

AKE HAVE OHAPPENINGSO Karen White N

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Issue 6 August•2017 41st Year Summer is almost over, get out and enjoy! Like Terry & Fran Congram enjoying the Old Lahaina Luau in Maui, Hawaii! Monthly Mania Winner! Delivered Door-to-Door by Park Residents \$100 • Clarence Green FREE Every Month Dunedin Plumbing & Electric Co.

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PARK 1 (PARADISE ISLAND) UPDATE

Written by Pat Walker, Park 1 Association Secretary

ur typical summer weather arrived and liked our area so much that it decided to remain for an unknown amount of time. Rain at some point almost every day; I like it when it comes overnight so it doesn't interfere with social plans.....interpret that as pool time! Happily we haven't experienced torrential downpours, just the good kind of rain which is gentle and soaks into the ground. So now not only are the plants blooming and the lawns greening up, but the weeds are trying to take over. Time to break out the garden tools and get rid of them.

Our delightful friend and neighbor Bud Donovan #64 put his unit on the market and it sold within two hours. The bad news is that he departed almost immediately for Virginia to visit with Carol before his son drives him to Rhode Island, his former and future home. Bud & Carol were Lake Haven residents since 1985, and we miss them both.

It's been like musical chairs in Paradise Island as we have so many new residents – most of whom I have not yet had the opportunity to meet. We look forward to their attending upcoming social events so we can officially welcome them to the community. We have met the friendly couple in #126 – Jeannie Gardener and Steve Ray; Doug and Gina Moll purchased #55 and plan to fix it up for resale. If you live near #36, 64, or 81, stop by to welcome your new neighbor....be sure to personally invite them to the Luau or our next pot luck dinner.

The rain paused long enough for us to celebrate Independence Day with a pool party and BBQ. Thanks to the folks from Parks #2 & #3 who joined us – we loved having you attend our informal celebration – and thanks to Chuck Oller who braved the unrelenting heat and cooked all the burgers and dogs on the outside grill. A thankless task, but he never complains. Sorry the A/C in the clubhouse was not sufficient to keep us cool.....a dip in the pool afterwards sure felt good.

After several consecutive events featuring hot dogs and hamburgers, we decided to serve pizza instead on Hot Dog Night in July – a welcome change.....at least for me as I love pizza. Thanks for being flexible.

Paradise Island is planning our Annual Luau – it will be Saturday, August 12. A flyer with all details will be distributed inviting all three parks to this event. We hope you will attend.

Happy Anniversary Kendra & Al Perenyi – wow, I know a special someone who should be a candidate for sainthood – that's all I'm saying. All teasing aside, the happy couple celebrated 50 years of married bliss, and we send them our best wishes for many more.

The best news yet – at long last the eyesore units have been removed! To quote an old adage "patience is a virtue" and for sure I now know a number of very virtuous folks. Seriously, thank you ELS for following through with your commitment. New units will soon enhance the empty lots. I feel like singing a refrain from an old TV show: "we're movin on up".

Speaking of ELS, I hope you have all taken the time to stop in the Lake Haven office to welcome the new Park Manager, Karen White. Now that she has completed new employee orientation and training she is on board full time and we are delighted to have her.

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LAKE HAVEN HAPPENINGS AUGUST, 2017 N



The HOA Board met with Karen and ELS Regional Manager Joseph Oxford the last week in July. A recap of any results from that quarterly meeting will be reported in the September Happenings.

On Page #14 of the Rules & Regulations effective 10/13/2003 (a copy of which was distributed to every resident in Lake Haven by prior Park Manager Patrick Brislin on 3/14/16) under SPECIAL RULES FOR RECREATIONAL AREA it states: "People using the recreational areas must be properly dressed. Men shall wear shirts in the recreational area and all common areas." We appreciate your compliance with this dress code rule.

We extend our deepest sympathies to Ray Becker on the passing of his wife Phyllis. She was a vibrant member of our community and we all share his grief.

Have an outstanding August – be careful when out in the sun and be sure to wear sunscreen and a hat.























