



# SHANGRIA STAR O

October 2019

Issue 8 43<sup>rd</sup> Year

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### **Joke**

Parent Tweets
Are you a parent? Then you'll understand these tweets:



- My 14-year-old made fun of me this morning because I had to go to work while he had a snow day. So I changed the Wi-Fi password.
- My kids wanted to know what it's like to be a mom, so I woke them up at 2 a.m. to let them know my sock came off.
  - Daughter: You're invading my personal space. Mother: You came out of my personal space
- Not sure if I should be more concerned about the son who locked me out of my bedroom today or the one who showed me how to pick the lock.

### **Labor Day Party**

Management was afraid of the hurricane and locked us out of the clubhouse. When we did have it everyone enjoyed the great food (see picture). It was catered by Golden Corral. Thank you Penny Campbell for putting on a fun party.





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

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Through his own healthcare experience Mr. Crotts learned the value of good health coverage and quality medical care. He dedicates his agency to helping people with Medicare and Medicaid needs. You can visit the office to learn about Medicare plan options or he will come to your home.

Every year your Medicare health plan coverage changes even if you do not change plans. Also, new products are introduced and many offer benefits beyond original Medicare and/or Medicaid plans. Baby Boomers had completely different insurance products during their working years. The indemnity and major medical policies are no longer the only choice and often do not meet the financial needs of consumers today.

Don't waste time trying to figure it out. Michael will sit with you and review all of the documents, and answer all of your questions. Most importantly, he will conduct a needs analysis to determine your individual needs – if you expect a hospitalization, use certain medicines, or want benefit like dental or vision – everything is taken into consideration.

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### **Jokes**

### **Umpire Humor**

Q: What do umpires and girls have in common?

A: They both make a lot of calls.

Q: What's the difference between a rain barrel and a bad fielder?

A: One catches drops; the other drops catches.

Q: Why did the umpire penalize the chicken?

A: For using fowl language.

Q: What's the difference between an umpire and a pickpocket?

A: One watches steals; the other steals watches.

Q: What do tough teachers and umpires have in common?

A: They penalize you for errors.

### **Elections**

The are looking for people to run for officer of the HOA. There is a sign up sheet on the bulletin board in the clubhouse. Please sign up if you are interested.

### **Activities**

t the last activities committee meeting it was decided to combine our Halloween and Welcome back parties. It will be held on Oct 31. Costumes are optional. As of the date we went to press final details had not yet been worked out. Keep checking the bulletin board for information. You must sign up and be paid by October 25. Sign up in Clubhouse and pay Penny Campbell Lot 5. Please remember to bring your own place settings.

### **Upcoming parties**

November 22. Thanksgiving dinner
December 24. Egg Nog Party
December 25 Christmas dinner
December 31 New Year Party

All of these parties take a lot of work. If you could help out with any or all of these it would really be appreciated.





### Ancient human skulls hint at early European arrival

Two skulls unearthed in Greece suggest that Homo sapiens arrived in Europe from Africa much earlier than previously thought. The Sci-News website reports that the partial skulls were discovered decades ago, in 1978, but a recent re-examination allowed scientists to virtually reconstruct them.

One skull, 170,000 years old, belonged to a Neanderthal, but the other is 210,000 years old and appears to be an early modern human. This means that Homo sapiens spread out to Europe some 150,000 years earlier than believed. Scientists speculate that Neanderthals originally displaced Homo sapiens, but over time they died out as more early modern humans made their way to southern Europe.

### Giant squid sighted off New Orleans coast

Tor the first time, a giant squid has been sighted and captured on video in U.S. waters, the *Popular Mechanics* website reports. A research vessel grabbed video of the squid, *Architeuthis dux*, 100 miles from the New Orleans coast. It's only the second footage of a giant squid in the wild; the first was captured on video in 2012 off Japan's Ogasawara archipelago.

The video was taken with a camera called Medusa, designed to resemble bioluminescent prey in the deep sea and attract predators like the giant squid to obtain a close-up look that can be recorded and studied.

### Three myths about creativity

People have lots of misconceptions about the nature and practice of being creative. Here are some common myths to ignore (from the Livemint website):

• Creativity is serendipitous. Don't wait for the proverbial light bulb to go off inside your head. Enhance your imagination by talking to people, immersing yourself in information, and focusing on the problem you want to solve instead of hoping you'll get an idea out of the blue.

