

SHADY LANE OAKS OWHAT'S NEW O

March·2020

Issue 1 44th Year

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Glenwood Estates Residents Pictured: Norma Murphy, Carol Fariel, Mary Edmonds, Don Fariel, Kitty Wagner and Patrick Moore



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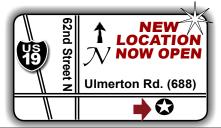


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The business of forgiveness

marketer and a retail merchant, who attended the same church, struck a business deal together. The marketer heard that the merchant wanted to expand his operation, so the marketer offered the merchant a line of credit on goods to be sold in the store.



Soon after the merchant had used the line of credit, he fell on hard times. Business was bad, and he was unable to pay off his debts. The marketer was troubled. Not only had his first deal with the merchant gone sour, but now it seemed that he might never recover the thousands of dollars owed to him.

In his heart, the marketer knew that the merchant was an honest man who just did not have the resources to settle the debt. The marketer didn't want to contribute to the ruin of the merchant, so he followed his heart and forgave the debt. Soon afterward, the merchant went bankrupt and closed his store.

Years passed. One day, the daughter of the bankrupt merchant visited the marketer. She offered him a small diamond-studded bracelet—a family heirloom—as partial payment for her father's debt.

The marketer explained to the woman that the debt had been long forgiven. But the woman insisted that he accept the offering—if not as payment, then as a token of appreciation. The marketer humbly accepted.

Several days later, he took the bracelet to a jeweler to be appraised and was astonished to learn that its value equaled the amount of the merchant's debt. The marketer returned to his office and entered "Paid in Full" into his ledger—next to the merchant's name.

Own your words. Your words are the maps of your intentions.

—Chris Brogan







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New Earth-like world detected light-years away

he hunt for Earth-like worlds outside our solar system has reached another milestone. The Science Daily website reports that NASA's Transiting Exoplanet Survey Satellite (TESS) has discovered an Earth-size planet in a star's habitable zone, the orbital area where conditions could be right for life.

Although many extrasolar worlds have been found, few the size of Earth have been seen in the "Goldilocks zone"—an orbit that's neither too close to a sun nor too far away, but "just right." The planet, TOI 700 d, is 100 light-years away in the southern constellation of Dorado. It orbits its sun every 37 days and receives 86% of the energy that our sun provides to Earth. It and other planets in the system appear to be tidally locked, meaning as they circle in their orbits, one side is constantly bathed in daylight.

It's the first time TESS has discovered an Earthlike planet. Other such planets have been detected by NASA's Kepler Space Telescope.

Fun fact: The star was initially classified incorrectly in the TESS database as being similar to our sun, which made its planets appear bigger and hotter than they actually are. One of the researchers who identified the error was a high-school student.

Genetic tweak makes earthworms live longer

e can't make people immortal—yet—but scientists have discovered some genetic tweaks that can extend the lives of earthworms by 500%, according to the Science Alert website.

The earthworms in the study live only two or three weeks, making them good candidates for experiments involving genetic and metabolic processes that they share with humans. Scientists have already discovered that changing the worms' insulin signaling pathway can increase their lifespan 100%. Similarly, alterations to a pathway called TOR (target of rapamycin) results in a 30% extension.

A new study has found that genetically shifting both pathways appears to cause an effect four to five times higher than the single genetic procedure—a synergistic approach that pulls a combination of networks together for the long term.

It's unclear whether the research will ever result in expanded human lifespans, as humans live longer than a few weeks, making experimentation more difficult (and ethically problematical). For now, scientists will have to rely on shorter-lived species like worms, fruit flies, and mice—although in the last year scientists were able to extend the life of mice and reduce their chances of cancer by working with their telomeres.

Obesity affects teen brains

besity is a problem at any age, but a new study suggests it has specific risks for teenagers. As the U.S. News & World Report website explains, advanced MRI techniques show that obese teens tend to have less integrity in the white matter of their brains (white matter contains fibers that connect different parts of the brain). The lower white matter integrity was observed in the region of the brain associated with emotional control and reward seeking.

The study looked at 120 teenagers, and its findings are considered preliminary. Researchers speculate that excess body fat damages the brain through inflammation. The study found a correlation between higher levels of inflammatory substances in the blood and lower white matter integrity. Excess body fat can contribute to inflammation.

The teens whose brains were affected tended to have higher levels of leptin, which is involved in appetite control, in their blood, as well as insulin, which regulates the body's blood sugar.

