

OFFICE: 9191 Bay Pines Boulevard • St. Petersburg • FL 33708 • (727) 392-8858

ARBOR LIGHTS SCUTTLEBUTTO

September 2017 Issue 7 41st Year

Night Blooming Cactus in Doral Village!
Thank you Betty LaCosse!

Monthly Mania Winner! \$100 • Mary Cook Modern Pest Control Delivered Door-to-Door by Park Residents FREE Every Month

view this newsletter on-line at www.monthly-media.com

FOR AD RATES & INFO 727-484-7488 • info@monthly-media.com

Important Phone Numbers

NON EMERGENCIES

St. Petersburg Police Dept. 893-7780 Seminole Police Dept 595-5414

St. Petersburg Fire Dept. 893-7694 Seminole Fire Dept 394-6905

Pinellas County Sheriff 582-6200

Florida Highway Patrol 570-5010 Emergency - 911

UTILITIES

SPECTRUM 1-855-222-0102 Knology Sales 239-0211

Service (866) 745-3685 Duke Energy 727-443-2641 Power Outage 1-800-228-8485 Frontier Services 1-800-921-8101

Directory Assistance 411

DirecTV 1-800-531-5000

Teco Gas 826-3333

PUBLIC OFFICES

DMV-Tags, Driver's License

1800 66th St. N., St. Petersburg
St. Petersburg Chamber of Commerce
St. Petersburg City Hall

464-7777
821-4069
893-7171

St. Petersburg Post Office (800) 275-8777 St. Petersburg Main Library 893-7724

Social Security Administration (800) 772-1213

Seminole City Clerk 398-3107 Waste Management 888-964-9744

Seminole Recreation Dept 391-8345

VA Regional Office Benefits Info. 1-800 827-1000

HOSPITALS

Bay Pines VA 10,000 Bay Pines Blvd., St. Petersburg, 33708 398-6661 701 6th St. S., St. Petersburg 33701 **Bayfront Medical Center** 823-1234 201 14th St. SW, Largo 33770 588-5200 Largo Medical Center Morton Plant 300 Pinellas St., Clearwater 33756 462-7000 6000 49th St. N., St. Petersburg 33709 Northside 521-4411 6500 38th Ave. N., St. Petersburg 33710 384-1414 St. Petersburg General

St. Anthony's 1200 7th Ave. N. St Petersburg 825-1100

Harbor Lights Club Office 392-8858 • Harbor Lights Clubhouse 398-2731 • Marina 392-4933

ROOF-OVERS - 727-547-8300

Lic #: C-2387 ASC

Aluminum Specialty Contractors, Inc. "No-Nonsense Company" 7420 Park Blvd. • Pinellas Park

Summer Rains Are Here?

expires 9/15/17

STOP LEAKS NOW!

"Thank you for doing a very professional job on my roof. I am not easily pleased with most contractors, ASC is the exception! Your crew was on time, sometimes even early. There are no leaks and it looks great. ASC was not the cheapest, which proves you get what you pay for."

Michael Ellis Pinellas Park, FL







INSIST on 8 ft. WIDE VAPOR BARRIER for a SEAMLESS FIT!

UNDER YOUR MOBILE HOME LATELY?

Insulation Under Your Home Falling Down?

Holes and Tears in Your Vapor /Moisture Barrier?



Photographs Taken of Damaged Areas



Insulation and Vapor Barrier Repairs

· Lifetime Vapor Barrier · Guaranteed for Life Prevent Soft Floors
 Keep Mold, Mildew, Rats, Snakes, Spiders, Ants, Roaches and Moisture OUT of Your House! • Lower Your Electric Bills

FREE ESTIMATES

Licensed by the State of Florida #IH/102549/1













• Insured • Bonded • Workman's Compensation Insurance Member: National Association of Mold Professionals

FLORIDA ANCHOR AND BARRIER COMPANY



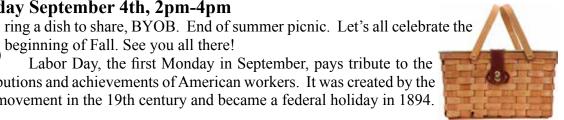
11590 U.S. Highway 19 North • Clearwater • FL 33764



LABOR DAY PICNIC

Monday September 4th, 2pm-4pm

beginning of Fall. See you all there! Labor Day, the first Monday in September, pays tribute to the contributions and achievements of American workers. It was created by the labor movement in the 19th century and became a federal holiday in 1894.



