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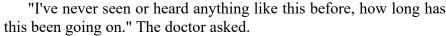
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Joke

man goes into the doctor.

He says, "Doc, you gotta check my leg. Something's wrong. Just put your ear up to my thigh, you'll hear it!"

The doctor cautiously placed his ear to the man's thigh only to hear, "Gimme 20 bucks, I really need 20 bucks."



"That's nothing Doc. put your ear to my knee."

The doctor put his ear to the man's knee and heard it say "Man, I really need 10 dollars, just lend me 10 bucks!!"

"Sir, I really don't know what to tell you. I've never seen anything like this." The doctor was dumbfounded.

"Wait Doc, that's not it. There's more, just put your ear up to my ankle," the man urged him. The doctor did as the man said and was blown away to hear his ankle plead, "Please, I just need 5 dollars. Lend me 5 bucks please if you will."

"I have no idea what to tell you," the doctor said. "There's nothing about it in my books," he said as he frantically searched all his medical reference books. "I can make a well educated guess though. Based on life and all my previous experience I can tell you that your leg seems to be broke in three places."

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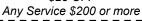
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Farewell Party

delicious Lasagna and Ziti dinner, with yummy meatballs and tasty green lettuce salad were served at our farewell party, April 18 in the clubhouse. Residents and guests enjoyed the feast as well as the company. Ice cream served with jelly beans and a marshmallow chick on top pleased the palate also. Fifty/Fifty drawing was won by Patricia Wright. Multiple door prizes were awarded to lucky residents. We are grateful for the following residents who, without their effort, we would not have had such a great time! Thanks to Kathy



Schultz, hostess. Carol Byrd and Roberta O'Brien for they had to finish baking the lasagna in their own ovens (what's happened to our kitchen oven? Evidently it isn't up to par). Krys Rae for donating the salad. To the set up crew and the clean up crew go plaudits!!! Among those who helped were Joy Lyman, Joyce Cutlip, Linda Keenan, Kathy and Wally Schultz, Larry and Carol Byrd, Roberta and John O'Brien. The evening finished with a karaoke sing along with our famous singers: Larry Byrd, Linda Kohloff, Patricia Wright, Stan Thomas and Wally Shultz! Did I forget to mention that Diane Desrochers decorated the clubhouse with her usual flair of an apropos environment: hanging balloons, paper flowers and the huge sign that said it all: "Farewell".





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

SHANGRI LA STAR JUNE, 2019 S



Clubhouse Refrigerator

ue to food constantly being stolen out of this refrigerator it will now be padlocked at all times. If you are hungry ask a neighbor, chances are they will be happy to help you out. But no one has the right to help themselves to food from the refrigerator. Many swimmers have lost their lunch because someone took it while they were in the pool.

Gloria Allman

ur good friend Gloria passed away. Below is a copy of the letter sent to the Kidney foundation. In case you were not aware whenever a resident passes away a \$50 donation is made to the charity the family chooses. The money comes from the HOA

Shangri-La Mobile Home Owner's Association 249 Jasper St. Lot 144 Largo, Florida 33770

April 24, 2019

National Kidney Foundation Finance Department 30 East 33nd St. New York, New York

Dear Kidney Foundation

One of our beloved long time winter residents, Gloria Allman, passed away Easter Sunday.

Gloria was a kind and wonderful person who had suffered a myriad of chronic illnesses in the last few years. Kidney disease was one of them.

She continued to come down to her winter home in our park, which she dearly loved. She was a diligent and hard working volunteer at the St. Vincent De Paul Community Services. She worked there for many years.

Gloria was a truly giving person and will be sorely missed by our community.

Her family has asked that our Home Owners Association give a \$50 donation to the National Kidney Foundation

We thank you for your research and support and for improving peoples lives.

Mary an Rodge

Mary Ann Rodger(Secretary of Shangri-La Mobile Home Owners Association.)

