

Sunny Hills Civic Association, Inc.

COMMUNITY NEWSLETTER

A Florida non-profit corporation with Federal income tax exemption under section 501 (c)(4), civic League, of the I.R.S. Code. Operates under Title XXXVI, F.S. Chapter, Corporations Not For Profit.

3681 Gables Blvd Sunny Hills, FL 32428

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President

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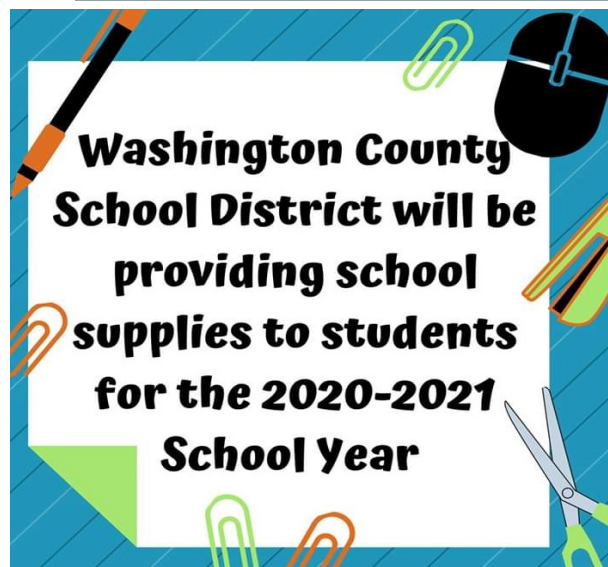


Washington County School District

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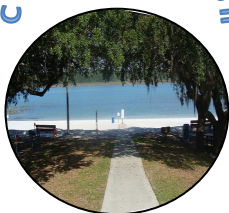
The district is working to prepare for the opening of schools on August 12th. To best meet the needs of our students, please complete the school reopening parent survey. If you are unable to access the survey online - you may call your child's school and provide the information over the phone. You will need to complete a survey for each child.

If you have questions about the options, please call our district office at 638-6222.

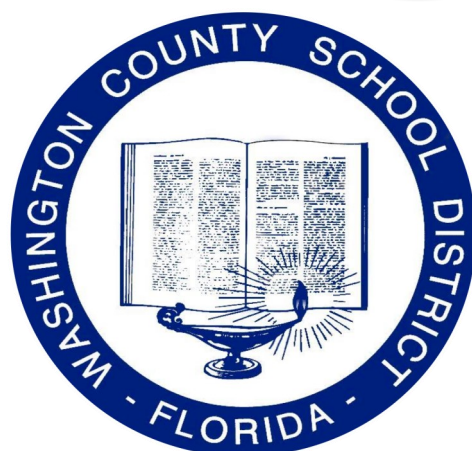
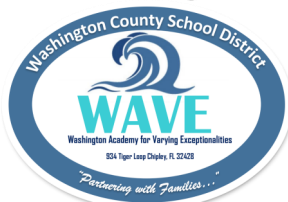


SHCA

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Membership
Meeting
will be
announced



1974



Sunny Hills Civic Association
3681 Gables Blvd Sunny Hills, FL 32428



2020

WHEN TO TAKE WHICH PAINKILLER

All medicines are not created equal. Some, like Advil and Aleve, treat swelling and inflammation, while others, like Tylenol, only deal with pain and fever. Some studies suggest that certain drugs, like Aleve, are better at treating what's known as hard-tissue inflammation, such as bone swelling, while others are more effective at reducing soft-tissue inflammation, like sore muscles and inflamed sinuses. Find out which pill is the right for your pain.

	 TYLENOL Acetaminophen	 ADVIL/MOTRIN Ibuprofen	 ALEVE Naproxen	 ASPIRIN Acetylsalicylic acid
FEVER				
HEADACHE				
MENSTRUAL CRAMPS				
HANGOVER				
SORE MUSCLES				
ARTHRITIS				
SINUSITIS				
EARACHES				
TOOTHACHES				
SMALL DOSE TO HELP PREVENT HEART ATTACK AND STROKE				

These medicines can have unintended side effects, especially in people with existing health conditions. Tylenol can cause or worsen liver problems, for example, while Advil, Aleve, and Aspirin can cause or worsen stomach, GI, or kidney problems. Always talk to a medical health professional before taking any medications and be sure to read the label thoroughly and use only as directed.

