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Karen White

Issue 8

41st Year

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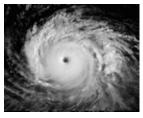
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PARADISE ISLAND UPDATE

Pat Walker, Association Secretary

Difinally came on in Paradise Island! Lights??? Who cared – the A/C kicked in and relief from the unrelenting heat was on its way. Electrical linemen from Canada – we love you! To most of us in Lake Haven, Irma was kind. I don't mean to minimize it, the anticipation of the hit was traumatizing, and many of our neighbors' units were damaged; a few seemed beyond repair, but that is just a personal observation not fact. Our hearts go out to those who returned to homes that were not the same as when they evacuated. Please know that your friends, neighbors and Lake Haven community residents are here to help in any way we can.

However, the category 4 we anticipated lessened in intensity to about a Cat 2 when it got to the Tampa area and then veered eastward so we dodged another bullet. What followed were four days without power, cable, internet, landlines and for some of us dead cell phones. No ice for a couple of days, and if you wanted to escape to a place with A/C there were few options as gas and hotel/motel rooms were nearly nonexistent from here to Tallahassee. Most of us hope to never see another hurricane as we discovered that our lives have become almost totally



controlled by electronic devices -- and how does anyone live in Florida without A/C?? But we suffered through it together, strengthened by messages of luck and prayers from friends and family across the US and Canada, and now we move on.

So what's up and coming? Well, we are back to normal. Our Park #1 monthly Association meetings start October 7; hope to see everyone for coffee & donuts at 8:30AM (bring your own coffee cup); meeting starts at 9:00AM in the clubhouse. All Park #1 residents are invited as we are anxious to meet new residents and welcome old friends. We may postpone the monthly pot luck dinner for one week – stay tuned for the latest update on that. All activities: Ladies Poker on Mondays, Hobby Club and Wii Bowling on Tuesdays, and Bingo on Thursdays will be up and running. We traditionally host a three park dinner event in October. Who knows what else; we will discuss event ideas at the meeting and get entertainment plans for the season in motion. Come armed with some new and different party ideas.

I'm certain you have all noticed the new units quickly going up throughout Lake Haven; we appreciate the new look.....now if only the shuffle courts would go. Wouldn't you know, they were totally undamaged by the hurricane, darn!

Thanks once again to our chief grill master, Chuck Oller, for making the burgers and dogs for the Labor Day event. Great job as always. Attendance was rather skimpy as many regular attendees were vacationing elsewhere, but the food











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was delicious and enjoyed by all who came. We were more than a little disappointed at the Hot Dog Night turnout, but hey you can't hit a home run every time at bat, so we'll put it on the calendar again for October and make a decision then whether to continue or drop it off the calendar for a while.

Look forward to seeing you at the meeting on Saturday, October 7 - be there, let your ideas, recommendations, issues be voiced.....be part of the solution, not part of the problem. That's all I'm saying.



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OCTOBER 2017 HAPPENINGS

ood morning everyone! Hope you all are having a good day. I thought I would catch you up on what's been happening this past month but that is virtually impossible. So how about we reflect.

I was talking to Josie and Kitty (my cats) the other morning, September 14th at 10:00 am to be exact and we all agreed that it had been one heck of a week! Not being real fond of "hunkering down" they concurred. As the air conditioners were humming, laundry going in the machine, a roast with the trimmings in the crock pot so dinner would be ready when Mike came home for lunch as he needed to get back to the store to help cover shifts for co-workers that hadn't been able to return to their homes yet I sat down to take a break...then it hit me. Wow!

You know it was sort of like you went to the doctor for a test and were informed the results would be ready in about a week and then "we'll see". Now it wasn't the "we'll see" that Moms say, because EVERYBODY know that means no. Nope it was the it's going to be bad "we'll see" we just don't know how bad.

So I will tell you my friends. Sit a bit longer in the morning watching that sunrise with your cup of coffee. Sitting on the deck after dinner watch the sunset until it disappears. If the words "I should" or "I have been meaning to" come out of your mouth, by all means do it! Seriously when you go to the ball game for heaven's sake stay until the 9th inning or 4th quarter. Is beating the traffic by 15 minutes really worth not seeing the last inning grand slam or winning touchdown with no time left on the clock? Last but not least by all means USE THE GOOD CHINA. Every day is special.

