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PARADISE ISLAND UPDATE

Pat Walker, Association Secretary

isten to the sound of silence – the snowbirds are gone, but that's not necessarily a bad thing. Finally we can get a table at a restaurant, a spot to park at an event, Honeymoon Island to ourselves, and not compete for a chair at the pool – wow, feels good! We love them and have lots of fun while they are here – BUT they use our "stuff" and sometimes we get a tad annoyed.

By fall we will be bored to death and glad to have them back – even if we have to share our "stuff" with them.

April was a wind-down month, probably our final formal pot luck dinner before the more casual type meals during the summer months. We enjoyed the Ice Cream Social which is our traditional farewell to our snowbirds. It was a little late this year because so many events were crammed into March, but if you did not get your fill of ice cream and brownies, not our fault. The Country Breakfast was also a winner – thanks Carolyn for the artery clogging biscuits & gravy topped off with a tasty side of cheese grits – what's not to like about that. Next event ? Heading for the gym to detox from a carb overload.

No pot luck dinner in May as Park #1 will sponsor the Kentucky Derby Party hosted for the very first time by Lei Crance. You all know the drill – bring your beverage and munchies plus a covered dish to share. We'll party until race time, then cheer for the horse(s) whose names we drew. No need to sign up – everyone in all three parks is invited. See you trackside! Be brave, wear a fun hat – perhaps there will even be a prize for the most outlandish.

What else is happening in May? Paradise Island's annual Memorial Day BBQ and Pool Party, that's what. Denny Wolff has made lots of plans for a fun time and I'm sure his able sidekick Chuck Oller will be there to help with the cooking. Tickets will be available from Janel Balogh in Lot #41 – everyone welcome! Wear your bathing suit, bring a towel and coverup. Denny always makes this an event to remember.

Anything else planned? Who knows, if the weather holds we may have a Tiki Island outing and/or a Hot Dog Night. Don't leave town, we have an action packed month planned for you.

However, Wii Bowling will end for a few months, and Bingo will run for three weeks in May then dwindle down to once per month

Stay cool. See ya at the pool.

HAPPY MOTHER'S DAY









LAKE HAVEN TREASURE COVE HAPPENINGS!

By Bob Baker, Treasurer, Park 2 Association

ay 8th is Mother's Day when we remember our own mothers and congratulations to all the ladies in our park who are mothers. Happy Mother's Day to each of you! The last Monday in May is designated "Memorial Day" a day set aside to honor all American

The last Monday in May is designated "Memorial Day" a day set aside to honor all American servicemen who have died in all the wars in which we've been engaged. Please fly your flag on May 30th and remember those who have died to keep us free and safe.

It gets kind of quiet here during the summer without our winter residents. I hope more of our year-round residents will "break bread" with us at our monthly potluck dinners on the first Sunday of the month and at our association dinners on the third Sunday each month.

Our swimming pool will soon be warm enough to use if it isn't all ready. I remind everyone that frequently swimmers come in the park who are not Lake Haven residents. If you see others using our pool who you do not think live here, ask them for identification and establish where they live or who in the park they are visiting. If they refuse to do so or are not bona fide pool users, ask them to leave. If they refuse to do that, call the Sheriff's Dunedin office or let Patrick know in the park office. Also, if you are using the pool and open up a table umbrella, please remember to close the umbrella before you leave the pool. If the umbrellas are left open a strong wind can tear them up and there is a cost to replace them.

And other reminders:

- 1. Florida's annual hurricane season officially begins on June 1 but Mother Nature has been known to create storms and hurricanes in May. Our coaches and manufactured homes are not safe in a hurricane and our club houses are not built to be shelters so make your hurricane plans now and be alert to any evacuation notices that may be called by the Pinellas County Emergency Operations Center.
- 2. The speed limit everywhere in our park is 15 mph and that the stop signs are where they are for a reason. Please observe them.
- 3. Motorcycle owners are asked not to rev their motors when traveling through the park especially after bedtime.

Last month's Park 2 association meeting was our last until next fall. If something comes up through the summer that needs to be discussed, we'll do so at the next monthly dinner or you may see President Bob Scott at any time if you have a more urgent concern. Also remember that this fall we'll be looking for replacements for Bob and Eileen Scott as our association president and vice-president.

