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SHADY LANE OAKS

• WHAT'S NEW •

C

May • 2016

**Issue 3
40th Year**

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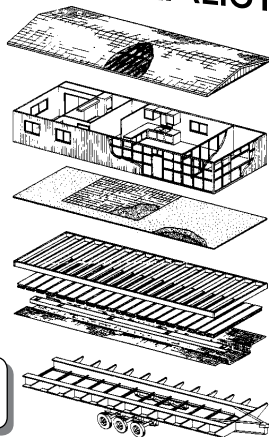
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Did you know that May is also...

ALS Awareness Month. ALS, also known as Lou Gehrig's disease, is caused by the death of neurons, leading to stiff muscles, twitching, and gradually worsening weakness. No cure is known, but this month is an opportunity to spotlight and support research to fight this deadly disease.

Better Hearing Month. Approximately 36 million Americans suffer from some form of hearing loss—and more than half are under 65. Visit an audiologist today to learn how to protect your hearing and ensure that your ears stay healthy throughout your life.

National Military Appreciation Month. As designated by Congress, National Military Appreciation Month celebrates the history of our armed forces and recognizes the brave people who have served in every branch of military service. It also allows Americans to educate each generation on the historical impact of our military through community participation.

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 giving biking a try.



Children's Mental Health Awareness Week, May 1-7. A yearly event aimed at raising awareness of the issues and causes integral to the children's mental health field nationwide. Sponsored by the National Federation of Families for Children's Mental Health, this year's theme is "Healthy Families, Resilient Children: Mental Health is a Family Affair."

National Nurses Week, May 6-12. One of the nation's largest health care events, National Nurses Week ends on the birthday of Florence Nightingale, the mother of modern nursing, and recognizes the contributions nurses make. It also educates the public about the significant work they perform.

American Craft Beer Week, May 16-22. American craft brewers are small, independent, and traditional. The average American lives within 10 miles of a brewery, and the United States now has more beer styles and brands to choose from than any other market in the world. Enjoy a cold one (responsibly) all month long.

May Day, May 1. An ancient northern hemisphere spring festival celebrated in many cultures. Dances, singing, and cake are usually part of the activities.



Mother's Day, May 8. Don't forget to tell your mother (and mothers everywhere) how much she means to you.

Memorial Day, May 30. A U.S. federal holiday honoring those who have given their lives while serving in the armed forces.

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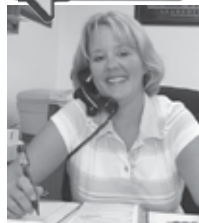
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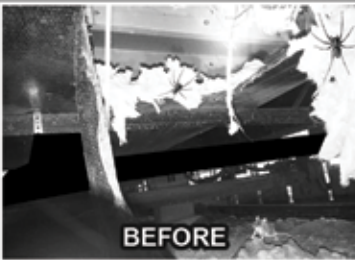
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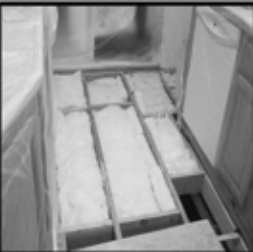


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Caregiving has its rewards

As Americans live longer, families are feeling a heavier burden in the caregiving area. The Bureau of Labor Statistics estimates that some 40.5 million Americans are acting as unpaid caregivers for older family members. Most just help one person, but 22 percent are responsible for two people and 7 percent provide help to three or more. Most caregivers are between the ages of 45 and 64 (23 percent), but 17 percent of people older than 65 act as caregivers as well.

The demands may be high, but many Americans find the work worthwhile. Yes, 32 percent describe caregiving as stressful, but 88 percent say helping out an elderly loved one is a rewarding experience.

Try these year-round common cold remedies

You can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- Honey. Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- Zinc. Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- Hot liquids. Hot tea or water can loosen up congestion in your chest and sinuses.
- Salt water. Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- Vitamin C. Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.



We must respect the past, and mistrust the present, if we wish to provide for the safety of the future.