<http://www.ncbi.nlm.nih.gov/pubmed/15229980>
<http://health.clevelandclinic.org/2013/09/acetaminophen-vs-ibuprofen-which-works-better/>
<http://www.nlm.nih.gov/medlineplus/druginfo/meds/a681004.html>
<http://www.health.harvard.edu/pain/12-things-you-should-know-about-pain-relievers>
<http://goaskalice.columbia.edu/aspirin-vs-ibuprofen>
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1115268/>
<http://www.ncbi.nlm.nih.gov/pubmed/15184213>

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BEST TRI-COUNTY

The History of Washington County

Washington County, Florida was created in 1825, and was nearly twice the size of the State of Delaware, stretching all the way to the Gulf of Mexico. After a century of boundary shifts, the county, with over 382,000 acres of rolling hills covered in thick, stately pines and mixed hardwood forests, now covers a vast portion of the central Florida Panhandle.

Over a span of more than 150 years, Washington County has seen Native American, Spanish and English cultural influences.

The County's historical lore is rich with stories of the exploits of Andrew Jackson. There are numerous Native American Mounds and evidence of strong settlements still being discovered.

Named after George Washington, the area was first settled by those seeking both economic and political freedoms in this frontier land of vast timber and mineral resources. Inland waterway transportation brought about heavy river settlements. The arrival of railroads in the late 1800's boosted economic, social and political developments.

Vernon, the geographical center of the county derives is named for George Washington's Virginia home, Mt. Vernon. The pioneer town was also the site of a major Indian settlement.

The county courthouse was located in Vernon during the early part

of this century until a railroad town in northeastern Washington County, Chipley, became the new and present county seat in 1927.

Founded about 1882, Chipley was named for railroad pioneer William Dudley Chipley. It grew up as many towns did along the railroad in the late 1800's, serving as a watering station for the steam-driven locomotives.

Economic growth in communities in the county such as Caryville, Chipley, Ebro, Vernon, and Wausau developed around forestry industries like milling, turpentine production and naval stores. Agriculture, livestock, poultry and agribusiness were strong aspects of the maturing economic scene.

Hundreds of lakes and clear streams, green forests and unspoiled land are home for a variety of wildlife. These peaceful surroundings offer abundant hunting and fishing grounds. Boating and water skiing are favorite pastimes of many residents with Falling Waters State Recreation Area drawing participants in hiking, swimming, camping, photography and picnicking.

Community activities include competitive sports, cultural events and family-oriented projects. Washington Countians enjoy harvesting the fruits of the county's good life and take pride in its treasures of pure and satisfying living. Their desire to share these opportunities is evident in their gracious, warm expressions and excitement at the county's growth.



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Sonny's Sheet Pan Shrimp "Boil"

Ingredients

One 1 1/2-pound bag steamable red potatoes
2 ears corn, cut into thirds
1 lemon, cut into quarters
1/2 pound andouille sausage, sliced in half lengthwise, then cut into 2-inch sections
4 tablespoons salted butter, melted
6 to 8 sprigs fresh thyme, finely chopped
2 pounds jumbo or colossal deveined shrimp (20 to 30 total)
2 heaping tablespoons seafood seasoning
8 ounces pilsner beer

Directions

Microwave the bag of potatoes for 6 minutes, then cut potatoes in half or quarters, depending on the size.

Add the corn, lemon, potatoes, sausage, butter and thyme to a large bowl. Toss together and place everything on the sheet pan with the corn standing on end and the sausage pieces sliced-side down.

Preheat oven to 400 degrees F.

Make a pouch using 2 sheets of aluminum foil, sealing the edges very well. Place the shrimp in the pouch and add the seafood seasoning. Add the beer and close the pouch. Place the pouch on the sheet pan, atop the sausage and vegetables. Place the sheet pan in the oven and roast until the potatoes are soft and the sausage is sizzling, 35 to 45 minutes. Remove from the oven and carefully open the shrimp pouch. Pour the pouch over the sheet pan and serve.



Low-Country Boil

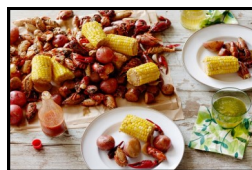
Ingredients

1/2 cup concentrated Louisiana-style shrimp and crab boil seasoning (such as Zatarain's)
4 pounds medium red potatoes
2 to 3 medium sweet onions, such as Vidalia, peeled and quartered if large
2 1/2 pounds cured, smoked pork sausage links, cut into 3-inch pieces
8 ears of corn, cut in half
4 pounds medium shrimp

Directions

Fill a 7-gallon stockpot halfway with water (or use 2 large pots and divide the ingredients between them). Add the seasoning and bring to a rolling boil. Add the whole potatoes to the pot. Allow the water to return to a boil and cook 5 minutes. Add the onions and sausage. Bring the water back to a boil and cook 15 minutes. Add the corn, bring the water back to a boil and cook 10 minutes, or until the potatoes are done.

