



OFFICE: 15777 Bolesta Road • Clearwater • FL 33760 • 727-531-3118

SHADY LANE OAKS

• WHAT'S NEW •

May • 2015

**Issue 3
39th Year**

**Happy Memorial Day!
Avery holding the flag with his "Papaw"
(Sherrell Weathers) of Shady Lane Oaks**



**Monthly Mania Winner!
\$100 • Lorene Hunnell
Mobile Home Depot**

**Delivered Door-to-Door by Park
Residents FREE Every Month**

view this newsletter on-line at www.monthly-media.com



FOR AD RATES & INFO 727-484-7488 • info@monthly-media.com

May Is...

ALS Awareness Month. Amyotrophic lateral sclerosis (ALS), commonly known as Lou Gehrig's Disease, is a neurodegenerative disease that affects nerve cells in the brain and the spinal cord. The ALS Association uses this month to focus the public spotlight on the disease as well as on global ALS research and public policy efforts.

Get Caught Reading Month. A nationwide campaign to remind people of all ages how much fun reading can be. The Get Caught Reading organization encourages readers young and old to enjoy books and magazines and to share that pleasure with everyone—especially children.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling—and encourage more folks to give it a try.

Skin Cancer Awareness Month. Skin cancer is the most common form of cancer in the United States, with 3.5 million cases diagnosed annually in more than 2 million people. Fortunately, it's also one of the most preventable. Some simple precautions—stay in the shade, use sunscreen, check your skin regularly—can help keep you healthy and safe.

Get smart with your exercise routine

In spring, many of us start putting our exercise routines into high gear. So here are some tips on exercising more safely and effectively:

- Stretch. Stretching helps loosen muscles and prevent aches the next day.
- Go easy on the weights. Start gradually and work your way up. To tone, stick with 3- to 5-pound weights and more repetition. To build muscle faster, choose slightly heavier weights and fewer reps.
- Warm up. Especially before aerobics. Warm muscles mean less chance of injury during your workout. Five minutes of brisk walking is enough.
- Cool down. Let your heart ease back to a normal rate after a workout so you don't overtax it. Gradually slow down your heart rate to 120 beats per minute or less.
- Drink enough water. If you feel thirsty, you've already dehydrated your body. Drink water before exercising and after.



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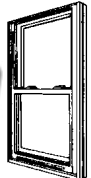
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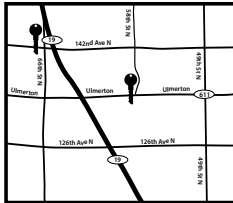
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24 ★ **ASC 547-8300** 21

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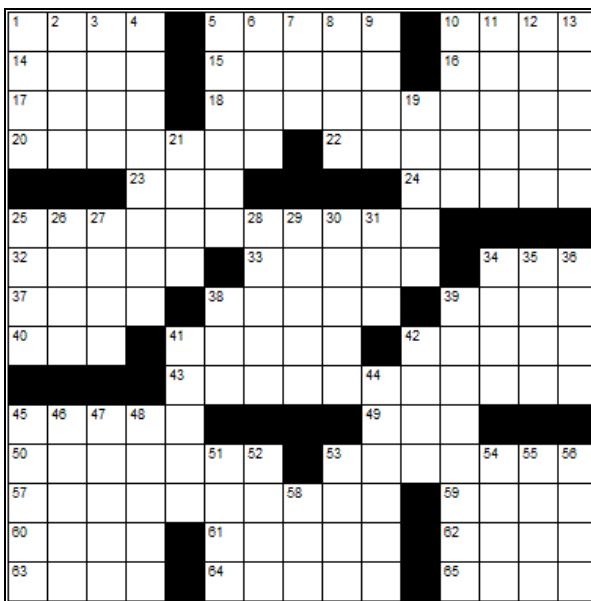
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ACROSS