Did you know there is a National Siblings Day? This year it was on April 10th. I know we have a set of brothers, one lives in Park 1, the other in Park 3. Park 2 has a set of sisters. Are there other sets of brothers, sisters or brothers and sisters living in our community?

Lake Haven Park 3 Association

s the snowbird season is winding down and many folks will be heading back up north soon, I wanted to reflect on the past winter and send out a few reminders for the summer to our full time residents.

With more than 90 members this year it is quite a job planning and purchasing the food and beverages, paper products etc. but somehow it all gets done. A huge Thank you to Tim and Glo Biggs for taking on this task every year. Thanks to Bill and Kathy Battle, juggling the funds that go in and out for each event. Sorting and organizing the library, taking care of the cans and bottles that need to be crushed or cleaned and recycled after each function. It is amazing the number of volunteers that show up for each event. I think we all can agree we need a special Thank you to Dan Hannigan and Don Tupper for their participation in the barbeques. Thank you guys. Thanks to the entire committee that devote hours to the two sales we have each year to fund these events. To Kay Tupper that we all know has never met a stranger or a party she didn't like. Our go to girl for just about everything! Thank you so much. Last but certainly not least all of the cooks that get involved with the potlucks and barbeques. Thank you all for a great year.

As most of you know our organized social events are suspended until the first of November. The clubhouse is available to residents for special events. Please let me know ahead of time so it can be reserved for that day. I would like to remind everyone that the pool hours are from 7am-10pm. However, the clubhouse will be closed at 7pm each night unless there is a planned function.

There will not be an interruption in the can recycling this year. Ben Skelton has volunteered to take care of this for us. Thank you Ben. Water aerobics will continue. We will let you know if the times or days change. Thank you Phyllis.

Please remember if you have concerns, questions or problems that you are unsure how to deal with it is your responsibility to contact the office. Problems cannot be fixed if the property manager is not aware of them. The streets are going to be paved this spring and although this will be an inconvenience please be patient.

Once again thank you all for a great season! Linda Parker, President Park III



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Did you know that May is also...

ALS Awareness Month. ALS, also known as Lou Gehrig's disease, is caused by the death of neurons, leading to stiff muscles, twitching, and gradually worsening weakness. No cure is known, but this month is an opportunity to spotlight and support research to fight this deadly disease.

Better Hearing Month. Approximately 36 million Americans suffer from some form of hearing loss—and more than half are under 65. Visit an audiologist today to learn how to protect your hearing and ensure that your ears stay healthy throughout your life.

National Military Appreciation Month. As designated by Congress, National Military Appreciation Month celebrates the history of our armed forces and recognizes the brave people who have served in every branch of military service. It also allows Americans to educate each generation on the historical impact of our military through community participation.

National Bike Month. Sponsored by the League of American Bicyclists and celebrated in communities from coast to coast, National Bike Month is a chance to showcase the many benefits of bicycling and encourage more folks to giving biking a try.



Children's Mental Health Awareness Week, May 1-7. A yearly event aimed at raising awareness of the issues and causes integral to the children's mental health field nationwide. Sponsored by the National Federation of Families for Children's Mental Health, this year's theme is "Healthy Families, ResilientChildren: Mental Health is a Family Affair."

National Nurses Week, May 6-12. One of the nation's largest health care events, National Nurses Week ends on the birthday of Florence Nightingale, the mother of modern nursing, and recognizes the contributions nurses make. It also educates the public about the significant work they perform.

American Craft Beer Week, May 16-22. American craft brewers are small, independent, and traditional. The average American lives within 10 miles of a brewery, and the United States now has more beer styles and brands to choose from than any other market in the world. Enjoy a cold one (responsibly) all month long.

May Day, May 1. An ancient northern hemisphere spring festival celebrated in many cultures. Dances, singing, and cake are usually part of the activities.



Mother's Day, May 8. Don't forget to tell your mother (and mothers everywhere) how much she means to you.

Memorial Day, May 30. A U.S. federal holiday honoring those who have given their lives while serving in the armed forces.



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One of the most noteworthy hospitals in the nation, Morton Plant Hospital was founded because a community cared. And 100 years later, one thing remains the same our commitment to caring for your family.

