

OFFICE: 9191 Bay Pines Boulevard • St. Petersburg • FL 33708 • (727) 392-8858

ARBOR LIGHTS SCUTTLEBUTTS

July • 2016

Issue 5 40th Year

Happy July 4th! Get outside and enjoy! ...like these members of Caribbean Isles Golfers showing their "Mettle"



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Important Phone Numbers

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St. Petersburg Police Dept.
St. Petersburg Fire Dept.
Pinellas County Sheriff
Florida Highway Patrol

893-7780
893-7694
582-6200
570-5010



Emergency - 911

UTILITIES

Bright House Customer Service	329-5020
Knology Sales	239-0211
Service	(866) 745-3685
Progress Energy Service	(800) 700-8744
Power Outage	(800) 228-8485
Verizon Service	(800) 483-4000
D: 4 4 : 4	À 1 1



Directory Assistance 411

PUBLIC OFFICES

DMV-Tags, Driver's License	
1800 66th St. N., St. Petersburg	464-7777
St. Petersburg Chamber of Commerce	821-4069
St. Petersburg City Hall	893-7171
St. Petersburg Post Office	(800) 275-8777
St. Petersburg Main Library	893-7724
Social Security Administration	(800) 772-1213





HOSPITALS

Bay Pines VA	10,000 Bay Pines Blvd., St. Petersburg, 33708	398-6661
Bayfront Medical Center	701 6th St. S., St. Petersburg 33701	823-1234
Largo Medical Center	201 14th St. SW, Largo 33770	588-5200
Morton Plant	300 Pinellas St., Clearwater 33756	462-7000
Northside	6000 49th St. N., St. Petersburg 33709	521-4411
St. Petersburg General	6500 38th Ave. N., St. Petersburg 33710	384-1414

Harbor Lights Club Office 392-8858 • Harbor Lights Clubhouse 398-2731 • Marina 392-4933

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SAVE TIME AND MONEY BY CALLING US TODAY TO GET YOUR PROJECT STARTED

HARBOR LIGHTS SCUTTLEBUTT JULY, 2016 D

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12

Evening & Weekend Appointments Available



SUBMITTED BY JUDY HALKER:

arbor Lights Memorial Day cookout was a great success. There were almost 100 residents there and a lot of wonderful food. Our chef, Don Halker, cooked hamburgers, hot dogs and chicken wings. We had a few hot dogs left. I announced that we were recognizing all the veterans attending and had them stand, Then Diane Piscopo asked Paul Reyes to come forward as she read the meaning of the Congressional Medal of Honor. There was a standing ovation for Paul and he gave a brief talk saying "freedom is not free". My wonderful helpers stepped forward and started with the cleaning. I wish to thank Karen Burton, Stephanie Brenner and Bonnie Grondahl. I am very proud to be a resident at H.L.P. Thank you to all.

Our thanks to Judy and Committee for organizing such a wonderful celebration of remembrance and gratitude.

JULY 3RD PICNIC:

arbor Lights Clubhouse – 4PM – Please bring a covered dish to share and your beverage - Games - Swimming – Lots of fun! – See you there!!

ANOTHER GREAT TRIP JUST ADDED:

or those full-time residents and early arrivals.

- Biloxi by motorcoach Nov 7-10, 2016. \$339.99 per person \$444.00 single
- 3 nights IP resort shuttle to other casinos
- \$24.00 food vouchers, \$55.00 free play, gratuities included
- Optional New Orleans day trip \$49.00 per person, includes tour and free time in French Ouarter
- \$50.00 deposit due with reservation , balance due Aug 29, 2016 For more information:

Contact Loren directly at Advantage 727-576-4010 toll free 1-866-824-1613





TRAVEL:

nother reminder about our day trips for next year: three day trips have been added for next year. If interested sign up on the bulletin board in clubhouse. You can pay next season. Please think about these trips:

