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# GOLDEN CREST

• BULLETIN •

## June • 2015

## Issue 4 39th Year

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## Golden Crest Mobile Home Park Recreation Governing Board - 2015 - 2016

800 Main Street • Dunedin, Florida 34698

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Treasurer .....	Kathleen Fiffe, #406
Members .....	Linda Shale, #471
	Susan Grannell, #383
	Carol Dakin, #422
	Dee McTrach, #354
	Joyce Hawke, #387



## Golden Crest Chairpersons - 2015

Bingo Coordinator .....	Helene Haanpaa	Halloween .....	Leroy Valleau
Bulletin Board (Inside) .....	Carol Aldrow	Kitchen Coordinator.....	Dennis MacDonald
Cards (Euchre) .....	Ed Kurth	Library.....	George Bodie
Christmas Bazaar, Craft Bake Sale .....		New Year's Eve .....	Rec. Board
.....	Shirley Boudreau	News Bulletin.....	Val & Bob Pippy
Christmas Decorations ....	Boudreau's, Taylor's	News Bulletin Distribution ..	Eleanor Denslow
.....	and friends	November 11th.....	Rec. Board
Clubhouse Outdoor Sign.....	Leroy Valleau	(alternate with Golden Acres)	
Crafts.....	Shirley Boudreau	Pancake Breakfast .....	Larry Peterson &
Entertainment - Vegas Night..	Art/Jean Taylor	.....	Crew
Fun & Picnic Day.....	Rec. Board	Sunshine Ladies .....	Brenda Boudreau
Fun Shuffleboard.....	Tom Fidgen	.....	Carol Nash
Golden Crest Fun Games/Picnic .....		Travel .....	Teriann Tringali
.....	Art & Jean Taylor & Crew	Water Aerobics.....	Maureen Fidgen
Golf League .....	Nels Auger		
Hall Decorations (as required)	Leroy Valleau		
Hall Properties .....			

Golden Crest Mobile Home Park  
Recreation Governing Board - 2015 – 2016  
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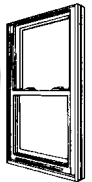
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# June Facts and Trivia

## Basic Facts

- June is named for the Roman goddess Juno. The month of June is a popular month for weddings, perhaps because Juno was the goddess of marriage.
- In ancient Rome, June was the fourth month of the year. When the Gregorian calendar was adopted, it became the sixth month of the year. It is one of the four months with thirty days.

## Birthstones

- The traditional birthstone for June is the pearl. It is a symbol of purity and is the only gem that comes from living sea creatures.
- Alexandrite is an alternate birthstone for June. This unique gemstone changes color depending on the lighting conditions. It is greenish brown in color when exposed to daylight and fluorescent light, but changes to a purple, reddish hue by incandescent or candlelight. It is a symbol of joy and good fortune.
- Another alternate birthstone for June is moonstone. It is considered a sacred stone in India. Moonstone varies in color from clear to bluish white or peach. It is a symbol of health and longevity.

## Flower



- The flower for the month of June is the rose. Roses are a symbol of love and appreciation. They are also known as the flower of passion.
- Roses come in a wide variety of colors. Each color has a different meaning. Red roses symbolize love; white roses symbolize innocence and purity, and light pink roses are a symbol of admiration or sympathy.

## Astrological Signs

Gemini and Cancer are the astrological signs for June. Birthdays from June 1st through the 20th fall under the sign of Gemini. June 21st through the 30th birthdays fall under the sign of Cancer.

## Historic Events in June

- Benjamin Franklin discovered electricity on June 15, 1752.
- Continental Congress adopted the United States flag known as the Stars and Stripes on June 14, 1777.
- The Pledge of Allegiance was recognized by Congress on June 22, 1942.
- The Korean War began on June 25, 1950.



## Famous People Born in June

Many famous people were born in June. Here are just a few of them.

