

The POP

August 2022

Plantation Oaks Press



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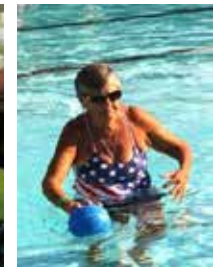
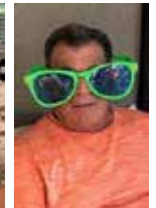


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THE “ALMOST” REAL THING

By Joe Cortese



I love music. When asked what kind I’ve always answered, “good music”. From Italian Opera to Rap and everything between I have always found “good music” but my favorite (having grown up in the 60/70’s) is Rock ‘n Roll. I’ve attended hundreds of concerts, bought thousands of records but somehow missed what is now one of

my favorite groups, ELO (Electric Light Orchestra).

About three years ago while watching music videos of The Traveling Wilburys, I got curious because I couldn’t identify one of these guys, (George Harrison, Tom Petty, Bob Dylan and Roy Orbison) but I didn’t know this one curly haired dude. After a short Google search, I found out he was Jeff Lynne of ELO. Now I had heard ELO songs over a period of many years (they formed in 1970) but that’s what threw me. This band spanned decades and they were still touring. ELO has been dubbed one of the most underrated bands in history. However, in their first 14 years of actively recording they sold over 50 million records internationally. Most bands are kind of like comets going across the sky, they come and go and burn out in a flash (even “The Beatles” were only together for 7 years). I watched one of their concerts on YouTube and was blown away! I’ve seen Paul McCartney and Wings, U2, Tom Petty and the Heart-Breakers and The Cars all of which had elaborate shows, but ELO is in a category “all by themselves”. They have a giant UFO spaceship above the stage, an unparalleled light show, a full orchestra, a choir of backup singers, up to 13 band members (and “of course” Jeff Lynne) and draw audiences of 60,000 fans but unfortunately, not I. I was watching the Comets. The more videos I watched the more I realized I had missed a ginormous (I love that word) piece of rock history. So, I thought all was lost until a week ago when a neighbor (an angel) called Glenda and I and asked if we wanted to go and see an ELO Tribute (Ticket to the Moon) with her and her husband. **YES!!!**

We went to the Flagler Auditorium and watched a nine-member group in a small Auditorium put on a great show. The lead singer looked and sounded like Jeff Lynne, the



violin player was awesome, the band was spot on, the light show was good with a running video behind the band synchronized to the music. While not matching the grandeur of an actual ELO concert I believe they captured the spirit of the ELO experience and I think the rest of the audience agreed because by the end of the concert, everybody was on their feet dancing. I still would have loved to have seen the real thing but this show, this glimpse of the real thing, was satisfying.



LOL SUMMER BOOK READS

- “How to Write Big Books” by *Warren Peace*
- “The Lion Attacked” by *Claude Yarmoff*
- “The Art of Archery” by *Beau N. Arrow*
- “Songs for Children” by *Barbara Blacksheep*
- “Irish Heart Surgery” by *Angie O’Plasty*
- “Desert Crossing” by *I. Rhoda Camel*
- “School Truancy” by *Marcus Absent*
- “I Was a Cloakroom Attendant” by *Mahatma Coate*
- “I Lost My Balance” by *Eileen Dover and Phil Down*
- “Mystery in the Barnyard” by *Hu Flung Dung*
- “Positive Reinforcement” by *Wade Ago*
- “Shhh!” by *Danielle Soloud*
- “The Philippine Post Office” by *Imelda Letter*
- “Things to Do at a Party” by *Bob Frapples*
- “Stop Arguing” by *Xavier Breath*



FUN FACTS OF AUGUST

By Betty Vandermyn



August, the dog days of summer. Hot and humid. There are no federal holidays in August but here are some fun facts of August I would like to share with you.

