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LAKE HAVEN



HAPPENINGS

Manager:
Dennis Morden N

June • 2017

Issue 4 41st Year



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LAKE HAVEN PARK 2 (TREASURE COVE) HAPPENINGS!

Written by Bob Baker, Park 2 Association Treasurer

Thanks to Jim Grant for accepting editorship of this monthly article for our park. Then his computer crashed last month so I'm again writing these articles for Park 2 and getting them to the publisher for The Happenings.

We had two May events in our park that I really cannot report on as I had to submit this to the publisher of the Happenings before the events occurred. Hopefully, however, if you did attend the Park 2 Pool Party on May 13th and the Association Dinner on May 28th, you enjoyed visiting with your neighbors and good food at both events.

Coming up this month, Becky Love, our association president and vice president, Jim Grant are planning the following activities:

A Potluck Dinner at 5:30 PM on June 4

Attending a Threshers baseball game on June 24, Game Time 6:15 PM

An Association dinner at 5:30 PM on June 25

Euchre card games every Tuesday at 7:00 PM

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

Pinochle card games every Wednesday at 6:45 PM

Watch the white tube under your mailbox for more information about the baseball game and the association dinner.

Like most, if not all, of you I moved to Dunedin from somewhere else. I was born and raised in Clearwater, Florida and moved to Dunedin (and Lake Haven Resort Community) in 1995. As a native Floridian I am very proud of Dunedin and the rest of Pinellas County. For those of you who have recently moved to our park, I would recommend some things to do that you should enjoy. For example, Clearwater Beach, Honeymoon Island and Caladesi Island in Dunedin and Fred Howard Park in Tarpon Springs have, in my opinion, beaches that couldn't be nicer as are our many county parks. A visit to Main Street in downtown Dunedin, and the shops and restaurants there, is always a treat. A visit to the Dunedin Museum or the docks of Tarpon Springs are also always interesting. Also, stay in touch with the Dunedin Parks and Recreation Department for events held throughout the year.

For those of you who are runners, the 38th annual Kiwanis Midnight Run is coming up July 3rd and 4th. YES!!!! They Do Run at MIDNIGHT!!!!!! Race Times:

One mile walk/run - 11:00 PM - Monday July 3rd 2017

5K Run 11:25 - Monday July 3rd, 2017

10K Run 12:15 AM Tuesday July 4th 2017

See details at <http://kiwanismidnightrun.com>. You may pre-register there or on race night before each race at Causeway Plaza, 2602 Bayshore Blvd, Dunedin in front of the Florida Sheriff's Youth Ranch Store



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Did you know June is also...

Adopt a Cat Month. Your local shelter has tons of cute, cuddly newborn kittens mellow older cats, and everything in between. Shelter staffers are ready to help you adopt your very first cat or bring home a friend for another beloved cat.



National Dairy Month. Start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products such as milk contain essential nutrients that can help you manage your weight and reduce your risk for high blood pressure, osteoporosis, and other health problems.

National Zoo and Aquarium Month. June is an excellent time to 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, activities, and sounds so real you'll think you're there.

PTSD Awareness Month. The purpose of PTSD Awareness Month is to raise public awareness of PTSD and effective treatments and help all those affected by PTSD. Mental health experts aren't sure why some people develop PTSD and others don't, but if stress reactions don't improve over time and disrupt everyday life, seeking help to determine whether PTSD is present is important.

National Automotive Service Professionals Week, June 11-17. A weeklong celebration to honor the commitment and dedication of the automotive, truck, collision specialists and parts specialists who keep our vehicles running safely.

Men's Health Week, June 12-18. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, members of the news media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



National Nursing Assistant Week, June 15-22. Nursing assistants work in hospitals and nursing homes performing everyday living tasks for the elderly, chronically ill, or rehabilitation patients who cannot care for themselves. This week is set aside to recognize the nursing assistants who dedicate their lives to the well-being of others.

