

Penny Riley-Garcia N



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PARADISE ISLAND UPDATE

Pat Walker, Association President

To that time again when we have the privilege of honoring America and all that it stands for. So put 248 red, white and blue candles on that cake and let's get the party started. We're going to start the celebration a little early this year to allow you an opportunity to participate in some of the parades and other festivities scheduled in the area. On Wednesday, July 3, we're hosting our 2nd Annual Independence Day Golf Cart Parade. So line up with your decorated, flag-decked cart on the shady side of the Park #1 clubhouse for a 6PM start time. Cheryl Mathews will lead the carts throughout Lake Haven with horns blaring. We encourage all residents to come outside to give you a shout and wave as you drive by – hey, it's a celebration, let's hear some cheering! The parade will be followed by an Ice Cream Social at 6:30PM where the attendees will vote for the best decorated cart.

The "I Got It" game was a hit last month especially for Rick Williamson who walked away with most of the prize money. Why not come on Thursday, July 11, at 7PM to see if it's your turn to strike it rich, or at least win a game or drawing. It's fun, it's easy, it's a buck a game (10 games), so come and try your luck.

The monthly <u>Bingo</u> game is Thursday, July 18, at 7PM. The cards are only 50 cents each – but truly it is the \$5 drawings that are most coveted. Come on down to the clubhouse and pick a card, any card – it just might be your lucky night.

And lastly, something special – a three park hosted event on July 20, at 2:00PM. So get in a Jimmy Buffet frame of mind and sashay over to Park #2 for an afternoon BBQ and Pool Party in Margaritaville. Tickets required – check Facebook Posts for more details. It's an opportunity to get to know your neighbors in the other two sections of Lake Haven, so join in – we promise you'll have a good time.

It's going to be a fun-filled month – unless one of those darn hurricanes interferes. Look forward to seeing you at all of the above events. Wahoo!

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PARK 2 TREASURE COVE

Secretary: Jeanette Powers

JULY 20TH 2-5PM...sponsored by all 3 parks. Watch for information in your tubes, clubhouses and Facebook for more details...this will be an advanced sign-up/ticketed event.

Events scheduled for the rest of the summer and fall are as follows:

- July 20TH MARGARITAVILLE Party
- July 26th Game Night
- August 23rd Game Night
- Sept. 14th Drive-in Movie
- Sept. 27th Game Night
- Oct. 12th Chili Cook-off
- Oct. 25th Game Night
- Nov. 16th Pooch Parade/BBQ
- Nov. 22nd Game Night
- Dec. 7th Christmas Party

Events planned for winter/spring

- Pancake Breaskfast
- St. Patricks Day Golf Cart Parade/BBQ
- Annual Trash to Treasure and Bake Sale

Euchre tournaments are planned to begin on October 15th...Anyone that loves this game and would like to help with starting these tournaments and to keep them going on a monthly basis please contact Jeanette Powers/ Walt Powers at Lot 261

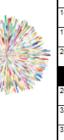
Park 2 Association meetings are the second Tuesday of each month starting October 8th 7pm. Hope to see you there.

HAPPY 4TH OF JULY TO ALL!!!!!!



ACROSS

- 1. Like many a superhero
- 6. After-bath powder
- 10. Food thickener
- 14. Companionless
- 15. Dwarf buffalo
- 16. Hint
- 17. Sows
- 18. Agreement
- 19. Piece of identification
- 20. Bleeder's disease
- 22. Ages
- 23. Paddle
- 24. Committee
- 26. Recluse
- 30. No longer a child
- 32. Electronic letter
- 33. Unhappy facial expression
- 37. Pesky insects
- 38. Place into the soil
- 39. Behold, in old Rome
- 40. Make free from bacteria
- 42. Exclamation of contempt
- 43. Avoid
- 44. Busts
- 45. Donkey sounds
- 47. Mister
- 48. Alumnus
- 49. Abstainer from alcohol
- 56. Abominable Snowman
- 57. Celtic language
- 58. Battery terminal
- 59. Primary
- 60. Ascend
- 61. Hollow out
- 62. Dirty air
- 63. Exude
- 64. Terminated



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17						18					19			
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	45	46						47						
48					49	50	51				52	53	54	55
56					57					58				
59					60					61				
62					63					64				

DOWN

- 1. Money
- 2. Away from the wind
- 3. Verse
- 4. Prefix meaning
- "Within"
- 5. Pillage
- 6. Snouted animal
- 7. Nitpicky to a fault
- 8. Hubs
- 9. Siege weapon
- 10. Having no diacritical 35. Cheat
- 11. Dirty look
- 12. Ear-related
- 13. Communists

