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SHADY LANE OAKS

January • 2015

Issue 11 38th Year

Ed Armstrong & Cheryl Davis
of Americana Cove
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Shady Lane Oaks Activities

10:30A....Aquacise......Every Mon., Wed & Fri.



6PPokerEvery Monday



6:30P American Euchre



6PEvery Thursday



January Is...



National Hot Tea Month. What better time of year to settle down for a nice relaxing cup of hot tea? According to the Tea Association of the U.S.A. Inc., tea's health benefits include antioxidants, which aid in cancer risk reduction, increased blood flow for cardiovascular health, and increased energy expenditure that may help combat obesity.

National Slavery and Human Trafficking Prevention Month. Aimed at raising awareness of the many forms of human trafficking that still plague the world today: "Children forced to take part in armed conflict or sold to brothels by their destitute families, men and women who toil for little or no pay, who are threatened and beaten if they try to escape," as the 2013 presidential proclamation put it.

National Volunteer Blood Donation Month. When you give blood at your community blood center, you can save up to three lives. Blood is always needed—up to 40,000 pints every day. Find your local blood donation center to find out more about how you can help.

Train Your Dog Month. Did you know you can start training your puppy when he or she is just seven weeks old? Dogs, like people, are learning every second of the day. For a truly well-mannered dog, you need to reinforce the positive behaviors. "Use it or lose it!" is a good maxim to follow when teaching your dog. For training tips, go to www.trainyourdogmonth.com.

















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January Sudoku

Difficulty level: easy.

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Millennials dreaming the American dream

The American dream of buying your own home is alive and well, but surprisingly, it's stronger among the members of Generation Y than their older friends. The most recent U.S. Housing Confidence Survey found that among millennials (age 18-34) who currently rent their abodes, 82 percent are confident about their ability to someday purchase a home of their own, while only 62 percent of Generation X renters (age 35-49), and only 48 percent of baby boomers (age 50-64) feel the same.

And despite the real estate crash of a few years ago, millennials are more bullish on property values, with 33 percent expecting the value of homes to rise in the coming years, compared to 21 percent of Gen Xers and 15 percent of the boomer population.

Maybe they're just naïve, but millennials seem to have more traditional opinions about housing than their older forebears. Sixty-five percent agree that owning a home is necessary to living "the good life," and 46 percent feel that home ownership is a requirement to being considered a respected member of society. In both areas, Generation X and baby boomers exhibit lower levels of agreement. Are they more realistic, or just shell-shocked and cynical? Only time will tell.

Eat right to avoid the flu

It's never too late to protect yourself (and your friends and family) from the flu. A flu shot may be your best line of defense, but you can also keep the flu virus at bay with help from these foods:

- Chicken soup, Once again, your mother was right. Chicken soup provides fluids that help fight off viruses, and it can reduce inflammation and other symptoms of the flu.
- Garlic. Compounds in garlic (also onions) known as allion and allicin have an antiviral impact. For maximum effect, chew a raw clove every three to four hours. If necessary, try chopping the clove into smaller pieces to swallow like pills.
 - Pumpkin seeds. The zinc in pumpkin seeds is said to help white blood cells fight off disease.
- Citrus fruits. The vitamin C found in most citrus fruits (as well as red bell peppers, broccoli, sweet potatoes, and otherfoods) can reduce cold and flu symptoms by up to 25 percent.

• Blueberries. Antioxidants are more plentiful in blueberries than in lots of other fruits and vegetables. Eat half a cup a day during flu season. Fresh blueberries are best, but even frozen ones offer strong benefits.



























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EVENTS & PROGRAMS

BINGO, SUGAR CREEK MHP, EV-ERY THURSDAY, SALES CLOSE 6:30 P, 10265 ULMERTON RD LAR-GO (BEHIND PIER ONE STORE)

Bingo, Friday nights 6:30pm - Four Seasons Estates Clubhouse, behind Largo Mall & Golden Coral. Variety of games; Prizes up to \$250!

BINGO, Thursday Nights, 6:30p.m., Paradise Island Clubhouse, 1001 Starkey Rd., Largo, 4 blocks south of East Bay. Kitchen open 4 to 6p.m. Dinner specials, sandwiches, Fries, desserts, drinks, ice cream, floats and sundaes. 29 games,\$50,\$250,\$250, payout-\$1850. Fun, Fun, Fun \$\$\$

Sat. Jan 17, 2015, 8 a.m. - 1 p.m. AN-NUAL TRASH & TREASURE RUM-MAGE SALE- BAKE SALE. Glenwood Estates, 12501 Ulmerton Rd., Largo

TRASH & TREASURE SALE SER-ENDIPITY MOBILE HOME PARK. SAT FEB 7TH 8AM TO 1PM, MANY ITEM CLOTHING, FURNITURE, AND MUCH MORE. PLEASE COME AND JOIN US FOR COFFEE AND DOUGHNUTS, OR LUNCH.