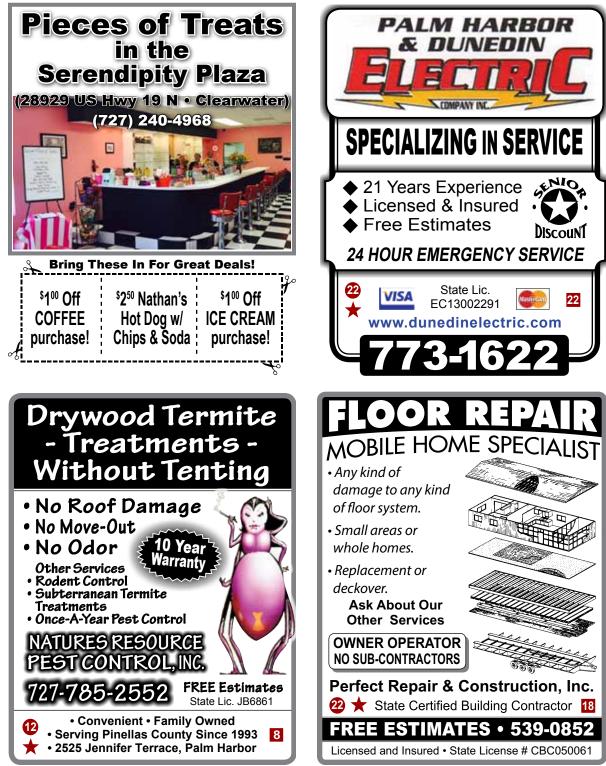


The new Doyle Tower at Morton Plant Hospital, scheduled to be completed in 2016. Another example of how the community gave back.



MortonPlant100.org #MortonPlant100

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Caregiving has its rewards

s Americans live longer, families are feeling a heavier burden in the caregiving area. The Bureau of Labor Statistics estimates that some 40.5 million Americans are acting as unpaid caregivers for older family members. Most just help one person, but 22 percent are responsible for two people and 7 percent provide help to three or more. Most caregivers are between the ages of 45 and 64 (23 percent), but 17 percent of people older than 65 act as caregivers as well.

The demands may be high, but many Americans find the work worthwhile. Yes, 32 percent describe caregiving as stressful, but 88 percent say helping out an elderly loved one is a rewarding experience.

Try these year-round common cold remedies

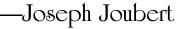
You can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- Honey. Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- Zinc. Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- Hot liquids. Hot tea or water can loosen up congestion in your chest and sinuses.
- Salt water. Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- Vitamin C. Evidence that vitamin C can help you avoid or shorten colds is mixed, although research does hint that it may be effective for those with a vitamin C deficiency.

We must respect the past, and mistrust the present, if we wish to provide for the safety of the future.









ACROSS

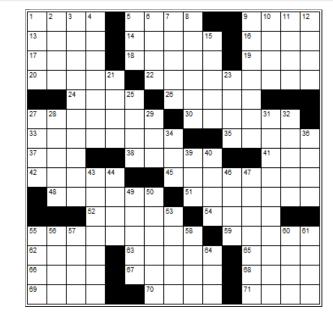
- 1. City in Peru
- 5. At one time (archaic)
- 9. Biblical kingdom
- 13. Norse god
- 14. Clairvoyants
- 16. Connecting point
- 17. A style of design
- 18. Pontifical
- 19. One who accomplishes
- 20. Our planet
- 22. Secretariat was one
- 24. Buckeye State
- 26. Pariah
- 27. Merit

30. Stoppage

- 33. Addition
- 35. Slowly, in music
- 37. Prefix meaning

"Modern"

- 38 Bloodsucker
- 41. Coniferous tree
- 42. Not full
- 45. Giggling
- 48. Ventilate
- 51. Punishment
- 52. Tapestry
- 54. Sodium chloride
- 55. Remember
- 59. Body
- 62. Portent
- 63. Coral island
- 65. Effrontery
- 66. Chomp
- 67. Compacted
- 68. Decorative case
- 69 Sun
- 70. Marsh plant
- 71. Roman emperor



DOWN

44. Tale

elements

46. Annoying insect

47. A grouping of

49. Threesome

50. A Christian

56. Send forth

60. Aspersion

64. Directed

61. Hodgepodge

53. British biscuit

57. Anagram of "Meat"

celebration

55. Steals

58. If not

21. Employ

1. Prospector's find

3. Used to see small

5. Clairvoyant's gift

2. Bright thought

4. Some other

7. Flower part

9. Approve of

12. No more than

8. Vestiges

11. Poems

15. Napped

things

6. Back

- 23. Make well
- 25. Egg-shaped
- 27. Eat
- 28. Colonic
- 29. East southeast
- 31. Penetrate
- 32. Scrimp
- 34. Snake-like fish
- 36. Unrestrained
- 10. A swinging barrier revelry



