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LAKE HAVEN



• HAPPENINGS •

Manager:
Dennis Morden N

September • 2015 Issue 7
39th Year

She Eagled the 7th Hole!

*Madolyn McMahon got a great
image of a bald eagle on the 7th
hole at Fairway Village -
her score was not reported!*

Monthly Mania Winner!
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Madolyn McMahon

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*****From Park Management:
PLEASE REMEMBER THAT PARKING IN THE STREET IS NOT
ALLOWED. EMERGENCY VEHICLES MUST HAVE FULL ACCESS
AT ALL TIMES. THANK YOU.**

PARADISE ISLAND UPDATE

Pat Walker, Association Secretary

I'm writing this article in early August.....and it is STILL raining. Is someone building an ark? We may need it.

By now ELS will have announced a replacement Lake Haven Park Manager and Assistant Manager; hopefully they have large feet because they must fill the shoes Dennis and Bobbie left behind. We wish both Dennis and Bobbie good health and happiness in their future pursuits.



New residents moving in during September are Ralph & Sharon Limpus #39. And Charles O'Donnell #109 – we extend a warm welcome to our friendly community. You know how it goes, just like a revolving door new folks move in and old friends like Elaine Bostelaar #46 move out. Elaine was a Lake Haven resident for over 20 years and has now relocated to Michigan to be near her daughter.

Attendance at the August Association meeting was very low. Resident input and support are vital commodities; your executive team encourages you to join us for a cup of coffee and a discussion of the various issues important to Paradise Island the first Saturday of every month. You don't have to sign up in advance – just come and participate. At the September meeting we will elect an Association Treasurer. If you are a homeowner member of the Association interested in being considered for the position of Treasurer, please tell Richard Crance or me so that your name can be placed on the ballot.

Rather than the normal pot luck dinner on Saturday September 5th, we have opted for a cookout on Labor Day, Monday September 7th. Please sign up on the clubhouse bulletin board to confirm your attendance. Also scheduled in September is a three-park Pizza & Trivia Party on Saturday the 19th. Flyers will be distributed with all the pertinent details. Get your tickets from me at Lot #53 at a cost of \$8 each.

If the weather cooperated we had our Luau on August 15th which incorporated water activities as well as an island-flavored meal. We certainly hope that everyone who attended had a fun time. Many thanks to Lei Crance and Carolyn Bailey for working with me to plan the activities, and to Church Oller and Richard Crance for slaving over the hot BBQ cooking everything to perfection.



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Bingo this month will be on the 17th and return to a weekly schedule in October. Something new for the ladies – Ladies Monday Night Poker start September 14th at 7PM. Lake Haven ladies, bring your best poker face and join the fun. If I know us, there will be as much chitchat as card playing – and perhaps even some munchies... for sure there will be lots of laughter. Come over and hang out with us.

Start saving your unwanted “treasures” for our Annual Community Sale scheduled for Saturday January 30th, 2016. Pickups can be scheduled with either Lei Crance or me.

PARK III ASSOCIATION SEPTEMBER NEWS

The summer has seemingly flown by and in one short month our friends from the North will begin to arrive. Soon after that we will begin another five months of fun filled and exciting events. We already have a full schedule and may even add a few more activities. We are very much looking forward to renewing friendships with those who will join us soon.

Things did not stand still during the summer months. We have had several new residents move in and we hope we can get to know them at the upcoming functions. Bonnie Skelton has been active. She organized an ice cream social that was held on August 3rd in the clubhouse. She also has begun “Sunday Movie Night” which is held in the clubhouse. The next movie will be “Dan in Real Life” and will be shown on September 6th at 6:30PM. The water aerobics classes, led by Phyllis Becker, and are held on Tuesdays and Thursdays at 9:30AM continue to draw a lot of support. And “Ladies Night Out” held each Friday night has been a lot of fun. We have received one new picnic table and have been promised two more. This will really help the seating at the Bar-B-Ques. Watch your information tubs for all the details for Football Sunday’s at the clubhouse.

