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# Attention Shady Lane Oak Residents Editor Needed!!!

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JUNE, 2018 C SHADY LANE OAKS WHAT'S NEW

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SHADY LANE OAKS WHAT'S NEW JUNE, 2018 C

Month of June

Adopt A Cat Month. They're cute, smart, affectionate, cuddly, and sometimes dismissive. Find a shelter in your area, and make a connection with a furry friend you can take home.



**National Rose Month**. With 150 different species of roses and more than 11,000 hybrid varieties, you should be able to find one or two to cultivate and appreciate this time of the year.

**National Migraine and Headache Awareness Month.** Wear purple this month to show your support for those who suffer from headaches and migraines. To increase your awareness about these conditions, go to www.headaches.org.

**Sports America Kids Month**. Summer is here, so let's keep our youngsters active, healthy, and outdoors.

**Lemonade Days, June 2-10.** In 2004, Alexandra Scott lost her battle with cancer at age 8. During the last few years of her life, she raised \$1 million to fund pediatric cancer research with the help of a lemonade stand. This week families and businesses across the United States will set up lemonade stands to raise money for a cure to childhood cancers. To learn more, go to alexslemonade.org.

**National Business Etiquette Week, Jun. 3-9**. This year's theme is "Toxic Workplaces: How to Resurrect Civility in Business." In case you've been slacking off, strive to conduct yourself with common sense and professionalism in the workplace and everywhere else this week and beyond.

**National Week of Making, June 11-17.** Individuals and organizations highlight the creativity, innovation, and accomplishments in technology, arts, and design of "makers" of all ages.

Men's Health Week, June 11-17. The days leading up to Father's Day raise awareness of men's health issues and the need for screenings and treatments. Spend time this week encouraging the men in your life to take ownership of their health and well-being.

Lightning Safety Awareness Week, June 17-23. The third full week of the month is devoted to educating the public about the danger of lightning. To learn more, go to www.lightningsafety.noaa.gov.

# **Practice food safety during picnics**

P icnics are part of the fun of summertime, but thousands of people become ill every year from picnic food that's not safely prepared or stored. Here are some tips for making sure you have a safe picnic in the park:

• Always wash your hands thoroughly—before you prepare food and after you handle raw meats.

• Clean your food. You don't know where fruits and veggies have been.

• Wrap all foods. Keep the foods separate so drippings don't contaminate each other.

• Keep food chilled. Don't take cold foods out of the fridge until it's time to go. Pack them in a cooler as soon as you take them out of the fridge.

• Keep coolers under a tree. When you're packing the car, try keeping the cooler inside the car, rather than in a hot trunk.

• Try to plan just the right amount of food to take. Then you won't have to worry about the storage or safety of leftovers.



# Work safely in the heat

s the warm days of summer set in, keep these safety tips in mind to avoid overstressing your body as you work outdoors:

• **Perform your heaviest tasks during the morning**. If you have work that will require you to exert a lot of energy, it's best to do it in the cooler hours of the morning.

• **Build your tolerance.** It usually takes a good two weeks for your body to acclimate itself to working in the heat, so give your body time to adjust to higher temps.

• Use the buddy system. That way you can keep an eye out and get help if needed.



• **Drink water.** Health experts say you should drink a small cup every 15 to 20 minutes when you're working in the heat to stay hydrated and cool.

• Take breaks. Give your body a chance to cool down by heading off to a cool area for a few minutes.

• Eat lightly. Try not to eat heavy or big meals before you have to work in the heat.



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# How the greats got their start

reat writers have to start somewhere. Some of the most creative poets and novelists toiled in distinctly non-creative jobs before hitting it big. Here are a few of them:
Langston Hughes. The famous poet worked as a busboy in Washington, D.C.'s Wardman Park hotel. When another poet, Vachel Lindsay, took a seat at a table, the young Hughes offered her some of his poems, and Lindsay was struck by his skill, leading to his eventual success.

