

# YSTALLA

June 2016

Issue 4 40th Year

ARRR...You Ready For Summer?
Bob and Ginny Lupton of Bay Ranch having some fun
with Captain Jack Sparrow



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### **Crystal Lake Management and Staff**

Manager ...... Carol Haney Office Phone......(727) 544-2745 Office FAX......(727) 549-1337

Office Hours Monday – Wednesday & Friday - 9:00 am – 6:00 pm

Saturday – 10:00 am – 5:00 pm Thursday & Sunday - Closed Maintenance ......Emergency: 727-657-6265

### **HOA Board Officers**

President: Cliff Shaffer
1st Vice Pres: Joan Mrowiec
Secretary: Violet Escobar
Treasurer: Kim Haswell

### **Courier Editor & Communications**

Violet Escobar: 727-278-7310 MyCrystalLake9301@gmail.com

#### Crystal Lake Facebook group link:

See/Call/e-Mail -

Violet for your Invitation to join

Reporter

Richie Vega: 813-284-8071

CrystalLakeCourierMedia@gmail.com

Block Captain Coordinator

Corky & Vickie Craver ... 248 Circle Drive

Asst.: Violet Escobar ......70 6th St.

### **Block Captains**

Circle – 242 - 267 ... Vickie Craver (248)

1st St – 200 - 241 ....Richie & Margie Vega (262)

2nd St – 184-199.....Dan Whallon (190)

3rd St – 164 -183.....Kim Gaines (158)

4th St – 111 – 161 ...Kim Gaines (158)

 $5 \text{th St} - 89 - 110 \dots \text{Kim Gaines (158)}$ 

6th St – 65-87......Violet Escobar (70)

We are always grateful to our Block Captains who bring your copy of the Courier to your door every month. Block captains also hand out flyers and notices when needed.

To contact Vickie: call 727- 288-3991 or see her at lot #248 after 3 o'clock

#### **Neighborhood Watch**

Due to recent developments, The Crystal Lake Neighborhood Watch Program has been suspended. As always, residents are asked to look out after themselves, keep your cars and house doors locked, watch out for each other and report any suspicious activity directly to the Pinellas Park Police Department. <a href="Emergency: Police">Emergency: Police</a>, Fire, Medical, please dial <a href="9911">9911</a>.

Non-emergency, Pinellas Park Police Department at (727) 541-0758

Pinellas Park police station: 7700 59th Street

To report a street light out: call Duke Energy at (727) 443-2641









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### **MONTHLY HOA MEETING –**

f you attended the HOA meeting in May or read your Courier, you know that HOA meetings have been suspended for the summer. There will continue to be activities and events, so please continue to check your Courier so that you don't miss out.

We were pleased to have **Jason Latimer**, Communications Director Representing Deborah Clark, <u>Supervisor of Elections</u> speak to us at the May meeting. Jason discussed how voters should make sure they are registered well in advance and also, the convenience of voting by mail.

He stressed the importance of educating ourselves and casting our votes in November.

### HEALTH

Exercise Exercise and physical activity are good for just about everyone, including and especially older adults. There are four main types and each type is different. Doing them all will give you more benefits.

- Aerobic activities increase your breathing and heart rate. Brisk walking, dancing, swimming, and biking are examples.
- Strength exercises make your muscles stronger. Lifting weights or using a resistance band can build strength.
- Balance exercises help prevent falls
- Flexibility exercises stretch your muscles and can help your body stay limber

### **QUOTES**

"I pay ZERO attention to what you say. But your actions have my undivided attention."

- Sotero M Lopez II

I pray every night, sometimes long prayers about a lot of things and a lot of people, but I don't talk about it or brag about it because that's between God and me, and I'm no better than anybody else in God's sight. - Peyton Manning

### **HAPPY JUNE BIRTHDAY**

Happy Birthday

4 – Paul McCarter



### **RECIPES**

### **BANANA BREAD in a RICE COOKER**

#### **INGREDIENTS:**

- 1 1/2 cups enriched white flour
- 3/4 cups white sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 cup mashed ripe bananas (2 to 3 medium to large bananas)
- \* For extra sweetness, substitute a portion of white sugar for an equal amount of packed brown sugar. Or, add 1/2 tsp. of vanilla extract along with the wet ingredients.