- In the Roman calendar, August was known as “Sextillis”, the Latin word for six. It wasn’t until 700 BC when January and February were added to the calendar that August was bumped to become the eighth month of the year.
- How many days in August? Can it make up its mind? The number has changed many times. First of all, it was 30 days. When January and February came on the scene, August was reduced to 29 days. Then Julius Caesar changed it to 31 days. Thankfully it has remained that way.
- It was in 8 BC when Sextillus was dropped, and Augustus became the official name in honor of Augustus Caesar. Eventually it was shortened to August as it is currently known.
- Here’s an interesting August fact. In a regular year, no other month starts on the same day of the week as August. However, in a leap year, February will start on the same day of the week as August.
- The birthstone of August is Peridot which is a stunning green stone that is forged in Lava.
- August is represented by two unique and spectacular flowers. The first is the Gladiola also known as the sword lily as it grows in long stalks. The second is the Poppy which represents remembrance, creativity, and imagination.
- August is the month of sandwiches. That’s right. The sandwich was invented in August 1762 by none other than the Earl of Sandwich. He requested 2 pieces of bread with meat inside to be made for him.
- August is the month of weeds. In the days of the Anglo Saxons, August was known as “Weed Monath” or weed month because it is the month that weeds and plants grow the fastest.
- August is also the month when most vegetables are harvested. Tomatoes, peppers, cucumbers, and peas are at their freshest and most bountiful. A quick gardening tip: Anything that grows underground should not be harvested in August. It needs that warm August soil to grow larger.

- August 1, 1776, most of the 55 members of the Continental Congress signed a parchment copy of the Declaration of Independence.
- August 3 is National Watermelon Day.
- August 10 is National Lazy Day.
- August 16 is National Roller Coaster Day
- August 28 is National Bowtie Day
- August 12 Thomas Edison invented the phonograph.

There are too many different National recognition days to mention however there is one special day in August which is very special to me. That is August 1 which is also known as DOGust. The first of DOGust is the universal birthday of all shelter and rescue dogs. It was selected by the North Shore Animal League America to symbolize the birthday of all shelter dogs across America and applies to all dogs who don’t have an official birthday record in place. So, if you have a special canine who you don’t know the exact birthday, make this their special day if you haven’t already selected one. It is also encouraged to spread the word and raise awareness about pet adoption service and shelters in general praising them for all the incredible work they do in rescuing and caring for animals across the country and world. Happy DOGust to all the wonderful dogs who give us unconditional love!

“MEETING OF THE MINDS”

The “Habersham Boys”.
Elvis, Beasley, Jake, & Bailey



Photograph submitted by Joe Dalrymple

"WHILE READING A BOOK"

By Jean Scionti



Some time ago, I worked in the Empire State Building, in Manhattan. Every day I would arrive somewhat stressed because I had to take an elevator to my office; always imagining being trapped in one with no way out or worse being trapped with some strange character!

I told my husband how I felt. He gave me a lecture on the benefit of reading. He said by reading a book it would help me to focus without distraction in a stressful situation.

On this particular day, the book that whisked me away to another world was "The Carpetbaggers," by Harold Robbins. I had seen the film, which starred George Peppard. The book jacket had pictured scenes of him from that movie.



I arrived at the building as usual at 8:00 am, time for the elevator and my book. I was completely at ease and paying little attention to my surroundings. I walked in and hit the button for the 34th floor; back to reading my book. The elevator doors quietly closed and off I went without any thought as to who else might be going up!

While turning a page, I looked down at the floor. I saw only one other set of shoes belonging to a male person. Slowly, I raised my eyes and started to see a trench coat. Immediately, I thought, *"Oh my god, this guy must be a weirdo; he's wearing a trench coat!"*

I continued the eye climb and then...right there, in front of me, I saw a handsome man smiling at me. I looked at him thinking, *"This guy seems familiar."* I then looked at the book jacket and then back to this man. He smiled again and said, "Hello."



The ability to communicate effectively is a vital life skill. In this case, I was speechless. I realized this guy was the actor, George Peppard! He was heading for the 36th floor, which housed the William Morris Talent Agency.

The elevator stopped and was ready to open unto my floor. *"Well,"* I thought, *"I have to show him how classy*

I am when I step out."

I was taught never to look down but only ahead. I decided that that was exactly how I would exit. I smiled at Mr. Peppard and stepped out of the elevator with all the "class" I could muster.