• Creativity is lonely. We imagine the painter alone in a studio, or a poet shivering in a chilly garret. You won't get ideas, though, unless you get out into the world and explore. The more perspectives you can get from other people, the more fuel your imagination has.

• Creativity requires a team. Organizations rely on R&D teams for creative ideas. Although seeking input from others is useful—even essential—many great ideas come from people who weren't actively seeking solutions at the time. Teamwork is great, but don't ignore ideas from offbeat sources. They may be the most innovative.

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### Don't cancel that credit card yet

anceling a credit card can seem a fast and easy solution to your debt woes. In a Bankrate survey of 2,582 adults, of whom 2,301 have credit cards, 61% reported that they've canceled at least one credit card, and 37% said they've canceled more.

The older you are, the more likely you've done it: Seventy-two percent of baby boomers have canceled a card or two, more than the 61% of Gen Xers and 50% of millennials.

What reasons do cardholders give? Here are some answers:

• No longer needed after paying off debt	40%
• Didn't use it enough to keep it	36%
• Interest rate too high	36%
• Worries about overspending and debt	18%
• Insufficient rewards	17%
• Improve credit score	12%
• Other	11%



However, canceling a credit card doesn't automatically boost your credit score. Experts advise keeping an account open, even if you don't use it, because longstanding accounts with available credit typically have a positive impact on your overall credit score.

### Eat blueberries to help your heart, says study

Blueberries are delicious, but can they aid your heart? Maybe, according to the Medical News Today website.

A study by a team of re- searchers from the University of East Anglia in the United Kingdom and Harvard University in the United States (at least partially funded, it should be noted, by the United States Highbush Blueberry Council), found that blueberries may indeed help with high blood pressure, high blood sugar, and other metabolic conditions affecting

heart health.

Specifically, the team gathered 155 participants age 70–75 who were overweight or had \_ other metabolic symptoms and split them into three groups.

Over a six-month period, one group consumed a cup of freeze-dried powdered blueberries per day, and another group had half a cup. The third group, used as a control, consumed a powder with dextrose, maltodextrin, and fructose.

The scientists found that those eating a full cup of blueberry powder showed improvement in vascular function and arterial stiffness. They saw no improvement in those who consumed just half a cup. They credit the improvement to the presence in blueberries of anthrocyanins, which have been linked to a reduced risk of cardiovascular disease.

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### **Collateral**

uring the Depression of the 1930s, an old farmer went to a bank to apply for a \$500 loan.

"What are you going to do with the money?" the banker asked as he pulled out the loan application.

"Plant more soybeans," the farmer responded.

"What have you got for collateral?"

"What's collateral?"

"That's something of value that would cover the cost of the loan. Have you got any vehicles?"

"Yes, a Model T Ford," replied the farmer.

The banker shook his head, "How about livestock?"

"I have a horse."

"How old is it?" the banker asked.

"Don't know. It's blind and doesn't have any teeth," the farmer said.

It didn't seem like a good idea, but the banker liked the old man, so he decided to make the \$500 loan.

Several months later the farmer was back in the bank. "I'm here to pay." He handed the banker \$500.

"What are you going to do with the rest of the money you made?" the banker asked.

"I'll hide it in my mattress," replied the farmer.

"Why don't you deposit it in my bank?"

"How does that work?"

The banker smiled. "You put the money in our bank, and we take care of it for you.

Whenever you want to use it, you can withdraw it."

The farmer leaned across the desk. "What you got for collateral?"

### **One-liners**

ry these zingers at your next party:

- My dog used to chase people on a bike a lot. It got so bad. I had to take his bike away.
- I'm so good at sleeping, I can do it with my eyes closed.
- My boss told me to have a good day. So I went home.
- A woman walks into a library and asks if they have any books about paranoia. The librarian whispers, "They're right behind you!"
- What did the pirate say when he turned 80 years old? "Aye matey!"
- Why did the old man fall in the well? Because he couldn't see that well.
- A blind man walks into a bar. And a table. And a chair.
- I know a lot of jokes about unemployed people, but none of them work.
- My wife accused me of being immature. I told her to get out of my pillow fort.
- I ate a clock yesterday. It was time consuming.