#### **DIRECTIONS:**

• In a large mixing bowl, combine the flour, sugar, baking powder, baking soda and salt. Whisk until the ingredients are well mixed.

• 1/3 cups softened butter

• 1/4 cups milk

Cooking oil

• 1 egg

- Next, add the bananas, butter, milk, and egg. These should be mixed until the batter has a uniform and thick, creamy consistency. If you own an electric mixer, let it do the work (low setting recommended). If not, the bananas and butter may give you some difficulty when hand-mixing it. To make things easier, make sure you let the butter soften long enough beforehand. Also, if you put the bananas into a plastic freezer bag, you can i make sure they're well-mashed without making a huge mess.
- At this point, you can stir in any other ingredient you may want, like chopped nuts or a bit of dried fruit. Feel free to try out your own variations on the recipe!
- Before pouring the batter into the rice cooker's pot, remember the most important step! Coat the inside of the pot lightly with cooking oil. Paper towels help to spread it properly. Otherwise, the banana bread will stick to the inside as it cooks.
- Now simply pour the batter evenly into the pot and start the cooker. I use the same settings as when I make rice. On my rice cooker, the bread isn't done after just one cycle, so I let it run twice, though this could vary based on your rice cooker. With mine, I have to allow the cooker to cool down for a few minutes in between cycles, as it won't start again right away.
- That's it! After it's done, pop the bread out onto a serving tray or plate and enjoy!

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Carol Zapiecki, Clearwater, Fl

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### Did you know that June is also...

**Adopt a Cat Month.** Thousands of cute cuddly kittens and mellow older cats are waiting in shelters across the country for someone to take them home. Members of the shelter staff are ready to help you adopt your very first cat or bring home a friend for another beloved cat.

**Alzheimer's and Brain Awareness Month.** Around the world 47 million people are living with some form of dementia, and that number is expected to climb to 76 million by 2030. Learn how to maintain your brain's health, and help raise awareness and support of research aimed at treating brain illnesses.

**National Zoo and Aquarium Month.** Explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, and activities for the whole family.

**PTSD Awareness Month.** Post Traumatic Stress Disorder can affect anyone, and its effects are felt throughout every community. The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of effective treatments and to help all those affected by PTSD.

**Sun Safety Week, June 5-11.** Sponsored by The Sun Safety Alliance, which believes that a focus on skin cancer prevention, education, and awareness will improve public knowledge of the importance of sun safety.

Men's Health Week, June 13-19. Celebrated each year during the week leading up to Father's Day to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

**Superman Week, June 9-12.** An event held in Metropolis, Ill., to celebrate the adventures of the Man of Steel in comics, film, and TV.

Animals Rights Awareness Week, June 19-25. An annual event to raise awareness for the care and concern for animals of all varieties and to educate the general public about the humane treatment that all animals deserve whether they're someone's pet, wildlife residents, residents of a zoo, or raised as food sources.

**National Running Day, June 3.** Put on your running shoes and some sunscreen and go out for a run!

**Father's Day, June 19.** Remember your dad—and fathers everywhere—on this special day.



### Teach children or grandchildren this important skill

Problem solving is a skill that's valuable throughout your children's lives, from school to their adult careers. You can teach your children how to tackle any problem they're facing by sharing these steps:

- Identify the problem. This is the most important step, and often the most overlooked. Your child can't solve a problem until he or she can state what it is.
- Come up with a list of solutions. Brainstorm possible solutions, even ones that initially seem farfetched. Just keep the ideas flowing.
- Assess each idea. Now is the time to evaluate the merits of each idea, weighing the pros and cons thoroughly.
- Pick one or two ideas. Have your child pick the top two solutions and give his or her specific reasons for choosing those possible solutions.
- Put the decision into action. Before going forward, talk about possible outcomes. What are the potential obstacles? What help can you expect? How can you avoid traps?
- Evaluate and learn. How did the solution work? What changes need to be made to make it work better? What would your child try the next time?