—Joseph Joubert

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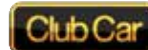
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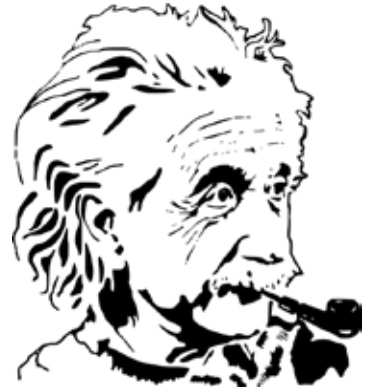
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Einstein: A genius with a human touch

Albert Einstein was a scientific genius, and stories about him are legendary. Three stories illustrate that he was as human as the rest of us:

- When Einstein went to Princeton University in 1953, someone asked what he would need for his office. His reply: “A desk, some pads and a pencil, and a large wastebasket to hold all of my mistakes.”
- A student visited Einstein in his Princeton office one day with a copy of this year’s final exam in his hand. “Professor, all the questions on this year’s test are the same as last year!” “Yes,” Einstein replied, “but this year all the answers are different.”
- After finishing a paper, Einstein and his assistant could find only one paper clip in his office to hold the pages together. Unfortunately, it was bent out of shape and impossible to use. They searched the desk for something to use as a tool to straighten the clip, and found a full box of paper clips in one drawer. Instead of taking one of those clips, Einstein used one as a tool to straighten out the bent clip.



The assistant asked why he didn’t just use one of the fresh clips. Einstein answered, “Once I am set on a goal it becomes difficult to deflect me.”

Too much of a good thing

A farmer went to church one Sunday. To his surprise, he and the minister were the only people there.

“This is a little embarrassing,” the minister said. “Since you’re the only one here, would you really like to hear my sermon?”

The farmer said, “Well, I’m not too smart, but if I went to the barn to feed my cattle and only one showed up, I’d still feed him.”

So the minister began his sermon. He spoke passionately for an hour and a half. When he finished, he asked the farmer what he thought.

The farmer answered, “Well, I’m not very smart, but if I went to feed my cattle and only one showed up, I sure wouldn’t feed him all the hay.”

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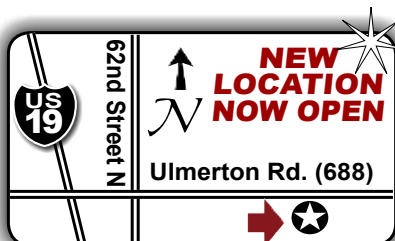
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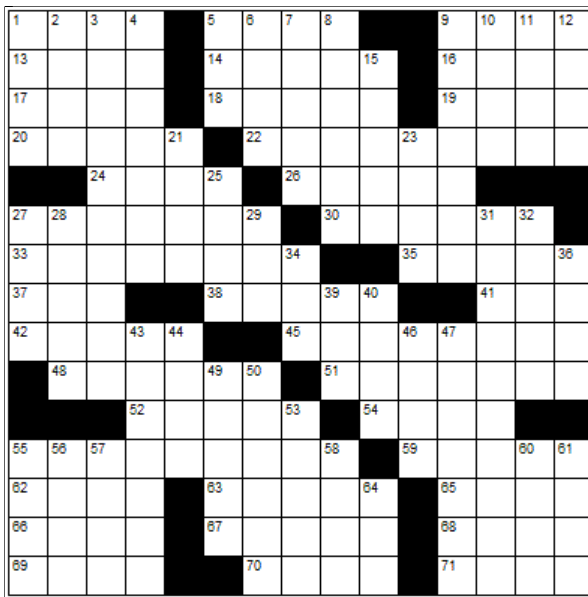
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ACROSS

- 1. City in Peru
- 5. At one time (archaic)
- 9. Biblical kingdom
- 13. Norse god
- 14. Clairvoyants
- 16. Connecting point
- 17. A style of design
- 18. Pontifical
- 19. One who accomplishes
- 20. Our planet
- 22. Secretariat was one
- 24. Buckeye State
- 26. Pariah
- 27. Merit
- 30. Stoppage
- 33. Addition
- 35. Slowly, in music
- 37. Prefix meaning "Modern"
- 38. Bloodsucker
- 41. Coniferous tree



