



SHANGRIA STAR O

August 2024

Issue 6 48th Year

"Bloom Where You Are Planted"



Thank you Marilyn Franz from Four Seasons Estates for the pictures, along with your motto for flowers as well as a happy life.

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HOA OFFICERS

President	Cheryl Doty, Lot 59	727-417-7718
Vice President	Nancy Wadsworth, Lot 105	315-440-7037
Treasurer	Gary Deutschmann, Lot 94	636-492-1231
Ass't Treasurer	Penny Campbell, Lot 5	727-482-9668
Secretary	The Board is still looking for	r a Secretary
Activities Director	Barbara (Bobbi) Christian	727-458-0008
	,	
Park Office		727-585-2850
Hillcrest MHP		727-797-5432
After Hours Emergen	cy	727-641-9556
Shangri-La Star News	sletter	Cheryl Doty, Lot 59
Email: ShangriLaStar	<u> 2023@gmail.com</u>	

GREETINGS FROM THE MANAGEMENT OFFICE

hangri-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.

Hillcrest Office # (727) 797-5432 585-2850

Shangri-LaOffice#(727)

Maria lugo@equitylifestyle.com

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August BIRTHDAYS AND ANNIVERSARIES

1st – Alice King, Lot 69

11th – Cheryl Glueck, Lot 135

14th – Everett Northcutt, Lot 148

16th – Jack Winthrop, Lot 136

16th - Kim Glaze, Lot 84

21st – Sylvia Rodriguez, Lot 52



MESSAGE FROM OUR PRESIDENT

reetings all, August is here and it's hot! Stay hydrated!

We are in hurricane season, so check your generators, flashlights, etc to prepare.

ELS is working on the pool deck which should be completed by the time you are reading this.

We have a new maintenance person, Doran.

Let's continue to be a great community, try to help neighbors, an assist whenever you can.

We Will be Better, Cheryl Doty



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A Message from Activities

ope everyone is having a good summer so far. We had an Amazing Turnout for the 4th. Of July Cookout, over 30 people that enjoyed burgers, hot dogs, sticky chicken, salads, baked beans & lots of desserts. Thanks Janice Jones & Becky Marshall for the delicious baked beans & thanks to Cheryl Doty for grilling the Burgers & Dogs & the delicious Macaroni Salad. Thanks to everyone that pitched in to help with cleanup, it's always much appreciated, couldn't do it without you.

I hope everyone had a good time. Our next function will be the Pot Luck Dinner August 10th. Bring a dish or dessert to share & it's free, if not it's \$5.00.

After that there's the

Labor Day Cookout — - Monday September 9th. - Cocktails @4:00PM BYOB. Dinner@5:00, Sign up for & Bring your favorite Salad or Dessert

Pot Luck Dinner - Saturday September 21. @5:00 PM. - Bring a dish or dessert & it's free, if not it's -\$5.00 Sign up sheets are always in the clubhouse.

If you can't make it there you can call me @727-489-8217 leave a message & I'll gladly sign you up.

Thanks Again Bobbi







JOKE:

Thy can't you make a dinosaur omelet?

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











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August Sudoku

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Travel Is Fun Tours

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AUG 19-23, 2024—5 DAY A Cool Place Even in the Summer! Includes: Incl. 7 Meals (4B,1L, 2D) 2night stay at Holiday Inn Express in Helen GA with hot breakfast each day, guided tour of the area in and surrounding Helen, 2 dinners in Helen! Join us and cool off in the higher elevation, 1447' above sea level!

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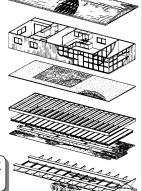


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RECIPE

ne delicious savory summer recipe is a grilled vegetable platter. Here's how you can make it:

Ingredients:

- -Assorted vegetables such as bell peppers, zucchini, eggplant, cherry tomatoes, and red onions
- Olive oil
- Balsamic vinegar
- Garlic, minced
- Salt and pepper
- Fresh herbs like basil, thyme, or rosemary

Instructions:

- 1. Preheat your grill to medium-high heat.
- 2. Cut the vegetables into bite-sized pieces or slices.
- 3. In a bowl, mix together olive oil, balsamic vinegar, minced garlic, salt, and pepper to create a marinade.
- 4. Toss the vegetables in the marinade until they are well coated.
- 5. Place the vegetables on the grill and cook until they are tender and have grill marks, turning occasionally.
- 6. Remove the vegetables from the grill and arrange them on a platter.
- 7. Drizzle any remaining marinade over the vegetables and garnish with fresh herbs.
- 8. Serve the grilled vegetable platter as a side dish or as a main course with some crusty bread or grilled protein.

Enjoy your delicious and healthy summer meal!