### The hungry thief

Toe and Sam went into a bakery. When the cashier wasn't looking, Joe quickly slipped three doughnuts into the pocket of his jacket.

"What are you doing?" Sam whispered. "You just stole those!"

"So what?" Joe asked. "Nobody saw a thing."

Sam waved the cashier over. "Give me a doughnut, and I'll show you a magic trick."

Intrigued, the cashier handed over a doughnut. Sam ate it, then asked for a second one, and then a third.

"So what's the trick?" the cashier asked, skeptically.

"You know where those doughnuts are now?"

The cashier frowned. "Where?"

"Look in my friend's pocket."

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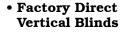
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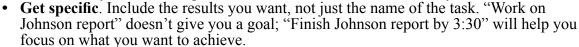




### Get more from your to-do list

to-do list can help you organize your time and energy effectively, but successful people know that it's just a start, not an end in itself. Get the greatest impact from your list by following this advice:

- Start the night before. Instead of making your list in the morning, finish your day by planning tomorrow's work. You'll arrive fresh and ready to tackle your most important tasks right away.
- **Keep it short**. A list of 100 items is intimidating. Limit your to-do lists to tasks that add maximum value to your organization, not routine busywork.
- **Prioritize your tasks.** Don't list items at random. Decide which job to tackle first, second, and third so you don't waste time on less important tasks.
- Categorize your tasks. After you've identified your two or three most important jobs for the day, go through your list and group similar tasks together—answering phone calls and emails, meeting with co-workers, organizing various projects. You'll get more done by not switching between different kinds of tasks all day.



• Expect the unexpected. No matter how organized you are, interruptions will occur. Build in enough time to deal with them so you're not thrown off by the day-to-day demands of the workplace.

### **Quick Thinking**

stockboy in the produce section of the supermarket one day had a customer who asked to buy half a head of lettuce. The stockboy told him that they sold only whole heads of lettuce.

The man insisted that he didn't need the whole head and wouldn't pay for a whole head if he wanted half of it. Finally the stockboy said he had to ask his manager about the situation. As he walked into the back room, the stockboy blurted out: "Some jerk out there wants to buy only a half a head of lettuce."

The manager's eyes grew wide in shock. The stockboy turned around to find the customer standing right behind him

He quickly said, "And this gentleman here wants to buy the other half."



#### ACROSS

- 1. Found on most heads
- 5. Seaweed
- 9. Strait-laced
- 13. Coastal raptor
- 14. Intimidate
- 16. Assistant
- 17. Not more
- 18. Spanish friend
- 19. Part portrayed
- 20. Philippine tribal chief
- 22. Stretched
- 24. Wander
- 26. Attempts
- 27. Honors
- 30. Theatrical performers
- 33. Affect with an ulcer
- 35. Ice rain
- 37. Make lace
- 38. A synthetic fabric
- 41. Missing In Action
- 42. Overact
- 45. Icing
- 48. Soothsayer
- 51. Demesnes
- 52. Intersect
- 54. Male deer
- 55. Figurine
- 59. Grind
- 62. Cab
- 63. Beginnings of plants
- 65. Ancient Peruvian
- 66. Very imposing or
- impressive 67. Twilled fabric
- 68. Left by a wound
- 69. Untidyness
- 70. Encounter
- 71. Rope fiber

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- 1. Possessed 2. Region
- 3. Teacher
- 4. Fix up
- 5. American Dental
- Association
- 6. Hobbling 7. Remorse
- 8. Wool source
- 9. Sunshade
- 10. Violent disturbance 39. Refinable rock
- 11. Indolent
- 12. A fitting reward
- (archaic)
- 15. Carbonated water containing quinine