DOWN

- 42. Not full
 - 45. Giggling
 - 48. Ventilate
 - 51. Punishment
 - 52. Tapestry
 - 54. Sodium chloride
 - 55. Remember
 - 59. Body
 - 62. Portent
 - 63. Coral island
 - 65. Effrontery
 - 66. Chomp
 - 67. Compacted
 - 68. Decorative case
 - 69. Sun
 - 70. Marsh plant
 - 71. Roman emperor
- 1. Prospector's find
 - 2. Bright thought
 - 3. Used to see small things
 - 4. Some other
 - 5. Clairvoyant's gift
 - 6. Back
 - 7. Flower part
 - 8. Vestiges
 - 9. Approve of
 - 10. A swinging barrier
 - 11. Poems
 - 12. No more than
 - 15. Napped
 - 21. Employ
 - 23. Make well
 - 25. Egg-shaped
 - 27. Eat
 - 28. Colonic
 - 29. East southeast
 - 31. Penetrate
 - 32. Scrimp
 - 34. Snake-like fish
 - 36. Unrestrained revelry
 - 39. Type of hat
 - 40. Colors
 - 43. Coach
 - 44. Tale
 - 46. Annoying insect
 - 47. A grouping of elements
 - 49. Threesome
 - 50. A Christian celebration
 - 53. British biscuit
 - 55. Steals
 - 56. Send forth
 - 57. Anagram of "Meat"
 - 58. If not
 - 60. Aspersion
 - 61. Hodgepodge
 - 64. Directed

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Exercise: More isn't necessarily better

Losing weight is just a matter of exercising, right? Actually, that may not be the case, according to a study of exercise and weight loss reported on the CNN website.

Researchers looked at 332 adults in the U.S., Jamaica, and Africa, measuring their activity level over a week. The volunteers displayed a variety of exercise levels from sedentary to active. Although those who exercised and were active more burned away more calories than the others, their activity tended to hit a plateau—after a certain level, more exercise didn't produce more weight loss.



Switching exercises helped a little, since using different muscles can make your body use more energy. But in the long run, a combination of exercise and a reduced-calorie diet may be your best bet for losing those unwanted pounds.

Don't get zapped at work (or home)

Electrical hazards at home and in the workplace injure thousands every year from burns and shocks. Faulty or overloaded wires cause the majority of accidents, so protect your family and your co-workers by following these guidelines:

- Get inspected. If your electrical panel hasn't been inspected for more than 10 years, get a qualified electrician to look it over.
- Unplug heat appliances after use. At home, that includes toasters, hair dryers, and irons, among others. In the office, unplug space heaters or anything else that can cause a fire.
- Use the correct wattage. Putting a 75-watt bulb in a 60-watt light socket is asking for trouble.
- Don't overuse extension cords. They're meant for short-term use, not as way to plug in as many appliances as possible into one outlet.
- Use surge protectors. They'll keep computers and other appliances safe from overloaded circuits.
- Keep appliances away from water. If an appliance that's plugged in falls into water or gets wet, unplug it before you reach for it.
- Don't yank cords. When unplugging an appliance, always grip the head of the cord. Yanking and tugging can damage the cord's wire and insulation, which can lead to an electrical shock or fire.

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Sunday	Monday	Tuesday
1	2	
8	9	
Mother's Day		
15	16	
22	23	
29	30	
	Memorial Day	

Shady Lane Oaks

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
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Carol Zapiecki, Clearwater, FL



Space Station experiment points to possible life on Mars

Fungi from the dry, frigid environment of Antarctica took a trip to the International Space Station to determine their ability to survive under the harsh conditions of the planet Mars. Their endurance suggests that primitive life may indeed be viable on the red planet's surface.

As reported by the NBC News website, scientists took samples of the fungus from the McMurdo Dry Valleys in Antarctica, then had them sent up to the ISS, where the crew placed them on a sealed platform outside and exposed them to various types of conditions, including one which simulated the sparse atmosphere and the exposure to radiation present on Mars.

After a year and a half, the fungi had retained 60 percent of their cells, providing evidence that simple forms of life can survive under the toughest conditions in space and on distant planets.

Robot cockroaches could save lives

Few animals are as maligned as the lowly cockroach. But scientists have found something worth emulating about them—their ability to squeeze into even the tightest spaces. Cockroaches on the run are about ½ inch tall, but they're able to compress their bodies to a 10th of an inch when they're trying to hide. Scientists at the University of California-Berkeley have been able to adapt that flexibility in a small, soft, multi-legged robot dubbed CRAM (Compressible Robot with Articulated Mechanisms). Constructed with an “origami-like” manufacturing technique, CRAM is seven inches long, three inches tall, and 1.6 ounces, and it's able to compress itself just like a cockroach to get inside tiny spaces. The scientists hope that CRAMS could be deployed in swarms to search for survivors inside collapsed buildings.