- One president: George H.W. Bush
- Several actors and actresses: Tim Allen, Courtney Cox, Johnny Depp, Michael J. Fox, Angelina Jolie, Nicole Kidman, Toby Maquire, Marilyn Monroe, and Meryl Streep
- Singers/Musicians: Paul McCartney and Lionel Ritchie
- Athletes: Joe Montana, Michael Phelps and Venus Williams







## Golden Crest Birthdays for June 2015:

1	Sharon Gabriel	460
1	Fred Boyes	432
1	Betty Smay	445
2	Robert Feaver	329
5	Dorothy Parsons	468
6	Edith Sconza	391
8	Ralph Ladouceur	351
11	Irene Zuczek	346
13	Donna Worth	358
14	Robert Gannon	377
17	June Plumpton	435
19	Robin Story	347
24	Shirley Binari	327
25	Veronica Watkins	361
27	June Cox	449
27	Kim Biggs	470
28	Deborah Schoonover	419
28	Mike Fiffe	406



## Golden Crest Anniversaries for May 2015:

1	Emile & Jane DiSalvo	473
1	Chet & Anne Siatkowski	356
4	Ray & Judy Muldoon	366
15	Eddie & Carol Kurth	340
16	Kurt & Margrit Kuhnnow	462
25	Jim & Janet Major	999





## Here's to you, dad: The start of Father's Day

**F**ather's Day started with a dedicated woman: Sonora Smart Dodd, the daughter of a widowed Civil War veteran who had raised her on his own. Dodd came up with the idea for a special day celebrating fathers when listening to a Mother's Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Wash., and began a campaign for an official celebration thereafter.



The idea of Father's Day initially met with some skepticism, but in 1919, President Calvin Coolidge expressed support for the holiday, and in 1926 a National Father's Day Committee was formed in New York City. In 1966 President Lyndon B. Johnson signed a proclamation designating the third Sunday in June as Father's Day, but it wasn't until 1972 that President Richard Nixon officially recognized it as a national holiday.

Loyalty to country, always. Loyalty to government, when it deserves it.

—Mark Twain



## Quick zingers and fast chuckles

**N**eed to get a laugh in a hurry? Try some of these handy one- or two-liners:

- Explaining puns to kleptomaniacs is hard because they always take things literally.
- I used to think the brain was the most important organ. Then I thought, "Look where that idea comes from."
- A dwarf fortune-teller who kills his customers might be known as a small medium at large.
- Did you hear about the dyslexic devil worshipper who sold his soul to Santa?
- During a prison break I saw a dwarf climb over a wall. As he jumped down he sneered at me, and I thought, "That's a little condescending."
- A blind man walks into a bar. And a table. And a chair.
- You never see a hippopotamus hiding in a tree. They must be really good at it.



## Know Your Organs: The Gallbladder

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The gallbladder is a small, pear-shaped organ located beneath the liver and next to the pancreas. You may not give it a lot of thought—until it starts malfunctioning. Then it can cause pain and serious health problems.

The gallbladder stores a substance called bile, or gall, that comes from the liver and helps to digest fat. The main problem that can arise is the formation of gallstones, which can be as small as a grain of sand or as large as a golf ball. They affect both men and women, and may occur as a single large stone or a group of small ones. What causes them is unclear, though they're more common in people with excessive body fat around the waist, and in those who have lost weight very quickly. The risk of gallstones increases as you age, particularly among women as they approach menopause and everyone after age 40.



You may have gallstones for years without noticing them, regardless of their size or number. But during a gallstone attack, patients can experience sharp pain in the upper right side of the abdomen, along with nausea and vomiting. Attacks tend to occur at night, often after a large meal with lots of fat, as well as after drinking alcohol.

Gallstones are treated in a number of ways: Some people take an acid orally which dissolves the stones gradually, although they may reappear once the treatment is stopped. Otherwise, they can be broken up with ultrasonic shock waves or removed by surgery in serious cases.

Be on the lookout for these symptoms:

- Sudden severe pain in your upper right abdomen, lasting from 30 minutes to several hours.
- Pain in your right shoulder blade or under your right shoulder.
- Indigestion after eating desserts, fried foods, or foods high in fat or protein.

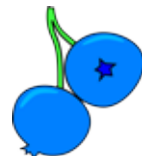
See a doctor immediately if abdominal pain lasts five hours or more, if you experience nausea, vomiting, fever, or chills, if you have a yellowish color in your skin or in the whites of your eyes, or if you have light-colored stools or dark urine.

## Keep Your Heart Healthy With The Right Food Choices

---

The food you eat can make a big difference to your health, especially in matters of the heart. You can keep your heart ticking to a ripe old age by adding these foods to your diet:

- Tomatoes. A good source of vitamin C, vitamin A, potassium, and fiber, tomatoes also contain lycopene, an antioxidant that may help to lower bad cholesterol, keep blood vessels open, and lower the risk of heart disease. For best results, serve cooked tomatoes in stews, soups, and sauces.
- Blueberries. Blueberries contain antioxidants called anthocyanins, which may reduce blood pressure by relaxing blood vessels. One cup has only 80 calories, and they add fiber and vitamin C to your daily diet.