PARK 2 (TREASURE COVE) UPDATE

Written by Bob Baker, Park 2 Association Treasurer

<u>Upcoming Activities at Club House 2</u> <u>Sunday, August 20th - 5:30 PM</u> <u>Association Dinner</u>

Hand and Foot card games every Wednesday at 12:00 Noon

Pinochle card games every Wednesday at 6:45 PM



Note: Due to the heat of August, there is no potluck dinner this month.

Tregret to report, for those who knew her, that Maryann James died on June 14, 2017. Mary Ann and her husband, Bill James, were former Lake Haven Park 2 residents in Lot 278 and Bill was a former president of our Park 2 Association. Bill and Maryann returned north a few years ago to be near their daughter where Bill passed away. May Maryann now rest in peace with Bill.

Also for those who knew Hugh and Fern McPherson, Hugh also died in June. For many years Hugh and Fern were winter residents from Canada here in Park 2. When they were here Fern arranged various activities and entertainment for us and Hugh helped with our White Elephant Sales and the things to be sold from the shuffle board court. They eventually moved back to Canada because of Hugh's health. My thoughts and prayers are with Fern and may Hugh now also rest in peace.

Ten of our residents attended a game between the Clearwater Threshers (Phillies minor league) VS the Daytona Tortugas (Cincinnati Reds minor league) game on June 24th and reports are that they enjoyed themselves especially since the Threshers won and also the fireworks after the game. Thanks go to Jim Grant (Lot 219) for make the arrangements. Jim, I hope you'll make this at least an annual event for our park.

At our monthly association dinner on June 25th twenty residents enjoyed a good meal of pork, potatoes, veggies and dessert. Thanks go to Becky Love, Terri Sahlberg and Kathie Boozer for setting up the club house, preparing and serving the meal.

The same was also true for those who attended our Potluck Dinner and Pool Party last month on Independence Day. Thanks to Dominick Zona for bringing his grill and doing the cooking; and again to Becky Love and Terri Sahlberg for setting up the club house.



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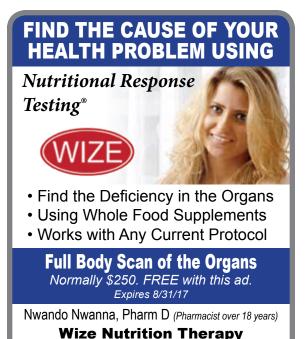
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Please "mark" your calendars now! Our next White Elephant Sale is scheduled for Saturday, February 17th, 2018 in our club house. Thursday and Friday, February 15th and 16th, 2018 will be set-up and pricing days. I know that's six months away but it's not too early to start saving usable and saleable items you no longer need or want. If you have items too large to carry that need to go in our storage shed, please call Duke Vallery (Lot284) or Becky Love (Lot 295) at 474-6812.

Have you met our new Park Manager, Karen White? If not, as you have time or go in the park office to pay your rent, introduce yourself to her.

PARK 3 (TREASURE COVE) UPDATE

Written by Linda Parker, Park 3 Association President

Living in Lake Haven has so many advantages. Our location is perfect for almost everything. A variety of shopping choices is available within walking distance or just a short drive. We are located only a few blocks from all of the action, entertainment and as well, a wide variety of great restaurants in downtown Dunedin. There are festivals, craft shows, beer fests, parades, sidewalk sales, art shows and music performances nearly every weekend. The Pinellas Trail, for walking or biking runs right through the heart of Dunedin. Edgewater Park has the only open view of the Gulf of Mexico for miles. There are many spots along the shores of the Gulf to enjoy our beautiful sunsets. There are three golf courses located only a short distance away. And of course, just a couple of miles to the north, the Dunedin Causeway, popular for boating, kayaking and fishing, "award winning" Honeymoon Island and Beach. The list of activities, sights to see, and options for enjoyment go on and on. Yep, we are fortunate to live at the center of all of it.

July was another enjoyable and active month, even though we were pelted with rain every day, but who cares, it's just part of living in a sub-tropical climate. At Park III we had a very successful "2nd Annual Summer Picnic" which was held on Sunday, July 9. We served 55 residents and guests from all three parks, and from all of the comments we have received, everyone ate well and had fun. Thanks to everyone who attended, and especially to those who did the cleanup. It's a lot of work to put an event like this together, but also very enjoyable for me...Mike and I really like it.