Global Day of Parents, June 1. The Global Day of Parents was proclaimed by the UN General Assembly in 2012 to honor parents throughout the world in appreciation of their selfless commitment to children.

Flag Day, June 14. Fly Old Glory with pride!



Father's Day, June 18. A day to honor fathers everywhere.



Flying in the face of disaster

In the 1980s and early '90s, Continental Airlines was a disaster. The organization had gone bankrupt twice and was on its way to a third (and final) catastrophe. It had gone through 10 presidents in 10 years, and employees mistrusted management.

Then in 1994 Gordon Bethune stepped in. Instead of running around willy-nilly trying to stamp out the various raging fires, Bethune took a step back to return to the basics. He identified Continental's key goals so that employees' efforts would be concentrated on them rather than diffused by the disaster of the moment. One of his areas of focus was creating a corporate culture. Without the commitment of the employees, the other goals would be impossible.

Drawing on the organization's history of excellence in service, he rallied the workforce. Bethune discovered that the employees weren't bad—they just worked in a dysfunctional organization. So they were quick to get behind his new leadership.

Senior management was a different story. Bethune knew he had to make wholesale changes, and that meant getting rid of the bureaucracy. In a couple of months, Bethune and his top executives replaced 50 of the company's 61 officers with 20 top-notch people.

The changes were dramatic. In one year's time, Continental went from being ranked the worst in customer satisfaction among major airlines to first.



The birth of 'excellence'

Tom Peters didn't exactly give birth to excellence, but he did establish the idea that companies can achieve excellence under the inspiration of a management guru—like himself.

It all began in the spring of 1978. John Larson of McKinsey's San Francisco office was set to give a presentation to a client. But his computer crashed and took with it his notes. He turned to another consultant, Tom Peters, to throw together a presentation that would satisfy the client.

Peters had just returned from traveling the world to compile research on best practices in business. Up until then, his research had been collecting dust after he had presented it to the McKinsey powers that be. With an opportunity to present his findings again, Peters gathered his data. In search of a sexy title to give his presentation, Peters came up with "Excellence." It was a hit.

Eventually, Peters edited the material into a manuscript. Continuing with the idea of excellence, he titled the book *The Secrets of Excellence*. But the title didn't fly with the McKinsey folks, who feared that clients would think the company was selling the secrets of client operations. In 1982, Peters and co-author Robert Waterman renamed it the more politically astute *In Search of Excellence*. And thus was excellence born.



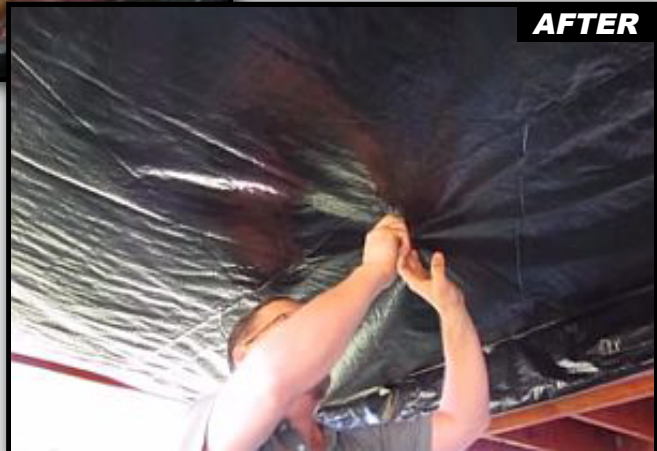
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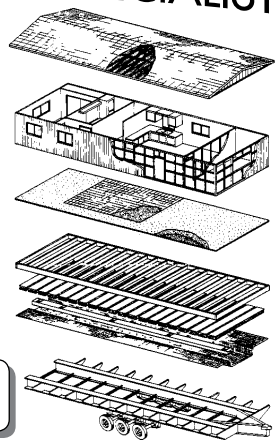
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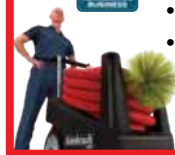
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Try ginger for its health benefits

Looking to get over a cold a little more quickly, or ease muscle soreness? A little ginger may help. Check out this list of ginger's healthy benefits from the Huffington Post website:

- **The common cold.** Some research suggests that ginger helps your body sweat out a cold, as well as producing a germ-fighting agent called dermicidin, which can protect you from bacteria and fungi.