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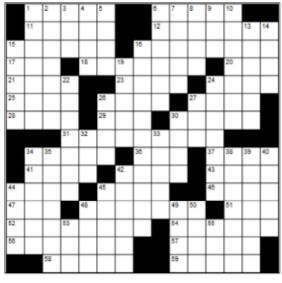


ACROSS

- Support
- Open window problem
- Happen again
- 12. Back up
- Anagram of "Stared"
- 16 Realm
- 17. What we breathe
- 18. Progestin or androgen
- 20. Partially opened flower
- 21. Wingless bloodsucking insect
- Absorbed
- 24. Rumple
- 25. Custard dessert
- 26. Occupied
- 27 Rational
- 28. Abominable Snowman
- 29. Play a role
- 30. Took a chance
- 31. Rigid disciplinarians
- 34. Winter accessory
- 36. Cygnet's father
- 37. Female chickens
- Healthy
- Verruca
- 43. Dwarf buffalo
- 44 Chats
- 45. Kiln-dried barley
- 46. Rules and regulations
- 47. American Dental Association
- 48. Hotel gofer
- Fraternity letter
- In a dazed manner
- 54 Received
- 56. Term of endearment
- 57. Not upper
- 58. Delicacy
- 59. Wear away













DOWN

- 1. Tactile alphabet
- Withdrawal
- 3. Air hero
- 4. Junkvard dogs
- 5. Once, long ago
- Sagging
- Send, as payment
- Ardent
- 9. Bog
- 10. Champion of the people 32. Form of "to be"
- 13. Drunk
- 14. Stops

- Goofy
- 16. In a forceful or urgent
- manner
- 19. Belch
- 22. Beasts
- Parade V.I.P.
- 26. Vomit
- 27. Seated oneself
- 30. Amount owed

- 33. Not south
- 34. An unilluminated area

- 35. Floorshow
- 38. Decreed
- 39. Not anyplace
- 40. Antelope of India
- 42. Billfold
- 44. Handguns
- 45. Mass communication industry
- 48. Chomp
- 49. Look at flirtatiously
- 50. Impoverished
- 53. Each
- 55. One plus one





August Crossword

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AUGUST · 2024

Sunday	Monday	Γ
SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14		
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11 Happy Birthday! Cheryl Glueck, Lot 135	12	
18	19	
25	26	

Shangri La Star

luesday	Wednesday	Thursday	Friday	Saturday
		Happy Birthday! Alice King, Lot 69	2	3
6	7	8	9	10
13	Happy Birthday! Everett Northcutt, Lot 148	15	16 Happy Birthday! Jack Winthrop, Lot 136 Kim Glaze, Lot 84	17
20	21 Happy Birthday! Sylvia Rodriguez, Lot 52	22	23	24
27	28	29	30	31



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AUGUST CALENDAR

et Ready for Kindergarten Month. To support a happy entry into kindergarten for the almost 2 million children in the United States who will be attending. Tips are available for a smooth transition. Registration for the 2024-2025 school year begins in March 2024.

Happiness Happens Month. Aug. 1–31. Sponsored by the Secret Society of Happy People, it is to encourage people to express happiness and discourage parade raining. For more information, browse www.sohp.com.

National Immunization Awareness Month (NIAM) is an annual observance held in August to To remind people that immunization is critical to maintaining health and preventing life-threatening diseases among people of all ages and cultures.

Daily

Part of Second Resounding Day is celebrated on **August 1** to remind up-and-coming and existing singers of the musical form of singing in rounds. But what is round singing really? It's the art of singing in a way where three or four voices follow each other, creating a harmonious sound in unison or an octave.



National Mustard Day is celebrated annually on the **first Saturday in August**. This tangy celebration honors mustard, one of America's favorite condiments. Whether you visit the National Mustard Museum or simply enjoy different mustards with your favorite foods, it's a day to savor the versatility of this flavorful topping.

National Dog Day is celebrated on August 26, 2024. This special day honors dogs and aims to raise awareness about adopting dogs from rescue centers. Whether big or small, all pups deserve love and attention!

Weekly

implify Your Life Week is observed yearly during the first week of August, which this year takes place from August 9 to 17. Although its origins remain unknown, the purpose of this week is abundantly clear: encouraging people to declutter and simplify their lives. It involves getting rid of both physical and psychological clutter that may hinder one from living a peaceful and stress-free life1. So, take some time out for yourself, do something you love, and focus on simplifying aspects of your life that could use a little decluttering and refocusing. Learn more https://nationaltoday.com/simplify-your-life-week/

Elvis Week. Fans from around the world visit Memphis, Tenn., as Aug. 16 marks the anniversary of Elvis Presley's death (Aug. 16, 1977). For more information, browse www. elvis.com.

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Memo: From the Accounting Department

It has recently come to the attention of the Accounting Department that people are not giving accurate accounting sheets of how they are spending their time during the workday.