If you have any gently used items you no longer want, be sure to take them to the clubhouse. No clothing yet please. Our first big sale is on November 21st and we need lots of items to sell.

By now everyone should be aware that both park manager Dennis and his assistant Bobbi have resigned. We want to wish them good luck in the future and thank them for their efforts at Lake Haven. At this time it’s not known who will replace them, but we are looking forward to getting to know them working together to make the Park even better.

Thanks to everyone for their continued support and help. We are counting down the days to when Park III will once again be filled with excitement.

Linda Parker, #465, President Park III Association

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right click with mouse to download to your computer**

September Is...

Baby Safety Month. Drowning, falls, chemicals, and other hazards can endanger the life and health of any small child. During September, take a good look around your house and eliminate any threats to babies' safety that might be hiding in plain sight.



Library Card Sign-Up Month. A time to remind parents and children that a library card is the most important school supply of all. If you don't already have a library card, get one in September; if you do, visit your local library and use it.

National Bourbon Heritage Month. A celebration of bourbon as America's "Native Spirit." The U.S. Senate declared September National Bourbon Heritage Month in 2007, calling on those who enjoy bourbon to do so responsibly and in moderation.

National Campus Safety Awareness Month. College campuses are not immune to destructive behaviors and violence due to high-risk drinking, drug abuse, sexual assault, fire safety, and more. As your kids head to college this month, talk to them about safety and investigate the resources their school offers.

Week to Week

National Suicide Prevention Week, Sept. 8-14. An annual campaign to inform and engage health professionals and the general public about suicide prevention and warning signs of suicide. Awareness events are held throughout the week around World Suicide Prevention Day, Sept. 10.

National Truck Driver Appreciation Week, Sept. 13-19. Sponsored by the American Trucking Associations, a federation of state associations, affiliated conferences, and individual members committed to developing and advocating policies that promote highway safety, security, environmental sustainability, and profitability.

Pollution Prevention Week, Sept. 21-27. The best way to protect the earth and its people is to stop creating pollution in the first place. Less waste and pollution means fewer hazards to public health and the environment. Pollution Prevention Week highlights the efforts of the EPA, its state partners, industry, and the public in preventing pollution right from the start.



Banned Books Week, Sept. 27-Oct. 3. Sponsored by the American Library Association to promote the importance of ensuring the availability of books to all who wish to read them.

Multiply Your Monthly Mania!

As you probably already know; patronizing the advertisers in this newsletter also pays YOU with our Monthly Mania Cash Give-a-Way. **We pay out \$400 every month to residents** who submit tickets they have received from using the businesses in the newsletter. Winning is easy, just patronize any advertiser in the newsletter, then submit either the ticket or a paid receipt to us for your chance to win!

Now You Have More Chances to Win!

We are now offering unlimited entries into our Monthly Mania drawing by just *SUGGESTING* a business to advertise.

Here is how it works:

1. Call our office and suggest a business to advertise in the newsletter
2. We will take down your information (name, address, phone number) and enter you into the next month's drawing for over \$400 in cash prizes
3. The more businesses you suggest, the more chances you have to win.
(To qualify each resident can only suggest a business once)

What businesses would you like to see advertising?

We have spots available in the following categories:

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|-------------------------------------|--------------------------------------|-------------------------------|
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| • Assisted Living Facility | • Golf Cart Sales & Service | • Optometrist |
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| • Automotive Painting/
Detailing | • Hearing Aid/Retail | • Pet Services |
| • Automotive Repair/Sales | • Home Care | • Pharmacy |
| • Awnings | • Home Furniture & Mattress | • Remodeling/Interior |
| • Banks | • House Cleaning | • Resale Store |
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| • Bicycle Repair & Sales | • Investment/Brokerage | • Screen Repair |
| • Bingo | • Jewelry Sales/Design/Repair | • Storage |
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| • Computer Services | • Massage Therapy | • Travel Agent |
| • Dentist | • Medical Doctor | • Veterinarian |
| • Driveway Coating | • Mobile Home Supplies -
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| • Fitness Center/Gym | • Motorcycle/Moped Sales &
Repair | • Window Washing |
| • Floor Coverings/Retail | | • Window Treatment/Interior |



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Two-minute walks may improve your health

Exercise keeps you healthy. Fortunately for busy people, exercise doesn't have to mean working out at the gym or running a marathon. A study reported on the Science Daily website found that adding just two minutes of walking per hour to your routine can extend your life expectancy.