• Kurt Vonnegut. The author of Slaughterhouse-5 and other novels owned and managed a Saab dealership before a stint in the U.S. Army during World War II.

• J.D. Salinger. The reclusive writer, best known for his novel The Catcher in the Rye, once served as entertainment director aboard a Swedish luxury cruise ship, the H.M.S. Kungsholm.

• Mary Higgins Clark. The award-winning mystery writer held a wide variety of jobs before turning to fulltime writing at 47—secretary, business machines manager, catalog copywriter, model, and flight attendant for Pan American Airlines.

# Be a Renaissance thinker

The Renaissance, from the 14th-17th centuries, sparked a firestorm of creativity and innovation in Europe. For the first time, according to Anurag Harsh in an article on the Huffington Post, people realized that creativity wasn't some divine gift, but a talent that could be cultivated. Here's what carved the Renaissance thinkers' success:

• They were contrarian. Instead of settling for the status quo, they were willing to challenge the conventional wisdom and take a fresh, new approach to looking at the world around them.

• They were nonconformists. They didn't like the atmosphere of conformity that stifled free thought. They wanted to revolutionize the culture in technology, the arts, philosophy, and other areas.

• They were curious. They asked questions and followed potential solutions wherever they led. They searched for novelty, not the tried and true.

• They explored systems. Instead of limiting themselves to a single area of knowledge, they forged connections between different ways of thinking that led to advances in science, art, and other realms.





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#### ACROSS

- 1. Rascal
- 5. Wharf
- 9. Travels on a wind-propelled boat
- 14. Adoration
- 15. Singer Fitzgerald
- 16. Strange or spooky
- 17. An Egyptian deity
- 18. Ale
- 19. Sporting venue
- 20. Downpour
- 22. What a model does
- 23. Empower
- 24. Skewered cubes of meat
- 26. Product of human creativity
- 29. Gave a speech
- 33. One who defaults
- 38. Capital of Canada
- 39. Hindu princess
- 40. Pile
- 42. A distinct part
- 43. Land
- 45. Parts of a freight train
- 47. Flunky
- 48. Mexican (abbrev.)
- 49. Church deacon
- 52. Picture
- 57. Strike
- 60. Incites
- 63. Loaded
- 64. Ancient Biblical kingdom
- 65. Puts on clothing
- 66. State of watchfulness
- 67. A low tide
- 68. Initial wager
- 69. Found in windows
- 70. Spots
- 71. Untidyness

- 1. Make a strident sound
- 2. Ancient empire
- Evade
- 4. An emperor of Japan
- 5. Amount owed
- 6. Margarine
- 7. Salesperson
- 8. Fate
- 9. Harbor
- 10. Pertaining to stunt flying
- 11. Anagram of "Sire"
- 12. Connects 2 points
- 13. Oceans

- 21. Mop
- 21. Mop
- 25. Bet taker
- 27. Transmit again

DOWN

- 28. Tit for \_\_\_\_\_
- 30. Bye-bye 31. Pitcher
- 32. Weirs
- 33. Squirrel's nest
- 34. Lack of difficulty
- 35. Picnic insects
- 36. Widths of a circle
- 37. Asphalt

FATHER'S DAY

**ine 20**1

41. Gear

- 44. Innate skills
- 46. Sixty-four in Roman
- numerals
- 50. Make improvements to
- 51. Cowboy sport
- 53. Refined woman
- 54. Make amends
- 55. Not ladies
- 56. S S S S S
- 57. Dross
- 58. Shopping center
- 59. Concept
- 61. Just right (2-1-1)

62. Gremlins



- to stunt flying f f "Sire" f points
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### 'The little things matter'

side from being the senior vice president of the Orlando Magic basketball team and a sought-after motivational speaker, Pat Williams has written more than 100 books. Many years ago, when he was working on a book about John Wooden, Williams interviewed scores of the coach's former players.