(Address at top of Letter)



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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)

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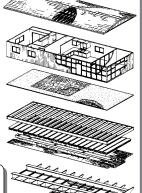


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Many of us will miss her beautiful smile, her wit, kindness and the multiple times of laughter we shared.

Gloria moved to Shangri La in March, 1998. She enjoyed coming to coffee every Wednesday, and participating in our parties. For many years she was a member of the Activity Committee, interacting at the meetings, peeling those potatoes on Christmas and Thanksgiving, even co-sponsoring many events themselves. Until recently, Gloria never missed an HOA meeting making her voice heard.



She enjoyed volunteering at St. Vincent de Paul Thrift Shop for which she worked two days a week during the winter months since 1987.

Gloria celebrated her 92nd birthday in August with family and friends. God Bless You, Gloria—Love from all of us

Joke

bookseller conducting a market survey asked a woman: "Which book has helped you most in your life?"

The woman replied, "My husband's check book!!"

A prospective husband in a book store: "Do you have a book called 'Husband: the Master of the House?""

Sales girl: "Sir, fiction and comics are on the 1st floor!"

Someone asked an old man: "Even after 70 years, you still call your wife 'darling, honey, love.' What's the secret?"

Old man: "I forgot her name and I'm scared to ask her." *****

Pharmacist to customer: "Sir, please understand, to buy an anti-depression pill you need a proper prescription ... Simply showing marriage certificate and wife's picture is not enough!"

There are 3 kinds of men in this world. Some remain single and make wonders happen. Some have girlfriends and see wonders happen. The rest get married and wonder what happened!

Wives are magicians. They can change anything into an argument.

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When a married man says, "I will think about it," what he really means is that he doesn't know his wife's opinion yet.

A lady says to her doctor: "My husband has a habit of talking in his sleep! What should I give him to cure it?"

The doctor replies: "Give him an opportunity to speak when he's awake."

New resident

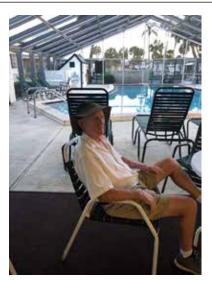
T Telcome to Vic Leide Lot 43. Hope you enjoy your stay



Activities

here are no activities scheduled for June. Due to lack of interest the Memorial Day Party was cancelled. Check the bulletin board about a possible Fourth of July Party. Remember we must have 20 people signed up to hold the party.

More pictures from Farewell Party





SHANGRI LA STAR JUNE, 2019 S



Early birds versus night owls—who's better off?

The early bird gets the worm, and early risers enjoy other benefits, according to a story on the *New York Post* website. A survey of sleep habits involving 2,000 people found that, among other things, self-identified early birds have more sex on a weekly basis than their night owl counterparts.

The survey also found that early birds generally make more money, are more likely to work in an office setting, and describe themselves as happy. They're also more likely to be married with children in their home. On the other hand, night owls are typically shy and sarcastic, likely to believe in ghosts and cryptids, and more often single.

They tend to sleep about the same amount—seven hours a night for early birds and six hours for night owls. However, early birds are light sleepers, and they feel more well-rested when they get up than night owls.

Disconnecting may not lead to the benefits you're looking for

ver feel the need to disconnect from your devices for a "digital detox"? The Yahoo Finance website reported on a survey by Mojo Vision (Saratoga, California), which found that people tend to use technology as much, if not more, after distancing themselves from their smartphones and tablets for a while.

The survey of 1,000 Americans found that 67 percent agree that technology makes life easier, but 55 percent believe that all that tech is a distraction, with one-third worrying that it hurts people's ability to connect with one another. Still, 54 percent said that abstaining from their devices didn't produce the positive benefits they'd hoped for—or at least were unsure whether it had a beneficial impact.

The most common strategies for "subtracting" tech are setting devices to send fewer notifications, putting them on a "Do Not Disturb" setting, scheduling times to not use their devices, or simply turning them off for a period of time.



A good decision is based on knowledge, and not on numbers.