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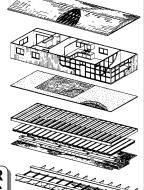


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### **ACROSS**

- 1. Wanes
- 5. South-southeast
- 8. Possessing the necessary skills
- 12. Body powder
- 13. Truth (archaic)
- 15. Ale
- 16. A language of Pakistan and India
- 17. An impressive display
- 18. Winged
- 19. Curried favor
- 22. Contingencies
- 23. Seven in Roman numerals
- 24. What you're called
- 26. Ambush
- 29. Aboriginal
- 31. A wooden peg
- 32. A horse-drawn coach
- 34. African antelope
- 36. Ripped
- 38. Pitchers
- 40. A river in Spain
- 41. Cads
- 43. Forever no
- 45. A cut tree trunk
- 46. Renegades
- 48. The outer coating on teeth
- 50. Mother
- 51. Resort
- 52. Anagram of "Wee"
- 54. Undividable
- 61. Rave
- 63. Hyrax
- 64. Glowering
- 65. Against
- 66. Jargon
- 67. Trees of the genus Ulmus
- 68. Dried hemp leaves
- 69. Scottish for "Uncle"
- 70. Back of the neck

- 1. Pocketbook
- 2. Farm building 3. Building (abbrev.)
- 4. A lack of vitamin C
- 5. Spore-producing structures
- 6. Rail bird
- 7. French for "State"
- 8. Fabric made from camel hair 30. Enlist
- 9. Plausible
- 10. Grows on a tree
- 11. Goes astray
- 13. Fill to satisfaction
- 14. Doglike nocturnal animal

### **DOWN**

- 20. Is unwell 21. Social rendezvous
- 25. 5.280 feet
- 26. Suitor
- 27. Accords
- 28. They're done when tired
- 29. Neuron
- 31. The utmost degree
- 33. G
- 35. Canine
- 37. A Tuscan island
  - 39. Detecting

- 42. Trailer truck
- 44. Gentle blows
- 47. Territories
- 49. Unmarried girl
- 52. Historical periods
- 53. Ebb
- 55. Valley
- 56. Islamic prayer leader
- 57. Weathercock
- 58. String tie
- 59. A compact mass
- 60. Gaelic
- 62. It is (poetic)





October Crossword

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## OCTOBER•2019

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22	23	24	25	26
29	30	Halloween/ Welcome Back Party		
		Halloween		



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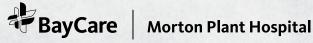
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### What's happening to the monarchs?

onarch butterflies are dying off at a potentially devastating rate, the UPI website reports, and scientists are scrambling to figure out why—and what to do.

In North America, the monarch population that migrates between the U.S. Midwest and Mexico has dropped from around 1 billion in the 1990s to 200 million in 2018, experts estimate. Another monarch population that migrates between California and the Pacific Northwest is suffering a more alarming decline—from 1.2 million in the 1990s to only 30,000 in 2018, a drop of 98%.

The cause is unknown. Some scientists speculate that climate change is disrupting migration patterns. Others theorize that urban sprawl is destroying the flowering plants that monarchs rely on. Another explanation is that the Mexican forests where the butterflies spend their winters are being overlogged.

The U.S. Fish and Wildlife Service is engaged in a study to determine whether monarchs should be covered by the Endangered Species Act. The results of the study are expected in 2020—but scientists worry that could be too late.

### New material recharges devices as you walk

oon you may be able to recharge your smartphone by taking a walk, the Science Daily website reports. Scientists at the Chinese University of Hong Kong are developing an "energy harvester" that attaches to the knee, generating 1.6 microwatts of energy when the wearer walks at a normal pace, enough to power small devices like health monitors and

GPS devices.

Scientists designed a special smart macrofiber material that generates energy from bending. The constant back-and-forth motion every time the knee flexes makes the device bend, creating electricity.

A prototype weighing just 0.68 pounds was tested on people walking at one to four miles per hour. Measurement of the wearers' breathing patterns with and without the device showed that it worked without any extra effort on the part of the walker. The device could enable users to stop worrying about the daily charge.

I believe it to be of particular importance that the scientist have an articulate and adequate social philosophy, even more important than the average man should have a philosophy.