Many years a man we respected and admired told us that you could count all of your "real" friends on what hand. Well, I tell you what Coach Hanks up there looking down on us for the first time ever I am going to tell you...you're wrong! But then again not everyone has had the experience to live in a community like Lake Haven. Our scheduled activity for the month of October is to welcome our friends from up north home. I will be in touch. Have a wonderful day!

Linda Parker, President Park 3 Association







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Did you know that October is also...

Adopt a Dog Month. Each year an estimated 3 million to 4 million animals waiting in shelters never find someone to give them a safe, loving home and are euthanized. If you're thinking about getting a dog, be a hero and consider adopting from your local shelter.





Down Syndrome Awareness Month. Approximately one in every 700 babies in the United States is born with Down syndrome, making it the most common chromosomal condition. During October you can celebrate people with Down syndrome and make others aware of their abilities and accomplishments.

National Cyber Security Awareness Month. The internet touches almost all aspects of our daily life. National Cyber Security Awareness Month is designed to engage and educate public and private sector partners through events and initiatives to raise awareness about the importance of cyber security, provide them with tools and resources needed to stay safe online, and increase the resiliency of the nation in the event of a cyber incident.

National Protect Your Hearing Month. Hearing loss is a growing health issue among young adults and older Americans alike. Forty-eight million people nationwide suffer from hearing loss. National Protect Your Hearing Month is an important reminder to take steps to preserve your hearing health.

Mental Illness Awareness Week, Oct. 1-7. During Mental Illness Awareness Week, join the National Alliance on Mental Illness in shining a light on mental illness and replacing stigma with hope.

World Space Week, Oct. 4-10. More than 2,700 events in 86 countries celebrated the benefits of space and excitement about space exploration in 2016. This year's theme, "Exploring New Worlds In Space," aims to inspire even more events around the world.



National Business Women's Week, Oct. 15-21. The purpose of this observance is "to recognize women who have been the cornerstone of working in business in the United States in the past and to examine how far women in business have come."

International Music Day, Oct. 1. Initiated in 1975 to encourage the promotion of musical art among all sections of society.

World Teacher's Day, Oct. 5. Celebrate the hardworking teachers who educate our children.

Columbus Day, Oct 9. In 1492, Columbus sailed the ocean blue . . .

Three activities to ward off Alzheimer's

lzheimer's disease may not have a cure, but experts believe some practices can help delay memory loss. Here's what you can do:

- Cognitive training. Crossword puzzles and other games can help, but try some different techniques. Do simple arithmetic in your head instead of relying on a calculator. Develop a new method for remembering what's on your shopping list. Train your brain to remember things in new ways and you'll keep it sharper.
- Control your blood pressure. Reducing high blood pressure with medication and weight loss not only cuts your risk of heart disease, but it can also ease stress on the delicate blood vessels in your brain— stress that can exacerbate memory loss and dementia.
- Exercise. Moderate aerobic exercise has many health benefits, including heading off symptoms associated with Alzheimer's. Try exercising for 30 minutes five days a week, or 50 minutes three times a week. You'll feel better and extend your cognitive health.

Scientists search for life on the toughest planets

Te think of life as viable only on planets orbiting stars like our sun, but scientists now speculate that it could evolve on worlds circling very different types of stars.

Stars called M dwarfs are the most common stars in our galaxy. Their harsh flares and gravitational grip on their innermost planets could interfere with the formation of liquid water, which is necessary for life. However, astronomers have spotted approximately 200 planets circling M dwarfs, and dozens are in the so-called habitable zone where liquid water could exist and temperatures aren't too extreme for the development of life.

Scientists are studying these strange new worlds in hopes of detecting conditions that might lead to life—although it will probably be very different from any life found on Earth.

Lost and found: Seeking owner of ancient sword

S cientists are trying to determine the identity of the owner of a 14th-century sword found in a bog in Poland. The four-foot-long sword, which according to the Fox News website is remarkably well preserved, was discovered by a worker using an excavator to drain a peat bog. The worker donated his find to a local museum.