- 21. Not under
- 23. Obtains
- 25. Distinctive flair
- 27. Fretted instrument 28. San Antonio fort
- 29. A pig's home
- 31. Payment
- 32. Parisian river
- 34. Imp
- 36. Labels
- 40 Snack
- 43. Plan of action

- 44. Beige
- 46. Doe's mate
- 47. Make dirty or spotty
- - 49. Loamy deposit 50. High regard

  - 53. Cubic meter
  - 55. Flower stalk
  - 56. Adhesive strip
  - 57. Line of rotation 58 Border

  - 60 Defraud
  - 61. Angelic instrument
  - 64. Collection







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5	6	
12	13	
19	20	
	20	
Father's Day		
26	27	

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uesday	Wednesday	Thursday	Friday	Saturday
	1	2	6:15P- 7P Snack Bar 7P BINGO	4
7	8	9	6:15P- 7P Snack Bar 7P BINGO	11
14	15	16	17 6:15P- 7P Snack Bar 7P BINGO	18
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28	29	30		JULY 2016 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











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### **Monkey business**

wealthy man took his dachshund on an African safari, but on the second day the dog got scared and ran into the jungle. Lost, he wandered around until a lion spotted him.

Thinking fast, the dachshund turned his back on the lion and lay down, pretending to sleep. "Boy, that was one tasty lion!" he said loudly. "After a meal like that, I need to take a nap!"

The lion backed off. "I've never seen an animal like that," he thought. "He must be dangerous."

A monkey up in a tree saw the whole thing and realized that the dog had fooled the king of beasts. So he jumped onto the lion's back and explained that he'd been tricked.

e ck and

Furious, the lion leaped to attack again. But the dachshund saw him just in time and thought fast again. Lifting his head with a yawn, he said loudly, "Where is that monkey? I thought he'd be back by now with another lion!"

### **Dem bones**

ome tourists in a museum were marveling at a complete dinosaur skeleton. One of them asked the guard, "Do you know how old those dinosaur bones are?"

The guard replied, "They're 70 million and three years old. Three and a half actually."

"How can anybody be so precise?" the visitor asked.

"Well, they were 70 million years old when I started working here, and that was three and a half years ago."

### They're biting

millionaire walked past an old man sitting on the curb outside a bar. The old man had a fishing rod, and he seemed to be trying to catch fish in the storm drain.

Taking pity, the millionaire took the old man to a nearby restaurant for a meal. As they ate, the rich man asked, "So how is fishing in that storm drain working out for you?"



"Not bad." said the old man. "You're the third one I've caught today."  $CRYSTAL\ LAKE\ COURIER\ JUNE,\ 2016\ D$ 



### The Internet spreads across the globe

ccess to the Internet has expanded around the world, according to the Pew Research Center. A global survey found that 54 percent of people in the developing world consider themselves "Internet users" in 2015, up from 45 percent just two years earlier. Those users include 37 percent of survey respondents who said they own a smartphone, an increase from 21 percent in 2013.

Still, growth is slow in some parts of the world. In Africa, the countries Burkina Faso, Uganda, and Ethiopia have Internet use rates below 20 percent. The rate is 42 percent in South Africa and 39 percent of Nigeria, two of Africa's largest economies.

Meanwhile, advanced economies have much higher rates—94 percent in South Korea, 93 percent in Australia, 90 percent in Canada, 89 percent in the United States, and 89 percent in the United Kingdom.

### Figuring the tip: How much to leave?

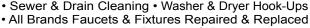
ow much to tip a server depends to some extent on where you are. The national average is 18.9 percent, according to the Zagat website, but the amount fluctuates around the country:

• Boston	20 percent
• Philadelphia	19.9 percent
• Chicago	19.6 percent
• Minneapolis	18.2 percent
• Nashville	18.2 percent
• Orlando	18.1 percent
• San Antonio	17.1 percent

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### Did Neanderthals build their own fires?

ur Neanderthal ancestors may have used chemistry to start fires, according to an article on the Scientific American website.