- **Muscle aches.** One study by the American Pain Society found that taking two grams of ginger for 11 days can significantly reduce aches and muscle soreness caused by exercise. That's because ginger contains anti-inflammatory compounds known as gingerols, which prevent the transmission of pain from inflammation. Try adding a few slices of ginger every time you drink a glass of water.

Watch out for 'masked' hypertension

Being diagnosed with high blood pressure may be scary, but thinking your blood pressure is normal when it's not? Scarier still.



The Live Science website reports that almost one in eight Americans who believe their blood pressure is just fine may really have a masked form of hypertension that doesn't show up when they visit their doctors. Instead their blood pressure is elevated during their daily activities, so they may be at increased risk of heart disease without realizing it.

To diagnose masked hypertension, researchers suggest wearing 12-hour blood pressure monitors that take readings through the day.

The flip side of this phenomenon is so-called "white-coat hypertension," in which patients' blood pressure increases at the doctor's office (possibly from nervousness?) but is normal the rest of the time. Unlike masked hypertension, these people don't appear to be at a higher risk of heart disease.

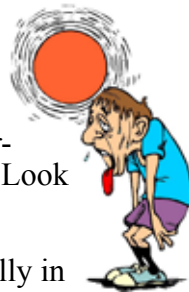
Cleaner air = longer life

Take a deep breath. Lots of them. You'll be breathing longer these days, thanks to improved air quality. Researchers at Brigham Young University and the Harvard School of Public Health, writing in the *New England Journal of Medicine*, say that since the introduction of the Clean Air Act in 1978, Americans' life expectancy has increased by 2.72 years. Although changes in smoking habits and better socioeconomic living conditions are a major factor in our increased longevity, the scientists note that as much as five weeks of our lengthened lifespans are due to better air because of cuts in auto emissions, steel mills, diesel engines, and coal-fired power plants.



Stay safe when working in the heat

When heat and humidity combine to reduce the amount of evaporation of sweat from the body, outdoor work can become dangerous even for those in good shape. The key rules for coping with heat are to drink plenty of water to avoid dehydration and slow down and cool off when experiencing fatigue, a headache, a high pulse rate, or shallow breathing. Overheating can cause serious, even life-threatening conditions such as heatstroke. Look out for these symptoms of heat illness:



- Heat cramps. Working in hot weather can lead to muscle cramps, especially in the legs, because of brief imbalances in body salts. Cramps become less frequent as a person becomes used to the heat.
- Heat syncope or fainting. Anyone not used to working in the heat can experience a quick drop in blood pressure that can lead to fainting. As with heat cramps, the best approach is to take it easy.
- Heat exhaustion. Losing fluid and salt through perspiration or replacing them in an imbalanced way can lead to dizziness and weakness. Body temperature might rise, but shouldn't exceed 102 degrees. The best defense is to take it easy and drink plenty of water. Don't take salt tablets without consulting a physician.
- Heatstroke. In some cases extreme heat can upset the body's thermostat, causing body temperature to rise to 105 degrees or higher. Symptoms are lethargy, confusion, and unconsciousness. Even a suspicion that someone might be suffering from heatstroke requires immediate medical aid. Heatstroke can kill.

Stay awake on the road

Fatigue can be a killer, especially when you're driving on the open highway for long periods of time. Here are a few tips for staying safe at the wheel:

- Get enough rest. Try not to start a trip late in the day. Long-distance driving is tough enough in the daytime. Be ready and awake.
- If possible, don't drive alone. Passengers can take turns driving, or at least help you stay awake if you need stimulation.
- Adjust your car's environment. Use your controls to keep you awake and alert. Keep the temperature cool, with open windows or air conditioning in the summer and frugal amounts of heat in the winter.