In order to correct this, the accounting department has come up with new codes to help you more accurately account for what you are actually doing. These all come under the major heading of "Unproductive time," and have been assigned three digit numbers all in the 800 range. Here are the new categories. Please make sure you report accurately what it is you are being paid for.

Thank you,

The Accounting Department

Code: 800s "Unproductive Time"

800: Talking to co-workers about how bombed you got over the weekend.

801: Talking to co-workers about other co-workers.

802: Talking about your sex life to other co-workers.

803: Talking about how much you hate your supervisor to other co-workers.

804: Talking to your supervisor about how much you hate your co-workers.

805: Looking up where you might want to eat lunch on the Internet.

806: Sending e-mails to friends and giving them advice about their work problems.

807: Thinking about all the work you have to do.

808: Calling your friends and telling them about all the work you have to do.

809: Complaining about all the work you have to do.

810: Getting a cup of coffee from a shop 7 blocks away, instead of in the employee kitchen.

As retold from AhaJokes.com

What I really hate about my cubicle...

- The overwhelming feeling that someone is watching me from above, and if I just choose the right button, a piece of cheese will be released down a chute.
- Being told by the boss to "Think outside of the box."

• Hearing my "neighbor" spend a half hour on the phone telling her best friend that she can't stand the jerk on the other side of her cube wall.

• That there's no door to slam when I get mad and quit.

As retold from CorporateDump.com



August Word Search





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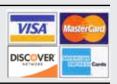
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Quotable Humor



On beauty

I'm tired of all this nonsense about beauty being only skin-deep. That's deep enough. What do you want— an adorable pancreas?

— Jean Kerr

On the perfect husband

An archaeologist is the best husband a woman can have; the older she gets the more interested he is in her.

— Agatha Christie

On cynicism

The power of accurate observation is commonly called cynicism by those who have not got it.

— George Bernard Shaw

How poor were you?

We were so poor my daddy unplugged the clocks when we went to bed.

— Chris Rock

A winning workout

I have a punishing workout regimen. Every day I do three minutes on a treadmill, then I lie down, drink a glass of vodka and smoke a cigarette.

— Anthony Hopkins

On praise

Having the critics praise you is like having the hangman say you've got a pretty neck.

— Eli Wallach

When mental problems pay

The Doc told me I had a dual personality. Then he lays an \$82 bill on me, so I give him 41 bucks and say, "Get the other 41 bucks from the other guy."

— Jerry Lewis

On madness

When we remember that we are all mad, the mysteries disappear and life stands explained.

— Mark Twain

On humility

What the world needs is more geniuses with humility, there are so few of us left.

— Oscar Levant



Everything she needed to know, she learned on a potato farm

inda Sanford grew up on a potato farm on Long Island. She says that growing up on the farm gave her a strong work ethic that she values Itremendously today. According to a story on Newsday.com, Sanford said everyone in the family worked on the farm. "We all worked," she said.



"We were moving irrigation pipes or picking vegetables, or helping to plant, or we were driving trucks and tractors. You rolled up your sleeves and you got the job done."

Eventually, Sanford found herself working and earning about \$300 a week in a job in the

typewriter division of a Lexington, Ky., business.

Sanford later landed IBM's top sales post. She was the first woman to ever fill this job. She sold computer equipment around the world and oversaw a 17,000-person unit. She flew overseas for business meetings on a regular basis. Sanford was vice president of IBM's internal On Demand Transformation and Information Technology initiative before her retirement in 2014.

Sanford says when she starts feeling down or overwhelmed she remembers the farm and what her parents and grandparents told her repeatedly: "If you work hard and do what you need to do, good things will happen."

Teamwork from the birds

eamwork might seem like a complicated subject, but to some creatures it comes naturally as a way to survive and to expend the L least amount of energy, according to a BBCNews Online story. For instance, in France at the Centre National de la Recherche Scientifique in Villiers en Bois, scientists taped heart monitors to great white pelicans. These birds had been trained to fly behind a light aircraft and a boat, and a team was able to observe them during their flight. Pelicans, it is known, fly in "squadron" formation, or in a "V," and they flap in time with their leader. Scientists, now able to observe and gather data from the heart monitors found that the birds' heartbeats were lower when they flew in formation than when they flew solo. This was because they were able to benefit from each other's air streams. They were also able to glide more. Animals of all types evolve certain behaviors because it helps them to migrate, feed or survive more easily. The entire group benefits because less energy is required to perform the great task at hand. Working together, the birds were able to accomplish their migratory goals by expending less energy and being able to fly farther than when they are alone. It seems that there is a lesson here, and it's not for the birds.

On mistakes

When you make a mistake, don't look back at it long. Take the reason of the thing into your mind and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power.

— Hugh White









Family Scams

Scammers are good at pretending to be someone that they're not. They try to trick you into thinking a loved one is in trouble.

