

SIADY LARE ONES

Issue 7 eptember•2021 45th Year Happy Labor Day! Caribbean Isles HOA President Ray Sears and wife Sue ready to celebrate once again! Monthly Mania Winner! Delivered Door-to-Door by \$100 · Joan Athey Community Residents FREE Every Month Heller's Mobile Home Washing view this newsletter on-line at www.monthly-media.com

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Ask yourself:

- 1. Is your doctor's office still open?
- 2. Have you heard from your doctor in the past two weeks?
- 3. Is your doctor personally calling and texting to check on you?
- 4. Has your doctor called you to explain your risk of coronavirus?
- 5. Is your doctor's office offering doctor phone visits?
- 6. Does your doctor allow walk-in visits?

www.Dedicated.care

- 7. Are you able to call your doctor anytime, day or night?
- 8. Do you have any difficulty getting to and from your doctor?
- 9. Is your doctor helping to make sure you receive all of your prescription refills?
- 10. Is your doctor offering to help you get your medications delivered?

If you answered no to four or more of these questions, call us at (727) 260-2651.











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The power of story

uthor Neil Gaiman explains the power of stories with a tale on the Books Bird website:

"My covain Halan who is in her 000 new was in the

"My cousin Helen, who is in her 90s now, was in the Warsaw ghetto during World War II. She and a bunch of girls in the ghetto had to do sewing each day. And if you were found with a book, it was an automatic death penalty. She had gotten hold of a copy of Gone with the Wind, and she would take three or four



hours out of her sleeping time each night to read. And then, during the hour or so when they were sewing the next day, she would tell them all the story. These girls were risking certain death for a story. And when she told me the story herself, it actually made what I do feel more important. Because giving people stories is not a luxury. It's actually one of the things you live and die for."

An enduring act of kindness

n act of kindness can have a lifelong effect, as this story illustrates:

A Jewish family who had immigrated from Lithuania to the United States took pity on a seven-year-old boy and brought him to their home. He spent the night in family home, where for the first time in his life he was treated with kindness and tenderness. When he went to bed, the mother sang him Russian lullabies,



which he sang along with her. Later he learned to sing and play several Russian and Jewish songs.

Over time, the boy became the adopted son of this family. The father gave him money to buy his first musical instrument.

The little boy grew up and wrote a book about the family, and proudly spoke Yiddish fluently.

In memory of this family, he wore the Star of David. He said that in this family he learned determination and "to live a real life."

The little boy's name was Louis Armstrong.

Humanity's legacy of stories and storytelling is the most precious we have. All wisdom is in our stories and songs.

— Doris Lessing









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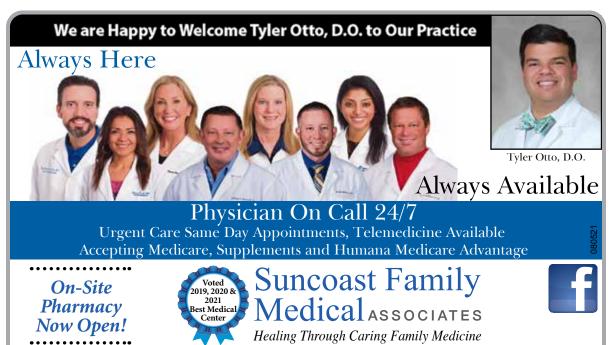
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Low-impact exercise

Feeling the need to exercise? Start out with this one:

Stand on a comfortable surface with plenty of room on each side. With a five-pound potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to last for a full minute, then relax.



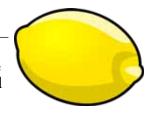
Each day you'll find yourself holding this position just a bit longer.

After a week, move up to 10-pound potato bags. Then try 50-pound bags. Eventually, try to get to where you can lift a 100-pound potato bag in each hand and hold your arms straight for three minutes.

When you feel confident, put a potato in each bag.

The last drop

bartender was so sure he was the strongest man around that he offered a standing \$1,000 bet. He would squeeze a lemon until all the juice ran into a glass. Anyone who could squeeze one more drop of juice out would win the money.



Many people tried over time—weightlifters, longshoremen, etc.—but nobody could do it.

One day a scrawny little man came into the bar wearing thick glasses and a polyester suit. He said in a tiny squeaky voice, "I'd like to try the bet."

Everyone laughed, but the bartender grabbed a lemon and squeezed it dry. Then he handed the remains to the little man.

Then the crowd's laughter turned to total silence as the man gripped the lemon and squeezed six more drops into the glass.

As the crowd cheered, the bartender paid the \$1,000 and asked the man, "What do you do for a living? Are you a lumberjack, a weightlifter, what?"

"No," the man replied. "I work for the IRS."