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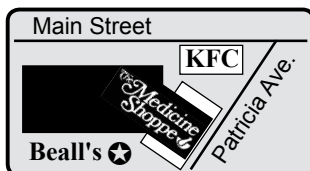
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## Scientists delve deep into the heart of the world

Jules Verne's *Journey to the Center of the Earth* described an inner world of jungles, seas, and dinosaurs. The reality is quite different, but no less interesting to scientists, and it's changing all the time.

The latest discovery about the nature of the Earth's core comes from a professor at the University of Illinois at Urbana-Champaign. The inner core, about 3,000 miles beneath the world's crust, actually contains a second core about half the radius of the outer one. This inner core contains iron crystals, which are oriented in an east-west alignment. The outer inner core's crystals align north-south, although they appear to have flipped several times in the distant past.

Scientists liken the twin cores to the rings on a tree, which allow researchers to peer directly into the past. The discovery could provide important clues to the formation and development of our world.



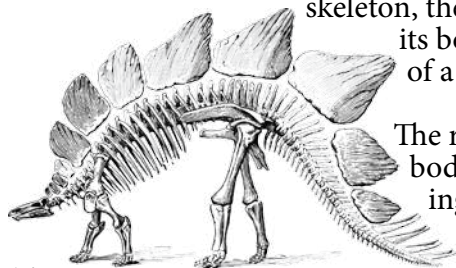
## 'New' solar system is the oldest ever found

The oldest solar system in our galaxy is 11.2 billion years old, according to data from NASA's Kepler space telescope. By comparison, our home solar system is about 4.5 billion years old. The new find is about 117 light-years from Earth, with five Earth-sized planets in an orbit too close to their star to allow for life. But the discovery of a solar system's formation only a few billion years after the Big Bang some 13.8 billion years ago suggests that life could have proliferated throughout the cosmos much earlier than scientists previously believed.

## Sophie the Stegosaurus steps on the scale (sort of)

How much did the dinosaurs weigh? That question has been answered—at least for one specimen at London's Natural History Museum.

Sophie the Stegosaurus is about 150 million years old, and was discovered in 2003 by paleontologists in Wyoming. It now resides at the British museum, its skeleton 85 percent intact. According to the Yahoo News website, British researchers created a 3-D digital version of the skeleton, then calculated the amount of flesh it would have had around its bones, and compared that with data from modern animals of a similar size.



The result? Sophie tipped the scales at about 1.6 tons, with a body mass roughly equivalent to a small rhinoceros. Knowing its weight will allow paleontologists to learn more about stegosaurus metabolism, food needs, and growth rate.

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Thanks!

-Monthly Media Staff



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- Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at P.O. Box 1023, Venice, FL 34284.
- Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit.
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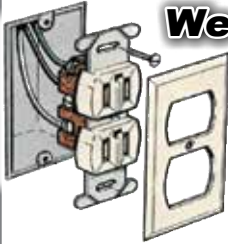
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Sunday	Monday	Tuesday
	1	
7	8	
14	15	
21	22	
28	29	

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2	3	4 Coffee Hour	5	6
9	10	11 Coffee Hour	12 6:00pm Covered Dish	13
16	17	18 Coffee Hour	19	20
23	24	25 Coffee Hour	26	27
30				JULY 2015 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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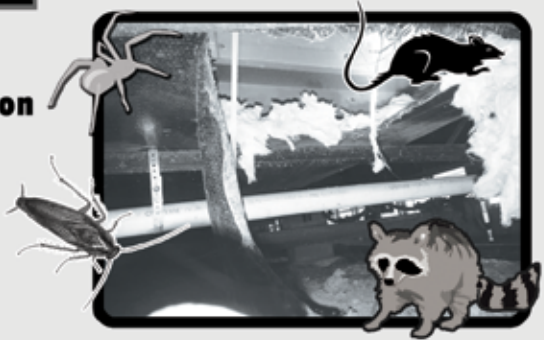


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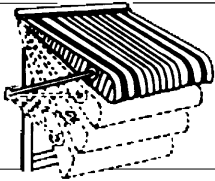
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<sup>2</sup>
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# Happy Father's Day!