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- 39. Type of hat
- 40. Colors
- 43. Coach







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Sunday	Monday	Г
1	2 9:30 am Water Aerobics Park 3 5:30 pm Potluck Dinner Park 2 6:45PM – Ladies Poker – 1	9:30AM Hobby C
8 Mother's Day	9 9:30 am Water Aerobics Park 3 6:45PM – Ladies Poker – 1	9:30AM Hobby C
15 5:30 pm Association Dinner Park 2	16 9:30 am Water Aerobics Park 3 6:45PM – Ladies Poker – 1	9:30AM Hobby C
22	23 9:30 am Water Aerobics Park 3 6:45PM – Ladies Poker – 1	9:30AM Hobby C
29	30 9:30 am Water Aerobics Park 3 3:00PM – Pool Party – 1 5:00PM—Food Served 6:45PM – Ladies Poker – 1 Memorial Day	9:30AM Hobby C

Lake Haven

Tuesday		Wednesday	Thursday	Friday	Saturday
– Club – 1	3	4 12:00 Noon to 4:00 PM Hand and Foot Card Games All Three Parks 6:45 PM Pinochle All Three Parks	5 9:30 am Water Aerobics Park 3 7PM – Bingo - 1	6	7 8:30AM – Koffee Klatch – 1 9:00AM – Assn Mtg – 1 4:30PM – Derby Party – 1
– Club – 1	10	11 12:00 Noon to 4:00 PM Hand and Foot Card Games All Three Parks 6:45 PM Pinochle All Three Parks	12 9:30 am Water Aerobics Park 3 7PM – Bingo - 1	13	14
- Club - 1	17	18 12:00 Noon to 4:00 PM Hand and Foot Card Games All Three Parks 6:45 PM Pinochle All Three Parks	19 9:30 am Water Aerobics Park 3 7PM – Bingo - 1	20	21
- Club - 1	24	25 12:00 Noon to 4:00 PM Hand and Foot Card Games All Three Parks 6:45 PM Pinochle All Three Parks	26 9:30 am Water Aerobics Park 3	27	28
– Club – 1	31				JUNE 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 14 15





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Einstein: A genius with a human touch

A lbert Einstein was a scientific genius, and stories about him are legendary. Three stories illustrate that he was as human as the rest of us:

- When Einstein went to Princeton University in 1953, someone asked what he would need for his office. His reply: "A desk, some pads and a pencil, and a large wastebasket to hold all of my mistakes."
- A student visited Einstein in his Princeton office one day with a copy of this year's final exam in his hand. "Professor, all the questions on this year's test are the same as last year!" "Yes," Einstein replied, "but this year all the answers are different."



• After finishing a paper, Einstein and his assistant could find only one paper clip in his office to hold the pages together. Unfortunately, it was bent out of shape and impossible to use. They searched the desk for something to use as a tool to straight the clip, and found a full box of paper clips in one drawer. Instead of taking one of those clips, Einstein used one as a tool to straighten out the bent clip.

The assistant asked why he didn't just use one of the fresh clips. Einstein answered, "Once I am set on a goal it becomes difficult to deflect me."

Too much of a good thing

farmer went to church one Sunday. To his surprise, he and the minister were the only people there.

"This is a little embarrassing," the minister said. "Since you're the only one here, would you really like to hear my sermon?"

The farmer said, "Well, I'm not too smart, but if I went to the barn to feed my cattle and only one showed up, I'd still feed him."

So the minister began his sermon. He spoke passionately for an hour and a half. When he finished, he asked the farmer what he thought.

The farmer answered, "Well, I'm not very smart, but if I went to feed my cattle and only one showed up, I sure wouldn't feed him all the hay."





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Exercise: More isn't necessarily better

osing weight is just a matter of exercising, right? Actually, that may not be the case, according to a study of exercise and weight loss reported on the CNN website.

