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Monthly

Movember. An annual event featuring the growing of moustaches to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. The charity event is run by the Movember Foundation, on the web at Movember.com. The goal of Movember is to "change the face of men's health."

National Epilepsy Awareness Month. One in 26 people will be diagnosed with epilepsy. National Epilepsy Awareness Month in November is an annual event that teaches people about epilepsy's causes and symptoms. During this month, many organizations join together to provide information about preven- tion, treatment, research, and resources to fight epilepsy.

National Family Stories Month. With Thanksgiving just around the corner, many of us will be reconnect- ing with family members and listen as grandma and grandpa talk about "the good old days." All the stories that get passed around this time of year give us a great opportunity to learn about our heritage.

National Novel Writing Month. National Novel Writing Month (NaNoWriMo) is a fun, seat-of-your- pants approach to creative writing. On Nov. 1, participants begin working toward the goal of completing a 50,000-word novel by 11:59 p.m. on Nov. 30. Emphasizing enthusiasm, determination, and a deadline, NaNoWriMo is for anyone who has ever thought about writing a novel.

Weekly

National Animal Shelter Appreciation Week, Nov. 3–9. National Animal Shelter Appreciation Week recognizes shelters that provide care and bridge the gap to adoption for many abandoned and stray animals. Get to know your local animal shelter, and learn the types of support it needs to continue to provide services to the animals and community it serves.

Geography Awareness Week, Nov. 10–16. National Geographic magazine created Geography Awareness Week to raise awareness about the deficiency in geographic knowledge among Americans and excite people about geography as both a discipline and as a part of everyday life.

Global Entrepreneurship Week, Nov. 18–24. Connect with a vibrant ecosystem of entrepreneurs, investors, researchers, policymakers, and other startup champions in 170+ countries. Tens of thousands of events, activities, and competitions take place during Global Entrepreneurship Week each year. Find one near you.

American Education Week, Nov. 18–22. American Education Week presents all Americans with a wonderful opportunity to celebrate public education and honor individuals who are making a difference in ensuring that every child receives a high-quality education. 2019's theme will be reflected in special observances each day of the weeklong celebration.





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SHADY LANE OAKS WHAT'S NEW NOVEMBER, 2019 C



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We Need Cover Pictures: Send in Your Interesting Photos

Get Your Picture on the Cover - We select a new and interesting picture every month to be printed on the cover of your newsletter. If you or your neighbors have fun events or activities please send in a picture and we'll enter it to be selected. Please include a description of the image and a brief release allowing us to reprint the picture. Our mailing and email address are here: Picture

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Through his own healthcare experience Mr. Crotts learned the value of good health coverage and quality medical care. He dedicates his agency to helping people with Medicare and Medicaid needs. You can visit the office to learn about Medicare plan options or he will come to your home.

Every year your Medicare health plan coverage changes even if you do not change plans. Also, new products are introduced and many offer benefits beyond original Medicare and/or Medicaid plans. Baby Boomers had completely different insurance products during their working years. The indemnity and major medical policies are no longer the only choice and often do not meet the financial needs of consumers today.

Don't waste time trying to figure it out. Michael will sit with you and review all of the documents, and answer all of your questions. Most importantly, he will conduct a needs analysis to determine your individual needs – if you expect a hospitalization, use certain medicines, or want benefit like dental or vision – everything is taken into consideration.

Best Plan Choice is there to help you make the right choice and is available long after the policy is written. This means helping with doctor chang¬es, plan questions, annual review of your benefits, and of course taking great care of any friend or family member you refer. At Best Plan Choice clients become friends, and friends become clients.