Museum officials speculate that the sword was lost by a medieval knight, or that perhaps the knight perished in the bog. Researchers are examining an engraving on the sword's hilt that may identify the knight or his family. Meanwhile, archeologists are searching the bog for other artifacts.





Find your creative style

Whatever you want to achieve on the job or in your life, you need creativity to do it. That doesn't mean you have to have the scientific genius of Einstein or the artistic vision of Georgia O'Keeffe. You can unleash your creative mind by finding your own creative style. Here's how entrepreneurial expert Esther de Charon de Saint Germain describes styles on The Huffington Post website:

- Watchmakers. Some people are highly structured and detail oriented. They like to polish their ideas until they're as close to perfect as possible.
- Wave makers. These folks are more intuitive. They don't dive into details, but think in big-picture concepts. They're apt to lose interest, though, once the hard work of hammering down their ideas starts.
- Acrobats. These thinkers can go both ways. They think outside of the box, but they're also able to hone their ideas into something practical. Try to be this kind of creator.

Improve your brain with these tips

o you want to think more clearly, experience more insight, and have more creative breakthroughs? Take a look at a few tasks (from the Inc. website) that you can put into practice today for a more productive and imaginative brain:

- Seek out new environments. Don't stay in your rut. Go to a concert by a band you've never heard of. Visit a museum you've never been to. Travel somewhere completely new. You'll shake up your mind and nudge it in new directions.
- Let your mind wander. Don't focus all the time. Give your mind permission to soar from time to time, just exploring anything that pops in. A relaxed mind is more open to new ideas and different ways of thinking.
- Have more fun. All work and no play makes ... well, you know the rest. Take time for fun. Play a new game, take up a fresh hobby, meet new people who share your interests and can introduce you to new ones. Playfulness can lead to great ideas.
- Stop multi-tasking. When you're working on a problem or an idea, put away all distractions and focus. If you're constantly shifting from one task to another, your brain will get tired, and you won't have the perspective you need to zero in on what you're looking for.



Dinosaurs may have been big softies

he popular image of dinosaurs is one of tough, ferocious creatures, but they may have been more sensitive than previously thought—at least their faces.

According to the Science News website, paleontologists at the University of Southampton used advanced X-ray and 3-D imaging to examine the skull of a large carnivorous land-based dinosaur found on the Isle of Wight and found that its snout may have actually been very tender—more like that of an aquatic creature. The dinosaur, a Neovenator, may have

possessed pressure receptors in the skin of its snout, similar to those enabling crocodiles to forage in murky water.

Because scientists don't believe the Neovenator was a water feeder, they speculate the receptors may have been useful for picking meat from bones while eating and also stroking other dinosaur faces during mating.

What caused a massive extinction of sea life?

ost people know about the mass extinction of the dinosaurs millions of years ago, but paleontologists are hot the trail of another catastrophic event: the dying off by large marine animals 2-3 million years ago.

The extinction claimed the lives of up to one-third of marine megafauna, including waterbased mammals, which lost 55 percent of their species. Forty-three percent of sea turtle species also died off, along with 33 percent of sea birds and 9 percent of sharks.

A team at the University of Zurich studying the event theorizes that a sudden loss of the productive coastal habitats combined with altered sea currents caused or contributed to the extinctions. The evidence suggests that large marine animals were more vulnerable to environmental changes than was previously believed.

Science is the acceptance of what works and the rejection of what does not. That needs more courage than we might think.

–Jacob Bronowski





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OCTOBER•2017

Sunday	Monday	Г
1	2 6:45PM Ladies Poker – 1*	9:30AN - 1* 6:15PN Bowlin
8	9 6:45PM Ladies Poker – 1*	9:30AN - 1* 6:15PM Bowlin
15	16 6:45PM Ladies Poker – 1*	9:30AN - 1* 6:15PM Bowlin
22	23 6:45PM Ladies Poker – 1*	9:30AN - 1* 6:15PM Bowlin
29	30 6:45PM Ladies Poker – 1*	9:30AN - 1* 6:15PM Bowlin H

