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July 2024

Issue 5
48th Year



Happy 4th of July, Sugar Creek Volunteers!

Picture Submitted by Tina Ramsburg

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- President.....Cheryl Doty, Lot 59727-417-7718
- Vice PresidentNancy Wadsworth, Lot 105315-440-7037
- TreasurerGary Deutschmann, Lot 94.....636-492-1231
- Ass't Treasurer.....Penny Campbell, Lot 5727-482-9668
- SecretaryThe Board is still looking for a Secretary

- Activities Director.....Barbara (Bobbi) Christian727-458-0008

- Park Office727-585-2850
- Hillcrest MHP727-797-5432
- After Hours Emergency727-641-9556

- Shangri-La Star Newsletter.....Cheryl Doty, Lot 59
- Email: ShangriLaStar2023@gmail.com

GREETINGS FROM THE MANAGEMENT OFFICE

Shangri-La Community is now taking new listings!

Residents of Shangri-La, if you're looking to sell your home, we can help. Call or visit the management office today.

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 NOW!**

John 3:16

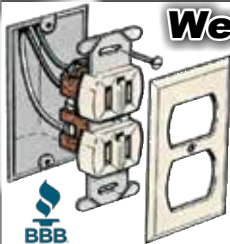
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JULY BIRTHDAYS AND ANNIVERSARIES

July 12th – Christian Roy, lot 60
July 13th – Mike and Barbara Christian, Lot 61, Anniversary
July 14th – Jim Bronson, Lot 154



HAPPY
Anniversary

MESSAGE FROM OUR PRESIDENT



Greetings all, July is here and it's hot!
Clarification for HOA Members in good standing:

If you pay HOA dues you are a member in good standing, you will not have to pay for food at an HOA sponsored function. An HOA sanctioned function is usually potluck, which you will have to pay for or provide a dish.

All HOA Members in good standing will be able to vote at elections and any other voting that may take place. You will be able to participate in the monthly meetings.

HOA Members:

For those that do not want to pay the \$25 fee to be a Member in Good standing, you will have to pay for food at HOA functions, and the HOA sanctioned potluck you will have to pay or bring a dish.

You can attend all meetings, for information purposes only. You cannot vote and you cannot participate in the meeting.

I hope this clarifies any questions.

All residents are encouraged to attend the functions. The food is always good, there is always good company and great music. And it's a very minimal cost. As food prices keep rising

We will be getting a new maintenance person for the park.
Additionally, they are continuing to complete the pool deck.

We Will be Better,
Cheryl Doty

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right click with mouse to download to your computer**

www.ssa.gov/scam/resources.html

SCAM ALERT



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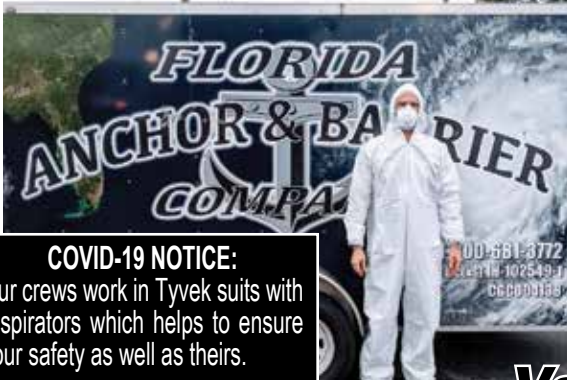
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Hello from your Activities Director Bobbi

Hope everyone is staying cool in this heat wave we're having. We had a good time & turnout for our Memorial Day Cookout & Pot Luck Dinner. Thanks to everyone that attended & brought food. We so appreciate all of you. We're having a Father's Day Brunch. Hope you signed up we're having some Delicious Food. The July 4th. Cookout sign up sheet is posted. Looking forward to seeing you. We'll be having Burgers, Hot Dogs, Kielbasa, Salads & Dessert. If you'd like to bring something it's always appreciated. All Members in Good Standing Are Free, HOA Members are \$3.00 & Guests are \$5.00. The next Pot Luck Dinner is Saturday July 20th. @ 5:00PM. We need more people to sign up. Bring a dish or dessert to share & it's free if not it's \$5.00. As always you can bring guests. If you'd like to bring something it's always appreciated. We also need helpers for cooking, serving set up & clean up for all events Bingo will end the last Tuesday of June & be on hiatus till September. I'll keep you updated if things change. Hope to see you soon.