A story shared by many of these players was about a longstanding tradition of the coach. At the start of each season, Wooden spent an hour instructing his players on the proper way to wear their socks and shoes. From the snug fit of the heel of the sock to the lacing of their shoes, the coach covered every detail with great importance.

When Williams asked the coach about why he devoted this kind of time and attention to such a seemingly insignificant subject, Wooden replied, "The little things matter."

He went on to explain how one wrinkle in a sock could contribute to a blister on a toe or foot. One blister could have a huge impact on the outcome of a game—or a season.

"I started teaching about shoes and socks early in my career," Wooden said. "I saw that it really did cut down on blisters during the season. That little detail gave us an edge."

# **Battle of the elements**

n Aesop's fable tells of an argument between the North Wind and the Sun as to which was the most powerful force of nature. They decided to end their dispute once and for all with a simple challenge: The victor would be whichever could disrobe the next hiker coming along a nearby path.

No sooner had they agreed on these terms when a traveler appeared on the path. The North Wind flexed his might and concentrated a strong gust at the hiker. The man responded by fastening his coat securely about him and turning up his collar.

Once the North Wind realized his actions had the opposite effect than intended, he stepped aside and challenged the Sun to give it a go. As the winds disappeared the Sun beamed brightly, moving closer to the Earth, showering the hiker with warm rays of light.

The man began to disrobe as he walked to a nearby river. He jumped in to cool himself and then sat on the shore bathing in the sun.

The moral: Persuasion is more powerful than force.



# **Exercise boosts immunity in older adults**

xercise is good at any age, but scientists now think that regular exercise as you get older may help boost your immune system and prevent infections.

An article on the BBC website reports that scientists in the United Kingdom tracked 125 long-distance cyclists, some in their 80s, and discovered they had immune systems comparable to those of 20-year-olds.

The researchers examined the cyclists' blood for T-cells, which aid the immune system in fighting off infections. The long-distance riders had the same level of T-cells as adults in their 20s, but a similar group of older adults who were less active produced fewer T-cells.

The research suggests that increased physical activity can also help older people respond better to vaccines for such infections as the flu.

### These foods keep your brain healthy

Some foods help keep your heart in shape. Others help your bones. What keeps your brain and memory healthy? The CNN website offers this list of what to eat to maintain a healthy brain as you grow older:

• Berries. Studies suggest that eating at least a half-cup of blueberries, or one cup of strawberries, on a weekly basis may help stave off cognitive decline. Berries have anthocyanidins, whose antioxidant and anti-inflammatory effects may keep the brain in shape.

• Green leafy vegetables. One study of almost 1,000 adults found that a daily serving of spinach, kale, collard greens, or arugula appeared to maintain cognitive health to the extent that participants were considered to be 11 years younger than people who rarely or never consume such veggies.

• Eggs. Eggs contain choline, which is an important brain nutrient. In a study of 1,400 people, participants with high intakes of choline scored better of visual and verbal memory tests than those who ate less foods with choline. In addition, people with a high intake of choline over the long term seem to have better MRI brain scans, suggesting that choline may protect people against dementia.







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Imperial Electrical Service	707 525 0700
Palm Harbor & Dunedin Electric	727 772 4600
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Floors to Windows	727 217 0000
FLOOR REPAIR	121-311-9900
Flatworks	707 000 4600
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Profida Anchor & Barner Co.	727-530-7821
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MOBILE HOME WASH/WAX	
Heller's Mobile Home Washing	727-733-1166
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Wyngarden Mobile Home Wash MOBILE HOME WINDOW FILM	/2/-58/-08/6
Royal Enterprises	727-301-7351
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Payless Painting Services	727-470-5876
Socia's Painting & Waterproofing	727-345-6856
PEST CONTROL	
Buggin Out Termite & Pest Control	727-535-2629
Modern Pest Control, Inc Nature's Resource Pest Control	/2/-410-1466
PLUMBING SERVICE	121-100-2002
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ROOM ADDITIONS	
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	121-330-1821
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VAPOR BARRIER	
Florida Anchor & Barrier Co	727-330-7821
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Underhome Armor	727-282-2045
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WINDOW REPLACEMENT	121-341-0300
AMS Advanced MH Systems	727-471-0820
ASC Aluminum Specialty Contr Community Roofing of FL, Inc	727-547-8300
Community Roofing of FL, Inc	. 1-800-511-2517





