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January 2021

Boat Club Members & Guests of Americana Cove Enjoy a Sunny Afternoon at the Tiki Hut! Note: photo taken prior to COVID-19 Pandemic.

Monthly Mania Winner! \$100 • Mary Jane Mallin Flanagan's Porch & Windows Delivered Door-to-Door by Community Residents FREE Every Month

Issue 11

44th Year

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

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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





SHADY LANE OAKS WHAT'S NEW JANUARY, 2021 C



ARE YOUR GUTTERS DIRTY OR CLOGGED?

Rain Gutters & Downspouts Cleaned Roof Debris Blown Off Windows Rescreened





Monthly Calendar

N ational 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.

Daily Calendar

New Year's Day, Jan. 1. Ring in the new year with good cheer and some smart resolutions.

National Science Fiction Day, Jan. 2. Unofficial holiday celebrating speculative fiction of all kinds, on the birthday of noted science fiction author Isaac Asimov.

Stephen Foster Memorial Day, Jan. 13. Commemorating the birth of American composer Stephen Foster (1826-1864), known for such songs as "Oh, Susannah," "Camptown Races," and "My Old Kentucky Home."

Poetry at Work Day, Jan. 14. Compose a haiku for your boss, a sonnet to your co-workers, or maybe a limerick about the watercooler.

Martin Luther King Day, Jan. 18. Holiday marking the birth of the influential civil rights leader.









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To our valued customers:

Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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The perils of taking a bath

t the end of a long, stressful day, Allison decided to take a nice relaxing bath. Just as she was settling into the water, her doorbell rang. Because she lived alone, no one else could answer it, and after repeated ringing she got up, put on a robe, and went downstairs.

The caller turned out to be a salesperson, and Allison quickly sent him away. Running some fresh hot water, she returned to her bath, only to be interrupted by the phone. Frustrated and more stressed than ever, she once again tried to lie in the tub, but two minutes later the doorbell rang again.

This time Allison slipped in some water on the bathroom tile and fell down hard. Staggering downstairs in pain, she tripped and tumbled the last few steps. Whoever had rung her doorbell was gone. Aching, Allison managed to climb back upstairs, get dressed, and hobble back down and outside to take a cab to the emergency room.

The doctor checked her over. "There's no serious injury," he assured Allison. "You just need to get some rest. How about a nice hot bath?"

The big swindle

ne evening back when newsboys were a common sight on the streets of every city, one enterprising young lad dropped his stack of papers on the corner and started yelling: "Fifty businessmen swindled! Read all about it! Fifty businessmen swindled!"

A businessman promptly handed the boy a nickel and scanned the front page. Perplexed, he quickly skimmed the rest of the paper. "Hey," he demanded, "there's nothing in here about a big swindle!"

"Read all about it!" the newsboy cried. "Fifty-one businessmen swindled!"

I am thankful for laughter, except when milk comes out of my nose. —Woody Allen





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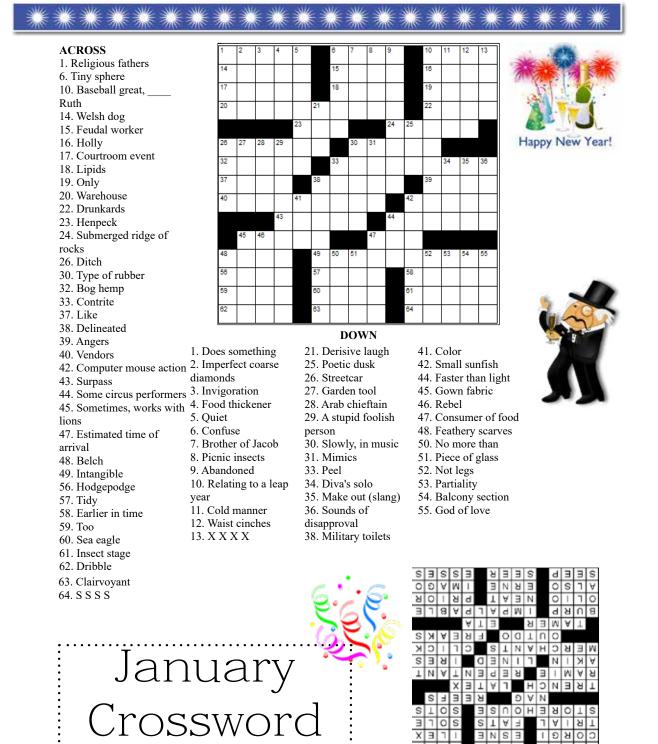
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The strange case of The Strange Case

ost of us are familiar with the story of Dr. Jekyll and Mr. Hyde, in which a mild-mannered scientist transforms into a hideous, beastlike villain. The story behind the story is less dramatic, but also fascinating.