—Percy W. Bridgman

### The little puppy

shop owner placed a sign above his door that said, "Puppies for sale."
Signs like this always have a way of attracting young children, and soon a boy saw the sign and approached the owner. "How much are you going to sell the puppies for?" he asked.

The store owner replied, "Anywhere from \$30 to \$50."

The little boy pulled out some change from his pocket. "I have \$2.37," he said. "Can I please look at them?"

The shop owner smiled and whistled. Out of the kennel came Lady, who ran down the aisle of his shop followed by five teeny, tiny balls of fur.

One puppy was lagging considerably behind. Immediately the little boy singled out the lagging, limping puppy and said, "What's wrong with that little dog?"

The shop owner explained that the veterinarian had examined the little puppy and had discovered it didn't have a hip socket. It would always limp. It would always be lame.

The little boy became excited. "That is the puppy that I want to buy. I'll give you \$2.37 now, and 50 cents a month until I have him paid for."

The shop owner countered, "You really don't want to buy this little dog. He is never going to be able to run and jump and play with you like the other puppies."

The little boy reached down and rolled up his pant leg to reveal a badly twisted left leg supported by a big metal brace. He looked up at the shop owner and replied, "I don't run so well myself, and the little puppy will need someone who understands."

### A recipe for success

sixth-grade girl was running for secretary of her elementary school class. A major part of her campaign was a speech to be given to her classmates, but she had no idea what to say. She asked her mother for ideas.

"Well, you love to cook," her mom said. "Why don't you look in a cookbook?"

It was the stupidest idea she'd ever heard, but, desperate, the young girl followed her mother's advice. Then, flipping through the pages, it hit her: Why not write a recipe for what would make a good class secretary? Two cups of good handwriting, one cup of dependability, and so on.

She won the election. But she also learned to look in unusual places for creative solutions.

No story lives unless someone wants to listen. The stories we love best do live in us forever.

—J.K. Rowling

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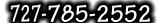
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### How do you like your pizza?

pizza may be many people's favorite food, but it's not without controversy. Take, for example, the debate about pineapple and anchovies. The Food&Wine website reports on a survey by Slice, a pizza ordering platform, in which consumers were asked to rate different toppings.

With more than 9,000 responses to Slice's poll of customers, pineapple emerged as the least popular topping, rejected by 54% who said it shouldn't be considered a topping at all. Anchovies turned out to have some fans, though, principally in East Coast states. Delaware is where they're most popular—63% of residents there are willing to include them in their order, but only 1% of Kansans would do the same thing.

One thing many people agreed on, however, was breakfast. The survey found that 53% of respondents would prefer a slice of cold pizza for breakfast over juice and eggs.

### Support for electric cars building

re you ready for an electric car? If so, you've got plenty of company. According to the CleanTechnica website, a survey of 1,659 Americans planning to buy a new car in the next two years have a strong interest in electric vehicles. Thirty-one percent said they'd consider an electric vehicle for their next purchase, and 27% would think about it further in the future. Five percent said they'd definitely buy or lease one for their next vehicle.

Other findings from survey participants:

- Seventy-three percent believe increased electric cars will help reduce oil use.
- Seventy-two percent said auto manufacturers should provide a wider range of electric vehicles, including SUVs, pickup trucks, and minivans.
- Seventy-two said they think increased electric car use will help reduce pollution.
- Sixty-five percent believe electric cars will help save money on fuel and maintenance.

### Pet insurance on the rise

The North American Pet Health Insurance Association reports that total premiums for pet insurance have hit a new level, reaching \$1.42 billion in 2018.

In the United States, pet insurance increased 18% for 2.43 million pets. In Canada, the rate grew 10.9% for 277,000 pets. The most common coverage was for accident and illness plans. Accident and illness premiums for dogs came in at \$566 yearly in the U.S., and

\$734 in Canada. For cats, the U.S. premium was \$354, and the Canadian rate was \$400.



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### **Monthly**

Adopt a Dog Month. American Humane celebrates "Adopt a Dog Month" each October to help the estimated 3-4 million animals waiting in shelters every year get the loving, forever homes they deserve. Be a hero this month and adopt a dog from your local shelter or rescue group. You'll be saving his or her life and greatly improving your own.