I, unfortunately, failed to notice that the elevator platform had gone about a foot above the elevator door entry. My ankle gave way. I slid across the marble floor on my backside and hit the elevator door on the opposite side of the hall.

Horrified, I looked back to see George Peppard staring at me in wonder as the doors...taking what seemed like forever...slowly closed. I was mortified!

That night my husband asked me if the book worked. I looked at him and said, "Oh yeah! It literally blew me away!"



HINTS & TIPS

Spray your Tupperware with nonstick cooking spray before pouring in tomato-based sauces and there won't be any stains.

Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.

When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness

Cure for headaches: Take a lime, cut it in half, and rub it on your forehead. The throbbing will go away.

Don't throw out all that leftover wine: Freeze into ice cubes for future use in casseroles and sauces Left over wine? What's that? :)

To get rid of itch from mosquito bites, try applying soap on the area and you will experience instant relief.

Ants, ants, ants everywhere Well, they are said to never cross a chalk line. So, get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.

Use air-freshener to clean mirrors. It does a good job and better still, leaves a lovely smell to the shine.

When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, and then pull it off. Scotch tape removes most splinters painlessly and easily.

AFTER HAPPILY EVER AFTER

By Pat Jones



PART 2

Hi, Pat Jones here again this month. Have you ever had to help to settle the account of a loved one? How much time was spent looking for insurance policies, attorney's name, will, finances or other vital information you need to move forward. Wouldn't it have been easier to find a folder or packet that contained everything you needed. If so, why not do that for your loved ones? Here are the items which should be included in your packet... Name, address and phone number for your Executor, Attorney, and Financial Advisor. When you contact your insurance agents besides you name, address and phone number, you will need to know the policy numbers for each type of insurance-life, home, vehicles. If, like me, you own a manufactured home, you will need a copy of your title, as well as the titles for any vehicles. You will need all bank accounts names and account numbers, and safe deposit box and keys. The original or copy of social security card, drivers' license, all credit cards, income tax returns, military discharge papers (DD-214), funeral arrangement documents, burial property deeds, birth certificates, marriage license, divorce papers, and passport. Of course, you will need this information for each of you.

You may find that you need a larger place to store all of these documents such as a briefcase or other form of storage that you can quickly take with you, in case of an emergency. Documents related to funeral and cemetery preferences should be kept in a readily accessible place. If you live alone and no relatives nearby, you may want to ask a trusted friend to be your emergency contact... give them a house key and names and phone numbers of your loved ones. Post this same information on your fridge so emergency persons know who to contact.

By the way, do you have a Last Will & Testament and Health Care Power of Attorney (or health care proxy) recorded in your medical records. Have either of you signed up to be an organ donor and are you both in agreement with the decisions. Do each of you have experience with your bills and how they are paid? Have you calculated how much one of you will need to survive when the Social Security payments are reduced to one payment, the larger of the two you were receiving? Is there a pension in your income, if so, will that continue

in the future? Do you have a "VialofLife" form on your refrigerator? This is a program which allows you to put your medication and information on a form, place the form on your refrigerator, and place a sticker on your front door that all emergency response personnel to have available in case of an emergency.

I know this all sounds very overwhelming, but just imagine the gift you are giving to your survivor. You may have already done some of this planning and collecting which will make your job somewhat easier. The widows and I have made a very extensive budget, which I will be happy to share if you need one (pjharleyd@aol.com).

PLANTATION OAKS RESIDENTS ASSOCIATION (PORA)

By Gary Watkins - President



If you look at the beginning of the P.O.R.A. By-Laws they will list from A-D items which are the purpose of P.O.R.A. An old timer of P.O.R.A. (a compliment if he reads this) told me years ago they looked at it as P.O.R.A. goals.