PHONE DIRECTORY:

The 2017 − 2018 Phone Directory will be distributed in early November. Please let Diane Piscopo know if there are any corrections/additions to the information already on file. E-mail Diane at diane.piscopo6@ gmail.com or leave a message 716-479—9133. Deadline is early in October. Please note this is a new e-mail and phone number for Diane.

BINGO:

ill continue in September, date to be announced. Thank you to our volunteer caller, Pauline Fee, for her help on Friday evenings. It was much appreciated.

REMEMBER:

ot humid days are here, remember to drink plenty of water. Keep hydrated! No glass bottles or glasses in pool area. Keep area clean.

A little Florida humor: When a hurricane is headed our way, even though you have advance warning and you are told to be prepared, you're not a true Floridian unless you wait until the absolute last minute to go to Home Depot to pick up plywood or to Publix to stock up water, ice, and potato chips.

We are smarter than that here in Harbor Lights.

ANOTHER REMINDER: WATCH THE WEATHER!!

HURRICANE SEASON JUNE TO NOVEMBER:

his very important information was submitted by Diane Piscopo. Diane is the park liason for hurricane preparedness. Call her with any questions, 716-479-9133.

Take a few minutes and stop in our clubhouse. As you enter the front door, to your left there is information on hurricane preparedness: pet registration forms, ID forms for those individuals that may need assistance from emergency personnel, what to take with you when evacuating, and steps to prepare ahead of time **WITH FAMILY**.

We live in mobile homes, therefore we <u>MUST EVACUATE</u>. Our clubhouse is not a shelter. Do not plan to go along the routes toward the ocean, but follow the blue and white "evacuate route" signs leading inland. Be aware, the shelter will accommodate you, but they may not have beds/cots, blankets or pillows. A chair or inflatable mat would be recommended.

BE PREPARED! BE SAFE!

Just For Laughs

nowbirds: You can't say "this is how we did it up north". If you think that way, then go back up north and do it that way.

Thanks for all the jokes! Keep those e-mails coming!

A true Floridian does not own a boat. They make friends with someone who already owns one.

I-275 (Tampa area) will always be under construction...that's the law and there is nothing anyone can do about it, period!

TRAVEL:

Reminder!!!

Final payment due September 27.

Cruise: 14 day Caribbean cruise leaving from Miami, Florida January 7, 2018 to January 21, 2018 on the Celebrity Eclipse.
Contact Advantage Cruises and Tours toll free 866-824-1613.



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Custom Window Fashions & Interiors

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• Blinds • Shades Shutters • Drapes

• Valances • Sheers • Factory Direct **Vertical Blinds**

• Bedding and More

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A Name Worth Repeating

MOBILE H

3 Ton Package Unit

- * 14 Seer * 10kw Heat Strip
 - * New Digital Thermostat
- *** 10 Year Limited Warranty** On All Parts

Savings Available on Other Sizes. Call for Free Estimate

Incl. Tax

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We Keep Your Castle Clean"

- Apply Soap to exterior
- · Hand brush mobile home
- · Then light power rinse thoroughly





Anv Size Mobile Home

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Owner Operated - Over 25 Years Exp. • Licensed & Insured

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Most Cars - Freon Extra

With this coupon. Not valid with other offers.

4 Wheel Tire Rotation

with Lube, Oil & Filter

Up to 5 Quarts Kenda

Only

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Reg. \$129.95

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- Appointments May be Necessary
- All Repairs Guaranteed Full Service Repairs











9

GOLD STAR MOTHERS

American Gold Star Mothers, a support and service organization for women who lost their sons in the line of duty. In 1936 President Roosevelt established American Gold Star Mother's Day (September 24th this year). They turn their sorrow into service, remembering their sons and daughters whose service was never finished. The current president of this organization lost her son in Iraq in 2007.