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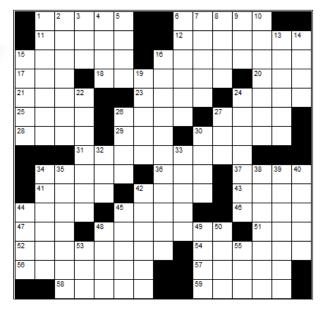


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ACROSS

- 1. Rugby formation
- 6. Academy award
- 11. Not here
- 12. Settlement
- 15. Recognition
- 16. Female protagonists
- 17. 54 in Roman numerals
- 18. Nightclub
- 20. Take in slowly
- 21. Gumbo
- 23. Concludes
- 24. Not difficult
- 25. A noble gas
- 26. Start over
- 27. Baroque composer
- 28. Sea eagle
- 29. Sphere
- 30. Ski jacket
- 31. Masseurs
- 34. Range
- 36. Female sibling
- 37. Dagger handle
- 41. Alley
- 42. Three-handed card game
- 43. Paris airport
- 44. Docile
- 45. Secluded valley
- 46. Journey
- 47. Beer
- 48. Clatter
- 51. Consumed food
- 52. Depicts
- 54. Happenings
- 56. Give forth
- 57. Twilled fabric
- 58. Drive
- 59. Contemptuous look



DOWN

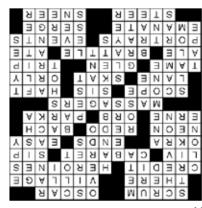
- 1. A forward on a soccer 14. Catch a glimpse of team
- 2. V-shaped stripes
- 3. Scarlet
- 4. Relating to urine
- 5. Of higher order
- 6. Exaggerate
- 7. Fathers
- 8. Coagulate
- 9. Anagram of "Ail"
- 10. Plunder
- 13. Japanese hostess

- 15. Duplicate
- 16. Small carry baskets
- 19. Ales
- 22. Windflower
- 24. Hearing range
- 26. Thorny flower
- 27. Tavern
- 30. Annovance
- 32. Gorilla
- 33. Goliath
- 34. Ski race

- 35. Photo devices 38. Dispose
- 39. Flutter
- 40. Varieties
- 42. Killer
- 44. Adhesive strip
- 45. Grille
- 48. Scottish hillside
- 49. Not more
- 50. Not odd
- 53. Explosive
- 55. Before, poetically



September Crossword





It takes eight minutes and 19 seconds for light to travel from the sun to Earth?

Peanuts aren't nuts? (They're legumes!)

There are 2,000 thunderstorms on Earth every minute?



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Shady Lane Oaks

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uesday	Wednesday	Thursday	Friday	Saturday
	SLO Poker 6-9	2	3	4
7 Sales (for Night) 11 –	8 SLO Poker 6-9	9 Ticket Sales (for Italian Night) 6 pm – 7 pm	10	Game Night 6-9 Patriot Day
14 Sales (for Night) 11 –	SLO Poker 6-9	16	17	18 Italian Night 5
21	SLO Poker 6-9 First Day of Autumn	23	24	25 Karaoke 6-11
28	SLO Poker 6-9	30 Crafting with Doris 2-4		

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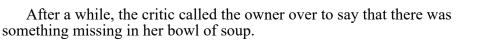
Some short snappy ones

- If you want to find out who likes you more, lock your best friend and your dog in the trunk of your car for an hour. When you open the trunk, who is happy to see you?
- What did one eye say to the other? "Between you and me, something smells."
- How did the hipster burn his mouth? He ate pizza before it was cool.
- Insect puns bug me.
- My leaf blower doesn't work. It sucks.
- Teacher: "Which book has helped you the most in your life?" Student: "My father's checkbook."
- My friend thinks he's so smart. He told me an onion is the only food that makes you cry, so I threw a coconut in his face.
- Math teacher: "If I have five bottles of beer in one hand and six in the other hand, what do I have?" Student: "A drinking problem."
- Two psychics run into each other on the street. One says to the other, "You're fine, but how am I?"

Missing ingredient



food critic visited a local restaurant to review its food for the local magazine. The owner welcomed her and showed her to a table.





The owner asked if it was too spicy, too sweet, or too salty. The critic said no, so the owner decided to taste the soup himself. "Give me a spoon."

"That's what's missing," said the critic.

Laughter is the corrective force which prevents us from becoming cranks.

— Henri Bergson

There is nothing in the world so irresistibly contagious as laughter and good humor. — Charles Dickens

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September Word Search



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Stay healthy with fiber

iber, in the form of fruits, vegetables, whole grains, and other carbohydrates that pass through your body undigested, is important to your digestive health, and your overall well-being in general. Too little fiber in the diet is associated with a higher risk of heart disease and diabetes. But only seven percent of adults in the U.S. get enough fiber, according to a study reported by *U.S. News & World Report*.



How much should you eat? Overall, health experts say you should consume 14 grams of fiber for every 1,000 calories you eat in a day. For women, the target is 25 grams in a 2,000-calorie daily diet; for men, it's 38 grams in a 2,500-calorie diet. People over 50 can consume less.

What to eat? Try a one-cup serving of pearl barley, which has six grams of fiber, instead of white rice, with just two grams.