"Plantation Oaks residents will feel secure in their community." As an association we are always mentioning issues about security, talking about them, and passing on to Murex. One of our best ways to feel secure in our community is by being neighbors watching out for each other. As we walk, ride a bike even in our cars we watch out for each other. Remember just because we have a gated entry do not feel a false sense of security, be alert. "Plantation Oaks residents will feel proud of their community." We should feel proud we have a wonderful community with great people. We keep up our homes and lots mainly because we want to not because we must. I know when I have guests I show them around, our amenities, and the great homes. Your association is always working and producing ways to get our great residents together for our community. Be proud of Plantation Oaks and show it.

"Plantation Oaks will be a fun and active community for its residents." That is easy as we have great amenities to enjoy and great people who volunteer for the social club and cooks' team. Great monthly events for everyone to enjoy. What is better than having Bingo night. We have chances to stay active during the

continued on page 7

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weekdays at the clubhouse or pool. Grab a calendar from the office or go on ourpora.org and see what you can do. Have fun.

I end by saying that these goals are being aimed for all the time by P.O.R.A., your association, but it takes all of us whether you are a P.O.R.A. member or not to seek and reach them. If you are not a P.O.R.A. member, join. It will only help the association by making our numbers strong which shows Murex we are united. Most importantly enjoy our community, see you around.

FEDERATION OF MANUFACTURED HOMEOWNERS (FMO)

By James Pursley, Plantation Oaks FMO Rep



Hello everyone. Hope everyone is doing well and had a great 4th of July.

As one of my favorite local entertainers, he writes a weekly newsletter, and he always starts it off with the weather. I will start doing that, he goes into a lot of detail but I'm going to make mine less

complicated and see if it makes a difference, here goes. **HOT.**

Now that we got that out of the way, what better topic than to write about hot dogs. I'm talking about Joey Chestnut kind of eating hot dogs. The man can consume some dogs. Now if that was me, I would weigh somewhere around 700 lbs. making me a candidate for Dr. Now's program, if you are not familiar with Dr. Now that is another topic for another time.

As I have mentioned in the past I am from Georgia, there is a restaurant, so to speak, which is in downtown Atlanta named the Varsity. To us Georgians it is a landmark, just like Stone Mountain. The Varsity has been an institution in Atlanta for years, the reason I know this is I went there when I was in high school, need I say more. The Varsity was founded by a drop-out of Georgia Tech which is directly across the expressway, he saw a need for some alternative type of food, I guess that's what you would call it but to the point they have an incredible hot dog, of course not as good as my wife's but it's good. Days long ago my buddies and I would load up and head to the Varsity, at the time I lived about 30 miles away. They had car-hops, when you drove in they would hop on the back of your car. It would usually be 4 or 5 of us. They are a fair size dog, not too big. At the time I could eat 6 to 8, this includes bun and the fixings, my buddies

could eat at least the same amount or more, so the hops got to know that White Pontiac of mine when it drove in around 9 o'clock Friday night, we always had great service.

Another thing you can sink your teeth into is the FMO, Federation of Manufactured Homeowners. The FMO has partnered with "Partners in Association Management" (PIAM) they have taken over the day-to-day operations. If I have not said the FMO represents us homeowners with homes on leased land. Trust me that is something you don't want to do on your own. For \$25.00 per year or \$65.00 for 3 years, they do all of this for you. What a Deal. To join go to fmo.org, you can pay with a credit card by going there or contact me James Pursley, your park representative jpinvest129@gmail.com or call or text 386-986-9632.

Well, everyone, try to stay cool. Take care and stay safe, until next time.



BEAT THE HEAT

Hydrate regularly. Water is low-cost, abundant and accessible. Water makes up about 60 percent of our body weight and is vital for almost every function in the body. Proper hydration can reduce fatigue and improve endurance.

Eat lighter. Eating salads, full of high-water-content fruits and vegetables, won't tax and overheat your digestive system.

Switch off the oven. Bake less and microwave and barbecue more.

Change light bulbs. Long-lasting LED bulbs produce about 70 percent less heat than standard incandescent light bulbs.

Unplug your computer. By unplugging your computer when you're not using it, your electronic device won't generate heat, and you'll reduce your energy bill.

Make a cold compress. Fill a cotton sock with rice, tie the sock with twine, and freeze it for two hours before bedtime. Then slide it between the sheets. The dense and starchy rice retains cold for a long period to help you sleep better.