Scientists at the University of Utah School of Medicine discovered that taking a two-minute walk once an hour was associated with a 33 percent lower risk of dying. Even brief walks add up to a substantial benefit when taken often during the day. The scientists emphasize that these walks should be an addition to a moderate exercise habit, not a replacement for one. It's a step in the right direction.



Protect your hearing

Excessive noise in the workplace (or anywhere else, for that matter) can damage your hearing. The Medicine Net website warns that you risk hearing loss under these noisy conditions:

- You need to shout so that people an arm's distance away can hear you.
- Your ears begin to hurt from the volume.
- Your ears are ringing.
- You suffer temporary hearing loss after being subjected to constant loud noise.



All you need is love. But a little chocolate now
and then doesn't hurt.

—Charles Schulz





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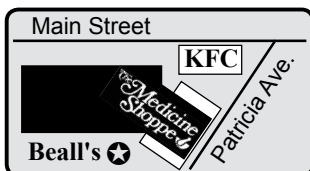
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Probe your personality to achieve lasting results

People who succeed at their jobs, in their careers, and at the game of life are generally aware of their strengths and honest about their weaknesses. If you want to achieve greatness, focus on these key elements:

- Identity. Who are you? Don't think about your job, but your values and deepest beliefs about people and life.
- Accomplishments. What have you already done in your career? Examining your past successes can help you move forward to new victories.
- Reputation. How do others see you? Get some honest feedback. If you're not happy with the answer, improve your attitude so people see a more positive you.

The Best Antidote

A young wife lived with her husband's mother. Although she loved her husband, she found her mother-in-law impossible to deal with. In her desperation, she decided to poison the woman and get her out of her life.

She found a doctor willing to help her. As he gave her the poison, the doctor said, "Just so that no one suspects you, treat your mother-in-law as nicely as you can. Give her a little bit of this poison every day, and in a month your problems will be over."

The wife followed his instructions, treating her mother-in-law with special kindness as she slipped the poison into her food every day. Toward the end of the month, she went back to the doctor.

"Something strange happened," she said. "Ever since I've been nice to her, she's been nicer to me. Now she seems more like a friend than a mother-in-law. Can you give me an antidote for the poison before she dies?"

The doctor smiled. "I gave you ordinary vitamins. The only poison was in your own mind."

The world is shaped by two things—stories told and the memories they leave behind.
—Vera Nazarian





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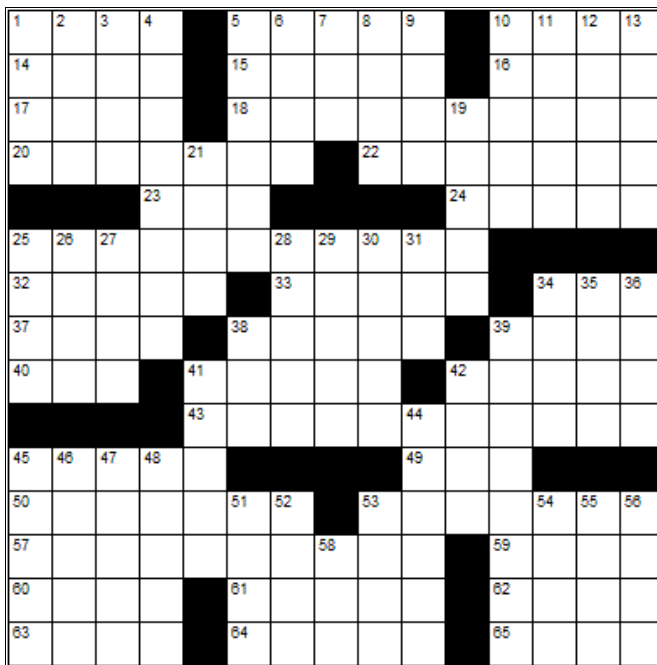
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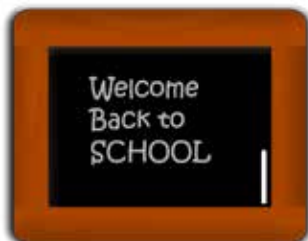
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1. Terror
5. Aromatic solvent
10. Website addresses
14. Tardy
15. Cognizant
16. Midday
17. God of love
18. Likeness
20. A painkiller
22. Hypodermic
23. Fitting
24. Not younger
25. Jubilation
32. Severe pain
33. Virile
34. Kitten's cry
37. Violent disturbance
38. Repaired
39. Angel's headwear
40. Eastern Standard Time
41. Not inner
42. Stogie
43. Transparent
45. Napped
49. Dekaliter
50. Misinform
53. Pettifogger
57. Impossible to satisfy
59. Hawk-eye State
60. Adolescent
61. Gloomy, in poetry
62. A song for 2
63. At one time (archaic)
64. Marsh plant
65. Makes a mistake