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Ditch these financial bad habits

ant to handle your money better? Most of us do. The Motley Fool website advises breaking these three bad habits:

- **Paying bills late.** A few days or weeks may not seem to matter, but you'll be hit with late fees, interest, and damage to your credit rating. Do your best to pay all your bills on time. Set up reminders so you're always on schedule. Automatic payment is one reliable option.
- Accumulating too much debt. Not all debt is bad, as long as you manage it sensibly and pay it off in a reasonable time. If you can't pay off your credit cards and other debt by the end of the month, set up a budget that helps you monitor and control your spending before debt gets out of control and hurts your credit rating.
- Not saving. Putting money away can be difficult, but not saving any money is a mistake. You should have a reasonable cushion in case of emergencies—at least three months' worth of living expenses. Look for ways to cut costs, and set up a separate savings account so you're able to keep track of savings and spending money easily.

When and where to pay cash

redit and debit cards are convenient, but sometimes you're better off using cash. The Reader's Digest website suggests keeping your card in your wallet in these situations:

- **Tipping.** Tipping in cash instead of adding it to your bill ensures that your server gets the full amount.
- Farmer's markets. Many vendors have credit card machines nowadays, but not all of them. And the machines can always go down because of a power outage or spotty Wi-Fi. Keep cash handy so you don't miss out.
- Minimum purchases. Coffee shops and other venues frequently have a \$5 or \$10 minimum for credit card purchases. Paying cash ensures you don't buy more than you need in order to meet the minimum.
- **Private transactions.** You want to buy a special gift for your spouse, but you don't want him or her seeing it on a credit card statement. Use cash to keep the transaction secret.

Money and beauty are defenses against the sorrows of this world, but neither can undo the past. Only time will conquer time. The way forward is the only way back to innocence and to peace. —Dean Koontz





Brainstorming isn't the only solution

un fact: The man who popularized brainstorming in the 1940s also touted the benefits of solitude when searching for creative ideas. Alex Osborn's book, Your Creative Power, described how he brought a practice he'd seen in a previous job to the advertising firm BBD&O (he's the "O").

"The early participants dubbed our efforts 'Brainstorm Sessions,' and quite aptly so," the book says, "because, in this case, 'brainstorm' means using the brain to storm a creative problem—and do so in commando fashion, with each stormer attacking the same objective."

But he also advised solo thinking. "A good long shower or a hot tub often induces ideas. One reason is that while we bathe we are shut off from distracting influences." And he describes one particularly fruitful effort:

"Once when I faced a hard creative task, I went to an inn over 100 miles away. Not only was I uninterrupted—not only did I get away



from routine—but, because I had made such effort to go so far solely to engage in creative effort, my imagination seemed to work far better. The very taking of that trip tended to sharpen my imagination."

Brainstorming can be useful, but it's not the only tactic for sparking your creativity.

An alphabetical guide to inspiration

s creativity as simple as ABC? Harvey Mackay thinks so. The businessman and bestselling author shared his formula for innovation and inspiration in a column on the Daily Herald website. Here's how his list begins:

- A: Advertising. "Expand your brand beyond media-generated advertising. For example, we painted our company name and phone numbers on top of our delivery trucks so they were visible to people who worked on upper floors of tall buildings."
- **B: Bold.** "People are not inspired by ordinary messages, so give them a reason to remember you."
- C: Curious. "Curiosity may not have been good for the cat, but it's a winning formula for people."
- D: Different. "Don't be afraid to do things that have never been tried before. You have to have enough faith in yourself to trust your instincts."
- E: Everyone. "I firmly believe that everyone has the capacity to be creative, if only they allow themselves to be."

(For the full list, go to https://www.heraldextra. com/business/harvey-mackay-the-creativ-ity-abcs/article_f3703366-1c06-5178-9225-cb821c1a054e.html.)



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NOVEME	3ER•201	9
Sunday	Monday	Г
DECEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
3 Daylight Savings Time	4	
Ends		
10	11 Veteran's Day	
17	18	
24	25	

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Shady Lane Oaks

		<u> </u>		
Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28 Thanksgiving Day	29	30





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Add more plant-based foods to your diet for better heart health

E ven if you're not a vegetarian, this information may come in handy. According to the Science Daily website, a new study suggests that cutting back on animal-based foods and eating more plant-based foods may lead to a healthier heart.