- Giraffe Ranch Thursday Jan 12, 2017 \$99.00 includes lunch Safari ride Minimal walking
- Royal Lipizzan Stallions Thursday Feb 16, 2017 \$69.00 –lunch –Minimal walking
- Florida Strawberry Festival Thursday March 9, 2017 -\$55.00 Significant walking
- Flyers are posted in the Club House

OUR CRUISE:

Till take place Nov 28th –Dec. 3, 2016
5 Night Western Caribbean Cruise – Sailing on Royal
Caribbean – Brilliance of the Seas - Roundtrip from
Tampa to George Town, Grand Cayman and Cozumel, Mexico

If interested please call Advantage Cruises and Tours to make reservations.

Final payment is due September 9, 2016

For added information concerning all trips contact Advantage 727-576-4010

COMING EVENTS:

- July 3rd Picnic at Club House 4PM
- July 3rd Fireworks at ROC Park -Madeira Beach
- July 13th Summerland Tour Roc Center Madeira Beach exciting lineup of music – tickets on sale now
- October 27-30th John's Pass Seafood Festival -35th Annual Festival
- November 24th Thanksgiving Dinner Tickets \$10.00
- December Dance Dec 1st Level 3 Band
- January 14, 2017 Fashion With A Twist fundraiser tickets on sale in December



A Complete Listing of Resident Services can be found on the page before your calendar



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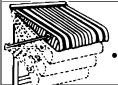






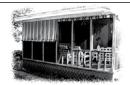


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ANOTHER REMINDER: LOCK YOUR CAR

ars have been stolen from our park. Do not leave keys in the car, thieves have been looking in glove boxes, if suspicious activity noted call 911.

HURRICANE SEASON – JUNE TO NOVEMBER

ALL MOBILE HOMEOWNERS MUST EVACUATE

Make a list of what you may need in a shelter. If you have a pet, be sure to inquire what motel/hotel may be available ahead of time. If you need assistance to evacuate please contact the local fire dept or Pinellas Health Department to be placed on a list for help in transport. Publications are available indicating escape routes in the event of mandatory evacuation. Be prepared, have your plans ready before a storm is imminent. Be safe!

THE HISTORY OF THE FLAG

Submitted by Diane Piscopo



he first official American flag, called the Continental flag, was on display on January 1, 1776. It had 13 alternating red and white stripes with a British Union Jack in the upper left corner

On June 14, 1777 the Continental Congress adopted a new design with the same stripes but placed 13 stars in the upper left corner. It was first flown on September 3, 1777.

On January 13, 1794, Congress added two stars and two stripes recognizing Vermont and Kentucky as members of the union. By 1818 with twenty states now in the union, it became too difficult to add more stripes, therefore Congress returned to making 13 stripes official but adding a star for each new member state of the Union. Alaska's star was added July 4, 1959 and Hawaii's star on July 4, 1960, making it 50 stars for the 50 states.

The Confederate flag, adopted in 1861 at a convention in Montgomery, Alabama was called the Stars and Bars. With both flags being red, white and blue, causing confusion in battle, a new flag was used by the Southern armies. It has a red field on which a blue cross of St. Andrew separated by a white outline in which 13 stars were placed. The Confederate Congress then decided, in 1863 to make its flag white, twice as long as the width of the flag with the same cross and stars. Concern arose so in 1865 a red transverse stripe was added so the flag would not look like a signal of truce.

As would happen, once the United States settled the conflicts, the official flag flown throughout the country is that which has 13 red and white alternating stripes and 50 stars in the upper left hand corner. June 14 is the designated day to honor our flag each year.



Directory

ADD:

Dillard, Ray and Weber, Joyce - 4862 H.L.D. Millson, Joyce - 9065 48th Ave. N. 205-915-3271 Warner, Bruce and Gail - 9051 47th Ave. N.