Block the sun with curtains and shades. As much as 20 percent of summer heat enters your home as sunlight pouring through windows.



HYDRATION FOR BETTER HEALTH

By Betty Vandermyn



HYDRATION! We all need to remember that water is essential to all body functions from lubricating our joints and pumping blood to our heart. Finding simple ways to increase your water intake can help you avoid the complications of dehydration and to stay healthy. Remember, staying hydrated is a key part of maintaining good health.

Being hydrated simply means that your body has enough fluids to function properly. The amount of water each person needs can vary. A quick way to check if you are



drinking enough is to check the color of your urine. If it is pale in color and clear you are likely well hydrated. If it's dark-colored with amber or brown tones, you may be dehydrated. Dehydration is a potentially serious condition which can lead to health

complications from mild to life-threatening. These could include urinary tract infections, heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration also affects the health of your cells it can also lower your body's ability to ward off infection and to heal from injury or illness.

As we age, it is even more important to stay hydrated as up to 40% of elderly people may be chronically dehydrated. There are several reasons why senior citizens are more vulnerable to dehydration:

- Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it, and you may drink less than you need to stay healthy.
- Seniors are more likely to take medications that increase the risk of dehydration.
- According to recent studies older adult bodies don't regulate temperature as effectively as younger people. Exercise and increase in activity can lead to dehydration through sweating.

Even mild dehydration can cause an array of uncomfortable and debilitating symptoms. Early dehydration symptoms include:

- Dark colored urine, urinating less frequently
- Fatigue or feeling weak
- Irritability
- Dizziness

- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- Confusion, decreased cognitive function
- Lack of coordination which may lead to falls and injury.

As a general rule, you should consume one-third of your body weight and drink that weight in fluid ounces. So, if you weight 150lbs. that would be 50 ounces daily. However, it is best to talk to your doctor as medications you are currently taking (Prescription and nonprescription) can influence the amount of water everyone requires.

So how do we stay hydrated every day?

- Choose food with high water content such as cucumbers, watermelon, lettuce, strawberries, tomatoes, and celery.
- Keep water with you always. Having water at your fingertips can make it easier to get the right amount of fluids.
- Try jazzing up your water by adding lemons, fruit slices, cucumbers, or berries to make it more palatable, Coffee and tea can have a slightly dehydrating effect so they should not be counted towards your daily fluid intake.
- Avoid or reduce alcohol intake as alcohol has a diuretic effect on our bodies.



Make it a point to drink water at certain times each day into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal and before and after exercise and activity. Getting enough water is an easy yet vitally important way to stay healthy and active as an older adult. So, after reading this article, drink a glass of water!



Wouldn't it be nice if you read a medicine bottle that says...
Warning: May cause permanent weight loss, remove wrinkles, and increase energy.



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WELCOME COMMITTEE

By Bob Matlock



Professor Emeritus Sydney Park Brown, of the University of Florida, has always championed volunteer Master Gardeners. Proof of that is the fact that during her tenure she trained over 600 volunteer Master Gardeners in the state of Florida. Professor Emeritus Brown has also coauthored two books and has numerous periodicals to her credit. I introduce her to you because one of my favorite works of hers is the *Central Florida Gardening Calendar*. On a month-to-month basis she tells us *What to Plant and What to Do*. And then for each topic for discussion/learning she directs you to where to go to find detailed information and guidance about the subject in a University of Florida publication. For example, In the August month *What to Plant*, she tells us that “The hottest days of summer limit planting to heat-tolerant annuals, such as coleus, kalanchoe, and vinca.” Then she directs us, as I promised, to an UF publication: <http://edis.ifas.ufl.edu/topic> annual landscape plants, to learn about the annual plants. In the *August What to Do* section, she talks about how to take care of your vegetable plants, Poinsettias, ornamental plants, etc. preparing for the upcoming fall and colder months. Again, each topic discussed, has the proper reference to a UF/IFAS publication. IFAS stands for the Institute of Food and Agriculture Services. Or course at the University of Florida.