Researchers analyzed data on food intake from more than 10,000 middle-aged adults in the United States who participated in a study from 1987 through 2016. None of them had any cardiovascular disease at the outset of the study. The researchers looked at the proportion of plant-based food the participants ate compared to animal-based foods. Those who ate the most plant-based meals had a 16% lower risk of cardiovascular disease (heart attack, stroke, heart failure, and other conditions), a 32% lower risk of dying from a cardiovascular disease, and a 25% lower risk of death in general compared with those who ate the least amount of plant-based food.

Meanwhile, another study reported on the Harvard T.H. Chan School of Health website suggests that a plant-based diet may help ward off type 2 diabetes. Researchers looked at data

from nine studies that included health data from more than 300,000 participants, of whom 23,544 had type 2 diabetes. Their review of adherence to an overall predominant- ly plant-based diet found that people with the highest adherence had a 23% lower risk of type 2 diabetes than those with weaker adherence to the diets.

You may not have to go completely vegan, but cutting out meat and eating more fruits, vegetables, legumes, and whole grains can have a positive effect on your physical well-being.



Top states for top health care

here you live can affect the quality of the health care you receive. The WalletHub website analyzed the 50 states and the District of Columbia, measuring cost, accessibility, and outcomes. Here are the top 10 states for good health care:

- 1. Minnesota
- 2. Massachusetts
- 3. Rhode Island
- 4. District of Columbia
- 5. Vermont
- 6. New Hampshire
- 7. Hawaii
- 8. Maine
- 9. North Dakota
- 10. Iowa

The bottom five: Arkansas, South Carolina, Mississippi, North Carolina, and Alaska.



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EAR









ACROSS

- 1. Chin indentation
- 6. Sprockets
- 10. Boast
- 14. Wanderer
- 15. Spindle
- 16. Tax
- 17. French farewell
- 18. Horn sound
- 19. Affirm
- 20. Deadly nightshade
- 22. Medical breakthrough
- 23. Apprehend
- 24. Scrapes gently
- 26. Hit
- 30. Welts
- 32. Sarcasm
- 33. Largest city in Maryland
- 37. Ark builder
- 38. American symbol
- 39. Angers
- 40. Wanders off course
- 42. Precipitous
- 43. Songbirds
- 44. Wicked
- 45. French for "Room"
- 47. Brassiere
- 48. Novice
- 49. Blockhouse
- 56. Afresh
- 57. Any day now
- 58. Wish granter
- 59. Tardy
- 60. If not
- 61. Consumed
- 62. Misled
- 63. Bucks and does
- 64. Smelter waste

15 16 14 18 17 19 21 24 25 28 30 31 32 34 35 36 38 40 41 42 43 44 45 46 50 49 51 52 53 54 57 58 60 61 64

DOWN

- 21. East Indian tree
- 25. Anagram of "Ail"
- 26. Transgressions 27. Gait faster than a
- walk
- 28. Lion sound
- 29. Unsanctified
- 30. What you're paid
- 31. L L L L
- 33. Hesitate
- 34. Chocolate cookie
- 35. Bobbin
- 36. Catch a glimpse of
- 38. Emerged

- 41. Woman 42. Caught
- 44. A large vase
- 45. Egyptian peninsula
- 46. Mountain crest
- 47. Sillv mistake
- 48. Gangly
- 50. Lacquered
- metalware
- 51. Thorny flower
- 52. Listen
- 53. Savvy about
- 54. Untruths
- 55. Lairs



November

Crossword

- 13. Calyx
- 6. Kebab (alternative spelling)

1. Fourth sign of the

2. Prospector's find

zodiac

3. Wicked

- 7. Beasts of burden
- 8. Secluded valley
- 9. Classify
- 10. Farrier
- 11. Variety show
- 12. Declares

4. Sense 5. Failure to attend school

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CollisionACV - \$500 Deductible COMPARE
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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 yea

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 AirBags, 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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The speeder

ate one night a man was speeding down the empty road. A cop pulled him over. "Are you aware of how fast you were going, sir?"