## Eat Better to Spur Creativity

---

**S**ome great artists and writers are known to have used drugs or alcohol to seek inspiration, but you don't have to risk your health when you need a creative boost. The Medical Daily website suggests trying some of these foods to help stimulate the brain:

- **Fruit.** Fruits have lots of an amino acid called tyrosine, which helps synthesize proteins and may influence your ability to think deeply. In one study, students performed better at completing puzzles when they drank orange juice strong with tyrosine.



- **Chocolate.** The flavanols in chocolate may enhance short-term cognitive skills, according to one British study, because flavanols boost the amount of oxygen in the brain. Try a cup of hot cocoa before you need to be at the top of your mental game.

- **Carbohydrates.** Carbs deliver a quick dose of glucose to your body and brain, providing aid to concentration and memory. Potatoes, oatmeal, and other carbs may have a beneficial effect on brain function.

- **Walnuts.** Rich in omega-3 fatty acids, walnuts can help memory and increase brain function, according to the journal *Plant Foods for Human Nutrition*. The results of one study showed that rats given a diet of raw walnuts for 28 days showed better learning and memory than rodents on another diet.



## Money Matters

---

### Try these smart shopping tips at the grocery store

Everyone wants to stretch his or her food dollars. You don't have to live on ramen noodles and cold cereal three times a day to do it. Here are some tips for savvy shopping at the store:

- Don't fall for fancy displays. Items stacked at the end of the aisles, like sodas, aren't necessarily on sale. The display can make them seem like they're marked down, but often they're still regular price.

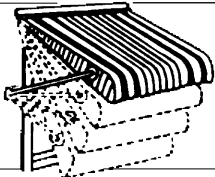
- Remember that you pay for convenience. Skinless chicken breasts cost more than those packaged with skin. The same applies to the pre-cleaned and cut carrot sticks. In both cases, they're a little more expensive. Decide whether the convenience is worth the extra money.

- Try the store brands. If you compare the contents and nutritional value of name-brand versus no-brand items, you'll often discover that they're almost identical. In many cases, they're made in the same plant and just packaged with the store label.

- Use coupons. How often have you clipped coupons only to allow them to expire? Develop a system that will ensure you remember and use them.



# CENTURY AWNINGS



- Fabric & Aluminum AWNINGS
- MINI BLINDS

**10% OFF**  
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- ALL WEATHER CURTAINS
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## Danger at home: Keep your children and grandchildren safe

---

The home can be a dangerous place, especially for young children. Most household accidents are avoidable, though, with some commonsense precautions. Safe Kids Worldwide, a global organization providing safety information aimed at preventing accidents and injuries to children, shares these tips for keeping your family healthy and safe:

- Bathroom. Don't leave children alone in the bath, or anywhere near water.
- Hallways. Install smoke and carbon monoxide detectors, and check their batteries at least every six months to ensure they're working properly.
- Bedrooms. At bedtime and nap time, remove any blankets, pillows, stuffed animals, and toys from your baby's crib to prevent accidental suffocation. Make sure your baby sleeps alone and on his or her back.
- Staircases. Put up safety gates to keep children from tumbling down staircases. Install similar gates for every window a child might reach.
- Medicine chest. Store all medicine in cabinets above the reach of children, and lock cabinets they might get into. Keep track of any medication you might carry in your purse or briefcase.
- Living room. Install brackets and braces to secure bookshelves and other furniture against accidental tipping. Secure television sets to the wall or place them on low platforms.
- Kitchen. Use the back burner of your stove when cooking with children present. Turn pots and pans so that their handles face away from the edge, out of reach from tiny hands. Store household cleaners in high cabinets and shelves, or lock lower cabinets to keep children out.



## Keep kids safe from bugs during summer months

---

As summer comes, so do the bugs. And some of those bugs can bite. Follow these guidelines from the American Academy of Pediatrics to protect your children from getting stung or bitten:

- Avoid using scented soaps, hair sprays, and perfumes on your child. The scents can draw insects and bugs and increase your child's risk of being bitten.
- Stay away from nests or places bugs might congregate. This includes stagnant pools of water, areas where uncovered foods are abundant, and gardens where flowers are blooming.