DOWN

- | | | |
|---------------------------|------------------------------|---------------------------|
| 1. Parasitic insect | 21. Red gemstone | 41. Group of 8 |
| 2. Hearing organs | 25. Concern | 42. Kaolin |
| 3. At the peak of | 26. Auspices | 44. Cling |
| 4. Occupant | 27. Plunder | 45. Strike |
| 5. Less difficult | 28. Friendliness | 46. A protective covering |
| 6. Identical or fraternal | 29. What we pay to the govt. | 47. S S S S |
| 7. An unskilled actor | 30. Unreactive | 48. Flora |
| 8. Twin sister of Ares | 31. Not young | 51. Helps |
| 9. Depend | 34. Wise men | 52. Have the nerve |
| 10. Up to | 35. Distinctive flair | 53. Smelting waste |
| 11. Not square | 36. Be dressed in | 54. See the sights |
| 12. Hostel | 38. Pelt | 55. Pitcher |
| 13. Contemptuous look | 39. Brae | 56. Rodents |
| 19. Sarcasm | | 58. What we sleep on |



September Crossword



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Perfect Repair & Construction, Inc.... 727-539-0852

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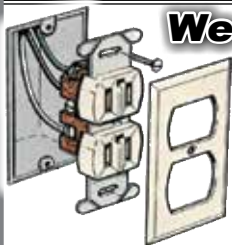
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		9:30am
6	7 5:30pm - Social Hour 6pm - Cookout	9:30am
	Labor Day	
13	14 7pm - Ladies Poker*	9:30am
20	21 7pm - Ladies Poker*	9:30am
27	28 7pm - Ladies Poker*	9:30am

Lake Haven

Tuesday	Wednesday	Thursday	Friday	Saturday																																										
1 a - Hobby*	2	3	4	5 8:30am - Koffee Klatch 9am - Assn Mtg																																										
8 a - Hobby*	9	10	11 Patriot Day	12																																										
15 a - Hobby*	16	17 7pm - Bingo*	18	19 5:30pm - Pizza & Trivia*																																										
22 a - Hobby*	23 First Day of Autumn	24	25	26																																										
29 a - Hobby*	30			<div>OCTOBER 2015</div> <table><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>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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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City life? Not for all young adults

The TV sitcom *Friends* depicted a group of young New Yorkers enjoying life in the big city—but in the end, at least two of them chose to move to a house in the suburbs. Young adults in real life appear to be making the same choice (without the laugh track). A survey of more than 1,500 people born since 1977, released by the National Association of Home Builders, found that few of them want to remain in the city for their entire lives.