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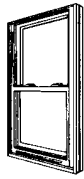
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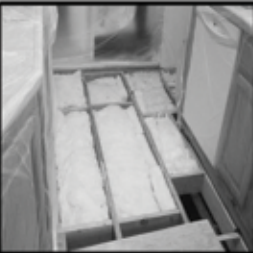
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Ancient life hints at life on Mars

Life on Earth may have begun more than 4 billion years ago, according to scientists studying a new discovery of microfossils from the ocean floor. The fossils were found in rocks from Quebec, and probably lived in ancient hydrothermal vents.

Scientists are cautious about identifying the bacteria-size fossils as evidence of life, though. The most obvious cellular bits and other flags of life are often stripped away in fossils of microbes billions of years old. Researchers use chemical tests and analyses of patterns and textures to determine whether they're looking at ancient life.

Still, the discovery raises a tantalizing possibility: life on Mars. The Guardian website theorizes that similar microfossils might be found on the red planet someday because Mars had oceans and an atmosphere similar to Earth's billions of years ago.

A journey to the center of the Earth would be very hot

The interior of the Earth is hot—very hot. As reported on the Fox News/Science website, scientists using synthetic materials to simulate mantle rock have determined that temperatures in the Earth's mantle, which sits beneath our crust (lying beneath the oceans), reach 2,570 degrees Fahrenheit, almost 100 degrees hotter than was previously believed.



This new finding will help researchers model our planet's geodynamic processes and plate tectonics more accurately, possibly explaining how tectonic plates move on top of the upper layer of the mantle.

30-year search uncovers trove of ancient Celtic coins

A horde of 68,000 Celtic coins and jewelry has finally been cleaned and separated after being buried since 30-50 B.C. on the island of Jersey in the English Channel.

The cleaning job took three years, but finding the treasure trove took two amateur archeologists 30 years of searching. According to the Smithsonian magazine website, metal detector enthusiasts Reg Mead and Richard Miles began searching for coins after being told by a local friend that her father had found some silver Celtic coins in a pot near her Jersey home. The current owner of the field allowed the pair to search—but only once a year after harvesting his crops.

Ultimately they uncovered a chunk of earth containing the coins in 2012, then called in an archeological team to bring them up. The trove turned out to consist of at least 68,000 coins, along with many gold neck torcs, glass beads, a leather purse, and a bag with silver and gold decoration. It's valued at 10 million British pounds.



It's liquid! No, it's gas! No, it's . . . a supersolid!

As most of us learned in science class at a young age, matter exists in three states: liquid, solid, and gas. But scientists have discovered a dual state that can exist at a quantum level—a “supersolid” state.

As reported on the Sci-News website, two independent teams of researchers have succeeded in arranging a clump of atoms in a crystalline pattern in which particles move without friction like a fluid. One group used laser cooling combined with evaporative cooling methods to lower the temperature of sodium atoms close to absolute zero.

The other team used an alternative method involving mirrors and lasers to cool a minuscule amount of rubidium gas to just above absolute zero, resulting in a similar crystal-like structure with superfluid properties.



Now that scientists have proven that supersolids can exist, they plan further research—possibly with unexpected results.

Mix these ingredients for cultural creativity

Do you want to nurture a culture of creativity in your organization? Try to build in these essential ingredients:

- **Curiosity.** Ask people questions that challenge the conventional wisdom. Encourage them to stretch boundaries and take chances on new opportunities.
- **Emotion.** People who love what they do are better at generating new ideas about their work. Hire and support people who show a real enthusiasm for your organization and its mission.
- **Tolerance.** People won't suggest ideas if they're afraid of being punished for failure. Encourage risk taking by showing forgiveness when things don't work out, as long as people are giving their best efforts.
- **Direction.** A clear sense of what you want to achieve will help people focus their ideas. Have a concrete mission statement that tells everyone what you're trying to do, why it's important, and how it will benefit everyone.