Once the scammer makes you think they're your grandson and in trouble, they pressure you to quickly send them money. But it's all a scam. Your family member was never in trouble.

- The scammer will say it's **urgent** and that you're the only one who can help.
- The scammer might tell you it's important to keep it secret. They don't want you talking to other family members and friends and realizing it's a scam.
- The scammers will **play with your emotions.** They're counting on you to act quickly to help your family or friend. And they're counting on you to pay without stopping to check out whether there's really an emergency. If you get a call like this, you can be sure this is a scam.

Slow down. Verify.



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Some folks are willing to suffer more just to get the bad experience over with

If you've ever really dreaded something, you know the anticipation of something unpleasant is usually far worse than the actual experience. For instance, some people experience dread about having simple dental or medical procedures performed, even though once they're actually undergoing the experience, they find out it's usually not as bad as they imagined it would be.

A team of Emory University Scientists decided they wanted to understand how people make decisions when the outcomes are known to be unpleasant by using functional magnetic resonance imaging. The results appeared in a recent issue of the journal Science.

The study used an MRI scanner to look at the brains of participants while a series of low voltage shocks was delivered to one of their feet. The intensity of shock and the time delays were varied and each participant underwent a series of 96 shocks. Before each shock, the participant was told how painful the shock would be (as a percent of their threshold) and how long they would have to wait for the shock. Then they were given the opportunity to choose different intensity-delay combinations. The degree of willingness to take a stronger shock sooner was indicative of the dread the participant experienced.

There were 32 participants in the study, and while most of them preferred to speed up the waiting period and were considered mild "dreaders," 28 percent of them dreaded the upcoming shock so much that they were willing to take more pain so they wouldn't have to wait. These participants were deemed extreme dreaders.

The accompanying brain scans showed that mild dreaders and extreme dreaders had different patterns of brain activity. Extreme dreaders had more activity in the attention based parts of the pain matrix — and the activity was seen much earlier when compared to mild dreaders.

Neuroscientist Gregory Berns, the lead researcher of the study, says that dread is not quite the same as fear or anxiety. The key finding, he said, was that extreme dreaders devoted more attention to the part of the body where the shock was expected. This is good news for dreaders, because it means that diverting attention to something else can dissipate the experience of dread. Dr. Berns' advice if you're dreading something: watch a movie, meditate, play a sport, do something to shift attention and see if it helps. Or, as many wise people in the past have recommended: Get your mind on something else.



On cats

When my cats aren't happy, I'm not happy. Not because I care about their mood but because I know they're just sitting there thinking up ways to get even.

— Penny Ward Moser

On foolishness

You will do foolish things, but do them with enthusiasm.

— Colette

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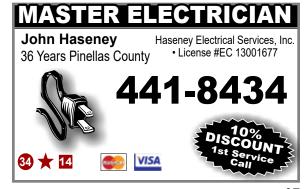
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Microexpressions linked to emotions people may be trying to hide

ne of the world's foremost experts on facial expressions and how they relate to deceit says he first began to develop deceit identification skills when he was a bouncer in a Buffalo, N.Y., bar. Mark Frank, an associate communications professor at the University of Buffalo, a social psychologist and revolutionary researcher says he taught himself to spot behavior that indicated patrons were underage, packing lead or looking for a fight. He says he developed a sixth sense that helped him identify when people were trying to get away with something.



Frank's work now indicates that, when people are being deceptive, they expose themselves by a series of microexpressions of the facial muscles in conjunction with other behavioral cues. Frank says he wants to make it clear that these expressions by themselves or even in a series mean nothing and are not a sweeping indictment of anyone, but only have meaning in context with other cues.

However, J.J. Newberry, who was formerly a senior special agent with the federal bureau of Alcohol, Tobacco and Firearms, says that Frank's methods are "uncanny." In fact, his methods are considered so effective and accurate that he has been called upon by judges, the office of Homeland Security and even Scotland Yard to assist in investigations.

Frank's mentor was Paul Ekman, known as the world's foremost expert in reading facial expressions. Ekman did research on expressions and found that there were facial expressions linked to emotions that were identical from culture to culture. He established a numbering system for each of the movements that created facial expressions, for instance, 1 is left and right eyebrows up, 2 is the eyebrows pulled together, and so forth. Frank took this work, which identified movement associated with the 44 human facial muscles and linked them to things like fear, distress and deception. He developed computer programs that took Ekman's numbering and made it instantly accessible. What used to take three hours of painstaking stop, rewind, start video viewing to assess one minute of facial movement could now be done almost instantly. "What we have done is quantify it, automate it, prove its effectiveness and teach it very effectively," Frank says.

On balance

The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.

— Euripides

So divinely is the world organized that every one of us, in our place and time, is in balance with everything else.

— Johann Wolfgang von Goethe

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