Avoid injury as you age

As we age, our bodies get injured more easily. That's a fact of life, but you can avoid serious injury at any age by following some basic guidelines from the Seacoast Online website:

- Stay physically active. Keep your body moving as much as you can to avoid stiffness and pain associated with arthritis, which grows worse the less you move. Regular, moderate exercise can decrease the impact of meniscal tears and bulging discs.
- Eat a healthy diet. Green leafy vegetables like kale, spinach, and arugula help keep your bones strong and durable. So do nuts, fish, and grapefruit. Unprocessed oatmeal, raisins, blueberries, and unsalted nuts can keep your heart healthy as you age. Check with your doctor on what diet is best for you.
- Maintain your balance. Slips and falls can cause fractures and broken bones, so keeping your balance is crucial. Practice by standing on one foot while you brush your feet or wash the dishes. Try walking on your heel or toes for a short distance. Yoga and tai chi can also help you promote balance.
- Strengthen your core muscles. Keeping your core—abs, hips, and buttocks—strong will help you stand and sit more erect, as well as prevent back and neck pain and help you feel more energetic in general. Pilates is one good technique for getting and keeping your core in shape.

Take care of your mind, your body will thank you. Take care of your body, your mind will thank you.

— Debbie Hampton

Three things in life—your health, your mission, and the people you love. That's it.

— Naval Ravikant



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The history of Labor Day

abor Day is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It's a national trib-



ute to the contributions workers have made to the strength, prosperity, and well-being of the United States.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, was first to suggest a day to honor those "who from rude nature have delved and carved all the grandeur we behold." But other research seems to support the contention that machinist Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. The Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

Either way, the first Labor Day holiday was celebrated on Tuesday, Sept. 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on Sept. 5, 1883.

In 1884, the first Monday in September was selected as the holiday. As labor organizations grew in size and power, so did the idea of Labor Day. In 1885 Labor Day was celebrated in many industrial centers of the country.

The first governmental recognition of the holiday came through municipal ordinances passed during 1885 and 1886. While the first state bill proposing the holiday was introduced into the New York legislature, Oregon passed the first law on Feb. 21, 1887. Four more states—Colorado, Massachusetts, New Jersey, and New York—created the Labor Day holiday by legislative enactment that same year.

By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September a legal holiday in the District of Columbia and the territories.

In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson.

— Tom Bodett

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EVENTS & PROGRAMS

ATTENTION GOLFERS. The Tampa Green Beret Association, a fraternity of former and active duty Special Forces soldiers and a non profit organization, is hosting a golf tournament on October 9th to benefit The Tampa Veterans Civic Center. The cost is \$60.00 per player which gets you a round of golf and a nice post play lunch. There will be prizes, ball launcher, raffle, auction, 50/50 and more. To learn more e-mail gilhimes@yahoo.com.

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EVENTS & PROGRAMS

ATTENTION CRAFTERS: Paradise Island Annual Craft Fair is taking reservations for spaces at the Annual Craft Fair, on Saturday November 6, 2021, 9 am to 2 pm. Paradise Island Clubhouse, 1001 Starkey Rd. Largo. Handmade items only. For reservations contact Nadine at 402-750-3083 call/ text, email: nadine5106@gmail.com. Deadline October 15th.



EVENTS & PROGRAMS

VENDORS WANTED- HOLIDAY BAZAAR - Saturday, 11/13/2021. 9am-1pm. \$30 - 1 table, \$25 additional table, \$15 additional floor space. First Lutheran Church, 1644 Nursery Rd., Clearwater. All indoor craft show. Ouestions: 727-477-3806 or eobrien2429@gmail.com - 217-251-4382 or jayneb1227@gmail.com

Craft/Bake Sale: November 8th, 2021 from 8:30am to 1:30pm. Table Space \$15.00. Sugar Creek MHP 10265 Ulmerton Road, Largo. Call Sally 401-835-0700.

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		Heller's Mobile Home Washing
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		Jones & Sons Plumbing
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Bonny DeMoranville	\$5	Got Dirt? Call Dirty lil'
		Air Masters of Pinellas
		Ron Wyngarden Mobile Home Wash
		Jones & Sons Plumbing
Linda Hickson	\$5	Heller's Mobile Home Washing
		Florida Anchor & Barrier
Ernie Grow	\$5	Discount Computer Repair
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John Swartz	\$5	Ricks Appliance Repair
Gerald Schnerr	\$5	Air Masters of Pinellas
Wayne Jones	\$5	Jones & Sons Plumbing
		Palm Harbor and Dunedin Electric
Roxanne Moses	\$5	Got Dirt? Call Dirty lil'
Barbara Hohler	\$5	Bill the Carpet Guy
Cheryl Adam	\$5	Jones & Sons Plumbing
Joseph Scarpa	\$5	Air Masters of Pinellas
Daniel Marino	\$5	Heller's Mobile Home Washing
Elizabeth Pattigno	\$5	Royal Enterprise
Carol Alvey	\$5	O.E. Wilson Insurance
		Jones & Sons Plumbing
Sandra Couch	\$5	Heller's Mobile Home Washing
Linda Wagler	\$5	
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Janet Heintz	\$5	Battleline Termite & Pest Control
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Louis Vonderbrink	\$5	Boss Electric
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