21. Cap

- 25. Beer
- 26. Female chickens
- 27. Broadcast
- 28. Assess
- 29. Misinterpreting
- 30. Astound
- 31. Banquet
- 33. Slipped
- 34. Reflected sound
- 36. Stitches
- 38. Wall coatings

- 41. Climbing vine
- 42. Carry a boat overland
- 44. Life story
- 45. European freshwater
- 46. Relative magnitudes
- 47. Precipitous
- 48. Workout rooms
- 50. A Great Lake
- 51. Being
- 52. Any minute
- 53. At a high volume
- 54. Border
- 55. Marsh plant



July Crossword







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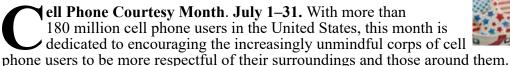


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JULY CALENDAR





National Baked Bean Month. July 1–31. To pay tribute to one of America's favorite and most healthful and nutritious foods—baked beans made with dried or canned beans. For more information, browse www.americanbean.org.

National Blueberries Month. July 1–31. To make the public aware that this is the peak month for fresh blueberries. For more information, browse www.blueberry.org.

National Horseradish Month. July 1–31. To celebrate the healthful and hot horseradish, which has been prized for its medicinal and gastronomic qualities for centuries. For more information, browse www.horseradish.org.

Family Reunion Month. July 1–31. July is the most popular month of the year for families to meet and celebrate the unique history of their family. To encourage the trips back to the family homesteads, tales of generations gone by, and celebrations of generations yet to come. For more information, browse www.reunionsolutions.com.

Weekly

Og Days. July 3-Aug. 11. Hottest days of the year in the Northern Hemisphere. Usually about 40 days, but variously reckoned at 3-54 days.

Take Charge of Change Week. First week of July. To increase awareness of the individual's power to control his own destiny. To look at the principles of taking charge of the changes that affect each of us. To focus on reducing stress and improving the quality of your life when you put yourself in the driver's seat. For more information, browse www.idealady.com.

Daily

Independence Day. July 4, 1776. The United States commemorates adoption of the Declaration of Independence by the Continental Congress. The nation's birthday. Legal holiday in all states and territories.

Gorgeous Grandma Day. July 23. Even though television and the press glamorize youth and make older folks often feel undervalued, the "senior citizen" label can no longer describe a feeble, antiquated person who is treasured only as a volunteer. A day to recognize the majority of older women are far from powerless, sickly, frail or helpless. Browse www.gorgeousgrandma.com.

Parents' Day. July 28. To pay tribute to the men and women across the United States whose devotion as parents strengthens our society and forms the foundation for a bright future for America.

In praise of the pomegranate

It is said that the Prophet Muhammad encouraged his followers to eat pomegranate fruit to purge themselves of envy and hatred. Now, the fruit is being touted for its ability to purge the arteries of fatty deposits—and therefore slowing down the process of hardening of the arteries and cardiovascular disease.



The word pomegranate comes from the Latin pomum granatum, meaning apple of many seeds. And, the pomegranate does look somewhat like an apple and contains many seeds.

Today, health experts are singing the praises of the pomegranate for its apparent protective powers. Pomegranates are loaded with Vitamins A, C, E and iron, and the fruit is known as a powerful antioxidant that helps fight off free radicals in the blood. Free radicals can cause damage to the body if they are not con—trolled by antioxidants. Experts now believe that pomegranates contain the highest antioxidant capacity of any other natural juice, red wine or green tea. Antioxidants are substances that occur in plants and help protect the body from free radicals. Free radicals can affect cholesterol and can speed up the process of hardening of the arteries. This process takes place through what is known as oxidation, which causes narrowing and sometimes blockages in arteries.

One great benefit of pomegranate consumption, according to experts, is that it is believed to reduce the risk of cardiovascular disease. According to a BBC News story by Jini Reddy, studies in Israel have shown that drinking pomegranate juice slows down oxidation—by almost half—thereby reducing the retention of LDL, or bad cholesterol. In another study on pomegranate consumption in Naples, Italy, researchers found that the effects of pomegranate juice in limiting hardening of the arteries were even higher than previously presumed, according to a National Geographic News story by Stefan Lovgren.

Mythology and cultural rituals have often attributed superpowers such as resurrection and fantastic longevity to the pomegranate—it seems that science is finally catching up and catching on to the possibilities of the pomegranate.

On sincerity

Individuals are considered sincere when there is little or no discrepancy between the goals they seek and those they claim to be seeking.

— Leonard W. Doob

Use no hurtful deceit; think innocently and justly and, if you speak, speak accordingly.