Robert Louis Stevenson (1850-1894) had long been interested in the relationship between good and evil. One night his wife woke him in the middle of a nightmare, and he told her he'd been dreaming about a man turning into a monster. That became the genesis of the tale.

Stevenson wrote his story at a feverish pace, finishing a draft in about three days. As was his custom, he gave it to his wife for comments. She returned the pages saying that the tale was really an allegory, not a straightforward story. He took her advice to heart—so much so that he burned his first draft so he could revise it without relying on his previous version at all.

The Strange Case of Dr. Jekyll and Mr. Hyde was an immediate success, spawning plays and movies devoted to the concept of two diametrically opposed personalities in the body of a single person.

The least deserving may be in the most need

A Zen master invited pupils for a gathering devoted to study and meditation for many weeks. One day a student was caught stealing from the others, and the matter was brought before the master. They insisted the thief be expelled, but the master declined and the student remained.

Several days later the thief was caught again, but once again the master refused to take action. Now the rest of the students were angry, and they drew up a petition demanding the dishonest one be thrown out. They presented their petition and waited for the response.

The master replied calmly, "You are all wise brothers who know what is right and what is not right. You may go anywhere to study if you wish. But this poor brother does not know right from wrong. Who will teach him if I do not?"

There is no doubt fiction makes a better job of the truth. —Doris Lessing Copper doorknobs are self-disinfecting.

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Shady Lane Oaks

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Tips for keeping your fruits and veggies fresh

E ach year Americans throw away spoiled fruits and vegetables because we don't know how to properly store the different types of produce we buy. To prevent your produce from going to waste and keep your grocery budget in line—follow these rules for cleaning and storage:



- Avocados. Don't refrigerate until fully ripened; premature chilling will cause the insides to brown. Instead, ripen at room temperature. Afterward you can refrigerate to preserve them longer. They should keep from one to two weeks.
- **Bananas**. Don't store near other fruits and vegetables, especially citrus fruits, because bananas produce ethylene gas, which can spoil other produce. Also, don't refrigerate, as chilling turns their skins black. Simply store at room temperature and they should keep from one to two weeks.
- Berries. Spread them out in a single layer in perforated plastic bags (be sure not to crowd them); then, refrigerate. Most varieties will not last longer than a week to 10 days, as mold develops easily. To minimize spoilage, don't wash them until you eat them.
- Lettuce. You should first soak the leaves in cold water and then spin them in a salad spinner. Next, wrap the lettuce in paper towels, loosely place the bundle in a plastic bag, and refrigerate. Wrapping in water-absorbing paper discourages mold growth and should help the leaves stay fresh for up to three weeks.
- **Tomatoes**. Don't refrigerate. Chilling causes a chemical reaction in tomatoes, which leads to a loss of flavor. Depending on how ripe they are when you buy them, tomatoes should last from one to three weeks if kept uncovered in a bowl away from heat.

You might be a computer geek (or genius) if ...

omputer geeks and tech nerds are suddenly cool, thanks to the media and also the success of people like Bill Gates and Steve Jobs. You don't have to be a millionaire to join the club, though. You just might be a geek if you know the an-

swers to any of the following questions culled from the Vintage Computer Festival Nerd Trivia Challenge:

- 1. What was the Internet originally called?
- 2. Which legendary supercomputer was introduced in 1976?
- 3. Who founded Atari in 1972?
- 4. What was the original name of MS-DOS?





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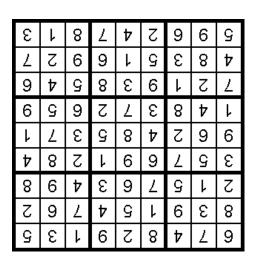
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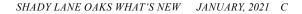
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Early riser vs. nighthawk: Who's better off?

re you the early bird who gets the worm, or a night owl burning the midnight oil? The answer may have an impact on your health—and even your career.

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.

Eat right to avoid the flu

t'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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Stretch your mind with these fictional languages

Learning a foreign language can change the way you think about words, feel about other people, and view the world around you. The language doesn't even have to be real. Take a look at these invented languages from books and films, as shared on the Mother Nature Network website:

Language: Dothraki

Origin: Game of Thrones (TV series)

Based on George R.R. Martin's epic fantasy series A Song of Ice and Fire, the HBO series created its own language for the nomadic race led by Daenerys Targaryen.

Sample phrases:

- Asshekhqoyi vezhvena!: Happy birthday!
- Yer affesi anni: You make me itch

Language: Nadsat

Origin: A Clockwork Orange, by Anthony Burgess

Burgess' dystopian novel was turned into a film by Stanley Kubrick, retaining much of the futuristic Russian-influenced slang from the book.