Heard a rumor, TIKI bar opening in September

DECEASED:

Doris Leseman Copeland



Enjoy the end of summer, the cooler fall months will soon be here.

September Sudoku

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Chocolate may be good for your heart

In case you're looking for an excuse to eat some chocolate, consider this: It may reduce your risk of irregular heartbeat.

An analysis of some 55,000 adults from Denmark found that eating 2-6 ounces of chocolate a week was associated with a 20 percent decreased risk of atrial fibrillation, or A-fib, otherwise known as an irregular heartbeat. A-fib can compromise blood flow in the upper chambers of the heart—the atria. People with A-fib are five times more likely to suffer a stroke, according to the American Heart Association, and have twice the risk of a heart-related death.

Moderate consumption of chocolate, especially dark chocolate, appears to reduce that risk, although binging on larger amounts can obviously lead to weight gain and associated problems.

Carbon monoxide safety tips for your home

arbon monoxide (CO) is a colorless and nearly odorless gas that's created by the incomplete burning of solid, liquid, and gaseous fuels. Appliances that burn LP gas (liquefied petroleum), oil, coal, kerosene, coal or wood may produce carbon monoxide. Carbon monoxide is also poisonous to animals and people. Symptoms of its effects include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

To prevent CO poisoning, take these precautions:



- Buy and install a CO alarm. Make sure it is listed with Underwriters Laboratories or that there is information on the package that indicates that it meets the requirements of IAS 6-96 standards. Follow the directions for placement and installation.
 - Install appliances properly. Most of them should be installed by a professional.
- Practice good maintenance. Have your heating system (furnaces, flues, and chimneys) inspected and serviced by a professional every year.
- Burn charcoal outdoors only. Never burn it in a tent, home, garage, vehicle, etc. Don't use portable fuel-burning camping equipment indoors or inside tents, etc.
- Make sure you turn off fuel-burning engine equipment when you are inside a garage or basement. Just having the doors open does not ensure your safety.

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Our New 6000 sq. ft. Showroom Makes Designing a Breeze! Tile, Plumbing Fixtures, Grout-free Showers, Free-standing Tubs, Designer Cabinetry and Custom Counter-tops.

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We are #1 since 1984

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AFTER



We Keep rodents, snakes, spiders, bugs, mold, mildew, and damaging moisture out of your home!

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FAMILY OPERATED

Office Location: 12355 62nd St N Unit B Largo, FL 33773



ESTIMATES & SMILES ALWAYS FREE

7885 or

Did you know that September is also...

Blood Cancer Awareness Month. Lymphoma is a type of blood cancer that occurs when lymphocytes—white blood cells that help protect the body from infection and disease—begin behaving abnormally. Lymphoma may develop in many parts of the body, including the lymph nodes, spleen, bone marrow, blood or other organs. This year's theme for Blood Cancer Awareness Month is "Light it Red for Lymphoma."



National Child Awareness Month. During National Child Awareness Month, a wide array of organizations set aside their individual agendas to focus on the bigger picture of children in America today and what can be done to address their growing challenges and needs tomorrow.

National Cholesterol Education Month. National Cholesterol Education Month is a good time to get your blood cholesterol checked and take steps to lower it if it's high. It's also a good time to learn about lipid profiles and food and lifestyle choices that will help you reach your personal cholesterol goals.

National Piano Month. A good month to sign up for piano lessons. Although invented around the year 1700, the piano took several decades to become a favorite of composers and performers alike. In the 19th century the instrument grew larger and more powerful. At the same time, the instrument became the primary source of home entertainment, and learning to play the piano became an important part of childhood education.

Substitute Teacher Appreciation Week, Sept. 3-9. Five days dedicated to the hundreds of thousands of education professionals who fill in at the schools every day across the United States. This nationwide event is recognized by the U.S. House of Representatives, schools, and school districts around the country.



National Suicide Prevention Week, Sept. 10-16. High schools, colleges, and universities can create their own activities for National Suicide Prevention Week. These locations are ideal to promote public awareness of the goals of suicide prevention, educate the public about the prevalence of suicide, and involve young adults in prevention activities.