US 19 N, 19709 Japanese Garden MHP - Annual Rummage Sale Saturday, Jan. 10th 8-11 am

Golden Acres MHP 1040 Main St. Dunedin, Many Yard Sales, Sat Jan 24th. 8am - 1pm

Sat Jan 31, 9am to 2pm, WHITE EL-EPHANT SALE. Ranch Mobile at Clubhouse, Lake Rd (between 142nd & 150th Ave. N. Zip 33764

Sat. Jan 17th, 2015, 8:00a.m. - 1:00p.m. ANNUAL RUMMAGE AND BAKE SALE, Boca Ciega MHP, 11200 Walsingham Rd, Largo. Breakfast/Lunch served

FREE SEMINAR: A retired contractor with 50 years experience will discuss the 10 MOST COMMON MISTAKES WHEN HIRING A CONTRACTOR and avoiding scams. Schedule a seminar at your clubhouse. Call Tony Fania, 973-479-1248 (cell)

Sat. Jan. 31, 2015 - Community Sale -8AM - 1PM, Paradise Island Section of Lake Haven MHP. Main St. (SR580) & Lake Haven Rd. (W of Keene/ CR1), Dunedin. Housewares, Linens, Clothes, Small Appliances, Jewelry, Furniture, Baked Goods, Raffle Baskets, Lunch

Sat. Jan 31, 8 to 2, OAK CREST / ACORN MHC 9925 Ulmerton Rd. & 435 16th Ave. S.E., CARPORT/BAKE SALE

Sat. Feb 28, 8-1pm Flea Market, Colonial Village, 2000 East Bay Drive, Largo

GOLDEN CREST AMAZING AN-NUAL RUMMAGE SALE - 800 Main St. Dunedin - Sat. Jan. 17 - 8am to noon - BARGAINS GALORE - BAKED GOODS - serving LUNCH AND MORNING COFFEE

ANNUAL BAZAAR Pointe West ROC, 12651 Seminole Blvd. Largo. Saturday, January 17. 8:30 AM - 1 PM. EARLY BIRD Admission \$1.00 @ 8:00. Arts & Crafts, Furniture, Kitchen Items, Linens, Clothing, Jewelry. Baked Goods and Raffles. Breakfast and Lunch served.

ANNUAL Flea Market - Four Seasons Estates, Largo- Saturday, January 24, 2015 8am-1pm. \$1.00 Early Bird entry fee 7:30-8:00am. Offering furniture, clothing, tools, jewelry, linens, books, etc., homemade baked goods, snack bar, raffles. Free golf cart shuttle service. Join us at 13225 101st St., behind Largo Mall, just off Ulmerton Rd., beside Golden Corral.

Suncoast Woodcarvers Annual Show. January 17 - 18, 2015, 10 AM to 4 PM, Seminole Recreation Center 9100 113 Street N, Seminole FL, Food, Vendors, Demos, Free Parking, Admission \$3. \$1 off the regular price with this ad

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Note: Emporium is 2 pages this month.

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• Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284. • 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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14.492 manufactured home residents have won over \$124.374 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 reciept to us at Monthly Media • PO Box 1023 • Venice, FL 34284. 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	4-6 weeks fo	r mailing of check).	This month's cash	winners are:

Allow 4-0 weeks lol ill	ialility of citeck). This months ca
Bonnie Moen	\$100Gulf Coast LLC
Alan Rusk	\$10 Natures Resource Pest Control
Clif Haseltine	\$10 Suncoast Auto & Tire
Jack Allen	\$10Jones & Sons Plumbing
Rod Olson	\$10Appliance Specialty Inc
Margaret Steward	\$10Debbie's Šalon
Nancy Peterson	\$10 Doll Brothers Carpet
Alice Godzich	\$10Socia's Painting
Betty Jones	\$10Ron Wyngarden
Sara Schmidt	\$10 Medicine Shoppe
Mullen Denis	\$10Notebooks Plus
Mary Bermke	\$10Natures Resource Pest Control
Delight Colby	\$10 Knoblach Hearing Care
	\$10 Heller's Mobile Home Washing
	\$5 Heller's Mobile Home Washing
Joyce Parker	\$5Boss Electric Corp
Kathy Gregory	\$5 Bill The Carpet Guy
Nancy James	\$5Bob's Appliance
Marilyn Sorrell	\$5 Century Awnings
Art Temple	\$5 Bob's Mobile Home Washing
Paul Harris	\$5 ASC Aluminum Specialty
Richard Schuneman	\$5AJ's Bed & Furniture
Margaret Price	\$5 Air Masters of Pinellas
David Terry	\$5 Jones and Sons Plumbing