We are in the early planning stages for our next Summer Picnic, which will be held on September 10, with social hour beginning at 4:00 PM, and dinner at 5:00 PM. The menu is still being finalized, but I'm sure everyone will enjoy it. You will receive more information and reminders in your mail tubes in the coming weeks.

We are happy to report that sales at the "Gift Shop" have reached \$139.95 so far. Remember, all of the funds from the "Gift Shop" sales go to the Park III Association and are used to support the cost of many of the activities when our friends from the North return.

I'm sorry but there are no activities in Park 3 this month but keep having fun this summer. I hope to see everyone at our next Summer Picnic on September 10. And thanks for all of the support you give me throughout the year.



Columbus' anchor salvaged from the depths

team of explorers believe they've discovered an anchor from one of Christopher Columbus' ships in the Caribbean. According to a story on the Fox News website, an **L**analysis of the anchor shows that it dates from somewhere between 1492 and 1550. It weighed 1,200-1,500 pounds and probably belonged to a 300-ton vessel, typical of Columbus' time

The anchor is believed to come from a fleet of smaller ships called caravels, which included the Pinta. Captained by Vicente Pinzon on one of the "minor voyages" of Columbus' third expedition to the New World, the ship sank in a hurricane near the Turks and Caicos islands in 1500.

In addition to the anchor, the team brought up other artifacts at the shipwreck site, including grappling hooks used for salvaging cargo from shipwrecks, as well as pieces of pottery and an olive jar painted with indigo.

Scientists create negative mass in the laboratory

Tegative mass might sound like something out of science fiction, but physicists have created it in a laboratory. The BBC News website reports that scientists at Washington State University have created a particle composed of negative mass by using lasers to trap atoms of rubidium and then cooling them down to just above absolute zero. This caused the atoms to behave as a superfluid liquid, flowing without losing any energy.

Paradoxically, if you push something with negative mass, it accelerates in your direction, following behavior predicted by quantum mechanics. Scientist expect the technique to help them solve questions about black holes, neutron stars, and dark energy in the cosmos.

Ancient bone raises modern questions

n artifact unearthed in Crimea may shed new light on our Neanderthal ancestors, according to the Sci-News website. It's a bone fragment from a raven, Land it's approximately 38,000 years old. A mere 18 mm long, the bone bears a series on notches that are too evenly spaced to be the result of everyday butchery. Archaeologists believe that two notches on the raven bone could have been made intentionally by Neanderthals to create a pattern meant to be consistent or symbolic. The bone may have worn as a personal ornament, some speculate.

























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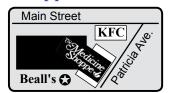
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LAKE HAVEN HAPPENINGS AUGUST, 2017 N



Traditional books are alive and well

Publishers and traditional readers alike have long been worried about the rise of electronic books as sales of Amazon's Kindle and other devices have grown, but their concerns may have been at least somewhat overblown. New studies suggest that the growth of e-book sales is leveling out—and possibly declining.

According to the Chicago Tribune website, during the first nine months of 2016 e-book sales dropped by 18.7 percent compared with the same period a year earlier. On the other hand, hardcovers, paperbacks, and audiobooks did not suffer a similar decline. In the same time frame, e-books' share of the total market fell to 17.6 percent from 21.7 percent. In addition, sales of hardcover books in 2016 outpaced e-books for the first time in five years.

Don't panic—books don't look like they're being replaced any time soon.

More Americans taking advantage of technology

The digital revolution continues gaining ground, according to the Pew Research Center. Seventy-seven percent of Americans own a smartphone, a figure that's almost doubled since Pew began tracking smartphone ownership in 2011.

Similarly, broadband access is on an upswing, with home broadband service rising 6 percent in 2016 (after a slight decline from 2013 to 2015). In November 2016, nearly three-quarters (73 percent) of Americans reported having broadband service.

Finally, 69 percent of U.S. adults are using social media, especially young people—86 percent of 18- to 29-year-olds are on at least one social media platform.