Researchers looked at 332 adults in the U.S., Jamaica, and Africa, measuring their activity level over a week. The volunteers displayed a variety of exercise levels from sedentary to active. Although those who exercised and were active more burned away more calories than the others, their activity tended to hit a plateau—after a certain level, more exercise didn't produce more weight loss.



Switching exercises helped a little, since using different muscles can make your body use more energy. But in the long run, a combination of exercise and a reduced-calorie diet may be your best bet for losing those unwanted pounds.

Don't get zapped at work (or home)

E lectrical hazards at home and in the workplace injure thousands every year from burns and shocks. Faulty or overloaded wires cause the majority of accidents, so protect your family and your co-workers by following these guidelines:

- Get inspected. If your electrical panel hasn't been inspected for more than 10 years, get a qualified electrician to look it over.
- Unplug heat appliances after use. At home, that includes toasters, hair dryers, and irons, among others. In the office, unplug space heaters or anything else that can cause a fire.
- Use the correct wattage. Putting a 75-watt bulb in a 60-watt light socket is asking for trouble.
- Don't overuse extension cords. They're meant for short-term use, not as way to plug in as many appliances as possible into one outlet.
- Use surge protectors. They'll keep computers and other appliances safe from overloaded circuits.
- Keep appliances away from water. If an appliance that's plugged in falls into water or gets wet, unplug it before you reach for it.
- Don't yank cords. When unplugging an appliance, always grip the head of the cord. Yanking and tugging can damage the cord's wire and insulation, which can lead to an electrical shock or fire.

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May Sudoku

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Leaving Florida for the summer?

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Space Station experiment points to possible life on Mars

Lungi from the dry, frigid environment of Antarctica took a trip to the International Space Station to determine their ability to survive under the harsh conditions of the planet Mars. Their endurance suggests that primitive life may indeed be viable on the red planet's surface.

As reported by the NBC News website, scientists took samples of the fungus from the McMurdo Dry Valleys in Antarctica, then had them sent up to the ISS, where the crew placed them on a sealed platform outside and exposed them to various types of conditions, including one which simulated the sparse atmosphere and the exposure to radiation present on Mars.

After a year and a half, the fungi had retained 60 percent of their cells, providing evidence that simple forms of life can survive under the toughest conditions in space and on distant planets.

Robot cockroaches could save lives

Few animals are as maligned as the lowly cockroach. But scientists have found something worth emulating about them—their ability to squeeze into even the tightest spaces. Cockroaches on the run are about ½ inch tall, but they're able to compress their bodies to a 10th of an inch when they're trying to hide. Scientists at the University of California-Berkeley have been able to adapt that flexibility in a small, soft, multi-legged robot dubbed CRAM (Compressible Robot with Articulated Mechanisms). Constructed with an "origami-like" manufacturing technique, CRAM is seven inches long, three inches tall, and 1.6 ounces, and it's able to compress itself just like a cockroach to get inside tiny spaces. The scientists hope that CRAMs could be deployed in swarms to search for survivors inside collapsed buildings.

Antilock brakes: Use them properly

ntilock braking systems in cars are designed to improve safety, but they won't do the job unless drivers know how to use them correctly. Here's the right way to use the ABS when you need to stop quickly:

- Apply steady, firm pressure. Never pump or "feather" your brakes. The ABS regulates the braking pressure so the brakes don't lock up. If you pump or slightly release pressure on the pedal, it confuses the computer system and shuts it off.
- Don't let up. The grating noise you may hear is the sound of the ABS working.
- Don't yank the wheel. You can steer your car safely, but if you yank the wheel, you could lose control.

Tarantulas have their own 'Man in Black'

new species of tarantula has been identified by a postdoctoral researcher at the Florida Museum of Natural History. Actually, Chris Hamilton discovered 14 previously unidentified species during his Ph.D. researcher at Auburn University, but only one of them was named after one of his favorite entertainers: country singer Johnny Cash.

Aphonopelma johnnycashi can be found, appropriately enough, near Folsom Prison in California, the setting of one of Cash's most famous songs and the site of several concerts the "Man in Black" performed during his lifetime. Tarantulas have more than 50 different species, and Hamilton examined more than 3,000 specimens, narrowing the field initially to 29 possibles and finally to 14 completely distinct species. Given that Hamilton has a tattoo of Cash himself, the name came naturally.