-Plato



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	Anniversary	Birthday
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F (1 - 2 D	Jerry Farley	Becky ar Annivers
Father's Day	Birthday	7 HIHITVET
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30		<u> </u>

Shangri La

uesday	Wednesday	Thursday		Friday	Saturday	
					Ted Butler, Doug Lamielle Birthdays	1
tyka	5	David Buxton Birthday	6	7 Rhonda Blake Birthday		8
11	Leonard Blake Birthday	Dictional	13	14	Edward Wolf Birthday	15
18 nd Allen White sary	Shirley Gray Birthday, Carol and Larry Byrd Anniversary	Phyllis and Hank Anniversary	20	21 First Day of Summer	Chantel and Joseph Diaz Anniversary	22
25 gust	26	Debi and Jack	27	28	Willard Mitchell Birthday	29
		Anniversary				

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Flower power

dairy farmer in Japan, Toshiyuki Kuroki, found a novel way to help his wife, Yasuko, cope with her failing health. When complications from diabetes robbed her of her vision, he began planting shibazakura around their farm. It's a species of phlox and a hearty groundcover that blossoms March and April.

Though he knew his wife of 30 years would no longer be able to see the beautiful fuchsia-colored petals, he hoped the sweet fragrance of the flowers would lure her outdoors and out of her deepening depression. It didn't, for a while, and then something pretty wonderful happened.

As the farmer continued to plant more flowers, they thrived and spread across the farmland. People from surrounding areas, even tourists, began to visit the farm. Everyone wanted to see the beautiful pink fields and walk among the spring flowers. With so many new and different people showing up on their land, the farmer's wife began to wander outside and interact with the visitors. She was happy again.

For the past 25 years, the shibazakura fields that surround the home of Toshiyuki and Yasuko Kuroki have sparked joy and wonder in the hearts of many. The Kurokis receive about 7,000 visitors a year at the farm during March and April, and they no longer raise dairy cows.

Their story is a reminder that love and flowers are a powerful healing force.

That's what friends do

story recently went viral on social media that attracted the attention of national news outlets:

A teenager from a small town in Arkansas saved two years of earnings from his part-time job to buy a motorized wheelchair for his best friend and fellow high school classmate. It was a selfless act that speaks volumes about friendship and goodwill while serving as an example of how each of us can do and give more to contribute to the greater good.

A flower cannot blossom without sunshine. A man cannot live without love.

-Max Muller



Watch for these hidden causes of high blood pressure

any factors affect your blood pressure, including genetics, diet, and even your sleeping patterns. The Healthline website advises you to be mindful of these possible contributors to high blood pressure, as well:

- Over-the-counter medications. Common medications used to address everyday aches and pains can increase one's blood pressure. These include anti-inflammatory drugs like Aleve, Advil, and Tylenol, as well as decongestants. You don't have to stop taking them, but check with your doctor.
- Caffeine and alcohol. Both of these can heighten your blood pressure. Limit yourself to less than 300 milligrams of caffeine a day—two to three cups of coffee—and one alcoholic beverage a day for women and two for men.



• **Food ingredients and supplements.** Some herbal supplements, for example, use licorice, which can raise blood pressure. In addition, some cheeses, cured meats, and also soy products contain high levels of tyramine, which can interact with medications like antidepressants, causing a spike in blood pressure.

Pill offers an alternative to insulin injection

People with type 2 diabetes may have a new alternative to insulin injections, according to the Science Daily website. A research team at MIT has developed a capsule that patients can take orally to receive their insulin through the stomach.

The blueberry-size pill contains a tiny needle filled with compressed, freeze-dried insulin. The needle itself is made of a biodegradable substance and is attached to a compressed spring held in place by a disk of sugar. The capsule is designed to orient itself so the needle can contact the lining of the stomach. When the needle is injected, the insulin dissolves at a controlled rate and then passes harmlessly through the digestive system.

Tests in animals found that the device can deliver sufficient insulin to lower blood sugar at a rate comparable to injections through the skin. The device can also be adapted to deliver other medications.

Calm mind brings inner strength and self-confidence, so that's very important for good health.