New hope for headache sufferers

luster headaches, such as migraines, are rare, but they can cause intense pain to the people (mostly men) who suffer from them.

But there's hope. According to the NBC News website, the Food and Drug Administration has recently approved a device known as the vagus nerve stimulator for treatment of cluster headaches. Sufferers place the small device, named gammaCore, against the neck and send a mild electrical stimulation to the vagus nerve—a large nerve that runs from the brain to the colon. The jolt disrupts signals along the nerve, reducing the pain.

Vagus nerve stimulation is already used to treat ailments such as epilepsy and depression. Gammacore, manufactured by the organization electroCore, is available in Europe, but electroCore plans to begin offering it in the United States later this year.



Coffee more popular than ever

For more and more people, a morning cup of coffee is part of starting the day off right. According to a National Coffee Drinking Trends consumer survey, the number of Americans drinking coffee daily has increased to 62 percent, up from 57 percent in 2016.



The biggest increase is in the 13-18 age bracket. Their daily coffee habit climbed to 37 percent in 2017, up from 31 percent in 2016. Adults ages 18-24 increased their coffee habit from 48 percent to 50 percent, and 63 percent of adults 25-39 drank more, up from 60 percent.

Sixty-four percent of Americans 40-59 drink a daily cup of joe, up from 53 percent last year. The 60-plus crowed moved to 68 percent in 2017 from 64 percent the previous year.

Consumers prefer the human touch

lectronic self-service may be the wave of the future for many organizations, but lots of consumers are bucking the trend. The CRM Buyer website reports that researchers surveyed more than 24,000 consumers in 12 countries about customer interactions, and here's what they found:

- Eighty percent prefer customer service from a human instead of an automated system.
- Eighty-three percent say that interacting with a customer service rep is important on the phone or in a store.

• Sixty-eight percent believe they're more likely to get a better deal when negotiating in person instead of online.

• Eighteen percent said they would renew products or services because of good personal customer service, even if they were more expensive.

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—Isaac Barrow

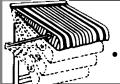
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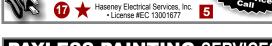
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Sunday	Monday	7
		9:30AM Club Ho all 3 par
6	7 6:45PM – LADIES POKER – Club House 1 (Open to all 3 parks)	9:30AM Club Ho all 3 par
13	14 6:45PM – LADIES POKER – Club House 1 (Open to all 3 parks)	9:30AM Club Ho all 3 par
5:30 PM: Association Dinner	21 6:45PM – LADIES POKER – Club House 1 (Open to all 3 parks)	9:30AM Club Ho all 3 par
27	28 6:45PM – LADIES POKER – Club House 1 (Open to all 3 parks)	9:30AM Club Ho all 3 par

Lake Haven

luesday	Wednesday	Thursday	Friday	Saturday
1 - HOBBY - ouse 1 (Open to ks)	12:00 Noon: Hand and Foot card games – Club House 2 (Open to all 3 parks) 6:45 PM: Pinochle card games – Club House 1 (Open to all 3 parks)	3	4	5
8 - HOBBY - ouse 1 (Open to ks)	9 12:00 Noon: Hand and Foot card games – Club House 2 (Open to all 3 parks) 6:45 PM: Pinochle card games – Club House 1 (Open to all 3 parks)	10	11	12 TBA – LUAU PARTY – 1 Club House 1 (Open to all 3 parks)
15 – HOBBY – ouse 1 (Open to ks)	16 12:00 Noon: Hand and Foot card games – Club House 2 (Open to all 3 parks) 6:45 PM: Pinochle card games – Club House 1 (Open to all 3 parks)	17 7:00PM – BINGO – Club House 1 (Open to all 3 parks)	18	19
22 - HOBBY - ouse 1 (Open to ks)	23 12:00 Noon: Hand and Foot card games – Club House 2 (Open to all 3 parks) 6:45 PM: Pinochle card games – Club House 1 (Open to all 3 parks)	24	25	26 5:00PM – HOT DOG NITE
29 - HOBBY - ouse 1 (Open to ks)	30 12:00 Noon: Hand and Foot card games – Club House 2 (Open to all 3 parks) 6:45 PM: Pinochle card games – Club House 1 (Open to all 3 parks)	31		SEPTEMBER 2017 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





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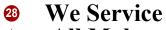




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Unclear on the concept

group of managers who had never taken the time to understand the technical aspects of their organization's product line took a tour of their plant. They made several disparaging comments about their manufacturing employees' intelligence until their guide decided to challenge them.