Add the shrimp, bring the water back to a boil and cook until the shrimp turn pink, about 3 minutes. Drain through a colander; discard the liquid. Serve on newspaper or a platter.



Crawfish Boil

Ingredients

1 tablespoon whole black peppercorns
1 tablespoon whole coriander seeds
2 tablespoons whole cloves
1 1/2 tablespoons whole allspice
5 gallons water
1 pound kosher salt
4 tablespoons cayenne pepper
2 tablespoons garlic powder

2 tablespoons paprika

1 tablespoon onion powder

1 tablespoon dried thyme

1 tablespoon dried oregano

1 tablespoon dry mustard

1 tablespoon dried dill weed

6 bay leaves, crumbled

10 pounds live crawfish

3 pounds small red potatoes, cut in 1/2, if larger than 2-inches in diameter

8 ears corn, halved

2 heads garlic, unpeeled, but separated

1 pound andouille sausage, cut into 1-inch pieces

Directions

Place the peppercorns, coriander, clove, and allspice into a spice grinder and grind for 10 to 15 seconds.

Fill a 40-quart pot with 5 gallons of water and add the freshly ground spices, salt, cayenne pepper, garlic powder, paprika, onion powder, thyme, oregano, dry mustard, dill weed, and bay leaves. Cover and bring to a boil over high heat, approximately 40 minutes.

Rinse the crawfish thoroughly in the bag in which they arrived to remove excess dirt and mud. Put the crawfish in a large container and fill with cool water. Stir to remove dirt from the crawfish. Transfer small batches of crawfish to a colander and rinse under cool running water. Pick out any debris or dead crawfish. Once all crawfish have been rinsed, discard dirty water, and return the crawfish to the container. Repeat this process 6 to 8 times, or until the water is clear.

Once the seasoned water comes to a boil, add the potatoes, corn, garlic, and sausage. Cover and cook for 10 minutes.

Add the crawfish, cover, and cook for 3 minutes. Turn off the heat and allow the pot to sit, covered, for 10 minutes. Drain well and serve immediately.



Sunny Hills Civic Association, Inc.

August 2020

COMMUNITY NEWSLETTER



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9	10	11	12	13	14	15
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23	24	25	26	27	28	29
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Sunny Hills Civic Association Membership Meeting

September 10, 2020

Time: 6:30 pm

Place: Boat Lake Swim Park

Sunny Hills Presbyterian Church

3768 Country Club Blvd

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Pastor Brian Haralson

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WORSHIP 10:00 AM
FELLOWSHIP 11:00AM

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Washington County, FL



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shcasecretary2020@gmail.com

Boat Lake Swim Park

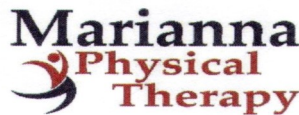
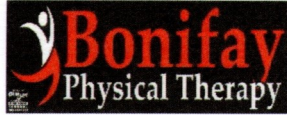
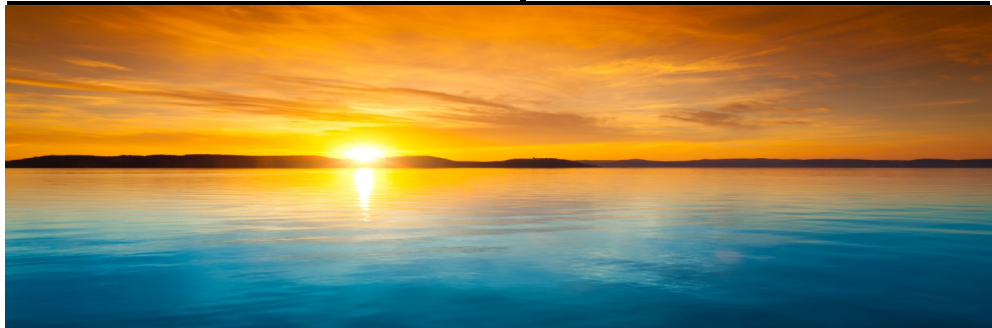


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Remember while mowing yards etc., try to keep the grass clippings off the roadway as it is hazardous to motorcycle riders and can cause wrecks which have been known to be fatal.

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