Child Passenger Safety Week, Sept. 17-23. Car crashes are a leading cause of death for children up to 13 years old. Many deaths and injuries can be prevented by proper use of car seats, boosters, and seat belts. Getting safety information and car seat instructions to parents and caregivers is crucial to saving young lives.

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Health Insurance Plans for Individuals Eligible for Medicare

You may be able to enroll in or switch your Medicare plan outside of the October 15 through December 7 Medicare Open Enrollment Period if you:

- Are 65 and newly eligible for Medicare or have a qualifying disability
- Are retiring and losing your current coverage
- · Have moved out of your current Medicare plan's service area
- Have a chronic condition like diabetes, a cardiovascular disorder and/or chronic heart failure
- · Receive Medicaid benefits
- Get extra help to pay for your prescription drug costs or health insurance premiums





SERVICES DIRECTORY

AIR CONDITIONING SALES/SEF	PVICE
Air Masters of Pinellas, Inc	
E & E Gliddon, Inc	727 546 4242
Modern A/C Service Co	707 541 5541
	121-341-3341
APPLIANCE REPAIR	707 007 4700
Bob's Appliance Repair	/2/-63/-4/89
Sunset Appliance Service	727-559-1137
AUTO REPAIR	
Suncoast Auto & Tire	727-520-1148
AWNINGS	
Bay Area Aluminum Services, Inc	727-585-4442
Century Awnings Co	727-559-8811
BATHROOM REMODEL	
BathMasters	727-333-7997
BLINDS & DRAPERIES	
Rod Runners	727-394-9534
CARPET CLEANING	
Bill the Carpet Guy	727-521-4163
COMPUTER SERVICES	
Discount Computer Repair	727_320_2065
Largo Tech Services, LLC	727 474 4285
DRIVEWAY COATING	121-414-4200
Concrete Wizard, Inc.	727 700 5444
DUCT / VENT CLEANING	121-109-5444
Volceity Air	707 754 7056
Velocity Air	
World Class	/2/-44/-5101
ELECTRICAL CONTRACTOR	707 444 0404
Haseney Electrical Services, Inc	/2/-441-8434
Imperial Electrical Service	/2/-535-0/08
FLOOR COVERINGS/RETAIL	
S&M Hardwood	727-623-9842
FLOOR REPAIR	
Flatworks	727-288-4680
Florida Anchor & Barrier Co	727-330-7821
Perfect Repair & Construction, Inc	727-539-0852
GOLF CARTS SALES & SERVIC	E
Capital Golf Carts, Inc	727-772-8833
Pecreational Colf Care of Florida	727-548-8460
INSURANCE/AUTO	
O. E. Wilson	727-535-0524
INSURANCE/HEALTH	
Anna Lonas Stoner MANUFACTURED HOME SALES	727-215-6237
MANUFACTURED HOME SALES	/ E / E O O E O /
Citrus Homes/Meadowood Homes.	
MOBILE HOME SUPPLIES - RET	
Mobile Home Depot, Inc	
Courth and Mahile Harry Courties	121-000-1100
Southeast Mobile Home Supplies	121-522-2090

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Michael Simoneau Maintenance 727-735-2380
Heller's Mobile Home Washing 727-667-8110
Royal Enterprises727-394-7351
MOBILE HOME WINDOW FILM
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Payless Painting Services727-470-5876
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Buggin Out Termite & Pest Control 727-535-2629
Modern Pest Control, Inc 727-410-1466
Nature's Resource Pest Control727-785-2552
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Jones & Sons Plumbing, Inc727-799-0287
Ray Duncan Plumbing, Inc 727-733-0968
Enos Plumbing727-804-9105
REMODELING/INTERIOR
American Restoration Systems, Inc. 727-525-7200
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AMS Advanced MH Systems727-471-0820
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All Weather Roofing1-800-297-3758
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Tommy Tie Downs941-628-6840 VAPOR BARRIER
Florida Anchor & Barrier Co 727-330-7821
Florida Underhome Solutions 727-330-7621
Underhome Armor
VINYL SIDING
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ASC Aluminum Specialty Contr 727-547-8300
WINDOW REPLACEMENT
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SEPTEMBER • 2017

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Harbor Lights

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26 Aquacise	9:00am Aquacise	9:00am Aquacise	9:00am Aquacise 9:30am Bus to Shop	30



ARE YOU PAYING TOO MUCH **FOR AUTO INSURANCE?**

Coverages: =

Bodily Injury......\$100,000 Each Pers./ \$300,000 Ea. Occur.