JUNE • 2018

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Father's Day		
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# **Shady Lake Oaks**

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19	20	21 First Day of Summer	22	23
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Millennials leading in home purchases

Maillennials are buying more homes than Gen Xers, baby boomers, and other age groups, according to the Builder Online website, citing a survey by the National Association of Realtors.

Thirty-four percent of all home purchases in the United States in 2017 were made by millennials, followed by Generation X (28 percent), baby boomers (30 percent), and people born from 1925-1945 (6 percent).

In 2018, the typical millennial home buyer has a higher household income than last year (\$88,200 vs. \$82,000). He or she bought the same size home, 1,800 square feet, for more money at a higher price—\$220,000 versus \$205,000 in 2017.

Millennials in 2018 have higher student debt balances than those in previous years, and more of them say that saving for a down payment is the most difficult task in buying a home.

### **Rentals up in the U.S.**

late in the last decade.

ore Americans are living in rented homes than at any point since 1965. That's from the Pew Research Center, which says that the total number of U.S. households increased by 7.6 million from 2006-2016. However, the number of households headed by homeowners has remained flat, partially because of the aftereffects of the housing crisis

On the other hand, the number of rented households rose during the same time frame, from 31.2 percent in 2006 to 36.6 percent in 2016. In 1965, the rate of rented households was 37 percent.



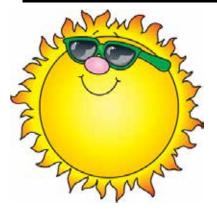
### Yoga pants stretch sales

Yoga pants are in—whether you wear them for yoga or not. According to the Quartz website, imports of yoga pants have grown an average of 25.7 percent a year since 2010. At the same time, imports of jeans have declined by close to 4 percent a year.



# June Sudoku

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A deal is a deal

Resolution on a deal with his dad that if he improved his grades by the end of the school year, pitched in around the house, attended church on Sunday with the rest of the family, and cut his now shoulder-length hair, he could have access to the car throughout the summer. Ronald began to focus on his schoolwork more, took on responsibility in the home, and was the first person in the house ready for church each Sunday.

"I knew you could do it," his dad said as looked over Ronald's final grades for the school year. "I'm very proud of how responsible and focused you've been these last few months."

"Hand over those keys, old man," Ronald said to his father with a laugh.

"Not so fast," his father said. "Remember our deal? Grades, church, chores, and hair."

"Do I really have to cut my hair?" Ronald protested.

"That was our deal," his father said.

"Can't you cut me some slack this one time? I've done everything else you wanted," Ronald argued. "It took me so long to grow my hair out. Besides, Moses had long hair, and Samson had long hair, and even Jesus had long hair."



"Good point," his father agreed. "They walked everywhere."

# Timeless wisdom

*uring the celebration of his 100th birthday, a man was asked about the secret of his longevity.* 

"I never smoked, drank, or ate fried foods," replied the man. He continued, "and I exercised every day for 30 minutes."

"Well, a lot of people observe those same practices but don't live to be 100," someone in the crowd observed. "Why do you think that is?"

The old man said, "My guess would be they didn't keep at it long enough."





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Offer

### Ancient humans cared for others

**D**opular culture paints our Neanderthal ancestors as brutish and cruel, but that picture is changing, according to the Sci-News website.

Neanderthals are known to have cared for their injured people, and new findings suggest that they took care of individuals who were suffering regardless of whether their peers could repay them in any way.