Science is the process that takes us from confusion to understanding.

—Brian Green

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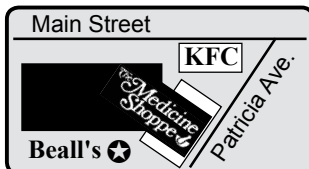
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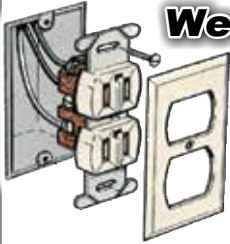
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Sunday	Monday	Tuesday
4 5:30 PM Potluck Dinner Park 2	5	7:00 PM Euchre All Thre
11	12	7:00 PM Euchre All Thre
18 Father's Day	19	7:00 PM Euchre All Thre
25 5:30 PM Association Dinner Park 2	26	7:00 PM Euchre All Thre

Lake Haven

Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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6 Games Parks	12:00 Noon Hand and Foot Card Games All Three Parks 6:45 PM Pinochle Card Games All Three Parks 7	8	9	10																																																	
13 Games Parks	12:00 Noon Hand and Foot Card Games All Three Parks 6:45 PM Pinochle Card Games All Three Parks 14	15	16	17																																																	
20 Games Parks	12:00 Noon Hand and Foot Card Games All Three Parks 6:45 PM Pinochle Card Games All Three Parks 21	22	23	24 To Be Announced Threshers Baseball Game All Three Parks																																																	
27 Games Parks	12:00 Noon Hand and Foot Card Games All Three Parks 6:45 PM Pinochle Card Games All Three Parks 28	29	30	<p style="text-align: center;">JULY 2017</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> </tr> <tr> <td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td> </tr> </table>	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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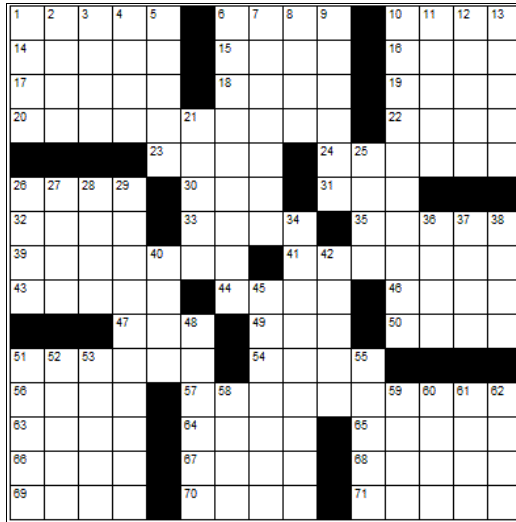




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ACROSS

1. Snippy
6. A ceremonial staff
10. Part of an ear
14. Heart artery
15. Dash
16. An aromatic ointment
17. "Received and understood"
18. Unit of land
19. Not the original color
20. New wife of your father
22. Overhang
23. Dull pain
24. Earn
26. Cease
30. Skirt's edge
31. A type of evergreen tree
32. Assistant
33. Beams
35. Thorny flowers



43. Feel
44. Unwanted email
46. Alley
47. Website address
49. Consumed food
50. Sketched
51. Yellow fruit
54. Cans
56. Auspices
57. Feelings of anxiety
63. Hubs
64. Effrontery
65. Audio communications
66. Chocolate cookie
67. Small mountain
68. What's happening
69. Alert
70. Kill
71. Dispatches

DOWN

- | | | |
|---|--------------------------|-------------------------------|
| 1. Taverns | 13. More peculiar | 42. Portents |
| 2. Part of a plant | 21. Fall color | 45. Kneecap |
| 3. Desire | 25. Relating to aircraft | 48. Chuckles |
| 4. Stair | 26. Back talk | 51. Under |
| 5. Fate | 27. Kid | 52. Ancient Greek marketplace |
| 6. Fools | 28. Norse god | 53. More pleasant |
| 7. A pseudoscience | 29. Exhortation | 55. Fathers |
| 8. Concern | 34. With regard to space | 58. Found on a finger |
| 9. Power | 36. Char | 59. Central area of a church |
| 10. Hades | 37. Feudal worker | 60. Biblical garden |
| 11. A family of American Indian languages | 38. Goulash | 61. A region of SE Pakistan |
| 12. Diacritical mark | 40. Small slender gull | 62. Drunkards |



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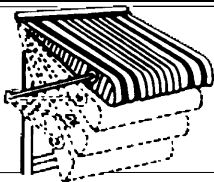
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Coffee may keep you healthy

Is 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?