Eye Injury Prevention Month. Experts say that more than 90% of eye injuries can be prevented by wearing protective eyewear and taking other simple precautions. The American Academy of Ophthalmologists sponsors Eye Injury Prevention Month every October to reinforce the importance of preventing accidents and injury.

**National Bullying Protection Month**. Every day thousands of young people experience bullying from their peers while at school, after school, and at home through social media. There are many ways to support bullying prevention as an individual, with friends and family, and with your school or community. Go to the National Bullying Prevention Center for information and resources: https://www.pacer. org/bullying/

### Weekly

National Walk Your Dog Week, Oct. 1–7. Forty percent of dogs—about 17 million in the United States alone—are overweight. If you walk your dog just 30 minutes a day, you (and your dog) will meet national recommendations for heart health. Make the pledge to start walking your dog at least 30 minutes a day for a week—and beyond.

**Fire Prevention Week, Oct. 6–12**. In a typical home fire, you may have as little as one to two minutes from the time the smoke alarm sounds to escape safely. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.

Earth Science Week, Oct. 13–19. The American Geosciences Institute has organized this national and international event to help the public gain a better understanding and appreciation for Earth sciences and to encourage stewardship of the Earth. This year's Earth Science Week will celebrate the theme, "Geo-science is for Everyone."

National Massage Therapy Awareness Week, Oct. 20–26. Years of research support the efficacy of massage therapy for the treatment of many health issues. These include massage therapy for chronic pain management, behavioral health treatment, rehabilitation/physical training, and acute medical conditions.

### October Sudoku

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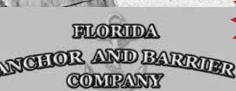


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### Watch for the mental health risks of your social media use

ocial media can help you keep in touch with friends and family, but it's not always beneficial to your mental health. It's been linked to depression, low self-esteem, social anxiety, and other problems. How can you stay sane online? The Philadelphia Inquirer website offers these suggestions:

• Limit your use of social media. Don't let Facebook, Twitter, and other social media platforms dominate your life or interrupt your interactions with people in the real world. Put your smartphone down during mealtimes, and don't take it to bed with you. Take breaks from social media from time to time to reduce its hold on you.

• Pay attention to your emotions. Think about why you're scrolling down the screen and how what you see and read makes you feel. Are you genuinely enjoying the experience? Do you find yourself getting depressed or angry? Are you checking social media because you

want to find out something, or just from habit? Be mindful about your social media use so you can control it instead of letting it control you.

• Prioritize your real-world relationships. Make a point of spending time with your family and friends in person, not just online. From time to time, go through your list of friends and contacts and eliminate those who are no longer relevant to your life.





### Two hours a week in nature boosts well-being

taying healthy isn't all about exercise and diet—as important as they are. An article on the Science News website suggests that spending just two hours a week in nature is crucial to your health and well-being.

A study of data from 20,000 people in England, conducted by the University of Exeter, found that folks who spend 120 minutes a week out in nature tend to report significantly better health and psychological well-being than those who don't commune with nature at all in a typical week, or who spend less than two hours outside in parks, woodlands, and beaches.

Your two hours don't have to happen all at once, either. The findings showed that the benefits accrued in both one single visit or several short periods. The benefits also were evident across the board regardless of gender, age, ethnicity, financial status, and disability.

The bottom line: Get outside now, and you'll feel better soon.

The best six doctors anywhere, and no one can deny it, are sunshine, water, rest, air, exercise, and diet.

-Wayne Fields





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HOLIDAY BAZAAR - Saturday, 11/09/2019, 9am-1pm. All indoor craft show. First Lutheran Church, 1644 Nursery Rd., Clearwater. Questions: 727-477-3806 or eobrien2429@gmail.com

Christmas Market & Silent Auction. Crafts/Vendors November 23rd, 9am-2pm. Connect2Christ Church, 9398 Oakhurst Road, Seminole, FL 33776

Japanese Garden Art and Craft Bazaar November 30th, 2019. Coffee, lunch, Bake Sale and Art Raffle. Artists welcomed to join. CALL: Charlotte for details: 727-531-3651

Craft Fair Sugar Creek Saturday 12/7/2019, 8:30-1:30 PM. 10265 Ulmerton Road. Vendors needed: 401-835-0700.

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