For example, the remains of one male Neanderthal 25-40 years old at time of death shows that he had a variety of diseases, including tooth loss, periodontal disease, arthritis, and other long-term health conditions. His care would have required fever management, hygiene maintenance, and helping him stay with the group when it moved its camp. For the last 12 months of his life he would have been unable to contribute much to the group, but he was carefully buried after his death.

The evidence suggests that "organized, knowledgeable, and caring health care is not unique to our species but rather has a long evolutionary history," one scientist states.

### A once-in-a billion-year spin

Galaxies rotate, just as Earth and other planets do. However, their spin is remarkably consistent, regardless of size. The Discover Magazine website reports that scientists have determine that all galaxies rotate approximately once every billion years, whether they're massive spiral galaxies or small irregular dwarfs.

Researchers measured the velocities of hydrogen in the outer discs of a variety of galaxies differing in size. The measurements allowed them to calculate the rotation period of each galaxy. "Discovering such regularity in galaxies really helps us to better understand the mechanics that make them tick," one scientist says.

Science is the great antidote to the poison of enthusiasm and superstition. —Adam Smith

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- 2. Call our office and sign up for the service for \$4 per month flat fee\* \*foreign mailing fees may apply\*
- 3. Get your community newsletter mailed to your northern address every month!



Monthly Media 220 Bahama Street Venice, FL 34285 (727) 484-7488





#### Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

**THOUSANDS manufactured home residents have won over \$139,600** 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 <u>mail your paid receipt</u> 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:
Thomas Miller	Mary Cole \$5Battleline Termite & Pest Control, Inc.
Sylvester Taube	Debbie Rott \$5 Bob's Mobile Home Washing
Sandi Sylves \$10Community Roofing of Florida, Inc.	David Buckley
Rosalie Ganno	Doris Fairobent \$5 Discount Computer Repair
Paul Abraham \$10 Palm Harbor & Dunedin Electric, Inc,	Theresa Kirke \$5 Jones & Sons Plumbing, Inc.
Fred Abare	Peter Nazar \$5 Air Masters of Pinellas, Inc.
Ruth Williams \$10 Florida Anchor and Barrier	Judy Smith \$5 Shonna Bender, LMT
Ken Trotter \$10 ASC Aluminum Specialty Contractors	Donna Miller \$5 Bob's Mobile Home Washing
Dolores Elice \$101st Class Handyman Service, Inc.	Jack Peel
Joyce Noto \$10 Royal Enterprises	Joanne Zeffiro \$5 Jones & Sons Plumbing, Inc.
Dennis Daley \$10 Haseney Electric Services, Inc.	Jim Ayers \$5 Doll Brothers Upholstery Cleaners
Trish Zampitella \$10 Appliance Specialty, Inc.	Patricia Forrest \$5 Ron Wyngarden Mobile Home Washing
Rich Viel	Robert Newman \$5 Air Masters of Pinellas, Inc.
Clay Larochelle	Jim Garthwaite \$5 Recreational Golf Cars of FL, LLC
Ronald McDonald \$5Bill the Carpet Guy	Donald Fitzsimmons \$5Royal Enterprise
Jane Day	Alice King \$5 Buggin Out Termite & Pest Control
Roxaine Wood \$5 Doll Brothers Carpet Cleaners	Diane Holroyd \$5 Bill the Carpet Guy
Carol Barnes \$5 Ron Wyngarden Mobile Home Washing	Sharon Hamel \$5 Boss Electric Corp.
Jim Campbell \$5 Appliance Specialty, Inc.	Phil Martin \$5Battleline Termite & Pest Control, Inc.
David Miller \$5 Shona Bender, LMt	Dennis Korte \$5 Buggin Out Termite & Pest Control
Garvin DesJardin \$5 Natures Resource Pest Control, Inc	Helen Eppard \$5 Natures Resource Pest Control, Inc
William Kjergaard \$5 Recreational Golf Cars of FL, LLC	Shirley Moreland \$5 Appliance Specialty, Inc.
Richard Dailey	Vicki Ring \$5 Natures Resource Pest Control, Inc
Bob Eggers	Richard Clark \$5 Recreational Golf Cars of FL, LLC
• Limit of one ticket per visit • Advertiser may have up to A winner	ers per month • Advertiser must have hill paid current to qualify

• 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.