Property Damage\$100,000 Each Occur.

Uninsured Motorist\$100,000 Each Pers./ \$300,000 Ea. Occur. Pers. Injury Prot......\$10,000 Ea. Person, Wage Loss Excluded

Medical Payments.....\$5,000 Each Person

ComprehensiveACV - \$500 Deductible Collision......ACV - \$500 Deductible

Road Trouble Serv. ...\$50 Each Occurrence Additional Exp......\$30 Per Day / \$900 Each Occurance Annual Paid In Full Premium....... \$994.55*

Quote Details: -67 married male, vehicle driven for pleasure use, superior credit, 5 year clean driving record on all licensed household operators -2012 Chevy Impala LT, garaged in Pinellas County zip code 33771, equipped with Air-Bags, ABS and Anti-Theft device

*NOTICE: Acceptability of all proposed applicants subject to underwriting approval, premium rates are subject to change. Rates will vary based on age of operator, driving record, credit history, garaging address and type of vehicle.



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(minimum 6 windows) expires 9/15/17

"...I am so happy with my new windows...I'd like to commend your work crew. Earbie and Larry were fantastic! I couldn't believe the clean-up EVERYDAY! The whole job took just a week even with all the rain delays. I would and WILL highly recommend your company to my friends and neighbors. Of course I won't need to say a word - the house is doing all the talking! Thank you so much for my beautiful new house."

Carol Zapiecki, Clearwater, FL



MANYA NS FINNAY

expires 9/15/17

"Just a short note to express my appreciation for the work done on my mobile home. The crews that worked here...were gentlemen at all times, efficient, knowledgeable and prompt. You can be sure if I run into anybody who needs your type of work, I will surely recommend your company. It has been a very satisfying experience!"

George Lordstrom, Saint Petersburg, FL



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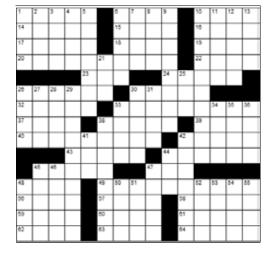




SEPTEMBER CROSSWORD

ACROSS

- 1. Stubble
- 6. Q-Tip
- 10. Russian emperor
- 14. Kingly
- 15. Diminish
- 16. Sharpen
- 17. Betel palm
- 18. Smell
- 19. Female sheep (plural)
- 20. Walker
- 22. Pepper
- 23. Ancient unit of measure
- 24. Map within a map
- 26. Overlooks
- 30. Master of ceremonies
- 32. Come to pass
- 33. Without mirth
- 37. Lion sound
- 38. Dining room furniture
- 39. Sheltered spot
- 40. Begged
- 42. Goat antelope
- 43. Church officer
- 44. Decrease
- 45. Little rascal
- 47. 54 in Roman numerals
- 48. Iridescent gem
- 49. Not oriental
- 56. Sandwich shop
- 57. Frolic
- 58. Drizzly
- 59. L L L L
- 60. Type of sword
- 61. Mountain crest
- 62. Shut
- 63. Sow
- 64. Harps



DOWN

- 1. Poop
- 2. Not there
- 3. Matured
- Visage
- 5. Blinker
- Avowed
- 7. Dry riverbed
- 8. Dwarf buffalo
- 9. Type of goose
- 10. Reflexive form of "them"
 - 11. "Holy cow!"
 - 12. Concerning (archaic)
 - 13. A musical pause

- 21. "___ the season to be jolly"
- Joney
- 25. Born as
- 26. Not less
- 27. Computer symbol28. Leave in a hurry
- 29. A 20th century art
- movement
- 30. Glowing remnant
- 31. Gentle
- 33. Satisfy
- 34. Hearing organs
- 35. Blackthorn
- 36. Stitched
- 38. Polliwogs