Pointing to a flagpole rising from the floor, the guide gave them a tape measure and challenged them to measure the height of the pole—without using a ladder. The managers all exclaimed how easy that would be and started in. But they couldn't figure out a way to reach to the top of the pole to get an accurate measurement.

Then the guide asked a worker who was walking by on her way to lunch to measure the pole. The woman walked over to the pole and looked at its base. Seeing it was screwed into a stand, she unscrewed the pole, laid it on the floor, and measured it, all in about 30 seconds.

"Ha!" said one of the managers. "That doesn't count. We were supposed to measure the height of the pole, not its length!"

The wrong assumption?

wo experts in business economics were out for a walk and noticed two men in buildings on opposite sides of the street yelling and screaming at each other out of their windows.

After observing the situation, one of the economists said, "I predict they will never find a way to agree and resolve their argument."

"Why not?"

"Because," said the first, "they are arguing from different premises."

One way to solve a problem

farmer invested his savings in building a pond to raise fish for sale.

But after he stocked the pond, he discovered he would soon have a problem, A friend warned him that kids from the nearby town liked to sneak into farmers' ponds to go swimming. The farmer knew they would stir up the muddy bottom and kill off his fish.

One evening the farmer, carrying a pail, went down to the pond. Sure enough, a bunch of young people were getting ready to dive in. They outnumbered the lone farmer and showed no signs of fearing him. In fact, they taunted him and dared him to drive them off. But he simply reached in the pail and started tossing chunks of raw meat into the water.

"What the heck are you doing?" asked the trespassers. The farmer shrugged. "Just feeding the alligator."



The science behind creative thinking

reativity may seem mysterious and magical, but scientists have been studying it for a long time. From the Fast Company website, here's some of what they've learned:

- Creative insights do come in the shower. In one study, 72 percent of participants reported getting new ideas while taking a shower.
- Solitude boosts creativity. The networks in our brains responsible for creativity and imagination work better when we're alone.
- Trying new things helps. New experiences can trigger dopamine, a neurotransmitter that facilitates mental flexibility.
- Trust your hunches. Intuition isn't well understood, but it's led to many creative insights. Learn to let your unconscious mind noodle on problems and ideas without forcing your brain to work.
- Daydreaming has positive effects. Daydreams can enhance creative thought, self-awareness, and long-term planning by giving you a kind of mental incubation for ideas.

Three levels of imagination

reativity and innovation come in many different forms. An article on the Bizcommunity website points to three distinct levels of imagination:

- Discovery. Sometimes you just see something that looks like a good idea. Keep an open mind as you look around you, and learn to find opportunities in everyday things.
- Invention. Apply the tools you've got to solve the problem in front of you. Look at all your available resources and see which will help you achieve the results you're looking for.
- Creation. Dig deep into your personal experience for something only you can create. Remember that ideas may be common, but how you put them to work is what makes them stand out.

It is a fair, even-handed, noble adjustment of things, that while there is infection in disease and sorrow, there is nothing in the world so irresistibly contagious as laughter and good humour.

-Charles Dickens







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These herbs may ease diabetes symptoms

Type 2 diabetes afflicts millions of people around the world. Medication such as insulin can help keep your blood sugar levels stable, but according to the Medical News Today website, these herbs can also have a beneficial affect:



- Aloe vera. Known for its skin care benefits, aloe may also help increase the amount of insulin produced by the pancreas. It can be consumed as juiced pulp added to beverages or as extracts available as supplements.
- Cinnamon. This tasty spice offers many benefits for diabetes patients, including positive results in maintaining appropriate blood sugar and insulin levels as well as decreasing blood pressure. Consult with your doctor before using it as a supplement, though.
- Bitter melon. Used for centuries as a traditional medicine in China and India, the seeds from this melon appear to lower blood sugar levels. It's also effective when its pulp is mixed with water and when consumed as juice.
- Milk thistle. An extract called silymarin from this herb has antioxidant and anti-inflammatory properties, which are beneficial for people with diabetes.
- Fenugreek. The seeds from this herb contain fibers that help slow the digestion of sugar and other carbohydrates. They may also help to lower cholesterol as well.