DELETE:

Hamilton, Oral and Joanne Malo, Solange OKeefe, Ron and Pat

DECEASED:

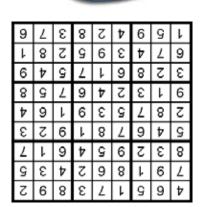
Rene Bourgeois Irma Trzaska

Reminder of changes to phone directory: Any corrections/additions contact Diane Piscopo 727-391-1746 leave a message or e-mail <u>diane102343@verizon.net.</u> Deadline for changes mid-October.

HAVE A GREAT JULY PICNIC KEEP COOL

July Sudoku

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5					1			3
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9	1		2				5	8
		8		1				
6	7				5	2		
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RAY DUNCAN



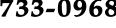




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HARBOR LIGHTS SCUTTLEBUTT JULY, 2016 D



Making room

farmer lived in a small house with his wife and six children. The lack of space was driving him crazy, and in desperation he sought advice from the local rabbi.

The rabbi listened sympathetically to his problem. "I can help you," he said, "but you must do exactly as I say." The farmer agreed.

"Do you own any animals?"

"Yes," the man said. "I have a cow, two goats, and some chickens."

"Good. When you get home, bring all your animals into the house with you."

The farmer was puzzled, but he did as the rabbi advised. The next day he returned, complaining, "Rabbi, the animals are all over my house! What should I do?"

"Go home and take the chickens outside," the rabbi said.

The man went home and took the chickens away. The following day he went back to the rabbi's house. "The chickens are outside, but we still have two goats and a cow getting in the way."

"Take the goats back outside," the rabbi instructed.

The day after that, the man returned again. "The goats are out in the yard, but the cow is everywhere."

The rabbi nodded. "Now take your cow back to your field."

The farmer came back smiling the next day. "It's amazing! The house is quiet and we have room to spare! Thank you, rabbi!"

Not so obvious

math professor had a very rapid and hectic lecturing style. He often simply turned his back on the class and scribbled equations on the chalkboard while speaking so fast many students couldn't keep up.

One day a student asked a question about one of the problems. The professor replied, "Well, that's obvious!" But the student persisted. The prof listened thoughtfully, nodding, then went out into the hallway to think. He paced the hall for 10 minutes, then returned to his classroom.

"I've thought it over," the professor said. "I was right: It is obvious." And he went right back to his lecture.



Balance your internal 'thinker' and 'doer' to bring ideas to life

reative people can have dual personalities: the "thinker" who comes up with bright ideas and the "doer" who puts plans into action. How can you help them work together effectively? Follow these steps:

- Record your revelations. When an idea strikes in the middle of a task, don't stop what you're doing so you can ponder your brainstorm. Instead, keep a notebook where you can record sudden inspirations to review at a more appropriate time.
- Take time to think. Set aside some time each day when you can forget about performing tasks and quietly focus on shaping your ideas.
- Conduct a weekly review. Bring the thinker and doer together each week to decide how to turn vision into reality. Review your ideas, then create action steps to ensure they come to fruition

Take the risk of being creative

reativity is a risky business. Your best ideas may get shot down—or never even make it into the air. If your worries are interfering with your ability to find creative solutions to problems, keep this advice in mind:

- Practice. Don't wait for the pressure of a crisis to start flexing your creativity. Envision some possible scenarios where you'd have to think fast to find a solution. When real problems arise, you'll be better prepared to deal with them.
- Seek feedback. Look for people who can help you evaluate your ideas fairly. They should challenge you, not just say, "Great idea!" This will help keep your thinking sharp.
- Take small risks. Get used to uncertainty by using your imagination when the risks are minimal. You'll build confidence as you learn what works and what doesn't.
- Search for data. Be on the lookout for all the information you can gather about the problem you're trying to solve—and about your organization and industry. The more facts you have, the better the creative decisions you'll make.

When you're heartbroken, you're at your most creative—you have to channel all your energies into something else to not think about it.