While we are on the planting subject, we have new residents who have transplanted themselves into our beautiful community. Please help them to feel welcomed and help them to grow in whatever direction they desire. Thank you.

Annuals/Bedding plants: The hottest days of summer limit planting now to heat-tolerant annuals, such as coleus, kalanchoe, and vinca.



Deborah Gaw

87 Habersham Drive

Will split her time between New Hampshire & Plantation Oaks with her cat, Lily,



Jennifer Hamilton

16 Winthrop Lane

From Arizona & looking forward to meeting new neighbors and teaching Pilates.



Ellen Streblov

47 Chatsworth Lane
Moving from 17 Julip.

POOL Party



DRIVING TIP OF THE MONTH

From the National Institute on Aging

Submitted by John Mercurio



There are more than **41 million** licensed drivers age **65 and older** on the roads, up from **26 million** 20 years ago.

Federal Highway Administration

As a person ages, changes in health—including problems with vision, hearing, and reflexes—may affect driving skills. The risk of being injured or killed in a motor vehicle crash also increases.

Are you worried about an older family member or friend driving? Sometimes, it can be hard for an older person to realize that he or she is no longer a safe driver. You might want to observe the person's driving skills.

If it's not possible to observe the older person driving, look out for these signs:

- Multiple vehicle crashes, "near misses," and/or new dents in the car
- Two or more traffic tickets or warnings within the last 2 years; increases in car insurance premiums because of driving issues
- Comments from neighbors or friends about driving
- Anxiety about driving at night
- Health issues that might affect driving ability, including problems with vision, hearing, and/or movement
- Complaints about the speed, sudden lane changes, or actions of other drivers
- Recommendations from a doctor to modify driving habits or quit driving entirely

A police recruit was asked during an exam, "What would you do if you had to arrest your own mother?" The reply, "Call for backup".

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THE OAKS ROCK PAINTERS

By JoAnn Larkin



The rockers were very busy painting 4th of July rocks for everyone in the community. If you do not find a rock on your step they will be by your lamp post. Many residents who are not rock painters delivered rocks. Thank you to all who helped including Betty Shaver, Helen Wendorf, Mary Olsen, Lynn Tull, Joan Edwards,



Carol McCoy, Susan Clerico, John Popp, Ollie Davey. Without your help our project would not have been successful. Thanks go out to Vicki Baker for bringing back rocks from her trip home. We have to buy rocks here in Florida. We appreciate it when you think to bring smooth rocks from your travels outside of Florida. Also, if you have smooth rocks in your

yard, please donate them to the group. Call me at 410-322-5400.

If you have children visiting during our class, we welcome them to join us and paint a rock. Encourage your visitors to stop at the rock garden before they leave. You also can move rocks to areas in the community, outside stores and in parks or give them to others.



If you know of any resident who loses a pet please let me know as one of our rockers, Peggy Jordon, is making pet memory rocks. We welcome our newest rock painter Shirley DiGeorgio.

TRIVIA

By Rich Bencal



Greetings and Happy August to all trivia lovers. I hope you are having a great summer and are staying cool. Below are 10 carefully selected questions to test your knowledge of insignificant facts. Think hard and good luck. As always, the answers will appear on another page in the POP.

QUESTIONS:

1. What city's name can be translated as fair winds or good air?
2. What land mass marks the point of the boundary where the Pacific and Atlantic Oceans meet?
3. What US state is covered more than 50% by forests?
4. Who was Americas first woman in space?
5. When and where was Elvis Presley's last concert?
6. What year was the Klondike Gold Rush?
7. Who was the first Major League pitcher to strike out 20 batters in one game?
8. What do Babe Ruth and Elvis Presley have in common?
9. Who played the character Arthur Fonzarelli on the TV sitcom Happy Days?
10. What is the oldest radio station in the US?