nners are:	
Betty Panek \$5	Knoblach Hearing Care
Ruth Walpole \$5	Kathy's Cleaning Service
Gerald Russell \$5	Mitchell Siding
Judy Mootsey \$5	Mitchell SidingThe Plumbing Patrol
Donna Miller \$5	Ray Duncan Plumbing
John Mackay \$5	Modern Air Conditioning
Roger Wilson \$5	Royal Enterprise
Judith Hedges \$5	Dr. Peter M. Mason
Barbara Mastrogianis \$5	Sunset Appliance Service
Roger Schnabel \$5	Haseney Electrical Service
Nancy Lenard \$5	Florida Anchor & Barrier
Pat Ruedy \$5	Florida Anchor and Barrier
	E&E Gliddon Air Conditioning
Theresa Kirke \$5	Chambers Specialties Inc.
	Doll Brothers Carpet
Shirley Frew \$5	Dunedin Plumbing
	Dunedin Electric
	Barron's Air Conditioning
JoAnn McMunigle \$5	Denny's Plumbing, Inc
William Krawczyk. \$5	Boss Electric Corp
James Erickson \$5	Socia's Painting
	Suncoast Auto & Tire
Jean Davis \$5	Jones and Sons Plumbing
Bonnie Pengelly \$5	Air Masters of Pinellas

[•] 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 • Green tickets available at participating Monthly Media advertisers. 10

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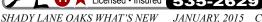


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Shady Lane Oaks

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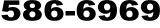
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- 1. Whirl
- 5. Speedy
- 10. Long ago
- 14. Killer whale
- 15. Genus of heath
- 16. Countertenor
- 17. Bad end
- 18. He eats no meat
- 20. Memory loss
- 22. Be out of line with
- 23. Downwind
- 24. S S S S
- 25. Insurance firm
- 32. Composure
- 33. Watchful
- 34. Belief
- 37. Poems
- 38. All excited
- 39. Alone
- 40 Mesh
- 41 Communion table
- 42. Toward the outside
- 43. Spontaneous abortion
- 45. Fish broth
- 49. An Old Testament king
- 50. Creative persons
- 53. Extreme nervousness
- 57. Conversion
- 59. Bright thought
- 60. Legal wrong
- 61. Specialty
- 62. 1/100th of a dollar
- 63. Is endebted to
- 64. Inclination
- 65. Initial wager



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63					64						65			

DOWN

- 1. Fizzy drink
- 2. A formal high school dance
- 3. Computer symbol
- 4. Unidentified
- 5. Examine again
- 6. District
- 7. Hog
- 8. Frozen
- 9. A romantic meeting
- 10. City in France
- 11. Assumed name
- 12. Condition
- 13. Notes
- 19. Stave off

- 21. Arid 25. Atop
- 26. Connecting point
- 27. Weight loss plan
- 28. Flat floating vessels
- 29. Of a pelvic bone 30. Latin name for our
- planet
- 31. Before, poetically
- 34. Greek letter
- 35. Smelting waste
- 36. Style 38. Former boxing
- - champ

 - 39. Painful disorder of the hip

- 41. Awry
- 42. At one time (archaic)
- 44. Showered
- 45. Philippine tribal
- chief
- 46 Shot from a bow
- 47. Look at with fixed eves
- 48. Suggestions
- 51 Hue
- 52. Blend
- 53. One of the 4 gospels
- 54. Biblical garden
- 55. Lease
- 56. Satisfy
- 58. Frozen water

January Crossword











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One study cited in U.S. News & World Report found that teens who are early to bed and early to rise tend to be in better health than their peers who stay up late and sleep in, even if they get the same amount of sleep. And other studies suggest that morning people do better at resisting fatigue, anxiety, and depression, while nighthawks appear to suffer higher rates of insomnia and ADHD. The stay-up-late crowd may also have a higher propensity for substance abuse, addictive behaviors, and mental health problems.

But being a night owl has its advantages, too. Research also indicates that they can have higher IQs, more stamina during the day, better reasoning and analytical skills, and greater creativity and productivity. These traits, along with an inclination toward more risk-taking, seem to contribute to night owls having a higher average level of financial and career success.

The Mayo Clinic website notes that our sleeping habits are governed by the body's natural 24-hour cycle, known as the circadian rhythm. Some people have a slightly longer light-to-dark ratio, making them night owls; others with a short cycle tend to be early risers. However, the cycle can shift over a person's lifetime: Young children are usually early birds, then become nighthawks as teenagers, then gradually transition back to being morning people as adults.





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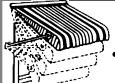
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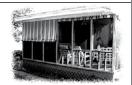
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