Where 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.

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How fast do you want that package?

Americans 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.

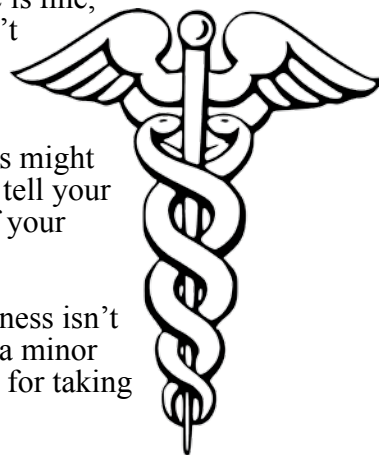


Retailers haven't responded, at least not yet. The study noted that only 53 percent offer same-day shipping even though 55 percent of buyers indicated they'd be willing to pay for it, and only 20 percent send products within three hours, although 31 percent said they'd be ready to pay for that.

Watch your words when talking to doctors

Communicating 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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The cost of a wedding? Priceless

June is a traditional month for weddings, and for some brides and grooms, the sky's the limit. The Knot website tracks wedding costs, and its most recent findings give a snapshot into the state of the wedding industry today:

- Average wedding cost: \$35,329 (excludes honeymoon; up from \$32,641 in 2015)
- Most expensive wedding city: Manhattan, \$78,464 (average)
- Least expensive: Arkansas, \$19,522 (average)
- Average cost of a wedding dress: \$1,564
- Average age: bride, 29; groom, 31
- Average number of guests: 141
- Average number of bridesmaids: 5
- Average number of groomsmen: 5
- Most popular month to get engaged: December (15 percent)
- Average length of engagement: 15 months
- Most popular wedding month: October (16 percent) and September (16 percent)
- Most popular wedding colors: dark blue (29 percent), gold (28 percent), and light pink (28 percent)
- Percentage of destination weddings: 20



What millennials want when dining out

Millennials are driving more and more of the economy, especially with their food and dining choices. Y-Pulse, a youth marketing and millennial research firm, looked at some of the restaurant trends being pushed by people 18-34 years old, and here's some of what it found:



According to the survey, 71 percent of millennials love to attend food-focused events, and 81 percent enjoy exploring new cultures through food. Memorable dining experiences are also important, with 48 percent saying they seek out new restaurants with famous chefs and 69 percent enjoying eating establishments with chefs' tasting menus.

On the other hand, 61 percent say they wish they could find more restaurant offerings that remind them of their grandmothers' cooking, and 69 percent are looking for food that reminds them of their childhood.





June Sudoku

9			3	5		4		
7			4					
					6			
8				9				1
						8	2	6
		1		2				
			9		5		3	4
	1							
	6					5	9	7



3	6	4	8	1	2	5	9	7
5	1	9	7	4	3	2	6	8
2	7	8	9	6	5	1	3	4
6	3	1	5	2	8	7	4	9
4	9	5	1	3	7	8	2	6
8	2	7	6	9	4	3	5	1
1	4	3	2	7	6	9	8	5
7	5	2	4	8	9	6	1	3
9	8	6	3	5	1	4	7	2