— Benjamin Franklin

On fate

Fate is determined by what one does and what one doesn't do.

— Ralph Ellison





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Gift of olive oil keeps on giving

ccording to Greek mythology, Zeus once held a contest to see who would be awarded patronage of Attica. The patronage would be awarded to the god or goddess who provided the most useful gift. Poseidon, to show that he would be a great patron, took his trident and struck open the rock of the Acropolis, and from the crevice poured a great spring of water. But when the Athenians tasted the spring water, it was salty, since Poseidon was a sea god. Athena, when her turn came, made an olive tree grow on



the Acropolis. From this the Athenians were able to produce oil, from which lamps were lit, anointing the body could take place, and food preparation was possible. Athena won and became the patron god of Athens. (Mythology, Edith Hamilton)

Olives were cultivated in Crete as early as 2500 B.C., according to Peggy Knickerbocker in Olive Oil: From Tree to Table. And today, health experts say that even though Americans have a better health-care system and Greeks smoke more than we do, they live longer and have lower rates of cancer and heart disease than Americans ("Olive oil fights heart disease, breast cancer, studies say," by Stefan Lovgren in National Geographic News.)

Why is olive oil so good for you? The answer is simply this: Olive oil is high in monounsaturated fat — which is the "good" fat you hear about when doctors are preaching to you about cholesterol. Even the Food and Drug Administration has gotten on the olive oil bandwagon and has allowed the health claim that monounsaturated fat from olive oil can decrease the risk of coronary heart disease.

New studies have shown that oleic acid, which is the main monounsaturated fatty acid in olive oil, can actually cripple a gene that is responsible for 25 percent to 30 percent of breast cancers today. Javier Menendez of Northwestern University, one of the study's authors, says that the Mediterranean diet, which is laced with olive oil, has significant protective effects against cancer, heart disease and aging.

All of which makes Athena's tree a pretty good gift.

On fear

To defend oneself against fear is simply to ensure that one will, one day, be conquered by it; fears must be faced.

— James Baldwin

On intellectual growth

Intellectual growth should commence at birth and cease only at death.

— Albert Einstein

There's something still better than silence, 'tis this — to speak the truth.

— Joseph Kimchi

Did You Know?

Fourth of July became a federal holiday in 1870?

150 million hot dogs are consumed each July 4th?

There was an estimated 2.5 million people living in the 13 colonies on July 4, 1776?





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July-2024

Sunday	Monday	Γ
S M T W T F S 1 2 3 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	1 8:00AM – Trash Pickup	9:30AM Hobby
7	8 8:00AM – Trash Pickup	9:30AN Hobby
14	15 8:00AM – Trash Pickup	9:30AM Hobby
21	8:00AM – Trash Pickup	9:30AM Hobby
28	29 8:00AM – Trash Pickup	9:30AM Hobby

LAKE HAVEN HAPPENINGS JULY, 2024 N

Lake Haven

	·		v	
uesday	Wednesday	Thursday	Friday	Saturday
2 I – Ladies – 1*	8:00AM- Bagged & Bundled Yard Clippings 6:00PM – Cart Parade – 1* 6:30PM – Ice Cream Social – 1*	8:00AM – Trash Pickup	5	6
9 I – Ladies – 1*	10 8:00AM- Bagged & Bundled Yard Clippings	11 8:00AM – Trash Pickup 7:00PM – I Got It Game – 1*	12	13
16 I – Ladies – 1*	17 8:00AM- Bagged & Bundled Yard Clippings	18 8:00AM – Trash Pickup 7:00PM – Bingo – 1*	19	MARGARITA- VILLE Party 2-5 pm Park 2 *
23 I – Ladies – 1*	24 8:00AM- Bagged & Bundled Yard Clippings	25 8:00AM – Trash Pickup	26 Game Night 630pm Park 2 *	27
30 I – Ladies – 1*	31 8:00AM- Bagged & Bundled Yard Clippings		,	*) denotes that en to all parks.

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Romance scams occur when a criminal adopts a fake online identity to gain a victim's affection and trust. The scammer then uses the illusion of a romantic or close relationship to manipulate and/or steal from the victim.

The scammer's intention is to establish a relationship as quickly as possible, endear himself to the victim, and gain trust. Scammers may propose marriage and make plans to meet in person, but that will never happen. Eventually, they will ask for money.

If someone you meet online needs your bank account information to deposit money, they are most likely using your account to carry out other theft and fraud schemes.