-Dalai Lama

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ACROSS

- 1. Box
- 5. Which person?
- 8. Store
- 12. A river in central Europe
- 13. A perennial used for seasoning
- 15. Underside of footwear
- 16. Bobbin
- 17. Lubricated
- 18. Tall woody plant
- 19. An opening to shoot arrows through
- 22. Personification of the sun (Roman mythology)
- 23. Supplement with difficulty
- 24. A pear-shaped stringed instrument
- 29. Long brightly-colored Mexican shawl
- 31. An expression of surprise
- 32. City in Florida
- 34. Repent
- 36. Bacterium
- 38. Occasion
- 40. Generates profound wonder
- 41. Fertile areas in deserts
- 43. One less than nine
- 45. Scottish for "Uncle"
- 46. Disinherit
- 48. A chain of mountains
- 50. Festivity
- 51. Earned Run Average
- 52. Utmost degree
- 54. The act of noticing
- 61. Products of human creativity
- 63. Negate
- 64. House
- 65. Lyrical writer
- 66. Sharp high-pitched dog cries
- 67. Female sheep
- 68. Ripple or current
- 69. Dance step
- 70. Tirade

DOWN

- 1. A Slavic people
- 2. Humble request

- motion
- 7. Concluded
- 8. Supersonic transport
- 9. A unit of power

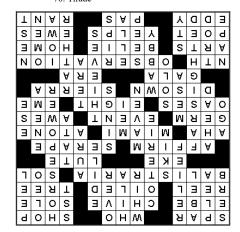
- 13. Clique

- 3. Cain's brother
- 4. Respite
- 5. Sound of something in rapid 27. The opposite of myopia
- 6. Anagram of "Hail"

- 10. Margarine
- 11. Skin of a fruit
- 14. A magistrate of the Roman 39. Robbers
- Republic

- 20. Examine hastily
- 21. Subtle emanation
- 25. Goodbye (slang)
- 26. In the front
- 28. Someone who is highly
- 29. Makes melodious sounds
- 30. Bowel cleansing
- 31. In the past
- 33. Japanese apricot
- 35. East southeast
- 37. Plateau

- 42. Alone
- 44. Prefix indicating 1 trillion
- 47. A loon
- 49. On the contrary
- 52. Anagram of "Pane" 53. Stepped
- 55. Ooze
- 56. Singer
- Fitzgerald 57 Tears
- 58. Mid-western state
- 59. Portent
- 60. Where a bird lives
- 62. Pigpen





June Crossword

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Carol Zapiecki, Clearwater, FL





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-Monthly Media Staff

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		George's Mobile Home Service, Inc.
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Anne Burr	\$10	Air Masters of Pinellas, Inc.
		Ron Wyngarden MH Washing
Edward Bates	\$10	Natures Resource Pest Control, Inc.
Jean Cahill	\$10	Doll Brothers Upholstery Cleaning
		Debbie's Cleaning Services
Sally Ericson	\$10	Tarpon Pest Control
Victor Bartlett	\$10	E & E Gliddon Air Conditioning, Inc.
		Palm Harbor & Dunedin Electric, Inc.
		Appliance Specialty, Inc.
		The Plumbing Patrol
Sue Baker	\$5	1st Class Handyman Service, Inc.
Peggy Gronek	\$5	Royal Enterprise
		Jones & Sons Plumbing, Inc
		Ron Wyngarden MH Washing
		Battleline Termite & Pest Control, Inc.
Paul Boone	\$5	Natures Resource Pest Control, Inc.
		Royal Enterprise
		Bob's Mobile Home Wash
Iris Broce	\$5	Doll Brothers Carpet Cleaning

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		Buggin out Termite Inc.
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Robert Morgan	\$5	Bob's Mobile Home Wash
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Leland Armstrong	\$5	Battleline Termite & Pest Control, Inc.
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Tom Crowley	\$5	Battleline Termite & Pest Control, Inc.
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Patricia O'Flaherty	\$5	Jones & Sons Plumbing, Inc
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