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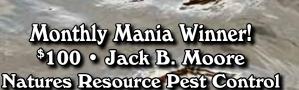
SHADY LANE OAKS OWHAT'S NEW O

April-2020

Issue 2 44th Year

Spring is Here!

Thanks to Kathryn S. Kraus of Eldorado Village in Largo for this photo of Muscovy ducklings on their first water outing with Mom.



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Attention Shady Lane Oak Residents Editor Needed!!!

Would you like to see Shady Lane Oaks related articles in your newsletter?

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If you would be interested please contact Monthly Media at 727-484-7488

Start your morning the right way

If you grab a doughnut and dash out of the house in the morning, you might be in an unhealthy rut. Here are a few ideas for you to start your morning in a better way:

- Get up 20 minutes early so you don't have to rush.
- Listen to a relaxing CD in the morning instead of the morning news.
- Get rid of that annoying alarm clock, and buy one that wakes you up with a light aroma or pleasant tones.
- Think of all the things you are grateful for.
- Get centered before you go out into the world. Take a few minutes to meditate or do yoga.
- Get up early enough to do a short exercise routine.
- Set one goal or intention for the day. Close your eyes and concentrate on what it is you want to accomplish.
- Write in your journal.
- Drink your favorite beverage from your favorite mug, and take a few minutes to absorb the entire experience.
- Get up with the sun, and take a relaxing walk.



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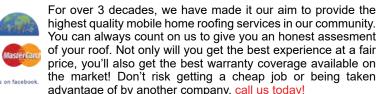
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April Days

pril Fools' Day, April 1. Play a (harmless) prank on a friend, co-worker, or family member today.

National Siblings Day, April 10. This is a good time to reconnect with brothers and sisters and strengthen family bonds.



Easter, April 12. Christians celebrate the resurrection of Jesus Christ following his crucifixion on Good Friday.

Tax Day, April 15. The people who understand tax law are an elite few; the rest of us need only concern ourselves with a couple of key points: Just about everyone needs to file, and that should be done by the end of today.

Earth Day, April 22. Keep the car in the garage and ride your bike today. Visit your local farmer's market, plant a native tree, limit your reliance on single-use plastics, recycle, repurpose, and do something to honor and protect our planet.

Denim Day, April 29. During the last Wednesday of National Sexual Assault Awareness Month, wear your jeans to work to protest the abhorrent attitudes and injustices endured by victims of rape and sexual violence. Consider sponsoring a "Denim for Dollars" campaign if your workplace has a dress code or requires uniforms. Learn more at https://www.denimdayinfo.org/dollars-for-denim.

Libraries still healthy in the U.S.

hose of us who worry that libraries are on their way out should take heart from a recent survey reported on the CNN website. In 2019, more Americans went to the library than to movies, live sporting events, museums, concerts, casinos, and other places.

U.S. adults reported that they visited the library 10.5 times on average last year, almost twice as many visits as trips to the movies. That was followed by live or theatrical events and visits to national and historical polys (shout four times), may some and assings (2.5 times) and the state of the sta

historic parks (about four times), museums and casinos (2.5 times) and amusement parks and zoos. The majority of library goers are 18–29.

Libraries offer more than just books, of course, likely a factor in the almost-monthly visits. These days most libraries offer free Wi-Fi, children's activities, movie rentals and more, which are attractive to young adults, women, and people on a low income.





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April

lobal Astronomy Month. With a motto of "One People, One Sky," the group Astronomers Without Borders encourages people everywhere to behold the night sky and the wonders of the universe. Look for Venus near the Pleiades star cluster, this year's largest supermoon, and maybe a meteor shower.



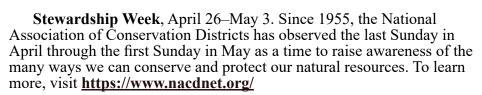
National Card and Letter Writing Month. Before technology ruled our lives, before the invention of the telephone, people took pen to paper to express their thoughts and feelings. Brush up on your penmanship and embrace the art of letter writing this April.

National Rebuilding Month. This spring, volunteers will work to repair homes, community centers, and nonprofit facilities throughout the U.S. To learn more about projects planned for your area, visit https://rebuildingtogether.org/.

Stress Awareness Month. Be on the lookout for tips and ideas from health care and wellness professionals raising awareness of the sources of stress that affect our lives, and the strategies we can employ to alleviate and prevent it.

Weekly

oly Week, April 5–11. A Christian observance and time of fasting, including the final days of Lent, this week begins on Palm Sunday and ends on Holy Saturday before Easter. (Orthodox Holy Week is April 12–18.)





I could never have gone far in any science, because on the path of every science, the lion mathematics lies in wait for you.

—C. S. Lewis

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The rumor mill

he president of a fast-growing company called his public relations vice president to his office one day.