Doctors point out that obesity has many causes and shouldn't be dismissed as a simple lack of willpower about eating. It's unclear at this point whether obesity is responsible for the change in white matter integrity, or vice versa—or a combination of both.

Exercise lowers depression risk

I f you or someone you know suffers from depression, this news could help. An article on the MedicineNet website reports that 35 minutes of exercise a day could help lower the risk of depression, even among people with a genetic predisposition for it.



Researchers at Massachusetts General Hospital in Boston analyzed two years' worth of medical records and genetic information from close to 8,000 people. They calculated a genetic risk score for each person that predicted the likelihood of depressive episodes. The data showed that people with a higher genetic risk were likely to be diagnosed with depression within two years, but physically active people with the same score—or even a higher one—were less likely to suffer from depression. For every four hours of exercise a week, the risk of depressive episodes decreased by 17%. Both intense, aerobic workouts and low-intensity practices like stretching and yoga showed the same effect.

Getting active may be the key to mental as well as physical well-being.



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What you know is what you know



man driving through the country stopped at a small farm to ask for directions. "Can you tell me how to get to Route 49?"



"Nope," drawled the farmer as he chewed on a piece of straw.

"Well, then do you know where the turnpike is located?"

The farmer thought for a minute and then shook his head, "Nope."

"How about Duncan? Surely you can tell me how far I am from the town of Duncan?"

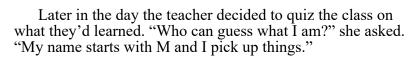
Again the farmer just shook his head.

Frustrated, the driver snapped, "You don't know much of anything, do you?"

To which the farmer replied, "Nope, but I know I'm not lost."

An unexpected answer

preschool teacher showed her students a display of magnets and explained their uses. The children were excited and amazed by these items and spent the rest of the morning playing with the magnets and asking the teacher questions.





Imagine her surprise when the children shouted in unison, "Mommy!"

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

—Leo Burnett

New technology

6 6 T've finally done it!" shouted the inventor. "I've created a computer that is almost human."

"You mean it can actually think?" asked another scientist in the room.

"No," said the inventor. "However, when it makes a mistake, it blames another computer."



Priorities

college freshman at home for a weekend asked his father, "Do you think it's better to be healthy or wealthy?"

His father replied, "Son, when you have good health, you have everything.

My health means more to me than any money or material possession."

"Well, in that case," said the young man, "Can I have \$50 and the car?"



A dog's life

man was walking through the park when he came upon a boy playing a game of chess against a dog. "This is incredible," the man shouted. "That is one smart dog!"

"He's all right, I guess," the boy replied. "I've already beat him two out of three games."





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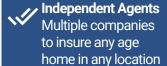
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March Days

Blame Someone Else Day, March 13. Because it's Friday the 13th and guaranteed to bring some calamity, if you're the superstitious type, you might as well dodge the responsibility for all your other mistakes and bad choices. Warning: Tomorrow might be just as bad, if not worse.



St. Patrick's Day, March 17. Celebrate Irish heritage and culture on this day in honor of the uncanonized saint who brought Christianity to Ireland.

United Nations International Day of Happiness, March 20. Everyone deserves to be happy. In fact, there are 17 criteria that contribute to people's ability to live happy, healthy lives. Visit https://www.un.org/en/events/happinessday/ to learn about the U.N.'s 17 sustainable development goals and what you can do to increase happiness in our world.

Walk in the Sand Day, March 21. Nothing feels better than warm sand under your bare feet as you walk along the shoreline listening to the ebb and flow of the water. However, today is about more than just taking a stroll along the beach. It's the perfect time to become aware of conservation and environmental protection efforts to keep beaches clean and safe for all to enjoy. Learn more at https://walkinthesand.com/day/

World Bipolar Day, Mar. 30. The International Society for Bipolar Disorders is behind this global effort to raise awareness of these disorders and their effect on individuals diagnosed with them and their loved ones. Learn more at https://www.isbd.org/world-bipolar-day

A snapshot of social media use in the past year

dult use of social media stayed the same in the past year compared with 2018, according to the Pew Research Center. Facebook and YouTube are most popular, with 69% of respondents saying they visit Facebook and 73% enjoying the video sharing site. Among younger adults 18–29, Instagram and Snapchat lead the pack; 67% use Instagram and 69% frequent Snapchat.

Among other platforms:

- Pinterest. More women than men use Pinterest, 42% to 15%.
- LinkedIn. Half of college graduates and people in high-income households use LinkedIn, with 10% or fewer of people without some college or in lower-income households doing so.
- WhatsApp. The messaging app is particularly popular among Hispanics, 42% of whom use it, compared with 24% of African Americans and 13% of non-Hispanic white people.