Antilock brakes: Use them properly

Antilock braking systems in cars are designed to improve safety, but they won't do the job unless drivers know how to use them correctly. Here's the right way to use the ABS when you need to stop quickly:

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- Don't let up. The grating noise you may hear is the sound of the ABS working.
- Don't yank the wheel. You can steer your car safely, but if you yank the wheel, you could lose control.



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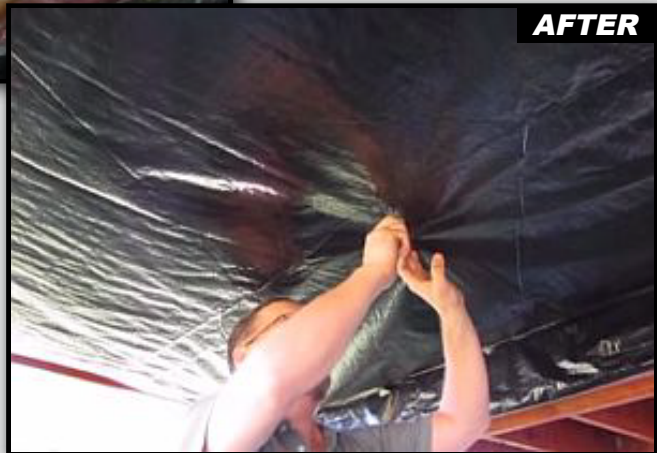
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Tarantulas have their own ‘Man in Black’

A new species of tarantula has been identified by a postdoctoral researcher at the Florida Museum of Natural History. Actually, Chris Hamilton discovered 14 previously unidentified species during his Ph.D. research at Auburn University, but only one of them was named after one of his favorite entertainers: country singer Johnny Cash.

Aphonopelma johnnycashi can be found, appropriately enough, near Folsom Prison in California, the setting of one of Cash’s most famous songs and the site of several concerts the “Man in Black” performed during his lifetime. Tarantulas have more than 50 different species, and Hamilton examined more than 3,000 specimens, narrowing the field initially to 29 possibilities and finally to 14 completely distinct species. Given that Hamilton has a tattoo of Cash himself, the name came naturally.



Shark attacks on the rise

The movie *Jaws* scared lots of people off the beach, but the danger of shark attacks is very real—and it’s increasing. Last year saw a record number of shark attacks, totaling 98 around the world, according to the Florida Museum of Natural History.

The U.S. had the most attacks in 2015, with 30 in the waters off Florida, eight in the Carolinas, seven in Hawaii, two each in California and Texas, and one apiece in New York and Mississippi. Other attacks occurred near the island of Reunion in the Indian Ocean, along with Australia, New Caledonia, and Egypt.



Scientists believe that attacks are rising because the shark population is recovering from low levels, and human populations are increasing as well.

Do not sit still; start moving now. In the beginning, you may not go in the direction you want, but as long as you are moving, you are creating alternatives and possibilities.

—Rodolfo Costa

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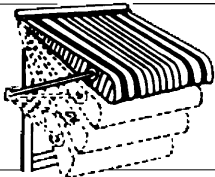
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3	9	5	8	7	4	6	1	2
6	2	8	3	9	1	4	5	7
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7	4	2	9	5	6	1	8	3
9	8	1	4	3	7	5	2	6
5	6	3	1	2	8	7	9	4



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After a second drink, then a third, the bartender starts to get nervous. Finally, after five drinks, the man turns to leave. The bartender says, “Hey, aren’t you going to pay for those drinks?”



The man says, “This is when the trouble starts!”

A long-awaited visit



An elderly grandmother was giving directions to her visiting grandson. “You come to the front door of the apartment building and use your elbow to push the button for unit 412, that’s my apartment. I’ll buzz you in, and you can use your elbow to push the door open. The elevators are on the right. Use your elbow to press the up button, and then use your elbow to press the fourth floor, and then—”

“Grandma,” the young man interrupted. “Why do I have to keep using my elbow?”

The woman paused. “You’re not coming emptyhanded, are you?”