Memorial Day
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**A Complete Listing of Resident Services
can be found on the page before your calendar**



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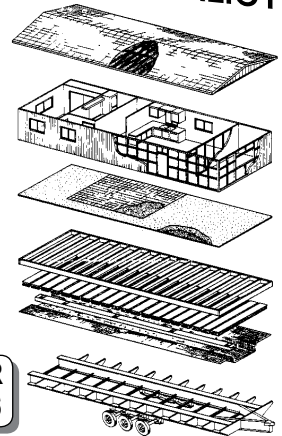
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JOKE

Why do seagulls fly over the sea?
Because if they flew over the bay, they'd be bagels!



KNOW YOUR NEIGHBORS

If you would like to be featured in the newsletter, please let us know.



RECIPE

Grilled Corn on the Cob

- Fresh corn on the cob
- Butter
- Salt
- Pepper



Instructions:

1. Preheat your grill to medium-high heat.
2. Peel back the husks of the corn, but do not remove them. Remove the silk from the corn.
3. Brush the corn with melted butter and sprinkle with salt and pepper.
4. Pull the husks back up over the corn and tie them with kitchen twine to secure.
5. Place the corn on the grill and cook for about 15-20 minutes, turning occasionally, until the corn is tender and slightly charred.
6. Remove the corn from the grill and let it cool slightly before serving.
7. Optionally, you can brush the corn with more butter and sprinkle with additional salt and pepper before serving.





July Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 7 | 1 | | | 4 | |
| | | 1 | | | 8 | | | |
| | | | | | | 1 | 9 | |
| 2 | | | | 7 | 9 | | | |
| 8 | | | | | 2 | | | 5 |
| 9 | 6 | | 3 | | | | | 2 |
| | 2 | | | 4 | 7 | 5 | 6 | |
| | | 3 | | 8 | | | | |
| | | | 2 | | | | | |



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 9 | 2 | 3 | 5 | 7 | 8 | 1 |
| 7 | 5 | 3 | 6 | 8 | 1 | 4 | 2 | 9 |
| 1 | 2 | 8 | 9 | 4 | 7 | 5 | 6 | 3 |
| 9 | 6 | 7 | 3 | 5 | 4 | 8 | 1 | 2 |
| 8 | 3 | 4 | 1 | 6 | 2 | 9 | 7 | 5 |
| 2 | 1 | 5 | 8 | 7 | 9 | 6 | 3 | 4 |
| 4 | 8 | 6 | 5 | 2 | 3 | 1 | 9 | 7 |
| 3 | 7 | 1 | 4 | 9 | 8 | 2 | 5 | 6 |
| 5 | 9 | 2 | 7 | 1 | 6 | 3 | 4 | 8 |

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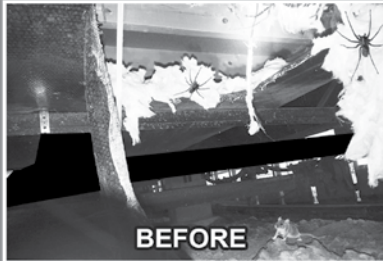
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Perspective is everything



Once, 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*



12 ★ 8

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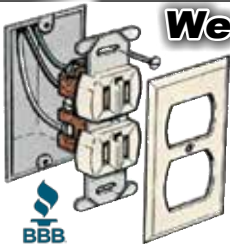
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July 2024

| Sunday | | Monday | Tuesday |
|----------------------------------------------------------------------------------------------------------------------------|--|--------|---------|
| AUGUST S M T W T F S 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 | | 1 | |
| 7 | | 8 | |
| 14 | | 15 | |
| Jim Bronson, Lot 154 HAPPY BIRTHDAY! | | | |
| 21 | | 22 | |
| 28 | | 29 | |

Shangri La Star

| Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|-----------|-----------------------|------------------------------------------------|----------------------------------------------------------------------|
| 2 | 3 | 4 Independence Day | 5 | 6 |
| 9 | 10 | 11 | 12 Christian Roy, lot 60 HAPPY BIRTHDAY! | 13 Mike and Barbara Christian, Lot 61 HAPPY ANNIVERSARY! |
| 16 | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | 26 | 27 |
| 30 | 31 | | | |