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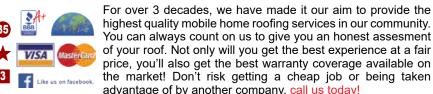
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March Monthly

mployee Spirit Month. It's that time of year. Raise the bar and make morale the No. 1 priority in your workplace.

National MS Education and Awareness Month. Multiple sclerosis is a chronic neurological condition that affects more than a million people in the United States. Throughout March, organizations such as the Multiple Sclerosis Foundation will be raising



awareness of the challenges faced by those diagnosed with MS, the treatments available, and what you can do help. Go to MSFocus.org to learn more.

National Nutrition Month. The Academy of Nutrition and Dietetics wants you to "Eat Right. Bite by Bite" in 2020. It works throughout the year to provide tools and resources that will allow you to make better food choices and lead healthier lives, with the month dedicated to a larger effort of awareness and education. Let's get healthy. Visit https://www.eatright.org/food/resources/national-nutrition-month for more info.

National Women's History Month. Museums, galleries, and libraries across the nation will be celebrating the struggles and accomplishments of women throughout history. Make time to attend cultural events in your area to learn stories of these great ladies.

Weekly

ational Consumer Protection Week. March 1–7. The Federal Trade Commission devotes this week to consumer education, awareness, and fraud prevention. Learn more at https://www.consumer.ftc.gov/features/national-consumer-protection-week

Words Matter Week, March 1–7. The first full week of March has received this designation from the National Association of Independent Writers and Editors (NAIWE), but you don't have to be a professional to participate. Play word games with friends and family members, and find exercises to help strengthen your vocabulary and grammar. Words matter.

Shakespeare Week, March 16–22 (United Kingdom). Our friends across the pond believe that children deserve some time to get acquainted with the literary masterworks of William Shakespeare. They provide online resources for parents, educators, and homeschoolers at https://www.shakespeareweek.org.uk/



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Medical Payments.....\$5,000 Each Person

ComprehensiveACV - \$500 Deductible

Collision.....ACV - \$500 Deductible Road Trouble Serv. ...\$50 Each Occurrence

Additional Exp......\$30 Per Day / \$900 Each Occurance

Annual Paid In Full Premium....... \$994.55*

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.



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Welcome to an alternative reality

ans of the late science fiction writer Robert A. Heinlein have something to be happy about this month. A previously unpublished manuscript will be released in March. The Pursuit of Pankera is an alternative take on the story of parallel universes Heinlein wrote about in his novel The Number of the Beast.



According to the publisher, Arc Manor, the novels mirror each other in the beginning but then diverge along different plot and storylines. This project was years in the making, as the book was created from Heinlein's unedited manuscript and handwritten notes. Along with the new novel, a hardcover reprint of The Number of the Beast will be released as well. Apparently, parallel universes do exist.

It was the worst of times

In March of 1918 the first reports of a flu outbreak began to sweep across the U.S. In a year's time this influenza pandemic had traveled around the globe infecting more than a third of the world population and claiming the lives of 50 million people.



This March, as the flu season continues to linger, let's do what we can to prevent the transmission of this viral threat.

- If you're sick, stay home—and get better.
- Cover your mouth with a tissue or the inside of your elbow when you sneeze or cough.
- • Wash your hands with soap and water, frequently, throughout the day.
- Disinfect surfaces like door handles, landline phones, and countertops that are touched by many people.

An email without clarity is like an annoying mime. Just say what you want or get out of the way.

— Jordie Van Rijn



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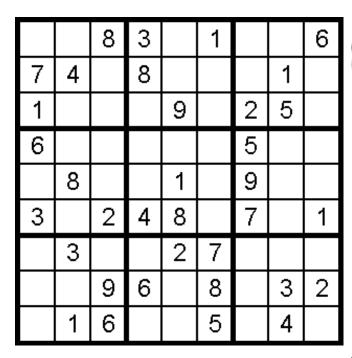
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March Sudoku







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G	6	9	۷	7	ŀ	Þ	ε	8
ŀ	9	7	6	8	7	Ζ	G	m
ε	2	6	o,	ŀ	G	L	8	Þ
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ROOM FOR RENT: Clearwater. Riviera Estates. 12 x 12 with full kitchen use. No smoking. Age requirement 55 or older. For lady only. \$50/week. cshepfl7@yahoo.com

Female Roommate. New carpeting/ paint. Lovely lakeside patio. Huge sunroom. Walk-in bath. Cat. Teakwood Village West. 727-724-4552

EVENTS & PROGRAMS

Roberts MHP Community Yard Sale, Saturday, March 7th, 8:00-Noon. 3390 Gandy Blvd North

March 7th, 8am-1pm - ANNUAL BAZAAR - Briar Creek II MHP Clubhouse (Near Mease Countryside Hospital)

Blue Jay Estates Rummage Sale, 2755 Curlew Rd. Palm Harbor. Saturday, March 7 - 8:00am-1:00pm. Bakery, Kitchen, lunch.