The man replied, "Yes, I am. I'm trying to escape a robbery I was involved in."

"Were you the one being robbed, sir?"

"Oh, no, I was the one who committed the robbery. I was escaping."

The cop was shocked. "So you're telling me you were speeding and you committed a robbery?"

"Oh, yes," replied the man calmly. "I have all the loot in the trunk."

The cop grew angry. "Sir, I'm afraid you have to come with me."

"Don't search my car!" the man cried. "I'm afraid that you'll find the gun in my glove compartment!"

"Wait here." The cop returned to his car and called for backup. Within minutes there were cars, cops, and helicopters all over. The man was dragged from his car, handcuffed, and put in the back of a police car.

A few minutes later another cop brought him out. "Sir, this officer tells us that you had committed a robbery, had the stolen loot in the trunk of your car, and had a gun in your glove compartment. However, we didn't find any of these things in your car."

The man shrugged. "Yeah, and I bet that liar said I was speeding, too."

Five surgeons

rive surgeons were talking about the best patients. The first surgeon said, "Accountants are the best to operate on, because when you open them up, everything on the inside is numbered."

The second surgeon said, "Nah—librarians are the best. Everything inside them is in alphabetical order."

The third surgeon responded, "Try electricians, man! Everything inside them is color coded!"

The fourth surgeon said, "I prefer lawyers. They're heartless, spineless, and gutless."

To which the fifth surgeon said, "I like engineers. They always understand when you have a few parts left over at the end."

Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning up to do afterward. —Kurt Vonnegut Jr.



Reading makes people better, study suggests

o you read a lot? If so, chances are you're more kind and empathetic than most people, according to a study reported on the Peace Quarters website. Researchers in Great Britain asked 123 people about their reading or television watching habits. Then they analyzed participants' social skills, asking questions like, "How often do you consider other people's points of view versus your own?" and "Do you go out of your way to actively help others?"

The results showed that the book readers, usually considered introverted and antisocial, displayed more empathetic traits than people who primarily watch TV. The genre of books seemed to make a difference, with readers of romance and drama showing more empathy and skill at seeing things through another person's eyes.

Of course, it could be that empathetic people tend to read more, instead of reading creating more empathy. Either way, it's good news for bookworms.



Have a safe Thanksgiving

When you fire up the oven to roast your Thanksgiving turkey, you're probably not thinking about tragedy. But home fires are the most common disaster in the United States, and cooking is the leading cause of those fires. Thanksgiving Day is the unfortunate host to about 4,000 fires each year. Here are some safety tips to keep your Thanksgiving fire-free:

- Stay in the kitchen and keep watch while you are cooking.
- Use a timer if you have something in the oven or are boiling or simmering something on the stove.
- Don't wear loose sleeves or loose clothing when cooking.
- Keep anything that can catch on fire—pot holders, oven mitts, towels, etc.—away from your stovetop or oven.
- Turkey fryers are extremely dangerous, and most safety organizations do not recommend their use.
- Make sure you have a smoke alarm installed with working batteries. Push the button to check that it's working every month, and install new batteries at least once a year.
- After your guests leave, do a home safety check to make sure that all candles are extinguished and all of your cooking appliances are turned off.







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EVENTS & PROGRAMS

WHITE ELEPHANT SALE. Saturday 11/2, 9AM-12PM. Americana Cove, 7201 1st NE, St. Pete. Antiques, collectibles. iewelrv. furniture. electronics, kitchenware. books. paintings, records, CDs, DVDs, VCRs, linens, bakery, plants.