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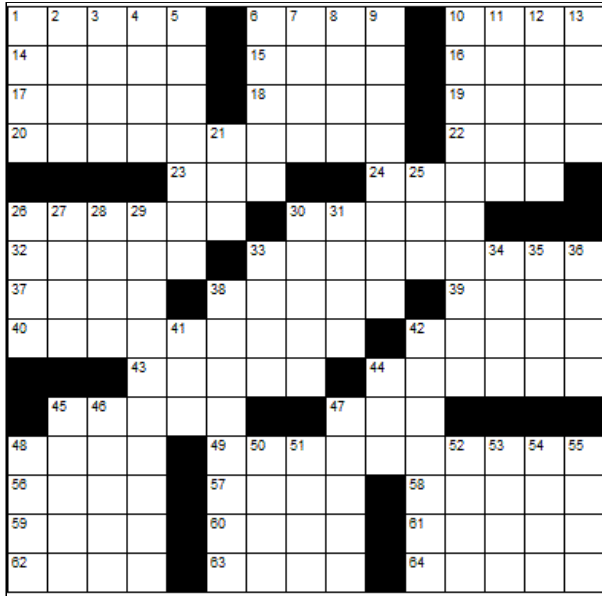
Mobile Home Repairs





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

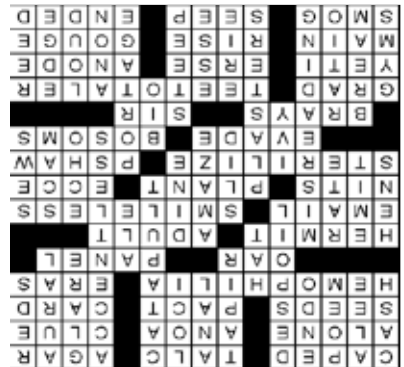


DOWN

- 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
- 21. Cap
- 25. Beer
- 26. Female chickens
- 27. Broadcast
- 28. Assess
- 29. Misinterpreting
- 30. Astound
- 31. Banquet
- 33. Slipped
- 34. Reflected sound
- 35. Cheat
- 36. Stitches
- 38. Wall coatings
- 41. Climbing vine
- 42. Carry a boat overland
- 44. Life story
- 45. European freshwater fish
- 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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JULY CALENDAR



Cell Phone Courtesy Month. July 1–31. With more than 180 million cell phone users in the United States, this month is dedicated to encouraging the increasingly unmindful corps of cell phone users to be more respectful of their surroundings and those around them.

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

Dog 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 controlled 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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July Word Search



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nature

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center

extractive

object

reveal

truth

cheese

hanging

scope

water

consequence

count

seen

simply

were

worse





Headlines: Sometimes weird and embarrassingly obvious

According to PoynterOnline Multimedia Editor Larry

D. 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 bong
- 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*

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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 controlled 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**



Men can end up looking silly if they don't put thought into dressing well



According to Daniel Billett on About.com, men can make some pretty atrocious fashion mistakes in the office and elsewhere. Here are some of his pet peeves. He says men should not do any of the following things — ever:

- **Socks and sandals.** Billett says he doesn't understand why people want to wear sandals when it's, well, too cold to wear sandals. He suggests that if you want to wear sandals and your weather doesn't permit it without socks, you should consider relocating to a warmer climate.
- **Color socks.** Billett reminds us that Donny Osmond was once famous for this fashion faux pas.
- **Novelty ties.** We've all seen them and cringed. Grown men wearing ties that are decorated with strings of Christmas lights, reindeer, golfers, stylized American flags, and leprechauns. You get the idea. Throw these clothes out; give them away. Get rid of them. They will just make you look silly.
- **Backpacks.** Billett says that unless you are a student or a mountain climber, you should not be carrying a backpack around. He suggests nice briefcases, messenger bags and gym bags that are not logo decorated.
- **Other things to avoid.** Anything that glitters, clothes that a rap artist would wear to make a video and chunky shoes.

World getting you down? Here's a simple idea

Are you feeling ineffective? Unimportant? Or any of the host of other emptiness factors that seem to plague modern men and women? If so, it would be good to remember how much of an impact even a small gesture, such as smiling, can mean to someone else. Mother Teresa once said, "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."



On happiness

There is only one way to achieve happiness on this terrestrial ball, and that is to have either a clear conscience or none at all.

— *Ogden Nash*

Definition

Afterism (n.) — A concise, clever statement you don't think of until too late.

— *John Alexander Thom*



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-Monthly Media Staff

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Gift of olive oil keeps on giving

According 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**



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