Ranch Mobile Park Wide Yard Sale, Saturday, March 7th, 8:00am - 1:00pm at 6800 150th Ave. N., Clearwater (Largo).

Regency Heights Carport Sale, Saturday, March 7th, 8am-2pm. 2550 State RD 580, Clearwater.

WHITE ELEPHANT SALE. Saturday 3/7 9-Noon. Americana Cove, 7201 lst St. NE, St. Pete. Antiques, collectibles, jewelry, kitchenware, furniture, furnishings, electronics, books, paintings, records, CDs, DVDs, VCRs, linens, bakery, plants, 50/50.

Annual Penny, Bake, Jewerly, Craft SALE: Saturday, March 7th, 9am noon. Golden Acres R.O. Park, 1040 Main Street, Dunedin.

Palm Hill Country Club Bazaar: Sat., March 7, 9am-1pm. 1800 Seminole Blvd., South Clubhouse. Food Served, Lots of bargains. Come on over and find some Treasures!

Annual Paradise Island Flea Market 1001 Starkey Rd. Clubhouse 33771. March 7, 9-1 Early Entry @8 \$1. Over 100 tables, Furniture, Household items, Linens, Collectibles, Jewelry, and much more.

Regency Heights Open House, March 12th, 10am-2pm. 2550 State RD 580, Clearwater.

Community Yard Sale: Holiday Shores Park, Mar. 20th and 21st. Entrances on 104th Avenue North and 106th Avenue North, Largo. 8am to 2pm.

ART/CRAFT FAIR. Saturday, March 21st. 9AM -1PM. Lake Highlander MHP. 1500 County Road 1, Dunedin. Something for everyone!

ART/CRAFT FAIR. Saturday, March 21st. 9AM -1PM. Lake Highlander MHP. 1500 County Road 1, Dunedin. Something for everyone!

Oak Crest/Acorn MHC (over 600 units) Semi-Annual Carport Sale, Saturday, March 21st 8:00am-3:00pm. Ulmerton Rd. or 2nd entrance (off Seminole) 16th Ave. SE, Largo.

Teakwood Village East Carport Sale-Saturday, March 21, 2020, 8 AM-1PM. North Missouri Ave. between East Bay and Rosery 33770.

Sat. March 21, 8am-1pm. Community Sale, Lake Haven MHP 1415 Main Dunedin (behind Subway). Housewares, Linens, Clothes, Dishes, Raffle, etc. The BEST Bake Sale in town.

Caribbean Isles Rummage and Craft Sale: March 21st 8-1. Food, baked goods, and raffle baskets available.

ART SHOW: Sunday, March 22, 12pm-4pm. Westwind MHP, 3301 ALT 19.

AMBER GLADES ANNUAL YARD SALE, April 4th, 8 a.m. - 2 p.m., 3113 State Road 580, Safety Harbor.

AMBER GLADES ANNUAL YARD SALE, April 4th, 8am-2pm, 3113 State Road 580, Safety Harbor.

CALL FOR MEMBERSHIP - We are the "Canadian Club Canadien", a group of friendly Canadian snowbirds and United States citizens with a strong interest in fellowship with Canadians. We regularly meet between November and April for lunch with speakers and activities such as museum visits, dinner-theatre and a Blue Jays' baseball game. We are always on the look-out for new members. Check out the fall Monthly Media Newsletter for our Membership Call. In the interim you can reach us at cccgcfl@galt.biz

APRIL AD DEADLINE - MARCH 10, 2020

 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.