Paradise Island Annual Craft Fair, Sat. Nov. 2, 2019. Tables, \$10 and \$15. Call Delores at 727-754-5569

HOLIDAY BAZAAR - Saturday. 11/09/2019, 9am-1pm. All indoor craft show. First Lutheran Church, 1644 Nursery Rd., Clearwater. Questions: 727-744-3806 or eobrien2429@gmail. com

EXPORTUN 10 WORDS for \$8.55 – Each additional word is 80¢ Your Ad Will Appear in 60 Mobile Home Park Newsletters NO ADS ACCEPTED BY PHONE OR EMAIL

Carport Sale: Saturday, Nov. 9th. ART/CRAFT FAIR. Saturday. 8-1pm. Household items, craft items. November 23rd, 9AM-1PM. Lake Hillcrest MHP, 2346 Druid Rd. Lot Highlander MHP. 1500 County Road 1009, Clearwater. Located between 1, Dunedin. Great Holiday Gifts! Belcher and US 19. Pre-Xmas Sale: Sat., Nov., 23rd 8am-Oak Crest/Acorn MHC (over 600 units) 1pm. Lake Haven MHP 1415 Main St. Semi-Annual Carport sale, Saturday, (Behind Subway). Gift items, Dishes, November 16th, 8:00am-3:00pm. 9925 etc. The BEST Bake Sale in town! Ulmerton Rd. or second entrance (off Japanese Garden Art and Craft Bazaar Seminole) 16th Ave. SE, Largo. November 30th, 2019. Coffee, lunch, 9th ANNUAL ARTS & CRAFT Bake Sale and Art Raffle. Artists SALE: Sat., Nov. 16, 2019. 9AMwelcomed to join. CALL: Charlotte for 1PM. Lake Haven MHP. Paradise details: 727-531-3651 Island Clubhouse, 1415 Main St., FLEA MARKET Saturday, November Dunedin (SR580 & Lake Haven Rd.). 30th 9am-Noon. Lake Seminole Resort Everything uniquely designed by hobby Clubhouse 10245 110th Ave N. Largo. club members, including: paintings, Clothes, furniture, books, household shadowbox creations. jewelry, items, decorations. crocheted, knitted and sewn items and greeting cards all individually crafted Yard Sales: Paradise Island, Lot # 208. for home or gifting. Sat. Nov. 30th, 9am - 1pm. BRIAR CREEK ANNUAL BAZAAR: Craft Fair Sugar Creek Saturday November 22nd, 4pm - 7pm & 8:30-1:30 PM. 10265 12/7/2019. November 23rd, 8am - 11am. 100 Briar Ulmerton Road, Vendors needed: 401-Creek Blvd off McMullen Booth Rd 835-0700. Trash & Treasures, Jewelry, Baked Goods, Furniture, Tools, Linens, Raffle Baskets, Liquor Raffle, and 2nd Hand **ATTENTION RESIDENTS!** Clothes www.mvbriarcreek.com Did you know this Emporium/ Classified listing reaches over 21,500 Christmas Market & Silent Auction. homes in Pinellas County? It goes Crafts/Vendors November 23rd, 9am-2pm. Connect2Christ Church, 9398 into 60 community newsletters (just like this one) from Dunedin to St. Oakhurst Road, Seminole, FL 33776 Petersburg. This is a great market to ART/CRAFT SALE 11/23/2019. 9amsell items, advertise your next event, 1pm. Park Royale M/H Park. Benefits try and get help for a function, and "Friends of Strays". Bake sale. Lunch many other things. Remember to available. Vendors contact 727-545think about this the next time you're 5430 tables \$15. planning something. -Monthly Media Staff

DECEMBER AD DEADLINE - NOVEMBER 10, 2019

 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 for mailing of check). This month's cash winners are:

(Allow 4-0 weeks tol maining of check). This month's cash	winners are.
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John Bonnar \$10 Ricks Appliance Repair	Dianna Gilmore
Dee Newland \$10 Boss Electric Corp	Wesley Curchill \$5 Air Masters of Pinellas, Inc.
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Kerren Sanders \$10 Jones & Sons Plumbing, Inc.	Sue Harris \$5 Debbie's Salon
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