- 1. Probabilities
- 5. Poplar tree
- 10. Playlet
- 14. Flippant
- 15. Craze
- 16. Walk in water
- 17. Winglike
- 18. Hades
- 20. Readable
- 22. Without a weapon
- 23. D
- 24. Prepared
- 25. A gaudy outward display
- 32. Gleam
- 33. Subtract
- 34. An old rustic dance
- 37. Lease
- 38. Small fatty European fish
- 39. Carpenter's groove
- 40. Female sheep
- 41. Minty drink
- 42. Also called Peter
- 43. Immeasurable
- 45. Cantaloupe for example
- 49. Gist
- 50. Filling material
- 53. Try
- 57. Excusable
- 59. Story
- 60. Not pre-recorded
- 61. Extraterrestrial
- 62. Biblical garden
- 63. Distinctive flair
- 64. Delineated
- 65. Chair



DOWN

- 1. Iridescent gem
- 2. Expunge
- 3. Haul
- 4. ShriII
- 5. Talisman
- 6. Curse
- 7. Terminate
- 8. Place
- 9. Acquire deservedly
- 10. Cursed
- 11. Fate
- 12. Stagnated
- 13. Woman's undergarment
- 19. Alerts
- 21. Not straight
- 25. Monster
- 26. Killed
- 27. Prong
- 28. Enough
- 29. Rubber wheels
- 30. Awkward
- 31. Not in
- 34. Doorpost
- 35. False god
- 36. Departed
- 38. Our star
- 39. Insulin deficiency
- 41. Bellicose nationalist
- 42. Porn
- 44. Have in mind
- 45. Official tree of Canada
- 46. Electronic letters
- 47. Stage between egg and pupa
- 48. Bygone
- 51. A Freudian stage
- 52. French Sudan
- 53. Away from the wind
- 54. Fabricated
- 55. Urgent request
- 56. Canvas dwelling
- 58. Container

May Crossword



May Sudoku

a			2		9				d					8
9				6	f		8	2				g	1	
	d							c		b	7		e	3
		7	b	a	c	d					g		2	9
	a					c	b	d	e					
		b		1							5			6
			7							3		f		2
f					d			9		c				5
	9			8			6			3		d	a	4
		e	1		4				c		6			2
			8		5	a	f	7				g		
2			4									7	1	
1		g		3			5	7			b	f		
				f	6	1					4	c	d	
e	4	d			b		7		5	f				a
		5					2	a						3

www.sudoku-puzzles.net

**Happy
Memorial
Day**



www.sudoku-puzzles.net

9	3	7	1	6	2	8	4	e	d	9	5	f	8	3
8	a	6	2	9	1	5	7	b	3	4	d	e	8	2
5	5	3	4	6	3	9	7	c	1	6	f	a	2	8
4	e	9	d	7	2	8	5	7	d	b	3	a	6	1
6	c	9	1	7	3	4	8	6	5	7	2	1	0	8
2	6	a	4	b	3	c	5	8	e	d	7	f	1	9
3	0	8	9	5	2	a	f	7	4	1	6	3	8	7
7	9	f	c	8	1	e	6	b	3	2	d	5	a	4
1	2	1	g	a	4	9	6	c	8	3	0	7	5	7
c	e	6	7	5	8	6	9	4	b	1	3	a	f	2
4	a	6	5	2	3	c	b	d	e	7	f	9	8	1
0	6	3	8	b	d	1	7	9	f	2	g	a	4	c
6	5	7	d	a	c	d	e	3	1	8	9	4	2	f
3	d	8	f	4	2	5	1	c	9	b	7	6	a	e
9	3	c	e	6	f	7	8	2	4	5	a	b	9	1
a	1	4	2	9	7	6	3	8	f	d	e	5	c	7

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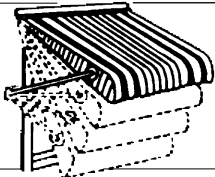
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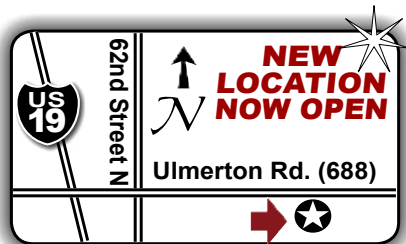
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Looking for a diet? Check these winners

