

SHANGRIA STAR O

July 2019

Issue 5 43rd Year

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Notice

In case you were not aware our pool hours have changed. The pool will now be open from dawn to dusk. Dusk is sunset. This is not an ELS change but rather was mandated by Pinellas County.



Activities

nce again it looks like we will have to cancel a party for lack of participation. The 4th of July party as of the date we went to press only had 7 people signed up. This makes no sense. This party was going to be catered by Sonny's barbecue. Where else could you get a Sonny's meal for \$3.



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

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Why daydreaming is good for you

ome people think daydreaming is a waste of time, but it can be a powerful tool for sharpening your creativity. The Entrepreneur magazine website spells out why:



- **Motivation**. Daydreaming about something you'd like to do can increase your motivation to go out and do it. It helps you visualize your goals and structure your thoughts.
- **Visualization**. Use your daydreams to go into detail about your goals so you can identify possibilities and options.
- **Problem solving**. You can't always attack a problem with logic and brute force. Spend some time letting your mind roam. Daydreaming relaxes you and reduces stress, so it might help you spot a solution you'd otherwise miss.
- **Productivity**. This may seem counterintuitive, but daydreams can help you focus. By daydreaming about a problem or opportunity, you give your brain a chance to concentrate on your goal without clutter or pressure.

More than enough

wo friends were talking over their aspirations. Both had spent several years at the same company, enjoyed the work and the culture, and made advancements in their careers.

One friend was surprised to hear that the other had recently turned down a big promotion. He asked, "Are you sure you made the right decision? A move like that could've put you on easy street. Those opportunities don't come around often."

"Most people would agree with you," the friend replied. "But I have a different take on the matter. I believe there is more to life than having a fancy title or a big paycheck.

"There's a price to be paid for that corner office. Long hours, a lot of travel, and expectations that would require sacrifices I'm not willing to make," he said. "The truth of the matter is that I already have my dream job. The money is good, the work is fulfilling, and the work/life balance it provides allows me to always be home in time for dinner. I've never missed one of my son's baseball games, I've never left work at the end of the day mentally drained, nor have I ever felt the need to check my email from home."

"I never thought of it in those terms," the first friend said.

The other replied, "Most of us spend so much time chasing after success that we don't recognize what we already have is more than enough."



Dogs, cats, and happiness

Imost six in 10 U.S. households have at least one dog or cat, reports The Washington Post. Do our pets make us happy, though? The General Social Survey asked questions related to that in 2018. The results may be surprising to dog and cat owners.

Dogs and cats don't necessarily make us happier, for one thing. The survey found that among pet owners, slightly more than 30% in both groups identified themselves as "very happy," while the number describing themselves as "Not too happy" was in the mid-teens for both groups.

However, dog owners are about twice as likely to say they're very happy than cat owners, making dog owners slightly happier than people without any pets, while cat owners are substantially less happy than pet-free folks. People owning both dogs and cats tend to fall in between the two camps.

What creates the difference? The General Social Survey notes that dog owners tend to be older and married and to own their own homes, which can contribute to overall happiness and satisfaction with life in general.

Prevent disability with one hour of exercise a week

ore evidence, in case you wanted it, that exercise is good for you: The CNN website reports that a study on knee osteoarthritis, which causes aching, pain, and/or stiffness in the lower extremities, has found that just one hour of moderate to vigorous exercise a week can reduce the chance of disability.

The study looked at patients 49–83 who were considered disability-free despite some lower joint problems. The patients' physical activity was monitored with accelerometers. Over four years, researchers found, participants who got at least 56 minutes of moderate to vigorous exercise a week were 86% less likely to grow mobility-impaired than others who got less exercise.

The findings are important for people with early osteoarthritis, who can experience occasional pain, stiffness, or weakness in the joint as the cartilage that covers bones wears down with age.





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Carol Zapiecki, Clearwater, FL



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George Lordstrom, Saint Petersburg, FL





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The heavy lifting

man arrived home from work to find his children playing in the yard in their pajamas. Their toys were strewn about the yard, along with the day's mail and miscellaneous litter.

He entered the house and noticed muddy paw prints leading to the family room where the dog was stretched out on the sofa. Dirty dishes filled the sink, an open box of cereal was tipped over on the counter, and laundry piled up in front of the washer. None of the beds had been made, and the bathroom floors were blanketed with used towels.