Lake Haven

luesday	Wednesday	Thursday	Friday	Saturday
3 /1 Hobby /1 Wii g – 1	4	5 7:00PM Bingo - 1*	6	7 8:30AM – Coffee – 1 9:00AM – Assn Mtg – 1
10 И Hobby I Wii g – 1	11	12 7:00PM Bingo - 1*	13	14
17 /1 Hobby /1 Wii .g – 1	18	19 7:00PM Bingo - 1*	20	21 5:30PM Hot Dog Nite - 1
24 1 Hobby 1 Wii g – 1	25	26 7:00PM Bingo - 1*	27	28
31 A Hobby I Wii g – 1 alloween				NOVEMBER 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 30





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- 1. Adjusts 5. A solitary person
- 10. Be compelled
- 14. Threesome
- 15. Black
- 16. Pearly-shelled mussel
- 17. Pampering
- 19. Novice
- 20. Away from the wind
- 21. Artist's workstand
- 22. A small mallet
- 23. Core
- 25. Give a speech
- 27. A pig's home
- 28. Abstruse
- 31. Keyboard instrument
- 34. The outer layer of the Earth
- 35. 180° from NNW
- 36. Doing nothing
- 37. Ancient
- 38. Lacking hair
- 39. Orange pekoe or Earl Grey
- 40. Detect
- 41. Donnybrook
- 1. Anagram of "Tiles" 42. A deliberate act of destruction 2. Gray sea eagle
- 44. Deception
- 45. Diminish
- 46. A female host
- 50. A timid man
- 52. Unsophisticated
- 54. Animal doctor
- 55. Memo
- 56. Cutlery
- 58. Is endebted to
- 59. Cowboy movie
- 60. Border
- 61. Taverns
- 62. Sheen
- 63. Ale or lager

15 16 24 26 31 32 33 39 42 45 50 59

DOWN

- 18. Slowly, in music 22. General Agreement
- on Tariffs and Trade
- 24. Feudal worker
- 28. Delete
- 29. Part of an
- archipelago
 - 30. Let go

- 11. Worldwide
- 12. King

fall of the sea

5. Inheritance

- 31. Ouarries 32. Brainstorm 33. Smooth and white 34. Friendly 37. Warmth
- 38. Red vegetable



40. Remain

41. Hoarder

43. Haunt

- 48. Twilled fabric
- 49. Drive
- 50. Prig
- 51. Corn Belt state 53. Countertenor
- 56. Saturate, in dialect
- 57. What a spider makes





6. Overweight 7. Not a single one 8. A pen or cage 9. Deli loaf 10. Change genetically 13. Hammer or saw

3. The periodic rise and

4. Former French coin

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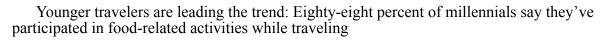






A new trend: Traveling in search of good food

Traveling to see the wonders of world is always popular, but these days more and more people are heading out to try exotic foods. A survey by the American Automobile Association found that 22 million Americans are planning to take a food-based vacation in the next 12 months, and 75 percent of Americans say that food and drink are an important part of their travel experiences. Four out of five say they've traveled to visit wineries and distilleries, along with taking hands-on cooking classes and eating with local families.



Credit card debt growing in the U.S.

Mericans added \$89.4 billion to their credit card debt in 2016, according to the WalletHub website, and although they repaid \$31.5 billion during the first quarter of 2017, that's still 9 percent less than they did during the first quarter of 2015 (but 14 percent higher than in 2016).



People tend to pay down credit card debt early in the year thanks to year-end bonuses and New Year's resolutions. WalletHub projects that Americans will finish 2017 with more than \$60 billion in new credit card debt, for a total of more than \$1 trillion overall.

Men, women, and smartphones

ere's more evidence that we're addicted to our smartphones: A survey from Decluttr. com revealed the following factoids:

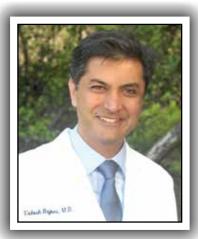
- Men are four times more likely than women to use their smartphones during a wedding.
- Sixty-seven percent of men check out their devices during a romantic evening, but only 13 percent of women do.
- Twice as many women than men would rather give up sex than give up their phone.
- Smartphone owners look at their phones more when they're with friends than with their family, but men do so more than women on either occasion.
- Eighty-three of men say the worst part about not having their smartphone with them is not being able to watch videos or stream movies and TV shows, although just 17 percent of women say the same.



Vakesh Rajani, M.D.