POP ON THE WEB

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AUGUST BIRTHDAYS:

- 2 Pat Compierchio
- 2 Ken Pate
- 4 Betty Smith
- 5 Dan Biers
- 6 Glynne Faust
- 7 Lucy Case
- 7 Patricia Jones
- 8 Jean Bowe
- 8 Phil Groh
- 8 Dianne Hageman
- 8 Patricia Unger
- 9 Maureen Arsenault
- 10 John Arsenault
- 10 Jean Bowe
- 11 Kim Frye Clabaugh
- 11 John Popp
- 13 Roger Epperson
- 13 Elaine Rearick
- 14 Art Cranston
- 16 Susan Luz
- 17 Terry Fazzio
- 19 Bernie Walker
- 20 Steve Walker
- 20 Richard Schultz
- 20 Joe Raneri
- 21 May Goeller
- 21 Bob Berry
- 23 Claire Hamel
- 24 Joe Dalrymple
- 24 Joeseeph Maiorano
- 25 Richard Bencal
- 25 Robert Gucciardo
- 26 Steven Sorrell
- 28 Shirley DiGeorgio
- 28 Vickie Baker
- 30 Anna Conte
- 30 Ken Copeland
- 31 Marianne Morton
- 31 Joan Salthouse
- 31 Keith Schacht



AUGUST ANNIVERSARIES

- 6 George & Megan Byrne
- 7 David & Joanne Kegel
- 8 George & Kathryn St. John
- 11 Irma & Mike Reed
- 15 Richard & MaryAnn Rabuazzo
- 18 Paul & Mary Olson
- 18 Steve & Bernie Walker
- 22 Bob & Toni Stearns
- 26 Paul & Patty Przybysz
- 29 Steve & Judy Waters
- 30 Dan & Judy Behanick
- 30 Ken & Deb Pate
- 31 Richard & Nancy Schmidt



We try hard to get it right. However, if we have missed your birthday or anniversary, have the dates wrong or name misspelled, please contact dbmatlock@live.com. Thank you!

ACROSS

- 1. Sleighs
- 6. Play parts
- 10. Applications
- 14. Boundary
- 15. Half-moon tide
- 16. Exploded star
- 17. Genus of heath
- 18. Novice
- 19. Twofold
- 20. Picnic dessert
- 22. Prefix meaning "Within"
- 23. Fern clusters
- 24. Yard of a house
- 26. Deposited
- 30. 2000 pounds
- 31. Type of tree
- 32. Dugout shelter
- 33. Clothing
- 35. French for "Red"
- 39. Flower
- 41. Decorated
- 43. Harmony
- 44. Bristle
- 46. Territory
- 47. Paddle
- 49. Soviet space station
- 50. Responsibility
- 51. Mooch
- 54. Angers
- 56. Ripped
- 57. Penalty
- 63. Assistant
- 64. Minerals
- 65. Spooky
- 66. Millisecond
- 67. Let out
- 68. Overact
- 69. Flippant
- 70. Makes lace
- 71. Snouts



DOWN

- 1. Large number
- 2. Former Italian currency
- 3. Broadcast
- 4. Cubes
- 5. Suns
- 6. Foyers
- 7. Roof
- 8. Tropical root
- 9. Like foam rubber
- 10. The criminal class
- 11. Noise
- 12. Avoid
- 13. Beauty parlor
- 21. Slogan
- 25. Designed for flight
- 26. Places for experiments
- 27. With competence
- 28. Metal used in steel
- 29. Unplug
- 34. Sarcastic humorists
- 36. Sloth
- 37. Lady's escort
- 38. Countercurrent
- 40. Carpet type
- 42. Challenges
- 45. Distinguished
- 48. Write-up
- 51. Unit of postage
- 52. Aplomb
- 53. Command
- 55. Gloss
- 58. Fertilizer componer
- 59. Office message
- 60. Anagram of "Sore"
- 61. Anagram of "Tine"
- 62. T T T





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Happy 4th of July

2022



AUGUST 21 IS NATIONAL BACON DAY!

By Chef Kevin Gallagher MS, CEC



The most common form of bacon in the United States is pork belly. It's very fatty and has long layers of fat running parallel to the rind. Back bacon, which is the most common form of bacon in the United Kingdom (sometimes called Irish bacon, rashers or Canadian bacon) comes from the loin in the middle of the back of the pig. Back bacon has a more ham-like texture.