He searched every room, but there was no trace of his wife. Finally he found her sitting in the backyard reading a magazine. He approached her cautiously and asked, "Honey, is everything OK?"

"Never better," she replied as she flipped through pages of her magazine.

"What happened here today?" he asked.

The wife looked up at her husband and said, "You know how you come home every evening and say, 'Honey, I did the heavy lifting today. What contribution did you make for this family?""

"Yes," the man replied.

The wife looked back at her magazine and said, "Well, today I didn't make my contribution."

A glimpse of the future

man visited a psychic.

"Hmmm. Mmmmh," she hummed as she waved her hands over her crystal ball. "I see your future very clearly. You will be poor and unhappy until you reach the age of 42."

"What happens then?" the man asked. "Do I win the lottery? Will I inherit my great-uncle Sal's estate? Do I invent the next big thing and become a millionaire?"

"No," the fortune teller replied. "You will still be poor, but by then you will be used to it."

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Millennials take charge of their health care

Illennials and Gen Xers take their health seriously, but they don't rely on the same tactics their elders have used over the years. The Forbes magazine website shares how the generation handles health care its own way:

- They want digital access to health care services. With their smartphones and tablets, millennials want to take advantage of patient portals and video chats instead of in-person visits to the doctor. They'd also like a digital app to book appointments, review their health records, and manage preventive care.
- They seek information from more than doctors. They're more likely to seek medical advice online than to rely on doctors for all their health information. One survey found that only 41% trust physicians as the best source of medical advice.
- They want to orchestrate their own care. Only 67% of millennials have a primary care provider, compared with 85% of baby boomers. Instead of waiting days or weeks to see a doctor, about one-third go to retail clinics. They're also more likely to make their own medical decisions rather than



depending on their doctor as their sole source of counsel.

Electric zap may reverse memory loss in seniors

mild jolt of electricity might improve memory in older people, according to an article on the U.S. News & World Report website. Working memory declines as we age because brain regions fall out of sync with each other. Researchers at Boston University devised a special EEG cap that delivers electrical stimulation to the neocortex and frontal lobes, which play a big role in working memory, to synchronize brain waves. They tested the caps, which produce a slight tingling sensation, in 42 participants age 54–76 who were asked to perform working memory activities on separate days, sometimes with the cap and sometimes without it.

With the caps delivering electrical stimulation, participants' working memory improved to the level of a control group of adults 20–29. The scientists tracked participants for about 50 minutes after the zap, but believe the results last longer. Electrical stimulation is already used on patients with Parkinson's disease, but doctors caution that more research is necessary before anyone can walk into an office and get a zap to the brain to improve his or her working memory.



Monthly

Family Golf Month. Activities for all ages will be held at courses across the nation to encourage participation in the sport of golf. Find a course in your area and plan a fun-filled afternoon with your family.

Juvenile Arthritis Awareness Month. Approximately 300,000 children in the U.S. have some form of arthritis. These young people deal with more than the pain of this debilitating disease. Many suffer from social isolation and depression as a result of being less active than their peers. To learn more, visit https://curearthritis.org/ and https://www.arthritis.org/

Smart Irrigation Month. Before you turn on the sprinkler, take a moment to consider the costs to the environment and your wallet. Go to https://www.irrigation.org/ for more information.

World Watercolor Month. Embrace your inner artist and challenge yourself to complete one small painting every day throughout July. Encourage your children to do the same, and exhibit your work at the end of the month.

Weekly

Roswell UFO days, July 5–7. We are not alone, and no one knows this better than the folks in Roswell, New Mexico. People from around the globe can flock to the UFO capital of the world this weekend in hopes of making contact. There will also be a fun run, costume contest, parade, and other activities. Learn more at http://www.ufofestivalroswell.com/

National Moth Week, July 20–28. Scientists believe there may be more than 500,000 species of moths. Some are nocturnal, and many might be mistaken for butterflies. This week, let's celebrate these beautiful and mysterious creatures. http://nationalmothweek.org/

Gilroy Garlic Festival, July 26–28. If you're in the vicinity of Gilroy, California, stop by this annual event. There will be live entertainment, arts and crafts, and plenty of food featuring California-grown garlic. Get the details at https://gilroygarlicfestival.com/



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UPDATE ABOUT BOB

He has had a couple of strokes and still depends only on donations for support for him and his family.