Lots of us want to lose weight. So what's the best diet to follow if you need to shed some unwanted pounds? U.S. News & World Report has ranked the best overall diets for 2015. If you're serious about getting healthy, check out the top five:

- **DASH Diet.** Aimed at alleviating high blood pressure (DASH stands for Dietary Approaches to Stop Hypertension), this plan also helps prevent and control diabetes.
- **TLC Diet.** Created by the National Institutes of Health, the Therapeutic Lifestyle Changes diet takes a do-it-yourself approach to promoting cardiovascular health.
- **Mayo Clinic Diet.** This diet focuses on healthy eating as a lifelong habit more than losing weight, but it's considered an effective approach to good nutrition.
- **Mediterranean Diet.** Fruits, vegetables, whole grains, and fish are emphasized in this diet, which is patterned after the eating habits of the nations bordering the Mediterranean Sea.
- **Weight Watchers.** Targeting both short-term and long-term weight loss, the Weight Watchers PointsPlus plan assigns every food a points value, based on such factors as protein, carbohydrates, and fat, and recommends denser food choices that fill you up longer.

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So Benjamin and Betty got out a machine they had for making tea bags and started bagging sugar. They pitched their idea to a local sugar manufacturer. Unfortunately, they did such a good job of selling the concept that the manufacturer started bagging the sugar himself.

But the Eisenstadts didn't let another setback get them down. They started bagging soy sauce and ketchup until someone suggested using their packets to market a sugar substitute—and Sweet'N Low was born.



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Adults: Make time to play

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- Play games. Host a regular night or weekend with family and friends. Play cards, board games, and interactive games like charades or Dungeons & Dragons.
- Go out with co-workers. Join in after-work activities with others in your organization. You don't always have to go to the bar; suggest bowling or a game of miniature golf.
- Get a pet. Playing with a dog or cat can be relaxing and fun.
- Find playful friends. Expand your network to include some positive-minded people who like to try new things.

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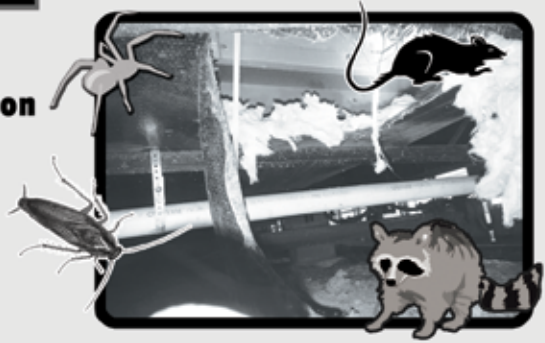


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Thanks!

-Monthly Media Staff



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 • 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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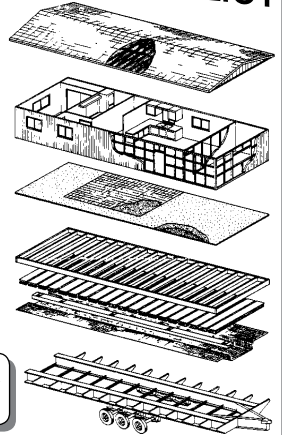
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(Allow 4-6 weeks for mailing of check). This month's cash winners are:

Lorene Hunnell \$100.00	Mobile Home Depot	Joan Brown \$5.00	Bay Area Aluminum Service
Scott Ellsworth \$10.00	Donna Bucher - Wagner Realty	Sharon Schlemmel \$5.00	Notebooks Plus
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Jim Maher \$10.00	Air Masters of Pinellas	John Hemeon \$5.00	E & E Gliddon Air
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Mary Buote \$10.00	Chambers Specialty Inc.	Blake Starratt \$5.00	Barron's A/C & Appliance Service
Jim Schroder \$10.00	Battleline Termite & Pest Control	Sue Vossler \$5.00	Largo Plumbing Co.
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• 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.