-Florence Welch

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AUTO SALES / PURCHASING	121 020 1140
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AWNINGS	121-130-2321
Bay Area Aluminum Services, Inc	727 585 4442
Century Awnings Co	727 550 9911
BLINDS & DRAPERIES	121-339-0011
Rod Runners	727 204 0524
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ELECTRICAL CONTRACTOR	707 444 0404
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Imperial Electrical Service	/2/-535-0/08
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Flatworks	727-288-4680
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Harr & Associates	
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Bay Care ERwww.l	BayCareER.org
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Mobile Florife Depot, Inc	727-535-1100
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Royal Enterprises	. 727-394-	7351
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Buggin Out Termite & Pest Control	.727-535-	2629
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Nature's Resource Pest Control	.727-785-	2552
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Enos Plumbing	.727-804-	9105
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WINDOW REPLACEMENT





JULY-2016

Sunday		Monday	$\overline{\Gamma}$
	Bi	ngo – Suspended t No Social Club in J	
Picnic to be he at Harbor Ligh Clubhouse - 4 see info	hts	Aquacise 8:00am and 9am Bocce 9:00am	Aquaci 8:00am
	10	Aquacise 8:00am and 9am Bocce 9:00am	Aquaci 8:00am
	17	Aquacise 8:00am and 9am Bocce 9:00am	Aquaci 8:00am
	24	Aquacise 8:00am and 9am Bocce 9:00am	Aquaci 8:00am
	31		

Harbor Lights

uesday	Wednesday	Thursday	Friday	Saturday
			Canada Day 1 Aquacise 8:00am and 9am Bocce 9:00am Bus to shop 9:30am	2
5 se and 9am	6 Aquacise 8:00am and 9am	7 Aquacise 8:00am and 9am	Aquacise 8:00am and 9am Bocce 9:00am Bus to shop 9:30am	9
12 se and 9am	Aquacise 8:00am and 9am	Aquacise 8:00am and 9am	Aquacise 8:00am and 9am Bocce 9:00am Bus to shop 9:30am	16
19 se and 9am	Aquacise 8:00am and 9am	Aquacise 8:00am and 9am	Aquacise 8:00am and 9am Bocce 9:00am Bus to shop 9:30am	23
26 se and 9am	27 Aquacise 8:00am and 9am	Aquacise 8:00am and 9am	Aquacise 8:00am and 9am Bocce 9:00am Bus to shop 9:30am	30
				AUGUST 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



ACROSS

- 1. Toil
- 6. Big party
- 10. Nile bird
- 14. Not below
- 15. meridiem
- 16. Not a single one
- 17. Pelvic
- 18. See the sights
- 19. A period of discounted prices
- 20. Plastic wrap
- 22. Historical periods
- 23. Compete
- 24. Clotheshorse
- 26. The arch of the foot
- 30. Mixes
- 32. Interior decoration
- 33. Ruffed grouse
- 37. Jacob's brother
- 38. Lane
- 39. The peak of a hill

1. Secular

Competent

emotional state

4. Elliptical

5. Recuperate

8. Bowl over

11. A panel or

12. Dental filling

10. Numb

committee

13. Notices

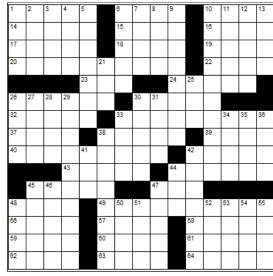
Wash oneself

7. Dwarf buffalo

3. Be in an agitated

- 40. Ascribe
- 42. Danger signal
- 43 Timid
- 44. Wobble
- 45. Incline
- 47. Male sheep
- 48. Thwart 49. A written reminder
- 56. Hindu princess
- 57. Very imposing or impressive
- 58. Not tight
- 59. Not closed
- 60. Between the head and shoulders
- 61. S S S S
- 62. Ringlet