Tips for Avoiding Romance Scams:

- Be careful what you post and make public online. Scammers can use details shared on social media and dating sites to better understand and target you.
- · Research the person's photo and profile using online searches to see if the image, name, or details have been used elsewhere.
- Go slowly and ask lots of questions.
- · Beware if the individual seems too perfect or quickly asks you to leave a dating service or social media site to communicate directly.
- · Beware if the individual attempts to isolate you from friends and family or requests inappropriate photos or financial information that could later be used to extort you.
- Beware if the individual promises to meet in person but then always comes up with an excuse why he or she can't. If you haven't met the person after a few months, for whatever reason, you have good reason to be suspicious.
- Never send money to anyone you have only communicated with online or by phone. ReportFraud.ftc.gov

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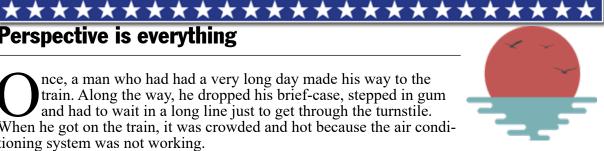
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Perspective is everything

nce, a man who had had a very long day made his way to the train. Along the way, he dropped his brief-case, stepped in gum and had to wait in a long line just to get through the turnstile. When he got on the train, it was crowded and hot because the air conditioning system was not working.



This man was usually a very kind and reasonable man, but on this day his nerves and tolerance were wearing thin. At the first stop the train made, a young woman who was talking very loudly on her cell phone boarded.

People talking loudly on cell phones happened to be one of the man's pet peeves and considering that he'd already had a rough day, the blaring voice was really bothering him. He thought back to how the day had started. His boss had questioned his competence — and it had all been downhill from there. He was fed up with his boss not trusting him. Maybe he would start looking for a new job.

His getting-a-new-job fantasy was interrupted when the young woman practically screamed in his ear, "I need to know. I need to know right now."

Because the man was not in the greatest mood, he internally rolled his eyes at what the woman was saying. "What could be so important?" he thought to himself. She's probably in a fight with her boyfriend and she wants to know if he's been cheating on her. The man closed his eyes and took refuge in dreaming about the day he would turn in his resignation — and the shock and regret with which it would be met. He even allowed himself a delicious moment of allowing his boss to beg him not to go.

However, the man was once again drug from his reverie by the woman loudly declaring into the device "I need to know. I need to know right now."

The man was ready to explode now. He was going to tell the silly woman to keep it down. Who did she think she was anyway, acting so ignorant on the train? Who didn't know how rude it was to talk loudly on cell phones in public these days? Even the Transportation Authority had launched a campaign of clever signs reminding people how annoying this could be. Yes, he would say something. She deserved it for trampling all over his fantasy of his boss begging him not to leave. She deserved it for being loud and obnoxious. He was going to let her have it. It was going to be great.

Just then the train pulled into a stop and a young man boarded and saw the woman. He threw his arms around her, and with tears streaming down his face he buried his face in her shoulder.

"The hospital just called," he said. "She's stable."

On speaking and silence Sometimes it seems that people hear best what we do not say. — Eric Hoffer

July













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A roadside mystery

man was walking alongside a road when he saw a car come swishing by and run over a rabbit who was hopping across the road.

The man was surprised when the car pulled over and a man got out carrying an aerosol spray can. The driver proceeded to walk back to the rabbit, leaned over and sprayed the entire contents of the can onto the rabbit.

To the observer's great surprise, suddenly the rabbit twitched, and slowly pulled itself from the road, shaking itself as if to wake up. Then the rabbit began to make its way down the road, but after a few hops, it turned around and waved. Then the rabbit turned back to its path but it stopped again after a few steps and turned around once more and began waving wildly. The rabbit continued in this way until he disappeared over the horizon.

Befuddled and scratching his head the observer watched as the man who had sprayed the rabbit, tossed the can alongside the road and got into his car and drove away. Curious, the observer walked to the can and picked it up. The label read: For hair restoration and permanent wave. As retold from *Good Clean Jokes*, by Anna Kostick, Charles Foxgrover and Michael J. Pellowski.

A look into the brilliant mind of a CEO

CEO was standing in front of a shredder looking vexed as a young executive happened by.

"Darnit, the CEO said. "This is really important and my assistant is gone. Do you know how this stupid machine works?"

"Sure," said the young executive. He turned the machine on and held the paper against the opening so that the machine grabbed on to the sheet and started to pull it through.

"This is great," said the CEO. "I just need one copy." As retold from the Office Diversions Web site.

On yoga

I was in yoga the other day. I was in full lotus position. My chakras were all aligned. My mind is cleared of all the clatter and I'm looking out of my third eye and everything that I'm supposed to be doing. It's amazing what comes up when you sit in that silence. "Mama keeps whites bright like the sunlight, Mama's got the magic of Clorox 2."