Always check with your physician before taking any herbs or supplements, of course.

Tolerance for alcohol? Don't count on it

Think you can handle your booze? Think again. Many heavy social drinkers believe they can build up a tolerance for alcohol that lets them perform routine tasks without loss of coordination, but recent studies suggest that may not be the case.

As reported on the LiveScience website, the Chicago Social Drinking Project, begun in 2004, tracked 155 young adults with an average age of 25 at the time over a period of years. More than 80 percent were heavy drinkers, meaning they had consumed 10-40 drinks per week for two years.

In tests carried out over the years, participants were either given a real drink or a placebo beverage that tasted like alcohol and then were tested on some simple fine-motor tasks. Although heavy drinkers actually improved their scores from previous years on the easier tasks, their performance declined on the more challenging tasks—although they still considered themselves less intoxicated than lighter drinkers.

So be careful. That "tolerance" you've built up may be just wishful thinking.

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Did you know that August is also...

American Artist Appreciation Month. From Andy Warhol and Andrew Wyeth to Georgia O'Keeffe and Mary Cassatt, America has been the birthplace for some of the world's most talented and celebrated artists—all of whom are honored during American Artist Appreciation Month.

Child Support Awareness Month. Recognizing the importance of child support and applauding parents who provide financial and medical support for their children, this month is meant to raise awareness of the ways child support helps children reach their full potential and achieve their dreams

National Immunization Awareness Month. An annual observance held in August to highlight the importance of vaccination for people of all ages, NIAM was established to encourage everyone to make sure they are up to date on the vaccines recommended for them.

National Truancy Prevention Month. Truancy is a pervasive problem for schools across the country, particularly public schools in urban areas. Students who demonstrate a lack of commitment to school are at an increased risk for substance abuse, delinquency, teen pregnancy, and dropping out.

International Assistance Dogs Week, Aug. 6-12. Recognizing all the devoted, hardworking assistance dogs helping individuals mitigate their disability-related limitations.

National Farmer's Market Week, Aug. 6-12. Throughout this week, the U.S. Department of Agriculture celebrates our nation's thousands of farmer's markets, the farmers who make them possible, and the communities that host them.

National Motorcycle Week, Aug. 13-19. For riders, motorcycle lovers, and all enthusiasts of two-wheeled excitement, this weeklong event celebrates one of America's favorite pastimes—riding motorcycles.

World Water Week, Aug. 17-Sept. 1. In 2017, World Water Week will address the theme "Water and waste—reduce and reuse." Held in Stockholm but celebrated everywhere, experts, practitioners, decision-makers, business innovators and young professionals meet to network, exchange ideas, foster new thinking and develop solutions to the most pressing water-related challenges of today.

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A frugal family tradition

n accountant's thriving business in a small Scottish town had been in the family for generations. The main offices were in an old building, and clients had to walk up a single marble step to reach the front door. Over time, the marble step wore away until a deep dent developed in it from all the footsteps. One day, the accountant asked a stonemason to take a look and tell him how much a new marble step would cost. The stonemason looked at the step and then scratched his head.

"It'll be a big job," said the stonemason. "But I suppose I could give you a new step for 100 pounds."

The accountant frowned. "That's a bit more than I wanted to pay." They both looked at the step, and then the accountant turned to the stonemason: "What if you dug up the step, turned it over, and put it back into the ground? Then it would be good as new."

The stonemason agreed. "20 pounds."

"Do it," said the accountant, and he went back inside the office.