DOWN

- playing card 25. Arranger (abbrev.) 44. Bitumen
- 26. Bright thought
- 27. Where a bird lives
- 28. Leave in a hurry
- 30. Brackish
- 31. Tall woody plant
- 9. Genetic endowment 33. In addition
 - 34. "Shucks!"
 - 36. Pitcher
 - 38. Point of contact
 - between two objects

- 21. A mark on a die or 41. Charged particle
 - 42. Girls or women
 - 45. Smarmy
 - 46. Large commercial ship
- 29. A transparent gem 47. Stones
 - 48. Tailless amphibian
 - 50. Sword
 - 51. Flexible mineral
 - 52. It smells
- 35. Wound by piercing 53. Amount of
 - medicine
 - 54. Utilizer

 - 55. Untidyness







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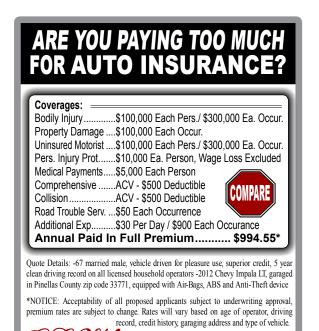
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Carol Zapiecki, Clearwater, Fi

- the house is doing all the talking! Thank you so much for my

beautiful new house."



Young athletes embrace football

ootball is the fastest-growing youth sport in the U.S., according to a survey conducted for USA Football (the national governing body) by the Physical Activity Council and Sports Marketing Surveys USA. Among American kids 6 and older, flag football showed the biggest rise—8.7 percent from 2014 to 2015, representing approximately 120,000 more young players.

Baseball came in second, with a jump of 3.3 percent, and tackle football increased by about 1.9 percent, or about 21,000 additional players.

The numbers were similar in the 15–18 age group: Flag football grew 10.5 percent, adding about 100,000 players, and tackle football increased 2.5 percent, for 30,000 more players. The only other sport to grow in size among the older age group was basketball, at 1.1 percent.



Your commute may improve your health

You may not like going to work in the morning, but the way you get there can have a positive influence on your overall health. The journal Lancet Diabetes & Endocrinology has published a study that found middle-aged people who walk, ride a bike, or even take public transportation to their workplace tend to have a lower body mass index (BMI) than those who regularly drive.

The reason is simple: More physical activity keeps weight down and results in better overall health. Researchers at the London School of Hygiene & Tropical Medicine looked at data from 150,000 people ages 40–69. Not surprisingly, those who biked to the office weighed showed a healthier BMI than those who drive their cars, followed by walkers and then workers who took a bus or train

Although walking or biking may be impossible for many people, the physical activity involved in just getting to the bus stop or train station can have a significant positive effect.

One measure of friendship consists not in the number of things friends can discuss, but in the number of things they need no longer mention.

—Clifton Fadiman

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Advice from the A-List

elebrities aren't necessarily smarter than the rest of us, but their success speaks for itself. Here's what they have to say about achieving success in any endeavor:

- Leonardo DiCaprio, actor: "I've been very lucky to have achieved a lot of the things that I dreamt of achieving as a young man. But at the end of the day—and I truly believe this—it is not about achieving great wealth or success, because they don't bring happiness ultimately. They really don't. What matters is whether or not you've fulfilled the idea of having led an interesting life, whether you've contributed in some way to the world around you."
- Beyoncé, singer: "The reality is, sometimes you lose. And you're never too good to lose, you're never too big to lose, you're never too smart to lose; it happens. And it happens when it needs to happen. And you have to embrace those things."
- Justin Timberlake, singer: "I like being a beginner. I like the moment where I can look at everyone and say, 'I have no idea how to do this. Let's figure it out.""
- Chris Pine, actor: "Fear runs our lives. It doesn't matter who you are. You have to understand your relationship with fear. Whether you're scared of getting into a relationship or taking the new job or a confrontation—you have to size fear up."
- Ellen DeGeneres, talk show host: "Never follow anyone else's path, unless you're in the woods and lost and you see a path. Then, by all means, follow that path."