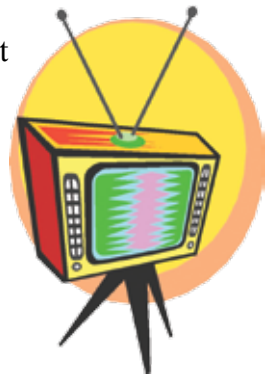
Sixty-six percent indicated they'd like to live in the suburbs, and 24 percent have their hearts set on a rural residence. Only 10 percent want to live in the center of an urban area. They're mostly looking for space: Eighty-one percent said they want three or more bedrooms wherever they end up living.



Online videos bigger than TV these days

Video has taken over the Internet, especially among the younger generation. A survey of 13- to 24-year-olds by Defy Media found this evidence of the influence of YouTube and other video providers on youthful fans:

- Millennials watch an average of 11.3 hours of free online video a week, and 10.8 hours of subscription video—but only 8.3 hours of scheduled broadcast TV.
- Videos are more popular than online TV content. Seventy-six percent of young people in the survey said they find YouTube more entertaining than TV programs (more popular with 55 percent of participants).
- They're tolerant of advertising on the Internet. Fewer than half—41 percent—said online videos have too many advertisements, but 63 percent feel TV does.



Mathematics is the art of giving the same name to different things.

—Henri Poincaré

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Keep relationships healthy over long distances

Ten years ago, some 2.9 percent of all marriages were long-distance relationships. Today that number has grown. Maintaining any kind of relationship takes work; when partners are separated, the effort grows. Keep your relationship steady and solid with these tips:

- Set ground rules. The secret to success in a long-distance relationship is managing expectations. Talk over how you'll handle the separation—who will be responsible for bills, child care, and other household issues. Do this ahead of time so nothing falls through the cracks. Set up a schedule for regular phone calls so you can plan conversations effectively.
- Communicate—but not too much. Regular contact is essential to the health of any marriage, so make a point of getting in touch as often as you need to. Just don't overdo it. If one partner feels crowded or badgered by insistent demands, he or she may back off, making the relationship even more complicated.
- Vary your channels. Don't rely on the telephone alone. Use e-mails and texts to send quick messages without interrupting the other person at work or at an awkward moment. Variety helps strengthen any relationship, so look for different ways to connect.
- Plan positive visits. You'll want to get together with your partner as often as you can. Don't put too much pressure on yourselves to make each visit spectacular, though. Give yourselves time to relax so no one feels personally responsible for the visit's success. You both need some downtime to get used to being with each other again.
- Be flexible. Travel plans can change at a moment's notice. An emergency may delay or interrupt a phone call. Although you're disappointed, do your best to respond positively and patiently when other demands disrupt your planned activities. Getting into a fight over every minor crisis won't keep your relationship strong.



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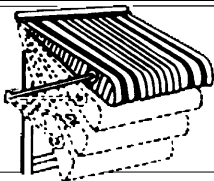
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Keeping up with current events

How much do you know about current events? The Pew Research Center News IQ survey examined the knowledge of more than 3,000 U.S. residents in an interactive quiz that asked them to identify a series of photographs, charts, and maps. Here's how the participants measured up when asked to ...

- Identify a photo of Martin Luther King Jr.: 91 Percent
- Identify the country led by Kim Jong-il from a photo (North Korea): 82 percent
- Identify the location of Guantanamo on a map (Cuba): 78 percent
- Name the country the U.S. recently re-established relations with (Cuba): 76 percent
- Identify the proposed route of the Keystone Pipeline on a map: 73 percent
- Identify Malala from a photo (2014 Nobel Prize winner): 93 percent
- Identify Pope Francis's home country on a map (Argentina): 52 percent
- Give the correct number of female Supreme Court justices (three): 33 percent

Have you taken your fish oil today?

Natural dietary supplements are big business in the U.S. As part of the National Health Interview Survey, researchers looked at the use of natural supplements other than vitamins and minerals. Comparing figures from 2002, 2007, and 2012, the trends they found include:



- Fish oil. This was the top product used by adults in 2012, as well as among children (though in 2007, Echinacea was the most popular supplement among children).
- Melatonin. This sleep aid came in second for children in 2012, increasing significantly from 2007.
- Glucosamine/chondroitin. Use of this decreased between 2007 and 2012, along with a drop in the use of Echinacea and garlic.
- Ginseng. This showed another large decline from 2002 to 2007, along with the use of Gingko.
- Green tea and milk thistle. Use of these held steady (though low) between 2007 and 2012.

