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**July • 2017**

**Issue 5  
41st Year**

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## **PARK 1 (PARADISE ISLAND) UPDATE**

*Written By: Pat Walker, Park 1 Association Secretary*

Someone please notify the Fire Department to be on alert as we light up the 241 candles on America's birthday cake. Yes, it's that time of year when we again proudly celebrate everything American. But, Independence Day is much more than a four-day vacation and fireworks filling the night sky with their pyrotechnic splendor. It's more than marching bands, waving flags and citizens singing God Bless America; it's also a field of white crosses at Arlington National Cemetery reminding us of the price paid for our freedom. For their sacrifices, we salute the men and women who have served, or are serving, in the military. You indeed represent the finest of America and you make us very proud.

Speaking of the military, Ralph Crance – Richard's brother, who lives in Park 3, was recently selected to participate in the Honor Flight Program. This program was initially established to honor veterans from WWII by flying them – at no personal cost – to Washington, D.C. to visit all the military memorials. However, now that the number of living WWII vets has greatly diminished, the program has been extended to include veterans from the Korean and Viet Nam wars. Ralph, a Korean vet, informs us that it was a day he will never forget, and that he was overwhelmed by the courtesy and respect they were shown throughout the day. Bob Baker, a Park #2 veteran, has also participated in this program. Lake Haven is proud to have them – and the many other veterans – as residents.

Having said this, it is still a national holiday and we plan to celebrate with a pool party and BBQ. We won't have the normal first Saturday Pot Luck Dinner but instead gather on Tuesday, the 4th. After spending the afternoon splashing in the pool, Chuck Oller will man the BBQ and grill hotdogs and hamburgers, you bring the side dishes and we will celebrate and honor America together. It's Chuck's birthday, so in addition to singing Happy Birthday America, we will embarrass Chuck by singing Happy Birthday to him as well. As always, sign up if you plan to attend so we know how much meat to purchase.

Our thanks to both Chuck and Denny Wolff who researched the local big-box facilities and found us a new BBQ. It was broken in during June when the Association members held their first ever steak night. This was a dry-run to work out the kinks before we try it again during the season when all the snowbird members have an opportunity to participate. Our chef of the night was none other than Carolyn Bailey who, as always, did an outstanding job.

On the agenda for August is a three-park luau; hope to see you all there.

**HAPPY INDEPENDENCE DAY!**



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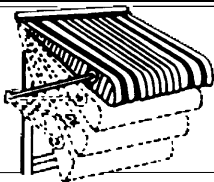
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## **PARK 2 (TREASURE COVE) UPDATE**

*Written by Bob Baker, Park 2 Association Treasurer*

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### **Upcoming Activities at Club House 2**

**Tuesday, July 4th – 4:00 PM to 9:00 PM**  
**Pool Party Outdoors; Potluck Dinner Indoors**

**Sunday, July 23rd – 5:30 PM**  
**Association Dinner**

**Euchre card games every Tuesday at 7:00 PM**  
**Hand and Foot card games every Wednesday at 12:00 Noon**  
**Pinochle card games every Wednesday at 6:45 PM**

It is with regret that I report the resignations of Bob Schauer and Jim Grant from the Park 2 Association board of officers for personal reasons. Bob had served over the years and most recently as our Second Vice President. This was Jim's first year as Vice President. We thank them both. Our association president, Betty Love, Lot 295, will seek replacements for both positions this fall. If you would be interested in working with the association in either of these positions, please let Becky know.

Our thanks and appreciation go to those members in Park 1 who again this year kept the traditional Lake Haven Kentucky Derby Party going on May 6th. The tradition began many years ago though the efforts of Marie Reiser, a long time Park 2 resident, now deceased.

I'm told that those who attended his year enjoyed good food and, as usual, those who came home winners were happy.

I can now report that, despite rain interruptions, 28 of our members did enjoy the association pool party on May 13th socializing with each other, playing cornhole games and other poolside games. Many thanks to those of you who helped set-up and clean up and especially to Dominick Zona and Charlie Parks for providing the bar-b-que grill and doing the cooking.

Our association dinner in May was, for us, a little different. A salad and pizza buffet was prepared as 30 of us watched Catering Specialties of St. Petersburg prepare the salad and then bake seven different kinds of pizza in portable ovens right in front of us. Again, thanks to our association president for making the arrangements and to those who helped her set up and clean up.

Our potluck dinner on June 4th was certainly short on diners. Only six of us enjoyed the meal.

Fortunately, the main entrée was chicken and rice so along with salads and desert the six did not go hungry. Again, thanks to the ladies (especially Terri Salzburg, Lot 211) who helped with the set up and clean up.

Remember to fly your flag on Tuesday, July 4th and celebrate the independence of our country from England. I'm afraid that had we not gained independence in 1776 more of us would be speaking with English accents today.

## Did You Know?

*From wikipedia.org:* In 1777 thirteen gunshots were fired in salute, once at morning and once again as evening fell, on July 4 in Bristol, Rhode Island. Philadelphia celebrated the first anniversary in a manner a modern American would find quite familiar

In 1778, from his headquarters at Ross Hall, near New Brunswick, New Jersey, General George Washington marked July 4 with a double ration of rum for his soldiers and an artillery salute.