BOB NEEDS OUR HELP!

Our delivery driver, Bob Davis (whom many of you know and have liked over the years), had a **SERIOUS FALL** while trimming a tree for a needy person on Sunday, August 5th. He broke bones in his neck plus other injuries. He has NO insurance and he is the sole provider for his family. ANY donation you may be able to help with will be GREATLY APPRECIATED!!!

Tax deductable donations may now be given through **New Day of Love Inc.** (501C3) Cash • Check • Credit Cards Call for more information

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Shangri La

Tuesday	Wednesday	Thursday	Friday	Saturday		
2	3	4 Larry Byrd Birthday Independence Day	5	Lillian Boostier Birthday. Linda &Ben Jackman Anniversary		
9 chelor	Wally Schultz Birthday	11	12	Cathy Mayle Birthday Bobbi & Michael Christian Anniversary		
16	17	18	Linda Jackman Birthday Randy Fagans Birthday	20		
23	24	25	26	27		
30	31					



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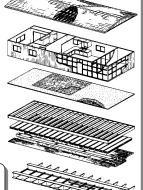


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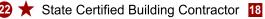
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ven the most careful consumer can fall prey to a financial scam. Here's what to watch for and how to protect yourself, as explained on the Money Saving Expert website:

How to know you've been scammed

- You have unfamiliar or unexplained charges on your bank or credit card accounts.
- Financial charges that you don't recognize appear on your credit statement.
- Bank statements aren't coming to your current address.
- You get rejected for credit even though you've got a good credit history.

What to do if you've been scammed

- Contact the scammer directly. It's worth a try to get your money back. If that doesn't work, end all communication immediately.
- Get in touch with your bank. Cancel any recurring payments, and let your bank or credit card issuer know what's going on.
- Report the scam to the police. If nothing else, you'll create a record of the fraudulent activity that may help authorities pursue the scammer if others report it as well.



Money may be the husk of many things, but not the kernel. It brings you food, but not appetite; medicine, but not health; acquaintances, but not friends; servants, but not faithfulness; days of joy, but not peace or happiness.

—Henrik Ibsen



Scientists bring dead brains back to life

ombie pigs? Not exactly, but scientists have apparently succeeded in restoring some cellular activity in the brains of pigs hours after the pigs were slaughtered, the Science News website reports.

The pigs had been killed in a meat processing plant, and 300 heads were sent to a Yale University lab, where 32 surgically removed brains were placed in a chamber containing a specially designed blood replacement fluid that delivered oxygen, sugar, and other ingredients at body temperature through the brains' blood vessels. During six hours in the chamber, the brain showed signs of activity, suggesting the brains were still functioning metabolically, and nerve cells in the hippocampus and prefrontal cortex appeared healthy. Some nerve cells could still fire signals.

The study suggests that brains are more resilient than previously was thought, fueling hope that doctors may someday be able to help patients overcome brain damage caused by stroke or other injuries.

How lost dogs find their way home

It's a happy day when a lost dog finds its way home, but how does it get back? A New York Times article offers two explanations: Dogs' hypersensitive sense of smell allows them to create a map of scents around their neighborhood, using gardens or grocery stores and human aroma as markers. In addition, they may be sensitive to magnetic orientation. One study of dozens of canines observed that dogs tend to adopt a north-south orientation when they defecate, but that preference vanished when the magnetic field around them was disturbed.

Either way, dogs are no doubt happy to get home.

Physicians dispense not only medicines but words that influence medicines or, all by themselves, that affect the patient more than the medicine.

—Dr. Morgan Martin



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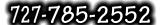
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ave is so scatterbrained, it's a wonder he can remember to tie his shoelaces," a manager complained to his assistant.

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Just then Dave ran into the boss's office and said, "You'll never guess what happened to me at lunch today. I was having lunch at that little bistro on Main Street, when who should walk in but the president of ABC company that we pitched last week. There wasn't an empty table in the whole place, so I waved him over and invited him to sit with me."