Succeed with kindness—and these kindly tips

Tice people can finish first. The key is knowing how to use kindness to your advantage. Practice these habits until they become second nature:

- First, be kind to yourself. You'll find being nice to others easier if you build your self-respect with positive thoughts about your personality and achievements.
- Treat everyone with respect. Don't worry about who's on top. Treat everyone the way you want to be treated, regardless of their position or job title.
- Say no when necessary. You can't do everything. But when you do say no, be polite and positive.
- Plant seeds of kindness. Do something nice every day even when your kindness may not have an immediate payoff.
- Complete this statement: "If I were a better person I would ." Then act on it.

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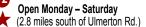
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Stories to tell your grandkids

ost children enjoy hearing their grandparents tell stories. You can captivate your grandchildren for hours at a time with some of these tales that are certain to pique their interest:

- How their grandparents met. Did you meet your future wife in grade school? Did you initially dislike the man you eventually married? Children are often curious about how people in their lives ended up together—and they'll like the joy they see in your eyes as you talk about your enduring love.
- The day their parents were born. Kids usually like hearing about their parents. Describe in detail what happened the day their father or mother was born: what time they came, what you were hearing, who helped out, and most important—how you felt.
- The day they were born. Do the same with a story about your grandchild's birth. What preparations did you make? What did you expect? When did you first see your grandchild? What did he or she look like?
- School days. School has changed a lot since you were a child. Talk about what your typical day was like. Describe your favorite teacher. Discuss challenges you had. Tell children what life in a classroom was like without computers, DVDs, and other modern technology they take for granted.
- First jobs. Talk about the restaurant where you washed dishes, or the shop where you stocked shelves. Tell children about your best and worst bosses, experiences helping customers, and what you learned from each position.
- Proudest achievements. Think back to the moments in your life when you felt proud. You'll teach your grandchildren to try hard, never quit, and take pride in their accomplishments.

The water cure

man went to the doctor because he had no energy. After asking a few questions, the doctor wrote a series of prescriptions.

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"Wow," the man sighed. "What do the pills do?"

"Nothing. You're not drinking enough water."



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-Monthly Media Staff

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		Jones & Sons Plumbing
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Pacific weather may signal heat waves

Te don't usually expect weather forecasters to predict temperatures more than a few days ahead of time, but some meteorologists think they may soon be able to forecast periods of extreme heat up to 50 days in advance.

According to the U.S. News & World Report website, when a certain Pacific Ocean region experiences an extreme mixture of temperatures (unusually warm in the south and unnaturally cold in the northeast), a condition called the Pacific Extreme Pattern signals the likelihood of a heat wave to one in four 50 days in advance, and one in two at 40 days. If true, such forecasts could help farmers, cities, and utilities plan for dangerous conditions.

White dwarf is one of its kind

stronomers have located a white dwarf star that seemingly breaks the rules. A white dwarf is formed when a dying star flings off most of its gaseous body into space, leaving behind a hot, exposed core. Most retain an atmosphere of hydrogen and helium, with heavier elements like oxygen and carbon sinking deep to the center of what's left of the star.

But the Science News website reports that scientists have discovered a white dwarf in the Draco constellation, some 1,200 light-years away, with an atmosphere that's rich in oxygen—affording astronomers a clear look into the interior of the body that they haven't had before.

One theory is that another nearby star might have pulled gas—and mass—from the star as it decayed, leaving the oxygen behind. Another explanation is that a heavy layer of hydrogen might have triggered a massive thermonuclear explosion and ripped off the white dwarf's outer layers.

This is the only white dwarf of its kind observed so far—but exceptions can help scientists understand the rules behind how the universe runs.

We are trying to prove ourselves wrong as quickly as possible, because only in that way can we find progress.

—Richard Feynman

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