Palm Hill Bazar has split. Craft Bazar Nov. 18, Christmas Flea Market Dec. 2. Both 8-1. Refreshments and bake sale at both. 401 8th Ave SW.

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Kimberly Michels	\$10.	FL Termite Experts

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Joyce Parker	. \$5	Royal Enterprise
		Got Dirt? Call Dirty lil'
Suzan Grindey	. \$5	Battleline Termite & Pest Control
Paul Lonsbury	. \$5	Air Masters of Pinellas
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### Health

Experts warn that Southern style diets can cause strokes, heart problems

outhern-style diets worry health experts because while the types of food in a typical Southern diet are not a concern themselves, the way they are prepared adds lots of unnecessary fat and calories and could be the reason that residents of Southern regions suffer more strokes and heart problems.

Concern for the way some Southern communities eat started in 1962, when a study showed that people living in North Carolina, South Carolina and Georgia were suffering disproportionately from high stroke death rates. Now the area of highest concern has shifted to the Mississippi Delta region.

Health officials from the Centers for Disease Control and other agencies have spent thousands of dollars on grants to promote healthy eating, even sending nutritionists in to educate the public in the South. These experts teach locals how to prepare Southern-style foods in healthier ways, such as reducing the amount of frying and fat used. But traditional Southern cooks often complain that changing the way the food is cooked also reduces flavor. Frying has long been a favorite Southern way of preparing food, the region seems to have latched on to frying long ago because it was a quick, inexpensive and flavorful way to cook food. Frying didn't heat up homes as much because it was such a fast way of cooking. But today's health conscious experts are striving to help find alternative preparation methods that will improve the health of the people who love to eat Southern regional cooking. — adapted from the Aetna IntelliHealth Web site

### Plant-based diets lower 'bad' cholesterol more effectively

If you want to lower your LDL, your "bad" cholesterol, and you're on a low-fat diet, the type of diet you choose to follow can make a big difference in results. A recent study by the Stanford University School of Medicine confirmed that a low-fat diet rich in fruits, vegetables and whole grains is more effective in lower—ing LDL than low fat diets that do not focus on these foods.

What exactly does this mean? It means that when you eat spinach salad, egg and oatmeal-carrot cookies, it's healthier for you—heartwise—than eating lean beef, asparagus and low-fat chocolate chip cookies. That holds true even when both meals are equal in amounts of saturated fats and cholesterol. The findings are from a study that compared results from a conven—tional low-fat diet and one that was heavily plant based. The conventional diet lowered LDL by 4.6 per—cent; the plant-based diet lowered LDL by 9.4 percent. —adapted from the Nutrition Horizon Web site

The world breaks everyone, and afterward, some are strong at the broken places.

— Ernest Hemingway





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