Sample words:

- Nadsat: teenage
- Neezhnies: underpants
- Moloko: milk Language: Na'vi Origin: Avatar (film)

James Cameron's 2009 science fiction epic introduced the world to the alien Na'vi, along with their fictional language.

Sample words/phrases:

- Atokirina: seeds of a great tree
 - *Tawtute:* human Language: Newspeak Origin: 1984, by George Orwell

The definitive novel of an authoritarian dystopia, 1984 introduced readers to a world of constant surveillance, state control, and "Big Brother."

Sample words:

- Joycamp: forced labor camp
- Ungood: bad

Curiosity about life in all of its aspects, I think, is still the secret of great creative people. —Leo Burnett



True confession?

om knelt in the confessional and said, "Bless me, Father, for I have sinned."

"What sins are you confessing to, my son?"

"The sin of vanity. I spend hours looking at the mirror admiring how handsome I am."

The priest, who recognized Tom's voice, just smiled. "Don't worry, son, that's not a sin. It's just a mistake."

An expensive call

everal men were sitting in the locker room after a game of golf when a cell phone on the bench rang. One of them picked it up: "Hello?"

"Honey? It's me. I'm at the mall, and I found that fabulous mink coat for only \$2,500. Could I buy it?"

"Of course," the man said. "Is that all?"

"Well, I stopped by the Mercedes dealership, and the guy there offered a great deal on this year's model—only \$60,000! What do you think?"

"Sounds good."

"And there's this diamond necklace in the jewelry store that would look fantastic on me. I think it's \$1,500. What do you think?"

"Go for it."

"Thanks, darling! I love you!"

The man hung up. "Anybody know whose cell phone this is?"

At the height of laughter, the universe is flung into a kaleidoscope of new possibilities. —*Jean Houston*







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EVENTS & PROGRAMS

East Bay Oaks and Eldorado Village Annual Carport Sale. Saturday, February 06, 2021, 8AM to 1PM. 601 Starkey Rd and 2505 East Bay Dr., Largo, FL 33771

"Golfers Date!! Save the Saturday, April 24, 2021 at 1:00pm The Inaugural Blessed Sacrament School Golf Outing At Seminole Lake Country Club 6100 Augusta Blvd. Seminole, Fl 33777 Hosted bv the Knights of Columbus Council #17612 Prizes!!! Raffles!!! Food!!! Fun!!! Please call 727.666.4556 or email s61kei@gmail.com to RSVP"

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 things. Remember to think about this the next time vou're planning something.

-Monthly Media Staff

FEBRUARY AD DEADLINE - JANUARY 10, 2021

 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 JANUARY, 2021 C 32





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January Word Search

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To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

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

THOUSANDS manufactured home residents have won over \$155,000 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 <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:
Mary JaneMallin \$100 Flanagans Porch & Window, Inc	Donald Alesi \$5
Ron & Judy Shover \$10 Easy Breezy A/C	Marilyn Jones
Carol Sanflippo \$10	Roberts Watts
Fred Mbiad \$10 Boss Electric	Kathi Hawkins \$5 BugginOut Pest Control
Verna Balcerek	Nancy Wooten \$5 Jones & Sons Plumbing
Carol Malvestuto \$10Ricks Appliances	Larry Finch \$5Community Roofing
Jean CahillRod Runners	John & Judy Neiswander \$5Royal Enterprise
Nancy Fleming	Val Nadolinski \$5
Rose Leduc \$10	Thomas Doyle \$5 Clear-Vue
Jackie Kunkleman \$10 Mr. Fix It	Frank Toner
Paul Kirschke	Joe Walker \$5Air Masters of Pinellas
Arthur Temple	Mary Leslie \$5 Debbie's Salon
Patricia Martin	Gene Langston
Betty Jones \$10 Community Roofing	Carol Day \$5
Dot Fleming \$5 A Hair Day Salon	Cindy Formica \$5Royal Enterprise
Bill Iverson \$5 The Plumbing Patrol	Margaret Fuller \$5 Jones & Sons Plumbing
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Edward Seddon	Pat Gilliland \$5
Kathy Hoflund \$5 Jones & Sons Plumbing	Martha (Donnie) Ryan . \$5Air Masters of Pinellas
Ray Marro	Sue Halloran \$5Buggin Out Pest Control
Tina Encalado \$5 . Barron's Air Conditioning & Appliance	Barbara Halse \$5 Jones & Sons Plumbing
Jane Singer \$5Battleline Termite & Pest Control	Lois Ayotte \$5 Boss Electric
Bill Shiels	Theresa Henry \$5 Bob's Mobile Home Washing
Richard Willbee \$5Air Masters of Pinellas	Tom Costello \$5Community Roofing

Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify
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