"Somebody is trying to buy our company," he said, "and if they succeed, you and I will be out on our ears. I want you to do something that will get the price of our stock up so that it'll be too expensive for them to acquire us. I don't care what you have to do to bring this about; whatever it is, just do it!"

Within two days the stock rose 14 points, and the president was delighted. "What in the world did you do?" he asked the vice president of public relations.

"Simple," she said. "I started a rumor, and Wall Street liked it."

"What was the rumor?"

She looked at him and replied, "I told them you were leaving the company."

Life before the computer

ack in the day ...

An application was a form you completed for employment.

A program was what we called a TV show.

A cursor was someone who used profanity.

A keyboard was another name for an electric piano.

Memory was something that you lost with age.

A CD was a kind of savings account.

Compress was something you did to garbage.

You'd never unzip anything in public.

Adding wood to a fire was logging on.

A long road trip was a hard drive.

A backup only happened to your plumbing.

You used a pocketknife to cut something.

Glue was required to paste anything.

A web was a trap woven by a spider.

And a virus usually referred to the flu.



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IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.





For more information, please visit

CORONAVIRUS.GOV



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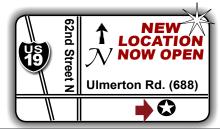


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Danger! Pizza!

e all love pizza—but surprisingly, it can be a dangerous meal, at least according to the New York Post. The Post's website reports that pizza-related injuries accounted for some 3,800 trips to the emergency room nationally in 2018. That beats the 2,300 such visits the previous year by a wide margin.



The 2018 figure is the highest since the medical service provider Babylon Health started counting. The figure comes from an examination of records from 100 emergency medical departments across the country in which the word "pizza" was included in doctors' notes. They include a teenager who poked the roof of his mouth with a fork while eating, a young woman who swallowed her tongue ring, and a woman who slipped with a bread knife in her hand while preparing to eat.

A snapshot of doctors' lifestyles

ow well do you know your doctor? A Medscape survey on physicians' lifestyles, shared on the Fierce Healthcare website, surveyed more than 15,000 doctors from across 29 specialties, with attention to generational difference between millennials, Gen Xers, and baby boomers. Here's some of what the survey found:



- **Specialties**. The most popular specialties for millennials are dermatology and neurology. Most Gen Xers choose critical care and nephrology, and boomers opt for gastroenterology and pulmonary medicine.
- Exercise. Boomer physicians exercise the most, with about 37% of boomer physicians exercising at least four days per week. Millennials do the least—only 25% exercise that much.
- **Alcohol.** Baby boomers are the biggest drinkers, with 21% having five or more alcoholic drinks per week, compared to 20% of Gen Xers and 17 percent of millennials.
- Cars. Across all generations, Toyota is the most popular brand for physicians, followed by Honda.

Maybe fate's arithmetic is so diffuse that it's not arithmetic at all.

—David Levithan

First fossil brain discovered in Utah

Scientists have long believed that brain matter could not become fossilized because soft neural tissues would decay before the fossilization process could start — but a recent discovery has overturned that misconception. The SyFy Wire website reports that paleontologists have unearthed a fossilized brain in the remains of a small arthropod (an invertebrate animal with an exoskeleton) in Utah.



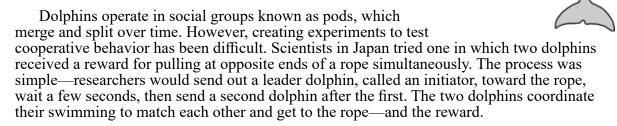
The animal, an alalcomenaeus, lived during the Cambrian period some 500 million years ago. That era has left an unusual abundance of preserved plant and animal life that under most circumstances would have been lost to decay. However, researchers from Harvard studying fossils found that what looked like a stain was actually the creature's brain.

The alalcomenaeus brain is a central nervous system like those of many arthropods living today. It has an elongated brain structure from its head to its upper back and neural tissue connecting to the creature's four eyes and four pairs of segmented nerves. More nerves extend down its back.

The finding casts doubt on the idea that brains can't become fossilized, meaning that a fossil human brain could be lying underground for someone to find.

Dolphins demonstrate cooperative behavior

umans cooperate on tasks, and so do many other animal species. Most studies on cooperative behavior have centered on land-based animals, but as the Science Daily website reports, scientists have recently observed partner-based behavior in dolphins.



The lead scientists says that such coordination is probably rooted in a method of social interactions that reinforce social bonds within a group.