Sometimes it is, in fact, lupus

Contrary to what one cranky television doctor (House, M.D.) would like you to believe, lupus is a very real disease that hundreds of thousands of people deal with every day.

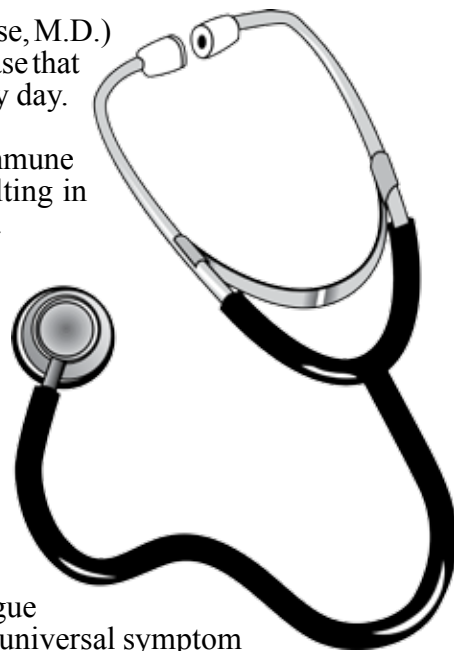
Lupus is an autoimmune disease in which the patient's immune system attacks healthy parts of his or her own body, resulting in inflammation, swelling, and pain, among other symptoms.

What can make lupus dangerous is when it attacks vital organs such as the heart, lungs, or liver. It is more likely to affect women than men, as well as people of non-European descent. However, if caught early, those affected by lupus have a good chance of living normal and healthy lives.

Symptoms of lupus include the following, and if it seems like many apply to yourself, you may want to visit your doctor:

- **Fatigue.** Most people who have from lupus suffer fatigue whenever the disease is about to flare up. This is a near-universal symptom regardless of how strong or mild the case is.
- **Joint and muscle pain.** Arthritis is another common side effect of lupus. Almost three-fourths of all patients report joint and muscle pain to be the first sign that they have lupus. Look for arthritis in the wrists, small joints of the hands, elbows, knees, and ankles.
- **Skin irritation.** Many lupus patients wind up with skin rashes, especially on the face. Sores, flaky red spots, and scaly rashes are also possible, and can be located on the face, neck, back, hands, and arms.
- **Chest pain.** The disease can cause inflammation of the heart and the lungs, which can result in very strong chest pains that can put people at an increased risk of a heart attack or a stroke.

Celebrities who have had lupus include singers Michael Jackson, Lady Gaga, and Toni Braxton, as well as My Favorite Martian actor Ray Walston.



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where budgets and home solutions meet.

AFFORDABLE VAPOR BARRIER

Have You Looked **UNDER** Your Home Lately? **PROTECT YOUR HOME**

**Fix Small Problems Today
Before They Cause Serious Damage!**

We will inspect and photograph any issues, showing you pictures of the underside of your home. Damaged & worn vapor barriers can create high energy costs and allow mold & mildew to grow and weaken your sub floor creating "Soft Spots". Keep Mold, Moisture & Animals out of your Home.



Repairs will be made quickly and include a
20 Year Transferable Warranty!

**10%
MILITARY
DISCOUNT**

Call Us for a **FREE NO-PRESSURE No-Obligation Estimate**

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727-492-1884

Licensed
#OCL0027169

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info@FloridaUnderHomeSolutions.com • Bonded • Insured

E&E GLIDDON

• FULL SERVICE • ELECTRICAL CONTRACTOR

\$45⁰⁰ Service Call

LOST POWER? CALL TODAY!

33 ★ **FREE ESTIMATES** 33



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LIC # ERO014368

HAVE YOU SUFFERED FROM WATER OR FLOOD DAMAGE?

Fully
Guaranteed
Property
Repair Service
& Floor Repairs



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