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WANTED TO BUY	ARTICLES FOR SALE	<p>ATTENTION RESIDENTS! Did you know this Emporium/Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other great things. Remember to think about this the next time you're planning something.</p> <p>-Monthly Media Staff</p>
<p>When selling on consignment always get a WRITTEN QUOTE on the sellers' commission.</p>	<p>15.5' Islander: Bimini, Side Console, Many Extras. 48HP Johnson. Auto-lift. Trailer \$3,500. Call after 5 PM 727-391-6541</p>	
<p>FURNITURE, good clean, pre-owned. Top dollar paid. Joe, 224-9780</p>	<p>Looking for a dependable car. Have cash. Please call Marilyn @ 727-348-1676</p>	
<p>Wanted to buy: 2 bedroom; 2 bathroom or larger double-wide mobile home on Gulf side of the State. 701-570-3990.</p>	<p>Wanted: Zippo lighters and Case XX pocket folding knives. Call Tony 727-398-1512 Cash paid.</p>	

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(Allow 4-6 weeks for mailing of check). **This month's cash winners are:**

Bill Nichols..... \$100	Air Masters of Pinellas, Inc.	Burrell Basil..... \$5	Imperial Electric Service
Margaret Kirk..... \$10	Aluminum Specialty Contractors	Harold Niyork..... \$5	Jones & Son Plumbing, Inc
Robert Eckland..... \$10	Bob's Mobile Home Washing	Paul Capotosto..... \$5	Air Masters of Pinellas, Inc.
John Gilliland..... \$10	Barron's AC & Appliance Repair	Patricia Zampitella..... \$5	Buggin Out Termite & Pest Control
Ronald R. Chauncey... \$10	ASE - Auto Service Experts	Edward Molyneux..... \$5	Heller's Mobile Home Washing
Cindy Byer..... \$10	Jones & Son Plumbing, Inc	Domenic Berenato..... \$5	ASE - Auto Service Experts
Lillian Migliorini..... \$10	Ron Wyngarden MH Washing	Barbara Helmes..... \$5	Doll Brothers Carpet Cleaners
Helen Cook..... \$10	1st Class Handyman Service	Myrna Bartlett..... \$5	E & E Gliddon Air Conditioning, Inc.
Larry Clinton..... \$10	Mobile Home Depot, Inc.	Edmund Santos..... \$5	Air Masters of Pinellas, Inc.
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What do the instructions say? Creativity expert

Yoram Solomon often conducts workshops that teach people to approach problems with an open mind. In one exercise (recounted on the Inc. magazine website), he asks participants to build a structure out of a sheet of paper. Some cut the paper into smaller pieces, although his instructions don't specifically say they can.



Once everyone is finished, Solomon asks, “Did the instructions allow you to cut the paper?” Most believe they’ve done something wrong. But one person usually pipes up with, “You didn’t say we couldn’t, either.”

“To be creative,” Solomon points out, “don’t assume restrictions that don’t really exist.”

Beware these creativity myths

Creativity can seem magical and mysterious, but you shouldn’t make assumptions that can hold your imagination back. Watch out for these misconceptions that can impede your efforts to find innovative ideas and solutions:

- The “eureka” moment. Many people believe that creativity is a sudden flash of insight. More often it’s the result of research and persistence, immersing yourself in a subject, and then building on what you learn.
- Inborn creativity. You aren’t necessarily born with the ability—or inability—to think creatively. You can learn the knack by asking questions, looking at things in new ways, and challenging the status quo.
- Uniqueness. Good ideas don’t always spring from something new. Often the best ideas and solutions come from combining separate elements in different ways.
- Lone wolves. The stereotype of the genius working alone in an office or laboratory is misleading at best. Although some mavericks do produce good ideas totally on their own, many of the best ideas and solutions are the result of collaboration by smart, motivated people.
- Brainstorming. Brainstorming sessions can produce results if they’re focused on a specific issue. If it’s just a free-form session of throwing ideas around, chances are you won’t generate practical solutions. Keep the discussion centered on the problem you’re trying to solve.
- No limits. Creativity may seem to thrive on the concept of thinking beyond boundaries. In reality, constraints can force your thinking in the right direction. Try setting some limits to what you want to create—size, budget, deadlines—and see how that helps focus your imagination.

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