Shark attacks on the rise

The movie Jaws scared lots of people off the beach, but the danger of shark attacks is very real—and it's increasing. Last year saw a record number of shark attacks, totaling 98 around the world, according to the Florida Museum of Natural History.

The U.S. had the most attacks in 2015, with 30 in the waters off Florida, eight in the Carolinas, seven in Hawaii, two each in California and Texas, and one apiece in New York and Mississippi. Other attacks occurred near the island of Reunion in the Indian Ocean, along with Australia, New Caledonia, and Egypt.



Scientists believe that attacks are rising because the shark population is recovering from low levels, and human populations are increasing as well.

Do not sit still; start moving now. In the beginning, you may not go in the direction you want, but as long as you are moving, you are creating alternatives and possibilities.

-Rodolfo Costa







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EVENTS & PROGRAMS

HUGE YARD SALE! Abundant Life Ministries, 1550 Belcher Rd. S., Largo, FL 33771. Saturday, May 14th 8AM-4PM. Refreshments and Lunch available. ALL proceeds will benefit Missions.

Moving Sale: Doral Village, 29250 US Hwy 19 N. Lot #19, 33761. Bassett Furniture, S/S Gas Grill, King & Twin beds, Sleeper Sofa, Tools, Fishing Poles, Bikes, Housewares & Tons More. May 6th & 7th.

Carport Sale LaPlaza 6700 150th Ave N. #335 Clearwater, FL 33764. May	
14th & 15th 8am	Γ

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Trouble is coming

man walks into a bar and says, "Give me a whiskey before the trouble starts!"

The bartender pours him a drink. He downs it, then says, "Give me another one before the trouble starts!"

After a second drink, then a third, the bartender starts to get nervous. Finally, after five drinks, the man turns to leave. The bartender says, "Hey, aren't you going to pay for those drinks?"

The man says, "This is when the trouble starts!"

A long-awaited visit

n elderly grandmother was giving directions to her visiting grandson. "You come to the front door of the apartment building and use your elbow to push the button for unit 412, that's my



apartment. I'll buzz you in, and you can use your elbow to push the door open. The elevators are on the right. Use your elbow to press the up button, and then use your elbow to press the fourth floor, and then—"

"Grandma," the young man interrupted. "Why do I have to keep using my elbow?"

The woman paused. "You're not coming emptyhanded, are you?"

Mistaken identity

R on called 911 when his pregnant wife Ann went into contractions. The dispatcher asked some quick questions to help him relax: "How far along is she? Where is the nearest hospital? How far apart are the contractions?" Finally she asked, "Is this is her first child?"

"No," Ron replied, rattled. "This is her husband!"





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

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		Jones & Sons Plumbing, Inc.			
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		Denny's Plumbing, Inc.	Rick Hodgson	\$5	Jones & Sons Plumbing, Inc.
Marvin Dyshaw	\$10.		Joan Henderson	\$5	
		AMS West Coast	Maria Mayo	\$5.	Bill the Carpet Guy
		Barrons AC & Appliance Service, Inc.	Kathleen Juneau	\$5.	Knoblach Hearing Care
Jean Woolf	\$10.	Heller's Mobile Home Washing			Appliance Specialty, Inc.
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Linda Reed	\$10.	A1 Appliance Repair			Barrons AC & Appliance Service, Inc.
Vince Malorni	\$5	Modern AC & Appliance Service, Inc.	Paula Agar	\$5.	Sunset Appliance Service
		Dunedin Plumbiing, Inc.	Keith Casey	\$5.	Air Masters of Pinellas, Inc.
Hal Gray	\$5	Imperial Electric Service, Inc.	Tony Protano \$	\$5.	Bill the Carpet Guy
		The Plumbing Patrol, Inc.			Battleline Termite & Pest Control, Inc.
		Natures Resource Pest Control	Ken Murray	\$5.	Modern AC & Appliance Service, Inc.
			Sandra Obi §	\$5.	Largo Plumbing Co.
Catherine McGettigan	\$5	Buggin Out Pest and Termite Control	Larry Swanson	\$5.	Mobile Home Depot, Inc.
		Ron Wyngarden MH Washing			Notebooks Plus
		Sunset Appliance Service			Heller's Mobile Home Washing
Norbert Natzke	\$5	Southeast Mobile Home Supplies	Denis Mullen	\$5.	Largo Plumbing Co.

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