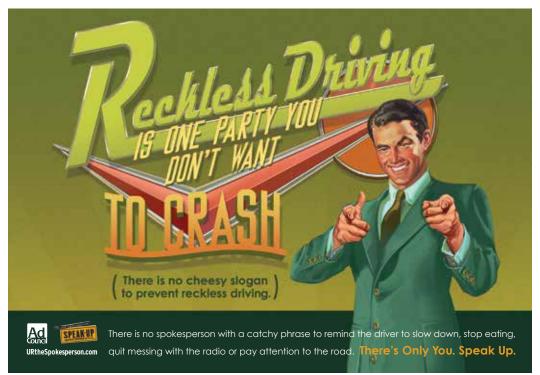


# MY WEAPON AGAINST ARTHRITIS



What's your weapon? Visit FightArthritisPain.org





# June Facts and Trivia

#### <u>Basic Facts</u>

- June is named for the Roman goddess Juno. The month of June is a popular month for weddings, perhaps because Juno was the goddess of marriage.
- In ancient Rome, June was the fourth month of the year. When the Gregorian calendar was adopted, it became the sixth month of the year. It is one of the four months with thirty days.

#### **Birthstones**

- The traditional birthstone for June is the pearl. It is a symbol of purity and is the only gem that comes from living sea creatures.
- Alexandrite is an alternate birthstone for June. This unique gemstone changes color depending on the lighting conditions. It is greenish brown in color when exposed to daylight and fluorescent light, but changes to a purple, reddish hue by incandescent or candlelight. It is a symbol of joy and good fortune.
- Another alternate birthstone for June is moonstone. It is considered a sacred stone in India. Moonstone varies in color from clear to bluish white or peach. It is a symbol of health and longevity.

#### <u>Flower</u>

• The flower for the month of June is the rose. Roses are a symbol of love and appreciation. They are also known as the flower of passion.

• Roses come in a wide variety of colors. Each color has a different meaning. Red roses symbolize love; white roses symbolize innocence and purity, and light pink roses are a symbol of admiration or sympathy.

#### Astrological Signs

Gemini and Cancer are the astrological signs for June. Birthdays from June 1st through the 20th fall under the sign of Gemini. June 21st through the 30th birthdays fall under the sign of Cancer.

#### <u>Historic Events in June</u>

- Benjamin Franklin discovered electricity on June 15, 1752.
- Continental Congress adopted the United States flag known as the Stars and Stripes on June 14, 1777.
- The Pledge of Allegiance was recognized by Congress on June 22, 1942.
- The Korean War began on June 25, 1950.

#### <u>Famous People Born in June</u>

Many famous people were born in June. Here are just a few of them.

- One president: George H.W. Bush
- Several actors and actresses: Tim Allen, Courtney Cox, Johnny Depp, Michael J. Fox, Angelina Jolie, Nicole Kidman, Toby Maquire, Marilyn Monroe, and Meryl Streep \*
- Singers/Musicians: Paul McCartney and Lionel Ritchie
- Athletes: Joe Montana, Michael Phelps and Venus Williams







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#### **EVENTS & PROGRAMS**

BC MART in Briar Creek, 100 Briar Creek Blvd off McMullen Booth! Used goods of all kinds; just a fun place to hunt for all kinds of treasures; just follow the red arrow. Open Wed & Sat 10-Noon!

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FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780



#### **ATTENTION RESIDENTS!**

Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

# JULY AD DEADLINE - JUNE 10, 2018

 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. SHADY LANE OAKS WHAT'S NEW JUNE, 2018 C