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(Allow 4-6 weeks f	or mailing o	of check). This month's cash
Linda Lavertu	\$100	Roval Enterprise
Edward Hart	\$10	D & W Heating and Air
		Doll Borthers
Rick Freer	\$10	West Bay Clippers
Lori Roczniak	\$10	Heller's Mobile Home Washing
Dave Campbell	\$10	Boss Electric
Pat Cometto	\$10	Battleline Termite & Pest Control
		Bill the Carpet Guy
		1st Class Handyman Service
Heather Looby	\$10	Jones & Sons Plumbing
Chris & Tino Argon	na \$10	Bob's Mobile Home Washing
David Tenkamp	\$10	Royal Enterprise
Gwen Schultz	\$10	Largo Automotive Repair
Gerald Richter	\$10	Ricks Appliance Repair
Kristin Bacon	\$5	Heller's Mobile Home Washing
Keith Sassenger	\$5	Boss Electric
Julie Henkel	\$5	Buggin Out Pest Control
Dana Riffle	\$5	Clear-Vue
Jan Vigneault	\$5	Largo Automotive Repair
Val Pietrkiewicz	\$5	Heller's Mobile Home Washing
		Doll Brothers
Jessie Owens	\$5	Modern Air
		Ricks Appliance Repair
Darlene Blair	\$5	Boss Electric

minicio aic.		
Diane Chartrand	. \$5	Appliance Specialty
Davis Radecki	. \$5	West Bay Clippers
Marsha Cameron	. \$5	Imperial Electric
Lanny Jordan	. \$5	Discount Computer
Larry McCrea	. \$5	Perfect Repair
Renee Ciofu	. \$5	The Plumbing Patrol
		Jones & Sons Plumbing
		Battleline Termite & Pest Control
Donna Robertson	. \$5	Debbies Salon
Patrick Rosenheim	. \$5	
Andy O'Conner	. \$5	Doll Brothers
Kathleen Bazzano	. \$5	Air Masters of Pinellas
Bruce Broad	. \$5	Largo Automotive Repair
		Royal Enterprise
		Discount Computer
Connie Beaver	. \$5	Buggin Out Pest Control
Rae Philbrick	. \$5	Heller's Mobile Home Washing
Gerry Langford	. \$5	Air Masters of Pinellas
Willa Ford	. \$5	1st Class Handyman Service
Dorothy Haller	. \$5	Battleline Termite & Pest Control
Barbara Green	. \$5	Boss Electric
Tony Protano	. \$5	Modern Pest Control
Berdie Ledee	. \$5	The Plumbing Patrol
Harriette Reimer	. \$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

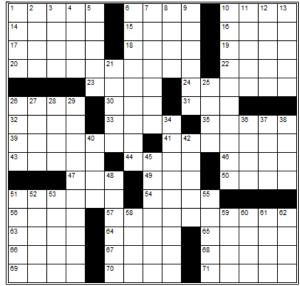
• No purchase necessary • Contest void where prohibited by law •Tickets available at participating Monthly Media advertisers.

ACROSS

- 1. Creep
- 6. Behold, in old Rome
- 10. Temporary

living quarters

- 14. Creepy
- 15. Nonclerical
- 16. Not under
- 17. Stoop
- 18. At one time (archaic)
- 19. Adriatic resort
- 20. Stretchability
- 22. Reclined
- 23. Savvy about
- 24. Frolic
- 26. Blackthorn
- 30. Zero
- 31. Consume
- 32. French for "We"
- 33. Always
- 35. Handrail post
- 39. Make less visible
- 41. Improvement
- 43. Test versions
- 44. Japanese wrestling
- 46. Anagram of "Sage"
- 47. Morning moisture
- 49. It is (poetic)
- 50. Gave temporarily
- 51. Scant
- 54.1111
- 56. Dry riverbed
- 57. Phantom
- 63 Wicked
- 64. Conceited
- 65. Twilled fabric
- 66 Rind
- 67. French for "State"
- 68. Supporting column
- 69. Not false
- 70 Flows
- 71. Affirmatives





DOWN

- 1. Formally surrender 13. Lying facedown
- 2. Bobbin
- 3. Diva's solo
- 4. Hairpieces
- 5. Slowly, in music
- 6. Optional school courses
- 7. Open one-horse carriage
- 8. A box or chest
- 9. A copy from an original
- 10. Concomitant
- 11. Birdlike
- 12. Army doctor

- 21. Not outer
 - 25. Telephoned 26. Prig
 - 27. Part of the outer ear 52. One who lays
 - 28. Dethrone
 - 29. Squadron
 - 34. Cud-chewing
 - hoofed mammals
 - 36. Hourly pay

 - 37. Biblical garden
 - 38." we forget"

 - 40. Applications

- 42. Show-off
- 45. Perfect
- 48. Cloth maker
- 51. Used a broom
- asphalt
- 53. French farewell
- 55. Pantywaist
- 58. A Maori club
- 59. French for "Head"
- 60. Colored part of an
- eve
- 61. Leer at
- 62. Catches/font>





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