In 1779, July 4 fell on a Sunday. The holiday was celebrated on Monday, July 5.

In 1781 the Massachusetts General Court became the first state legislature to recognize July 4 as a state celebration.

In 1783, Moravians in Salem, North Carolina, held a celebration of July 4 with a challenging music program assembled by Johann Friedrich Peter. This work was titled The Psalm of Joy. This is recognized as the first recorded celebration and is still celebrated there today.

In 1870 the U.S. Congress made Independence Day an unpaid holiday for federal employees.

In 1938 Congress changed Independence Day to a paid federal holiday.

In 2009, New York City had the largest fireworks display in the country, with more than 22 tons of pyrotechnics exploded.

Finally, a little humor: In the cold of winter at Valley Forge, George Washington told his army that he had good news and bad news. The good news was that every soldier was going to get a change of underwear. The bad news was when he said “Sergeant Smith, you change with Corporal Jones” and so on.



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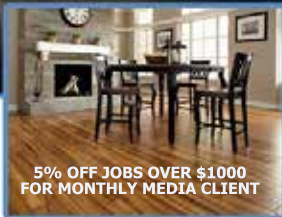
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## PARK 3 (GREAT GUANA CAY) UPDATE

Written By: Linda Parker, Park 3 Association President

Here it is, July already...time flies when you're having fun. Coming up very soon, Sunday July 9, the Park III Association will be hosting our 2nd Annual Summer Picnic, to be held at the Park III Clubhouse starting at 4:00 PM. The menu is as follows: Fried and Baked Chicken, Homemade Potato Salad, Baked Beans, Creamy Coleslaw, Fresh Fruit and a SURPRISE DESSERT. Plus Iced Tea, Lemonade, soda and water are included (but BYOB). **The cost is only \$5.00 per person.** Everything is provided. Bring your swimming suit for a fun time at the pool. Tickets may be purchased from Kay at #504 or Linda at #465. Everyone in all three parks is invited. Don't delay there is only a limited number of tickets available. This event will be held rain or shine!

We have a number of new residents at Lake Haven and this is a perfect opportunity to get to know some new friends and neighbors, so please attend if you can. I know you will enjoy it.

If you have gently used items which you no longer want, please bring them to the Clubhouse and place them under the tables. These items will be priced and available for purchase by anyone. The funds from the sales are used to support our social functions throughout the year. For example, charging only \$5.00 for this great meal, as well as the dances, Bar-B-Qs, pot luck dinners and other special events which are held throughout the year. Just since the end of March we have collected \$62.35!

Just few reminders:

The speed limit in the Park is 15 MPH. There are several pedestrians, dog walkers, and bicyclists on the streets, day and night.

It seems we have more and bigger dogs in the Park. Please be kind and pick up after your dog.

Please take your clean aluminum cans to receptacle in the courtyard for recycling. Don Tupper collects them and the money is used by the Association.

Be sure to put down the umbrellas at the pool when you leave. The wind blows them over and ruins them.

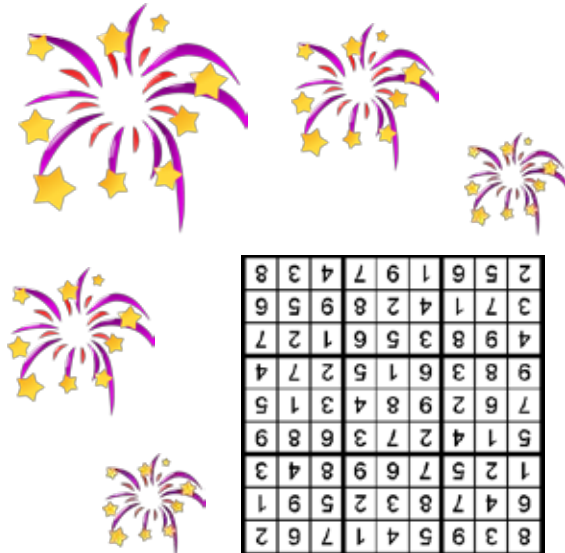
It is a state law that the rope dividing the pool must be in place at all times. If you unhook it for your own purpose, be sure to reattach when you are finished.

I hope to see you at the Picnic and have a great summer.



# July Sudoku

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



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## Artificial intelligence is coming

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**A**rtificial intelligence sounds scary in science fiction stories and movies, but it's becoming a big factor in business success, according to a report from Tata Consultancy Services. Its survey of 834 executives across 13 global industry sectors found that 84 percent of organizations see AI as essential, and 50 percent believe it will transform their businesses.

AI doesn't appear to be cheap, though. Seven percent of business survey said they invested more than \$250 million on AI in 2016, and 2 percent expect to spend a billion dollars by the year 2020.

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## Energy drink and vodka? Think again

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**E**nergy drinks like Red Bull or Monster Energy are all the rage, and so is mixing them with alcohol for a more potent cocktail, especially among young people. But is it safe? In research reported on the WebMD website, the answer looks like "no."