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Difficulty level: medium.

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

Back to School!



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

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Monkey see, monkey do, monkey—cook?

Humans and chimpanzees share many genetic traits, and scientists have recently discovered one that may surprise fans of the Cooking Channel and the Food Network: a basic understanding of how to cook food.

Chimps have long exhibited a preference for cooked food over raw. A team from Harvard and Yale decided to see if they could be taught to “cook” food on their own. Observations have shown that chimps are willing to give up something like a slice of raw sweet potato if they expect to receive a cooked one in a short time. To test their hypothesis, the scientists devised a process to mimic cooking (since they didn’t want the apes to use actual heat): two plastic bowls that fit closely together, with a bit of pre-cooked food hidden in the lower bowl.

The scientists would put a piece of raw potato into the bowl, then switch it after a few minutes for the cooked one. After a while, the chimpanzees began doing the same thing—placing a piece of food into the bowl, waiting, then looking for the tastier result.

The researchers believe this shows a basic cognitive ability to understand the cooking process, as well as the patience to carry out—traits that may have driven crucial changes in human evolution.



Follow the right FORM for effective innovation

Innovation may seem spontaneous, but it generally succeeds because the groundwork has been methodically laid ahead of time. To spark creative thinking in your organization, follow consultant Charles Day’s acronym FORM:

F: Focus. Start by deciding what’s important to your team and organization. What were you created to achieve? Identify the key goals of your vision so you have something to work toward.

O: Organization. Decide on a structure for developing and implementing ideas. Who is responsible for specific tasks? What jobs should be shared? How will you make decisions?

R: Resources. Gather what you’ll need to implement your plans. This includes not just tools and materials, but people. Identify the types of talents you’ll need to bring an idea to reality.

M: Measurement. Look to the end as you begin. Determine how you’ll know whether you’ve succeeded or failed. Goals should be specific and clear to everyone, and they must be relevant to your organization’s vision.

Get the full impact from these healthful foods

Certain foods have definite health benefits, but you have to eat them the right way to get their full impact. Here are some common foods you might be eating “wrong,” according to the CNN website:

- Flaxseed. Full of fiber and omega-3, these little seeds may improve your heart health—as long as you grind them up first. Sprinkling them whole over your cereal or yogurt will keep their nutrients locked inside.
- Broccoli. Eat this raw or steamed, not cooked, to receive the full dose of vitamin C, chlorophyll, and antioxidants this vegetable offers.
- Strawberries. Slicing this delicious fruit exposes its healthful nutrients to light and oxygen, which can dilute their effects. Eat them whole, or hold off cutting them until the last minute.
- Garlic. The enzyme allicin, found in garlic, may help ward off cancer, but its benefits are more pronounced when it’s exposed to air. Let garlic sit for about 10 minutes after chopping to release this enzyme fully.
- Tomatoes. Fresh tomatoes are tasty, but you’re better off cooking them. The antioxidants in them increase in potency when they’re heated to about 190 degrees Fahrenheit.



Stone tools point to early use by primitive humans

Humans have been using tools for longer than we’ve known. As reported by the journal *Nature*, a team of archeologists in Kenya have found stone tools dating back 3.3 million years, some 700,000 years older than the oldest tools previously discovered.

Before this find, the oldest known stone tools came from sites in Ethiopia and were believed to have been used some 2.6 million years ago. Still, evidence of earlier tool use suggested that humans may have been using stone for longer than that—fossils of animal bones, also in Ethiopia, show signs of cutting some 3.4 million years ago.

The Kenyan tools were dated with an analysis of the sedimentary layer where they were uncovered. Scientists speculate they may have been used to open nuts or fruits with hard surfaces. Weighing in at about 6.6 pounds, the tools are 10 times heavier than any stone tools discovered so far.



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

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