The belly is cured in a solution of salt, nitrates, and sometimes sugar and often smoked with different woods (hickory, apple and cherry the most popular). Nitrates are necessary to preserve color but also to retard rancidity in the fat and kill botulism bacteria. Nitrates have been the subject of controversy as a potential cancer-causing agent in some animal experiments (live and kidney cancer), but results are inconclusive. There are nitrate-free bacon products on the market (kind of a misnomer). Uncured bacon is the absence of sodium nitrate being added to the brine during the curing process. As a replacement for sodium nitrate, "uncured bacon" and "nitrate free bacon" are preserved by adding high volumes of salt and celery salt that contains high concentrations of naturally occurring nitrates. The shelf life of uncured bacon is considerably reduced compared to that of non-nitrate free bacon.

Bacon is the quintessential American breakfast menu item. But how do we take something from commonplace and almost blasé to something that is exciting and memorable? Add a glaze to it! The following are recipes I taught to St. Augustine B&B owners who were looking to make a signature dish at breakfast for their establishments. Try the following recipes out and maybe you will find one becoming YOUR signature breakfast item!

LACQUERED BACON (3 WAYS)

Ingredients

- 1/2 cup mango chutney, finely chopped
- 1/4 cup apple juice, (or 3 tablespoons water with 1 tablespoon brown sugar)
- 2 tablespoons yellow or brown mustard
- 1 tablespoon cider vinegar
- 1 pound thick-sliced bacon

Instructions

1. Preheat oven to 375°F. Cover sheet pan with

aluminum foil (for easy cleanup)

2. Stir the chutney, juice, mustard and vinegar together in a small bowl.
3. Arrange bacon in single layer on the prepared baking sheet. Bake in oven until it begins to look opaque, and the fat begins to render, 10-12 minutes. Pour off any accumulated drippings.
4. Turn over the bacon and brush about 1/2 of the glaze on each slice. Return bacon to the oven and cook for 3-4 minutes longer. Remove from the oven and turn it over again. Brush it with the remaining glaze and return bacon to oven for 3-5 minutes, or until well-browned and firm. (The bacon will get chewy and crunchy but stays short of crisp.) Remove bacon to rack to drain. **Do not place on paper towels** to drain to avoid bacon sticking to the paper. Serve warm.
5. **Chili-glazed Bacon:** Substitute a red-chile honey or pepper jelly for the mango chutney and a tablespoon of pickling liquid from a jar of jalapenos for the vinegar.
6. **Maple-glazed Bacon:** Combine 2 tablespoons real maple syrup with 1 teaspoon Dijon mustard in small bowl. Coat bacon as in recipe above.

Them: What inspires you to get out of bed every morning?

Me: My bladder mostly.

TRIVIA ANSWERS (FROM PAGE13)

1. Buenos Aires, Argentina
2. Cape Horn
3. Rhode Island
4. Sally K. Ride
5. June 26, 1977 at Market Square Arena in Indianapolis, Indiana
6. 1896
7. Roger Clemens of the Boston Red Sox on April 29, 1986
8. Both died on August 16. Ruth in 1948 and Presley in 1977
9. Henry Winkler
10. KDKA in Pittsburgh, PA first broadcast on November 2, 1920

upcoming events

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stay tuned for more details

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AUGUST 20th

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STAY TUNED FOR MORE DETAILS

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CPR/AED CLASSES SCHEDULED FOR AUGUST 2022

Thursday, August 18 & Friday August 19

Both classes start at 11am in the clubhouse and usually run for three hours. A signup sheet is posted in the clubhouse.

Classes conducted by George Byrne.

Water Aerobics

Mondays, Wednesdays, Fridays – 10 AM

Line Dancing

Wednesdays– 1:00 – 3:00 PM

Couples Dance Class

2nd Wednesday/Month – 3-4 PM

By Jim & Jan Nicholas

Bingo

Wednesdays - 5:45 – 9:00 PM

Shuffleboard

Thursdays – 9:30 AM



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Dana Matlock - 386-439-3443



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AUGUST



			7				
					3		9 8
		8		6		7	
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			9	3	6		

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



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