— Ellen DeGeneres

A mind to admire

He had a mind so fine that no idea could violate it.

— T.S. Eliot (on Henry James)



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According to PoynterOnline Multimedia Editor Larry

Larsen, the following headlines have actually appeared on news stories. Here are a few of his favorites:

- Woman found dead with arrow in head
- Three cheers for Spears' rear
- Flying moose lands on car's roof
- Police chief fries thief
- Chong gonged for selling bongs
- First ever pooper scooper powwow
- Kraft: Who cut the cheese?
- Snowstorms may be precursor of winter
- Bombs are frightening, SA human shield says
- Police find body in cemetery
- Flaming car with body inside "suspicious"
- First-time exotic dancers should avoid the pole
- Minnesota's population aging faster than predicted
- Girl gives frozen metal pole a lickin', her tongue keeps on stickin'
- Authorities seek flasher—police: Man typically wears no pants
- Activist upset by Girl Scouts in Alaska who trap, skin beavers
- Police: Man slashes friend in argument over who has hairiest buttocks
- Grits argument turns violent
- Experts sniff out why Uranus gas is silent but violent

In the 'it's not as easy as it looks on TV' category...

The Victorville, Calif., Daily News recently reported a burglary gone wrong ("Burglary attempt backfires," by Katherine Rosenberg). A would-be burglar and his accomplice decided they would rob a store. And in a brilliant move, one of the criminals decided he would use a gun to burglarize a cell-phone store that closed at about 1 a.m. The owner of the store said one of the burglars decided he was going to "Jesse James" the lock, or shoot the metal lock out. As bad luck would have it (for the criminal, that is), the bullet ricocheted off the lock and slammed into the man's chest. While the bullet did not puncture the skin of the gunman, the security camera did catch a not so pretty picture of the incident: The bullet angled off the lock, thumping the man in the chest and knocking the air out of him causing him to vomit on the spot.

On regret

My one regret in life is that I am not someone else.

— Woody Allen







July Word Search













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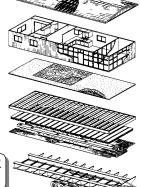
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-Monthly Media Staff

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Worrying is not doing

re you worrying about something you need to do? If you are worrying about something, a project or some-thing you need to take care of at home, it's a good idea to keep in mind that merely worrying about something is not doing something. It may sound idiotic, but reminding yourself of this occasionally can help you work through procrastination and avoidance when it comes to dealing with things you'd rather just go away.

For instance, many first time job hunters make this mistake when they graduate from college and are trying to enter the work world. They sit around and fret about how hard it is to get a job, and they keep the focus on the disconcerting fact that they do not know how to find a job. The truth is of course that no one really knows how to get a job until after they've done it once or twice. New job seekers often allow themselves to feel that by worrying, they are actually looking for a job. What they're really doing is thinking about looking for the job. And they are wearing themselves out by participating in this very draining mental game.

The next time you find yourself worrying instead of doing, try writing down what you have done toward resolving your problem or attaining your goal. In the case of job hunters, they might see that they really haven't been sending out too many résumés or making very many phone calls. In the same way, you can evaluate whether you are really making action-based efforts to achieve what needs to be done. If you find that instead you've been doing a lot of thinking and worrying about what you need to do, just accept it, and promise yourself to take at least one step every day toward your goal. And write it down, so you can see for yourself what you have done, and other steps you might try.

Can you tell if someone is lying? You probably think you can

ccording to *New York Times Magazine* contributing writer Robin Marantz Henig, lots of people think they have a special ability or way to spot liars in their midst. The writer says that plenty of people gave her advice when they found out she was writing a piece on deception. Here are some of the things people said they watch for: People who shift their gaze to the left, people who cover their mouths, people who "fidget a lot, cross their legs, cross their arms, look up, look down, make eye contact or fail to make eye contact."



Marantz Henig says that the idea that it's easy to spot people who are lying has been around for a long time and people believe it. But studies have shown that even though people believe in these ways of spotting liars, that nothing could be further from, well, the truth. In fact, probably fewer than 5 percent of people have some special way of telling whether someone is being deceitful that actually works.

You might say that the liar stereotype is a lie itself—and that there is not any special way to detect a liar. Fact is, Marantz Henig says, that even people who are specially trained to know whether someone is lying or not, such as judges or customs officials, people who have undergone extensive training to find deception, don't do any better than just chance when they are tested. They could have easily flipped a coin, the writer says, and gotten the same results.





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