An hour later the stonemason rang the bell. The accountant opened the door and saw the stonemason standing in a hole with the step. A nearly identical dent was evident on the other side

The stonemason chuckled. "From the looks of it, I'd say your great-great-great-grandfather thought of the same thing about 150 years ago."

Don't let your child or grandchild get lost in the classroom

oncerned about the growing size of school classrooms? Lawmakers and school administrators faced with massive budget cuts are struggling to keep class sizes small, but these days it's a difficult task. Take these steps to ensure your child gets attention in the classroom:

- **Volunteer in the classroom**. If you have the time and want to make the commitment, ask to be a class parent or a teacher's assistant. If you can't be there daily, help prepare displays or complete paperwork.
- **Get involved with the school**. Join the PTA or local school council that's committed to improving schools. Volunteer on projects designed to help ease the burden of teachers and help students learn.
- Get a list of your children's classmates and their phone numbers. Doing this may help your child reach out to peers to make friends or to get help with homework.



Warrior and leader

ecretary of Defense James Mattis has a reputation as a tough warrior but also as a strong leader. Nate Fick, a former Marine captain who served under Mattis in Iraq, shared one instance of his leadership on the Business Insider website:

One cold night in 2001, stationed at the Marine base in Kandahar, Fick assigned his platoon to keep two men in every hole around the base's perimeter throughout the night. Everyone else could sleep.

At 2 a.m. Fick went out to check the perimeter. In one hole he saw not two heads, but three. Initially he was angry—either one Marine was in the wrong hole, or someone wasn't getting needed sleep. Then he realized that the third head belonged to General Mattis, doing the same thing Fick was—checking on his Marines.

The general could easily have stayed asleep all night. "But Mattis understood that it all comes down to personal leadership," Fick says. "He's the classic fighter leader. He's the player coach. He's out there with his troops."

An expensive mistake

ctor Keifer Sutherland, best known for his portrayal of agent Jack Bauer on the TV series "24," had a dream come true when an action figure was made of his character. The manufacturer sent him a model, and he and a friend went out on the town to celebrate.

After a few drinks, the two decided it would be funny to set "mini-Jack" on fire. They burned it into a melted pool of plastic in the parking lot. The next day, though, Sutherland got a phone call. The manufacturer needed the figure back.

The action figure was a prototype that had taken eight months to create. Because of Sutherland's prank, the real figures were delayed by a year.























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Lightning coming? Here's what to do

If you see lightning and you're worried about it striking you, here's how to figure out whether you're relatively safe or not: Count to 30 between seeing the lightning and hearing the thunder. If the span is less than 30 seconds, then you should probably seek shelter. Make sure that you're not near anything large that could fall on top of you, such as a tree. If you're in a group caught outside, spread out.

If you begin to feel your hair stand on end, this indicates lightning is about to strike. Drop to your knees, bend forward, place your hands on your knees, and crouch down. Do not lie flat on the ground; that will only make you a large target.

Other tips on what to do include:

- Stay away from the shower or the bath. If lightning strikes your house it could send a current of electricity along metal plumbing throughout the house.
 - Discontinue use of electrical equipment.
 - Stay off the phone.
 - Keep flashlights handy with fresh batteries in case the power goes out.

Dueling theories on the moon's origin

There did the moon come from? Scientists aren't sure, but according to an article on the Science News website, two major theories are being debated:

• Theia. In this scenario, a protoplanet the size of Mars, known as Theia, slammed into the Earth some 4.5 billion years ago. Debris from the collision floated into orbit and eventually combined to form the Moon. However, scientists believe that would likely have resulted in a moon with a different composition from Earth's, containing matter from Theia—and analysis of Moon rocks shows them to be almost identical in composition to rocks on Earth.

• Small impacts. This theory posits that a series of collisions with smaller objects threw material from Earth out into space. The mini-moons created then attracted each other and formed one big moon over 100 million years.

The Theia hypothesis still has supporters, though. New evidence suggests that the asteroid may have been more like Earth in its composition than was previously thought. Iron-rich rocks tend to sink toward the Earth's core, so any of them found in the Earth's mantle probably arrived later in our planet's development as meteorites. The most likely meteorites could have been a common source material for Earth, the moon—and Theia.





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