- 41. Shade tree
- 42. Some
- 44. Cover 45. Hex
- 46. Kind of lilv
- 47. Was fond of
- 48. Poems
- 50. Superhero accessory
- 51. Algonquian Indian
- 52. Not
- 53. Layer
- 54. Kitty (poker)
- 55. Caustics



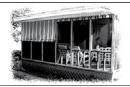
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What to eat? The choices can be confusing

mericans trying to eat healthy have lots of choices, but all those options can be confusing. The CNN website reports that 78 percent of respondents to a survey by the International Food Information Council Foundation said they're not sure what foods they should eat and which they should avoid

The survey of slightly more than 1,000 American adults found that almost 60 percent named food that's "high in healthy components or nutrients" as one of their top three factors for choosing a "healthy" food, followed by food that's free from artificial ingredients, preservatives or additives (just more than 50 percent). Choices that are "part of an important food group that I need to build a healthy eating style" rounded out the list of foods health-conscious folks are looking for (nearly 50 percent).

The U.S. Food and Drug Administration considers food that can be marketed as "healthy" as having low levels of total and saturated fat, sodium, and cholesterol, and at least 10 percent of the daily requirements for vitamins, fiber, and other nutrients.

Millennial women take less vacation than men

Among them, millennial women seem to take the least: Only 44 percent used all their vacation time in 2016, according to a survey reported on the Mic website, compared with 51 percent of their male co-workers.

What's behind the gap? Thirty-seven percent of millennial women said they want to demonstrate full commitment to their jobs, but only 32 percent of men surveyed expressed the same feeling. Moreover, 35 percent of the women said they feel guilty about taking time off, compared with 25 percent of the men.

Overall, 53 percent of the 7,331 millennials surveyed left unused vacation days, with 55 percent of Gen Xers and 52 percent of Baby Boomers forfeiting vacation days.

Teens: Not glued to social media

ost of us imagine that today's teens do nothing but sit around with their smartphones texting each other, checking social media, posting images to Instagram, and the like. That stereotype, like most, isn't true. An Associated Press-NORC Center for Public Affairs Research survey of teens recently found that 58 percent voluntarily take breaks from social media for various reasons:

- Getting in the way of work or school: 8 percent
- Tired of conflict and drama: 24 percent
- Tired of keeping up: 20 percent

Review your response to emergencies

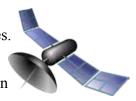
disaster can strike your organization at any moment—fire, weather, or even workplace violence. Once you've overcome it, you may slip back into a "business as usual" mode, but that can be almost as dangerous. Follow this three-step plan to improve your safety preparations:

- Review your response. Look back at a recent emergency situation and assess what worked well and what didn't in terms of your response. Ask people within your organization: What were the goals of our crisis-response efforts? Did we achieve them? What were the values that we communicated by our response? What did we do well in terms of communication? What should we have done better?
- **Design an improved response**. Use the answers gathered above to design an improved crisis response effort. Consider such possibilities as fire, power outages, severe weather, or any comparable crisis that puts your community on high alert, as well as the potential for a direct attack on your workplace or organization. Once you've created the plan, be sure to communicate it throughout the workforce at regular intervals so that everyone knows what to do, or where to find guidance, as soon as an emergency strikes.
- Redesign your work processes. As you redesign your crisis plan, proactively rethink how your organization performs work. Do people really need to be at the office all day every day to be productive? How much travel is really necessary? Gather data, make recommendations, and then implement new ideas on a trial basis. The end result may very well be a new workplace where things get done smarter, faster, and cheaper.

The hunt for water throughout the solar system

ater is necessary for life, so the search for traces of water on Mars have been a major objective of scientists studying the red planet. Readings from the Curiosity rover have given them fresh evidence.