Dave went on: "I used the opportunity to remind him of why he should consider working with us—and he agreed! He wrote me a check for the retainer. I raced back here and just worked up the preliminary projections for the new account."

"Did you remember to pick up that newspaper for me?" the boss asked.

Dave blinked and looked confused. "Huh?"

"See what I mean?" the boss said.

Seize the day

priest awoke one Sunday morning and thought, "This would be the perfect day for a game of golf." He dressed quickly and left a note on the door explaining that church was cancelled due to illness. Then he drove to a golf course far away.

As he made his way to the first tee, St. Peter and God looked down on him from above.

"Are you seeing this?" St. Peter asked. "I hope you have a suitable punishment in mind for this behavior."

"I do," God replied. "Watch this."

The priest swung his club and hit his first ball. It sailed through the air, landed on the green and dropped for a hole-in-one.

"Forgive me Lord," St. Peter said, "but I thought you were going to punish him?"

"I did," God replied. "Who can he possibly tell about this?"

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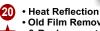


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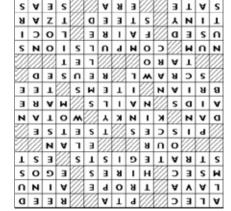
- 1. Actor Guinness
- 5. Parent Teacher Association
- 8. Marsh plant
- 12. Magma
- 13. Figurative use of a word
- 15. Natives of the Kiril Islands
- 16. Millisecond
- 17. Employs
- 18. The selves
- 19. War planners22. Eastern Standard Time
- 23. 1st person plural possessive
- 24. Style or grace
- 26. Fishy constellation
- 29. African fly
- 31. Former CBS News anchor ___ Rather
- 32. Sexually bizarre
- 34. German god identified with Odin
- 36. Helps
- 38. Wood fasteners
- 40. Mother horse
- 41. Director de Palma
- 43. Articles
- 45. Golf ball support
- 46. Illegible writing
- 48. Utilized again
- 50. Tropical plant
- 51. Permit
- 52. Number (abbrev.)
- 54. Irresistable impulses
- 61. Utilized
- 63. Laissez-
- 64. Positions or localities
- 65. Small
- 66. Horse
- 67. Russian emperor
- 68. Satisfy
- 69. Large period of time
- 70. Oceans

DOWN

- 1. Donation to the poor
- 2. Final
- 3. Always
- 4. Cocoa seeds
- 5. Self-righteous person
- 6. ____ Spelling, actress
- Gorillas
- 8. Charlotte _____, actress9. A state in quantum physics
- 10. Grandson of Adam
- 11. Finely powdered earth
- 13. In that respect
- 14. Model rocket company

- 20. Close together
- 21. Killed
- 25. Smallest particle
- 26. Couples
- 27. A legal accusation
- 28. Slow-moving gastropod
- 29. Ran with "Tippecanoe"
- 30. Folded down page corners
- 31. Press lightly
- 33. Set
- 35. Born
- 37. Actress ____ Gilbert
- 39. Perceived an odor

- 42. Police informer
- 44. Litigates
- 47. Barks
- 49. Building support posts
- 52. Seeds with hard shells
- 53. United States Information
- Agency
- 55. Spouse
- 56. Dock or jetty
- 57. Soluble nitrogenous
- compound
- 58. Seep
- 59. Intercollegiate athletic organization
- 60. Knights (title)
- 61. Coloring agent





July Crossword



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-Monthly Media Staff

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Frank Toner	\$10	Rick's Appliance
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Alice Jarvis	\$10	Rod Runners
Fred McMann	\$10	Imperial Electric
Mary Lou Wright	\$10	Mr. Fix It
John Gwin	\$10	Jones & Sons Plumbing, Inc
Rosali Simons	\$10	Modern AC & Appliance Service
Shirley Miller	\$10	Royal Enterprise
Frank Hemming	\$10	Buggin Out Pest Control
Ann Kirst	\$10	Debbie's Salon
Natille Reeves	\$10	Doll Brothers Carpet Cleaning
John Hunter	\$10	Boss Electric Corp.
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Patty Peterman	\$5	J. Timothy Doerner, D.D.S., P.A.
		Community Roofing of Florida, Inc.
Ed Reed	\$5	Clear-Vue Inc.
Heidi Weeks	\$5	Buggin Out Pest Control
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