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Madonna Ptak Center  
for Alzheimer's and  
Memory Loss at  
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**Morton Plant Hospital**





## Where there's a will, you need a plan

---

It sounds like the setup for a joke: A rich uncle dies and leaves you a fortune. But what happens next in real life? A financial windfall, large or small, needs to be managed well. Here are some tips on what to do if you come into some money:

- Stash it away. Put the money away for at least six months. Trying to decide what to do with the money too soon after a relative's death may lead to questionable decisions. Put it into a money market or savings account for a little while.
- Assess your debt situation. Before you decide to invest or buy something with the money, determine whether the funds would be better spent wiping out any debt you may have.
- Seek advice. If you receive more than \$20,000, consider hiring a financial advisor who can tell you how to gain the largest or safest return on your investments.



## Fly Old Glory with pride on Flag Day

---

Flag Day became an official national celebration in 1916, when President Woodrow Wilson proclaimed June 14 Flag Day to commemorate the adoption of the Stars and Stripes by the Second Continental Congress on that day in 1777.

The idea of setting aside a special day to celebrate the U.S. flag wasn't new, though. One of the earliest observances of Flag Day occurred in Hartford, Conn., in 1861, at the suggestion of George Morris, to pray for the preservation of the Union at the beginning of the Civil War.

In 1885, a Wisconsin schoolteacher named Bernard J. Cigrand held a formal observance of what he called "Flag Birthday" at his school. Cigrand went on to become a passionate promoter of Flag Day, delivering more than 2,000 speeches on the subject, and he is generally considered to be the "Father of Flag Day."

In 1914, Secretary of the Interior Franklin K. Lane delivered a Flag Day speech in which he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." In 1949, President Harry Truman signed an Act of Congress formally establishing June 14 as National Flag Day.



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### Monthly Mania: It Pays (Up to \$100) To Patronize the Advertisers in Your Newsletter

**14,492 manufactured home residents have won over \$124,374** since our contest began. It's simple to play ... when you patronize a current advertiser, ask for a Monthly Mania ticket (or a reasonable facsimile) and fill it out completely. Put the ticket in our Monthly Mania drop box in your community or [mail your paid receipt](mailto:mail_your_paid_receipt) to us at **Monthly Media • PO Box 1023 • Venice, FL 34284**. That's all you do. At the end of the month the Publishers will pick up the tickets and hold a drawing. If your ticket is drawn, we mail you a check.

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

Winifred Ruggeri .....	\$100.00 .....	O.E. Wilson Insurance, Inc.	Ruth Wiles.....	\$5.00 .....	Royal Enterprise
Ralph Coe.....	\$10.00 .....	Superior Vapor Barrier	BJ Daw.....	\$5.00 .....	Ron Wyngarden MH Washing
Kelly McMahon.....	\$10.00 .....	Modern A/C & Appliance Service	Carolyn Chambers .....	\$5.00 .....	Boss Electric Corp
Dora Nicinski.....	\$10.00 .....	Chambers Specialties, Inc.	Barbara Thomas.....	\$5.00 .....	Bob's Appliance Repair
Bob Doyle.....	\$10.00 .....	5 Star Carpet Care	Dottie Hunter.....	\$5.00 .....	Jones & Sons Plumbing, Inc.
James Erickson.....	\$10.00 .....	Mitchell Siding	Russell Sapia.....	\$5.00 .....	Sunset Appliance Service
Brian Cantwell.....	\$10.00 .....	Mister Squeegee	David Miller.....	\$5.00 .....	Shonna Bender Massage Therapist
Ronald Farrell.....	\$10.00 .....	Action Appliance Sales and Service	Debra Thompson.....	\$5.00 .....	Dr. Peter M. Mason
Albo Palazini.....	\$10.00 .....	Appliance Specialty, Inc.	Jill Chambers.....	\$5.00 .....	Rod Runners, Inc.
Allan Ziegler.....	\$10.00 .....	Note Books Plus	Alphee Cyr.....	\$5.00 .....	Haseney Electric
Loretta Ray.....	\$10.00 .....	Royal Enterprise	David Cross.....	\$5.00 .....	E & E Gliddon Air Conditioning, Inc.
Garvin Desjardin.....	\$10.00 .....	Natures Resource Pest Control	Doris Althouse.....	\$5.00 .....	Appliance Specialty, Inc.
Mable Champion.....	\$10.00 .....	Enos Plumbing and Service, Inc.	Frank Orzel.....	\$5.00 .....	Knoblock Hearing Care, Inc.
Thomas Baker.....	\$10.00 .....	Air Masters of Pinellas	Larry Clinton.....	\$5.00 .....	Buggin Out Termite & Pest control
Dorothy Love.....	\$5.00 .....	Haseney Electric	Catherine Berg.....	\$5.00 .....	Largo Plumbing Co.
Heidi Willeford.....	\$5.00 .....	Bill the Carpet Guy	Eleanor Malloy.....	\$5.00 .....	Barron's A/C & Appliance Service, Inc
Carole Woodward.....	\$5.00 .....	Chambers Specialties Inc.	Robert Mitchell.....	\$5.00 .....	Mobile Home Depot
Sherry Henry.....	\$5.00 .....	Bob's Mobile Home Washing	Elaine Magee.....	\$5.00 .....	Florida Water Treatment, Inc.
Melodie Marco.....	\$5.00 .....	Modern A/C & Appliance Service	Frank Hemming.....	\$5.00 .....	Knoblock Hearing Care, Inc.
Harry Wolaver.....	\$5.00 .....	Buggin Out Termite & Pest control	Joy Billis.....	\$5.00 .....	Air Masters of Pinellas
Kenneth Seaner.....	\$5.00 .....	Largo Plumbing	Genette Laland.....	\$5.00 .....	Doll Brothers Carpet Cleaners
Jolene Lease.....	\$5.00 .....	Debbie's Salon	Hazel Raynes.....	\$5.00 .....	Hellers Mobile Home Washing
Robert Gamboa.....	\$5.00 .....	Battleline Termite & Pest Control, Inc.	Jewel Ahrens.....	\$5.00 .....	Royal Enterprise
Larry Schultz.....	\$5.00 .....	Capital Golf Carts, Inc.			