Archeologists have found chunks of black manganese oxides in Neanderthal sites for years. Previously they believed the oxides were used for dark body paint, although other sources like ash and charcoal would have been more easily available to them.

Scientists at Leiden University in the Netherlands, though, analyzed some chunks of manganese found at a site in southern France and discovered that the blocks contained manganese dioxide, which is more flammable than other types of manganese. Groundup particles of the substances can lower the ignition temperature of wood by more than 100 degrees—suggesting that instead of relying on naturally occurring fires sparked by lightning, Neanderthals were able to build fires on their own

### Radio bursts detected from neutron star

hey're not signals from an advanced alien civilization, but they've been a mystery to astronomers for years. Fast radio bursts, or FRBs, are bursts of energy from outer space lasting just milliseconds but emitting as much energy as the sun produces in 10,000

years. Only 17 have ever been recorded, all of them apparently

one-time events.

But a repeating FRB has recently been detected, according to the Sci-News website: Astronomers from McGill University using the Arecibo radio telescope in Puerto Rico have recorded a series of 10 FRBs they believe may emanate from a rotating neutron star in a distant galaxy.

This conflicts with previous theories that FRBs are caused by cataclysmic events such as supernovas or the creation of black holes. Whatever their origin, the truth is out there.

The important thing in science is not so much to obtain new facts as to discover new ways of thinking about them.

-William Lawrence Bragg



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## June Sudoku

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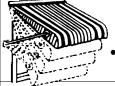


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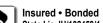


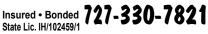
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### **Dragonfly breaks record for longest flight**

Birds may fly great distances, but the world's leading long-distance flyer is a dragonfly an inch and a half long, according to biologists at Rutgers University-Newark. A species of dragonfly known as Pantala flavescens can be found in areas as far apart as eastern Canada, Texas, Japan, and India. Their work found that dragonflies in all these locations share a common gene pool, showing that they were able to travel vast distances to intermingle with local species.

The dragonflies have an increased surface area on their wings that lets wind carry them across oceans. (Some have already been observed migrating between Asia and Africa across the Indian Ocean.) Some of them may actually make the long journey without stopping, stroking the air and then gliding for extended periods to conserve their energy.

Monarch butterflies were previously thought to migrate the farthest distance of any creature—2,500 miles—but if the Rutgers biologists are correct, the dragonflies have set a new record.

### Microwaves make rubies sparkle

ant to make your jewelry sparkle? Try putting it in the microwave. Actually, that may not be your best or safest bet, but scientists have discovered that a microwave treatment can improve the clarity and color of rubies, which aside from jewelry are used in high-power switches and sensors.



As reported on the Science Daily website, a research team at India's Institute of Minerals and Materials Technology (IMMT) put a series of natural, hexagonal rubies in a standard 3MW microwave furnace and heated them at 1,500 degrees Celsius. The microwaves changed the gemstones' color and structure, turning them from reddish black to bright pink and smoothing out defects and impurities by altering their atomic layout and crystal structure.

The process is promising because it's quicker than regular heating and ensures uniformity, and is also more energy efficient.



### How fast do you want that package?

mericans tend to be an impatient bunch. A study by fulfillment software vendor Temando found that 80 percent of U.S. consumers want same-day shipping from retailers, and 61 percent want their purchases shipped out even faster, within three hours.

Retailers haven't responded, at least not yet. The study noted that only 53 percent offer same-day shipping even though 55 percent of buyers indicated they'd be willing to pay for it, and only 20 percent send products within three hours, although 31 percent said they'd be ready to pay for that.

### Watch your words when talking to doctors

ommunicating with your doctor is important, but you can overdo it. From the Prevention.com website comes this lists of things doctors don't want to hear from their patients:

• "I'm sure I have \_\_\_\_." Researching your symptoms online is fine, but most doctors want to diagnose illnesses themselves. Don't walk into the doctor's office insisting you know what's wrong.

• "It's probably just stress." Writing off your problems to stress might keep you from fully describing what's going on. Be ready to tell your doctor all your symptoms so he or she can get a clear idea of your illness.