Mistaken identity

Ron called 911 when his pregnant wife Ann went into contractions. The dispatcher asked some quick questions to help him relax: “How far along is she? Where is the nearest hospital? How far apart are the contractions?” Finally she asked, “Is this is her first child?”

“No,” Ron replied, rattled. “This is her husband!”

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EVENTS & PROGRAMS

HUGE YARD SALE! Abundant Life Ministries, 1550 Belcher Rd. S., Largo, FL 33771. Saturday, May 14th 8AM-4PM. Refreshments and Lunch available. ALL proceeds will benefit Missions.

Moving Sale: Doral Village, 29250 US Hwy 19 N. Lot #19, 33761. Bassett Furniture, S/S Gas Grill, King & Twin beds, Sleeper Sofa, Tools, Fishing Poles, Bikes, Housewares & Tons More. May 6th & 7th.

Carport Sale LaPlaza 6700 150th Ave N. #335 Clearwater, FL 33764. May 14th & 15th 8am

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

Beverly Hamel	\$100	Bill the Carpet Guy	Martha Blake.....	\$5	Royal Enterprises
Mr. Storts.....	\$10	Florida Anchor and Barrier	Danice Leal.....	\$5	Boss Electric Corp.
Joe Botero	\$10	Air Masters of Pinellas, Inc.	Daryl Lahiff.....	\$5	Battleline Termite & Pest Control, Inc.
John Dodge	\$10	Faling Construction, Inc.	Yvonne Large.....	\$5	Denny's Plumbing, Inc.
Jean Richter.....	\$10	Bob's Appliance Repair	Charles Smith.....	\$5	Doll Brothers Carpet Cleaners
Beverly Duhlen.....	\$10	Jones & Sons Plumbing, Inc.	Carol Knotts.....	\$5	Debbie's Salon
Leslie Simms.....	\$10	Appliance Specialty, Inc.	Helen Hicks.....	\$5	Boss Electric Corp.
Dorothy Kraus.....	\$10	Denny's Plumbing, Inc.	Rick Hodgson.....	\$5	Jones & Sons Plumbing, Inc.
Marvin Dyshaw.....	\$10	Professional Plumbing Inc.	Joan Henderson.....	\$5	Marti's Hair Salon
Arthur Paul.....	\$10	AMS West Coast	Maria Mayo.....	\$5	Bill the Carpet Guy
Beverly Blattner.....	\$10	Barrons AC & Appliance Service, Inc.	Kathleen Juneau.....	\$5	Knoblach Hearing Care
Jean Woolf.....	\$10	Heller's Mobile Home Washing	Theresa Rought.....	\$5	Appliance Specialty, Inc.
Leroy Berg.....	\$10	Community Roofing of Florida, Inc.	Joy Leap.....	\$5	Community Roofing of Florida, Inc.
Linda Reed.....	\$10	A1 Appliance Repair	Stuart Mater.....	\$5	Barrons AC & Appliance Service, Inc.
Vince Malorni.....	\$5	Modern AC & Appliance Service, Inc.	Paula Agar.....	\$5	Sunset Appliance Service
Richard Rueger.....	\$5	Dunedin Plumbing, Inc.	Keith Casey.....	\$5	Air Masters of Pinellas, Inc.
Hal Gray.....	\$5	Imperial Electric Service, Inc.	Tony Protano.....	\$5	Bill the Carpet Guy
Terry LaCasse.....	\$5	The Plumbing Patrol, Inc.	Joy Olson.....	\$5	Battleline Termite & Pest Control, Inc.
Robin Gosnell.....	\$5	Natures Resource Pest Control	Ken Murray.....	\$5	Modern AC & Appliance Service, Inc.
Mary Lange.....	\$5	Doll Brothers Carpet Cleaners	Sandra Obi.....	\$5	Largo Plumbing Co.
Catherine McGettigan.....	\$5	Buggin Out Pest and Termite Control	Larry Swanson.....	\$5	Mobile Home Depot, Inc.
Jan Hemingway.....	\$5	Ron Wyngarden MH Washing	Jeannette Morris.....	\$5	Notebooks Plus
Dave Hartsell.....	\$5	Sunset Appliance Service	Dorothy Wiederman.....	\$5	Heller's Mobile Home Washing
Norbert Natzke.....	\$5	Southeast Mobile Home Supplies	Denis Mullen.....	\$5	Largo Plumbing Co.

• 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.



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