According to a report on the Fox News website, researchers now believe that Mars' Gale Crater was once the home of a lake with a body of water possessing different levels of oxygen at different locations and times. The fluctuations are important because they affect what minerals may be deposited in the sediments at the lake's bottom. The oxidation states of elements like iron and manganese would be important to life on Mars even before life evolved on Earth



The search for water isn't limited to Mars, though. The Sci-News website reports that NASA's Lunar Reconnaissance Orbiter has detected evidence of surface frost on the south pole of Earth's moon. These icy deposits look thin and patchy and may be mixed in with regolith, the surface layer of soil, dust, and small rocks. Scientists believe further exploration and analysis could help us understand the origins of water here on Earth.



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Start financial literacy early

eaching children to save money when they're young can help them deal with financial emergencies when they're older. Here's how to get them started:

- Encourage kids to save something. Whether you've got a 10-year-old stashing away a dollar or a teenager opening a savings or checking account, get your children in the habit of saving no matter how small the amount.
- Help kids balance treats and sacrifices. Work with your kids to set and meet some goals. Once those goals are met, allow them a little withdrawal to buy something for themselves.
- Put loose change into an emergency fund. Loose change can add up, so don't let kids discard pennies or leave them lying in the parking lot.
- Set an example. Children don't miss much. If they don't see you saving, they might wonder why they have to save.
- Keep kids away from credit as long as possible. Credit card companies expend lots of effort on marketing to teenagers. Make sure your kids understand what credit pitfalls could lie ahead.
- Schedule money meetings. Meet with your child at regular intervals to discuss their emergency account, answer questions, and discuss money issues he or she might encounter.
- Help kids set up a real budget. The earlier kids learn to manage a budget, the easier things will be down the line. Younger kids can start learning by jotting their pluses and minuses down on a piece of paper, while older kids can be introduced to budgeting on software and apps.

Doctor to parents: Watch the juice

ots of parents give their young children fruit juice, but pediatricians now say that's a bad idea. The American Association of Pediatrics recently updated its position on juice, recommending now that newborns shouldn't drink any juice before their first birthday and that juice should be limited after that.

The reasons? Doctors don't see any evidence of health benefits, and they believe that juice may prevent children from getting the protein and nutrients they need through breast milk or formula. In older kids, the sugar in juice contributes to tooth decay.

The guidelines advise that toddlers 1 to 3 years old get no more than four ounces of juice a day, six ounces up to age 6, and eight ounces to age 18. They recommend that parents encourage their kids to eat fruit instead.

Stoke your optimism to stay on top

uccessful people are optimistic. They're not idiots—they see the challenges, but they don't lose their confidence. Take a look at some of the characteristics of "intelligent optimists" that you can learn:

• Don't deny problems. You can't pretend difficulties don't exist, but you can live with them while looking for ways to change things.

• Accept reality. Though solving problems is vital, recognize what you can't change. Don't get too wrapped up in trying to fix things you can't influence.

- Don't bury negative thoughts. Everyone has them—"This will never work," or "Am I wasting my time?" Instead of trying to ignore them, accept them as internal messages but remind yourself that you can overcome them.
- Look for solutions. Remember that many problems spring from attempts at solving a different problem. Searching the background can provide clues to resolving the current difficulty.

Heaven and hell

big, burly samurai came to a Zen master and demanded, "Tell me the nature of heaven and hell."

The Zen master looked him in the face. "Why should I tell a scruffy, disgusting, miserable slob like you? A worm like you, do you think I should tell you anything?"

Consumed by rage, the samurai drew his sword and raised it to cut off the master's head.

The Zen master said, "That's hell."

Instantly the samurai understood that he had just created his own hell, black and hot, filled with hatred, self-protection, anger, and resentment. He saw that he was so deep in hell that he was ready to kill someone. Tears filled his eyes as he put his palms together to bow in gratitude for this insight.

The Zen master said, "That's heaven."

There is only one thing that makes a dream impossible to achieve: the fear of failure.

-Paulo Coelho









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Lois Morgan	\$10	Hellers Mobile Home Washing
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Kitty Echln	\$10	Debbie's Salon
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Mary Roth	\$10	Battleline Termite & Pest Control
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		Battleline Termite & Pest Control
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Ruth Osborne	. \$5	Enos Plumbing & Services, Inc.
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