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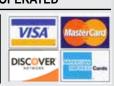
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Sunday	Monday	T
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5 Palm Sunday	6	
12 Easter	13	
19	20	
26	27	

Shady Lane Oaks

uesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4
	April Fool's Day			
7	8	9	10	11
		Maundy Thursday	Good Friday	Holy Saturday
14	15	16	17	18
21	22	23	24	25
28	29	30		

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The right kind of milk may lead to less aging

ilk can be good for you, but choosing the right kind is essential. The Medical Xpress website reports that drinking nonfat or 1% milk instead of 2% is associated with slower aging in adults. The findings come from research on 5,834 U.S. adults by a Brigham Young University professor.



Why? It's all about the telomeres. They're at the endcaps of human chromosones. As cells replicate, they lose a minute amount of material at the endcaps. Thus, as we age, our telomeres get shorter. Drinking high-fat milk makes telomeres shorter. The research suggests that low-fat milk accounts for an age reduction of 4.5 years in adults. So reach for the skim and live longer.

New T-cell may be grown to fight all cancers

cientists may have discovered a type of immune cell that kills most cancers — by accident. According to the Mother Nature Network website, a team of scientists in Cardiff, England, were studying a special type of genetic screening, using technology derived from the genomes of bacteria that can flag and edit genes within organisms. During the course of their study, they discovered a special type of human immune cell, or T-cell, capable of targeting and killing cancerous tissue and leaving normal tissue untouched.



Using T-cells to fight specific cancers isn't a new idea. However, this T-cell appears to target a wide variety of cancers, including lung, skin, blood, colon, breast, bone, prostate, ovarian, kidney, and cervical cancer. Scientists don't know yet how these T-cells single out and attack cancer while leaving normal cells untouched, but the immune response seems real.

They're already studying how to make use of them by extracting normal T-cells from blood and genetically modifying them to find cancer. After being grown in large quantities in a lab, the cells would be sent back into the patient's bloodstream.

Much more testing is needed before the process can be tried with humans, but if it works, the discovery would have as powerful an impact as the discovery of antibiotics.

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-Rita Schiano

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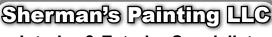
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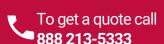
IOA, we make insurance simple. Founded in 1988 we protect our clients dreams, homes and personal belongings to ensure they remain protected for all of life's events.



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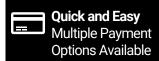
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April Word Search



S	D	R	О	W	U	Ν	ı	S	0	N	Т	S
Υ	Υ	0	Α	В	Е	Т	Т	Е	R	0	Е	Ε
Е	S	Т	F	Е	M	Α	L	Ε	R	W	٧	L
Р	С	Α	Α	1	Ε	U	Н	S	Ε	Ν	Ε	С
Н	L	Т	Т	В	Χ	D	0	1	Т	Ε	R	R
s	Р	Ε	N	D	L	1	Р	N	U	S	Y	1
Υ	Р	S	Α	R	G	Е	Ε	С	Р	Р	Т	С
L	Т	Р	Ε	S	Ε	Ν	F	R	M	Ε	Н	L
L	Н	U	M	R	Ε	С	U	Ε	0	R	1	1
Α	G	Р	I	М	٧	Е	L	Α	С	F	N	Т
Е	1	Р	1	М	Α	G	Е	S	Z	Ε	G	Т
R	M	Ε	М	1	L	Ε	S	Ε	Т	С	Α	Ε
Е	S	Т	R	Е	S	Р	Е	С	Т	Т	В	R





audience

beats better

circles computer

empire enemies everything

female fore

grasp

hopeful

images increase

litter

meant might miles mite peer perfect

please puppet

really respect rotate sees slave spend

table torso

unison

watch words







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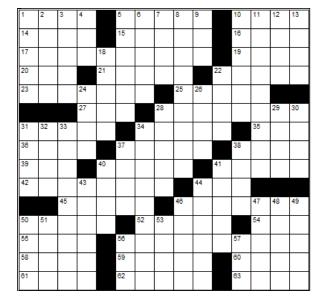
Jeffrey S. Grove, D.O. • Ty Tvedten, D.O. • Krista Keith, D.O., Gene M. DiBetta D.O. Enrique Jose Urrutia Jr., D.O. • Karen Joseph, M.D. • Denise Moore, APRN-C • Alicia Pratt, APRN-C

ACROSS

- 1. Lascivious look
- 5. Exchange
- 10. Contributes
- 14. A sharply

directional antenna

- 15. Creepy
- 16. Cable
- 17. Bona fides
- 19 Affirm
- 20. Ensign (abbrev.)
- 21. Wall painting
- 22. Hops
- 23. Wide part of a river
- 25. Leered
- 27. Cry of disgust
- 28. Hideousness
- 31. Thread holder
- 34. Liquid
- 35. Mesh
- 36 Sailors
- 37. Clan emblem
- 38. Notion
- 39. Barley bristle
- 40. Unpleasant people
- 41. Autocratic
- 42. Sword lily
- 44. Bird call
- 45 Merriment
- 46. A small rounded boat
- 50. Mix
- 52. Clearly
- 54. 54 in Roman numerals
- 55. Breathing organ
- 56. Reddish-brown town
- house
- 58. Pledge
- 59. Grown
- 60. Baking appliance
- 61. Not idle
- 62. Wanderer
- 63. Flippant