• "I'm sorry for wasting your time." You may feel that your illness isn't important, but doctors would prefer that you come in before a minor ailment turns into a serious one. You don't have to apologize for taking care of your health.

- "Haven't you heard of this new drug?" Doctors are busy people who
  don't have time to keep up with every new medication, no matter how hard they try.
  Don't insist that your doctor prescribe something you saw on TV, but do print out articles
  that might be helpful in treating your illness.
- "You're supposed to be the expert." Again, doctors are human, and they sometimes miss things. Have realistic expectations, and talk openly about your needs so the doctor can make an informed decision.



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### **Coffee may keep you healthy**

s drinking coffee good for you? A recent article on The New York Times website linked to a number of different studies touting the positive effects of caffeine on several different health problems. They include:

- Liver damage. A review of data collected by studies of more than 430,000 people found that coffee may lower the risk of cirrhosis of the liver, a disease associated with overindulgence in alcohol (among other causes).
- Tinnitus. Researchers kept track of more than 65,000 women and found that those who drank more than one 8-ounce cup of coffee a day were less likely to suffer from tinnitus, that persistent ringing or buzzing in your ears.



- Auto crashes. A study of truck drivers who routinely work on long hauls found that coffee drinkers (or consumers of other caffeinated drinks) seem 63 percent less likely to be involved in crashes while driving.
- Melanoma. An analysis of health and dietary data involving more than 400,000 people ages 50-71 found that those who drank four or more cups of coffee a day were 20 percent less likely to develop skin cancer. (The researchers cautioned that avoiding exposure to the sun's ultraviolet rays is still the most important way to avoid melanoma.)

### State of health: What's the best place for you to live?

There you live may affect your health, at least according to the Gallup/Healthways Well-Being Index. Their most recent report (using data from 2014) ranked all 50 states in order of health. The top 10 healthiest states?

- Alaska
- Hawaii
- South Dakota
- Wyoming
- Montana
- Colorado
- Nebraska
- Utah
- New Mexico
- Texas



The least healthy state, according to the Index, was West Virginia. The Index looks at a variety of factors, including purpose, social relationships, financial stability, community, and physical health.



### The winning argument?

Villiam Gladstone, prime minister of Great Britain for many years in the 19th century, was known as a master of argument, even within his own family. On one occasion Gladstone and his sister Mary argued over where to hang a picture in their house. A workman stood around while the argument went on and on. Mary wouldn't yield, and eventually Gladstone simply stopped talking.

The workman finally hung up the picture where Mary wanted, but when he was done he walked to the other side of the room and hammered a nail in the wall where Gladstone had wanted the picture to hang. Mary asked him what he was doing.



"Well, Miss," the worker replied, "that'll do to hang the picture when you come round to Master William's opinion."

### One act of kindness

ne rainy night many years ago, an elderly gentleman and his wife entered the lobby of a small hotel in Philadelphia. The man asked the clerk if he had any rooms.

The clerk was a friendly man who prided himself on superior customer service. He said that unfortunately the hotel was completely booked. "However," he said, "rather than send you out in the rain at 1 in the morning, I would be happy to offer you my room. It's not a suite, but it will be comfortable for the night."

The elderly man tried to object, but the clerk insisted. The next morning, as he paid his bill, the elderly gentleman said to the clerk: "You are the kind of manager who should be the boss of the best hotel in the United States."

Two years passed. One day the clerk received a letter from the elderly guest, inviting him to New York for a visit with a round-trip airline ticket. When the clerk arrived in New York, the man met him and led him to the corner of Fifth Avenue and 34th Street. He pointed to a brand-new building. "There is the hotel I have built for you to manage," said the elderly man.

"You must be joking," said the astonished clerk.

"I can assure you that I am not," said the old man, a smile on his lips.

The elderly gentleman was William Waldorf Astor, and the palace that he had built for the young clerk was the original Waldorf-Astoria Hotel.

The moral: You never know when kindness will come full circle.







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