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Dr. Rajani completed his residency at The Cleveland Clinic Foundation in Ohio. He was chosen as Chief Resident and served on the academic staff at the Cleveland Clinic prior to starting his medical practice in Florida. Dr. Rajani has been practicing medicine in North Pinellas for over 15 years.



- Recipient of the Bernard A. Macik Jr. 'Excellence in Medicine' award at Morton Plant Mease Hospitals
- Founding Director of the Mease Hospitalist Programs at Mease Countryside & Mease Dunedin Hospitals
- Served as Vice Chair of the Department of Medicine at Mease Hospitals
- Contributing Author, 2nd and 3rd Editions of the Cleveland Clinic Intensive Review of Internal Medicine

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J.P. Morgan's negotiation tactics

J. P. Morgan loved to negotiate. Once, he told a jeweler friend of his that he was in the market for a pearl stickpin. Some weeks later, the jeweler found a perfect pearl. He put the stickpin in a beautiful box and sent it to Morgan, along with a bill for \$5,000. The next day, a messenger brought the box with the stickpin in it back to the jeweler, along with a note from Morgan:

"I like the pin, but the price is too high," the note read. "If you will accept my check for \$4,000, which the messenger has on him right now, I will buy the pin."

Disgusted, the jeweler refused the check, and opened the box to reclaim the pin. Inside the box, the stickpin was missing, and in its place was a check for \$5,000.

When you're getting too big for your britches

Theodore Roosevelt was very good friends with William Beebe, the naturalist. Many nights, Roosevelt and Beebe would go outside and look up at the stars in the sky searching for a tiny patch of light near the constellation of Pegasus. According to The Little, Brown Book of Anecdotes, edited by Clifton Fadiman (Little, Brown), when they found the constellation, the two men would chant: "That is the spiral galaxy in Andromeda. It is as large as our Milky Way. It is one of a hundred million galaxies. It consists of one hundred billion suns, each larger than our sun."

Then, Roosevelt would turn to his friend and say: "Now I think we are small enough. Let's go to bed."

One way to attract visitors

arly in her career, the writer Dorothy Parker had a small, dingy office in the bowels of the Metropolitan Opera House building in Manhattan. Because her office was so out of the way, nobody ever came to see her. As a result, she became depressed and lonely.

One day she decided to remedy the situation. She summoned a painter to paint her door, but instead of her name, she asked him to write: GENTLEMEN.

She doubtless received many surprised visitors.





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Ensure productivity to get ahead

uccess and productivity go hand in hand. To become more productive—and more successful—follow this advice every day:

- **Plan ahead.** Plan your day before you go to sleep. You'll wake up with a clear direction and a set of priorities.
- Get ample sleep. Give yourself enough time for a good night's sleep so you don't hit the snooze button every morning. Maintaining a consistent sleep schedule will help you get the rest you need.
- Eat a good breakfast. Your body needs fuel after a good night's sleep. A healthy breakfast will give you the energy you need to start your day off right.
- Stay hydrated. Drink plenty of water so your body can function properly. Add a slice of lemon or cucumber for some flavor.
- Meditate. Spend a few quiet moments every day letting your mind relax without directing it anywhere. You'll feel calmer and more creative overall.
- **Exercise.** Keeping your body in good shape will help you deal with stress more effectively.

Ensure success on your next big project

Volume of a major project at work, and you know that many potential pitfalls stand between you and its success. If you can anticipate them, you'll be better able to get the job done—and show people that you can be trusted with responsibility and authority. Here's what to do:

• Get real support from the top. For every major project, some people and departments will be reluctant to share information or change how they do things. Before you get started, make sure upper management is behind you. If you sense that they're not really committed to the project, slow down and find out what kind of initiative they would be more enthusiastic about.

• Decide on details up front. You'll bog down quickly if you're constantly changing the specs of a project. People won't act with urgency if they don't know exactly what they're trying to do, and how. Your input from stakeholders will help you define the project's requirements.

• Keep expectations realistic. Tell people how your initiative will benefit them, but don't oversell it. Let them know as accurately as possible what the project will accomplish, and when, but caution them not to expect the sun, moon, and stars on the first day it's implemented.