DOWN

- 1. French school
- 2. Deservedly receives 22. Skidded
- 3. Excrete
- 4. Disencumber
- 5. Incumbency
- 6. Attempt again
- 7. Operatic solo
- 8. Discussions
- 9. Snake-like fish
- 10. Rouse
- 11. Stockholders' profits
- 12. Let go
- 13. Stitches

- 18. Electronic letters
- 24. Flying saucers
- 26. Lamp or candle
- 28. Extreme
- 29. Views
- 30. Remain
- 31. Male deer
- 32. Part of a rachet
- 33. Decorations
- 34. Reckless
- 37. Horn sound
- 38. Hawkeye State

- 40. Fowl
- 41 Poets
- 43. Rowboat
- 44. Administrative
- district
- 46. Hoods
- 47. Split
- 48. A protective
- covering
- 49. What's happening
- 50. An indistinct
- shapeless form
- 51. Hawaiian feast
- 53. French for "Wolf"
- 56. Purse
- 57. Not bottom







April Crossword





535-0708



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-Monthly Media Staff

MAY AD DEADLINE - APRIL 10, 2020

Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285.
 Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit.
 No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH.

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- 2. Call our office and sign up for the service for \$5 per month flat fee*
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THOUSANDS manufactured home residents have won over \$153,000 since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or mail your paid receipt to us at Monthly Media • 220 Bahama St. • Venice, FL 34285. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check. (Allow 4-6 weeks for mailing of check). This month's cash winners are:

Jack B. Moore	\$100	Natures Resource Pest Control
Susan Mann	\$10	Florida Anchor & Barrier
Al Woodlock	\$10	Bob's Mobile Home Washing
Robert & Janelle Rick	er. \$10	Buggin Out Pest Control
		Denny's Plumbing
		Boss Electric
Richard Sisson	\$10	Discount Computer Repair
		Barron's
Jack Peel	\$10	Bill the Carpet Guy
		I Timothy Doerner D.D.S. P.A.

Robert & Janette Ricker.	. \$10	Buggin Out Pest Control
Fran & Jim Meegan	. \$10	Denny's Plumbing
Robert Lawrence	. \$10	Boss Electric
Richard Sisson	. \$10	Discount Computer Repair
		Barron's
Jack Peel	. \$10	Bill the Carpet Guy
		J. Timothy Doerner, D.D.S., P.A.
William Leidigh	. \$10	Imperial Electric
Jennifer Clarkson	. \$10	Jones & Sons Plumbing
David Sayer	. \$10	Air Masters of Pinellas
Linda Kohnen	. \$10	
Ed Perrella	\$5	1st Class Handyman Service
		Doll Brothers
Charles Callari	\$5	Air Masters of Pinellas
		Boss Electric
Mary Coogan	\$5	AMS
Helen Coar	\$5	
Cecilia Carroll	\$5	AJ's Beds
		Ron Wyngarden Mobile Home Wash
William Looft	\$5	BugginOut Pest Control
Linda Wagler	\$5	Debbies Salon

viillers are.		
Dave Shepherd	\$5	Battleline Termite & Pest Control
Beverly Zanella	\$5	Royal Enterprise
		Jones & Sons Plumbing
Loraine Cote	\$5	Boss Electric
Florence Ballard	\$5	BugginOut Pest Control
Tony Fauvelle	\$5	Air Masters of Pinellas
		Heller's Mobile Home Washing
Bruce Stevens	\$5	Flanagans Porch
Fred & Pat Robichaud	\$5	1st Class Handyman Service
		Bob's Mobile Home Washing
		Bill the Carpet Guy
		Doll Brothers
		Boss Electric
Janice Thorne	\$5	Heller's Mobile Home Washing
Robert Kerner	\$5	J. Timothy Doerner, D.D.S., P.A.
Margaret Fake	\$5	Jones & Sons Plumbing
Vernon Balda	\$5	Mr. Fix It
Martha Taylor	\$5	Air Masters of Pinellas
Allan Kelly	\$5	Discount Computer Repair
		Perfect Repair
Gary & Peggi Dubendorfer	\$5	Bob's Mobile Home Washing
Elizabeth Bryan	\$5	Debbies Salon
Florence Barton	\$5	Battleline Termite & Pest Control
Howard Anderson	\$5	Jones & Sons Plumbing

[·] Limit of one ticket per visit · Advertiser may have up to 4 winners per month · Advertiser must have bill paid current to qualify • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers.

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