• Limit of one ticket per visit • Advertiser may have up to 4 winners per month • Advertiser must have bill paid current to qualify • No purchase necessary • Contest void where prohibited by law • Green tickets available at participating Monthly Media advertisers.



# Golden Crest Homeowners Association 2015 – 2016

- |                |                   |       |
|----------------|-------------------|-------|
| President      | - Ray Muldoon     | # 366 |
| Vice-President | - Tod Blanchard   | # 436 |
| Secretary      | - Kathy Bleau     | # 321 |
| Treasurer      | - Carol Aldrow    | # 339 |
| Directors      | - Gary Rellinger  | # 466 |
|                | - Brenda Boudreau | # 375 |
|                | - Carol Nash      | # 345 |

## June Sudoku

	7	9	5		2				1			b		e
				c					2	6	1	a	3	
	3		2			1				7		d	c	
										b				f
				a	b		f		c		1	2		g
		5		9	4					d			1	
8	a				1	6	d		g			f		
9		7		2	8	5			4					
					e		c						2	5
b	5		8	4		2					d		3	7
				6				4		e	a	f		
d		e	a			7		5		9	4			6
		3			d		9					c	e	a
c	d	6			f				3					
5	8	7	6		3		f		a		9		1	
		b	7					e	g			8		

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f	d	8	3	5	9	6	e	4	9	4	7	1	b	2	a
b	4	1	9	a	c	2	f	d	3	7	6	8	7	6	5
7	2	7	4	9	5	2	8	1	b	3	4	6	e	a	c
e	a	6	c	8	7	9	2	7	8	6	5	1	3	4	f
c	6	4	9	6	1	2	5	b	9	4	7	8	e	a	d
8	b	1	e	a	4	3	1	5	6	9	d	6	2	c	7
1	7	1	e	3	7	1	c	2	9	d	6	8	5	4	b
5	9	8	4	9	2	a	c	f	6	d	e	3	7	1	b
6	4	3	f	e	b	c	a	7	8	3	1	6	5	9	d
9	1	7	e	2	8	5	6	4	f	3	9	2	7	8	a
8	a	c	b	3	1	6	d	7	9	2	f	e	5	4	d
2	9	5	f	6	a	b	1	8	3	4	7	e	d	a	b
3	d	6	4	a	b	e	f	8	c	5	1	2	7	9	6
g	8	1	c	5	d	4	6	3	a	e	b	7	9	f	2
e	3	a	2	b	f	1	9	8	4	7	5	d	c	6	4
4	b	f	d	c	7	8	e	5	9	2	6	1	a	3	g
6	7	9	5	2	a	3	d	1	c	f	8	b	4	e	6



## Summer Time





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25 ★ 23

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