October Sudoku

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



4	2	8	L	3	9	G	١	6
S	L	ε	١	6	8	2	4	9
6	l	9	4	2	ç	L	3	8
8	3	4	9	S	٢	6	Ζ	۲
9	6	٢	8	4	2	ε	G	L
2	S	L	ε	L	6	9	8	4
٢	8	2	6	L	3	4	9	S
L	9	S	2	8	4	١	6	З
З	4	6	G	9	٢	8	L	2

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EVENTS & PROGRAMS

HOLIDAY BAZAAR 11/11/17 All indoor craft show. First Lutheran Church, 1644 Nursery Rd., Clearwater. Vendors: 727-744-3806 or eobrien2429@gmail.com

Hillcrest Fall Craft Fair October 7th, 9am-1pm. For information contact PatNancyCraftFair@gmail.com

PARADISE ISLAND ANNUAL CRAFT FAIR 11/04/17 1001 Starkey Rd at the CLUBHOUSE, Indoor show 9am-1pm. Handmade items only, Bake Sale, Canteen open for food & beverages. Tables Available. Vendors call 727-553-3616 (Marcia) for info. Bazaar at the Isles! Saturday, November 18th, from 8am to 1pm. Crafters Wanted. Caribbean Isles, Largo. \$10 per Table. Please call Barb 727-483-2542.

We Need Cover Pictures! Send in Your Interesting Photos!

CRAFT SHOW, Saturday, October 14th, 9am – 3pm, St. Paul United Methodist Church, 1199 Highland Avenue, Largo, FL. 95 Vendors/95 Prizes. Indoor & Outdoor Show. Food Court & Pumpkin Patch. \$1.00 Admission goes toward the homeless.

Junk in the Trunk Rummage Sale: Saturday, Nov., 4th 8AM-12:30PM. St. Catherine of Siena Catholic Church 1955 S. Belcher Rd., Clearwater, FL 33764. Clothing, Lawn & Garden, Tools, Furniture, Household items, Knickknacks and Gifts.



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-Monthly Media Staff

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

(Allow 4-0 weeks lot maining	y ul check). This month's cash	williers are.	
Cynthia Fletcher \$100.	Appliance Specialty, Inc.	Constance Posky \$5	Florida Anchor & Barrier
Art Sawdey \$10	Hagarty Home Improvement	Patricia Masterson \$5	Air Masters of Pinellas, Inc
Doris Frederick \$10	George's Mobile Home Service	Jane Singer \$5	Jones & Sons Plumbing Service
Laurie Safford \$10	Jones & Sons Plumbing Service	Chuck Devor \$5	Modern AC & Appliance Service
	Boss Electric Corp	Maurice Fisher \$5	Suncoast Auto & Tire
Ray Brissette \$10	Royal Enterprises	Terry Magedlin \$5	Doll Brothers Carpet Cleaners
Davd Doran \$10	Haseney Electrical Services	Jocinne Rutter \$5	Air Masters of Pinellas, Inc
Mickey Garbry \$10	1st Class Handyman Service	Sharon Neigel \$5	Jones & Sons Plumbing Service
Charmain Courtney \$10	Community Roofing of Florida	Carlene Hackett \$5	Royal Enterprises
Richard DesJardin \$10	Bob's Appliance Service		Perfect Repair & Construction, Inc.
Ron Krukewitt \$10		Charles Roberts \$5	Boss Electric Corp
Paul Gagne \$10	Sunset Appliance Service	Nancy Silva \$5	
	Discount Commuter Repair	Nancy Matties \$5	Bill the Carpet Guy
Carol Campisi \$10	Denny's Plumbing, Inc.	Roger Fauvel \$5	Air Masters of Pinellas, Inc
Dottie Marvel \$5	Heller's Mobile Home Washing	Theresa Riley \$5	
Chris Forrester \$5	Buggin Out Termite & Pest Control	Bonnie Gendron \$5	
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	Battleline Termite & Pest Control	Catherine Ballantine \$5	Debbie's Salon
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Gail Wood \$5	Boss Electric Corp		Sunset Appliance Service
Grace Saulnier \$5	Shawn & Shawn Moving, Inc.	Dixie Brownstein \$5	Royal Enterprises
	Aluminum Specialty Contractor	Steve Ray \$5	
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