Canadian researchers analyzed 13 studies involving alcohol mixed with highly caffeinated energy drinks. They found a higher rate of injury among people indulging in such cocktails compared with simply drinking alcohol by itself. Injuries included car accidents, falls, violence, and suicidal behavior.

The authors point out that the stimulant effects of energy-drink caffeine can mask the impact of alcohol, even though alcohol still has an impairing effect on the body and the brain.

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## Watch your waist in your 40s to avoid dementia later

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**C**arrying belly weight during the 40s appears to increase the risk for dementia in the 70s, whereas carrying extra midsection weight later in life isn't as accurate an indicator. Researchers say these findings are disturbing because 50 percent of adults in the United States are considered abdominally obese.

Researchers at Kaiser Permanente studied 6,583 people who were between the ages of 40 and 45. An average of 36 years later, 16 percent of the participants—who had been measured for abdominal density—were diagnosed with dementia. Abdominal obesity increased the risk of dementia regardless of whether people had normal overall weight or were overweight or obese overall—and regardless of the health conditions including diabetes, cardiovascular disease, and stroke.

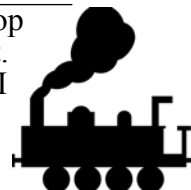




## A simple answer

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A seeker of spiritual truth decided to visit a very wise sage who lived on top of a mountain. The seeker climbed for weeks to make the painful ascent. When he finally reached the wise man's home, he asked, "What should I do to make my life happier?"



The sage responded, "To begin with, the next time you come to visit me, start on the other side of the mountain and take the train to the top."

## The wrong answer

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Two applicants, Smith and Jones, applied for work at an organization that had only one open position. The hiring manager sat the two of them side by side to take an aptitude test. When time was up, she found that both applicants missed only one question—the same one. After studying the results, the administrator announced that although both candidates had given the same wrong answer, candidate Smith had won the job.

"Wait a minute," Jones complained. "How can one wrong answer be better than another?"

"Well," the manager said, "on the one question you both missed, Mr. Smith wrote, 'I don't know this answer.' You wrote, 'Neither do I.'"

## The best listener

---

A speaker arrived for his presentation at a high school graduation and immediately became uneasy. The crowd was full of families talking with each other. Their small children ran around the gymnasium, shouting happily. It was not a crowd looking forward to a speech; people just wanted to see their kids graduate.



The crowd paid little attention to the speech. He tried all the attention-getting tricks he knew—changing the volume and pitch of his voice, walking about the stage, telling his funniest stories—but nothing worked.

Then he saw one man looking directly at him, smiling and nodding his head. The speaker remembered the value of focusing on a sympathetic listener. By concentrating on giving that one person the very best speech he could, he made it through the presentation.

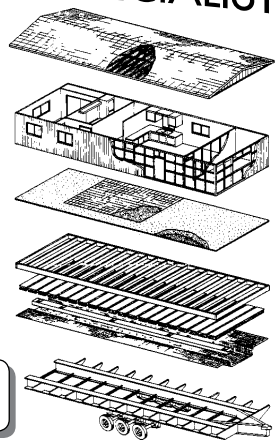
Afterward, the principal of the school asked, "Would you like to meet any of the audience?" The speaker, wanted to thank the man on whom he'd relied to finish his speech. "Yes, I'd like to meet that gentleman over there."

"Certainly," said the principal. "But you know, of course, that he's completely deaf."

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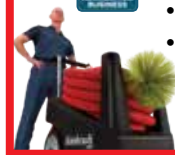
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**CONCRETE WIZARD**

# JULY • 2017

Sunday	Monday	Tuesday
2	6:45 PM – Ladies Poker – 1 (All 3 Parks) Water Aerobics - Park 3 pool	3 2:00 PM 5:30 PM -- 1 4:00 Pool Part Potluck D - 2  Indep
9 2nd Annual Summer Picnic - 3	6:45 PM – Ladies Poker – 1 (All 3 Parks) Water Aerobics - Park 3 pool	10 9:30 AM 3 Parks) 7:00 PM: games – 2
16	6:45 PM – Ladies Poker – 1 (All 3 Parks) Water Aerobics - Park 3 pool	17 9:30 AM 3 Parks) 7:00 PM: games – 2
23 5:30 PM: Association Dinner - 2	6:45 PM – Ladies Poker – 1 (All 3 Parks) Water Aerobics - Park 3 pool	24 9:30 AM 3 Parks) 7:00 PM: games – 2
30	6:45 PM – Ladies Poker – 1 (All 3 Parks) Water Aerobics - Park 3 pool	31

# Lake Haven

Tuesday	Wednesday	Thursday	Friday	Saturday
				1
- Pool Party -- 1 <sup>4</sup> - BBQ Pot Luck PM to 9:00 PM: y Outdoors; Dinner Indoors	12:00 Noon: Hand and Foot card games – 2 (All 3 Parks) 6:45 PM: Pinochle card games – 2 (All 3 Parks)	Water Aerobics - Park 3 pool	7	8
Independence Day				
- Hobby – 1 (All Euchre card 2 (All 3 Parks)	12:00 Noon: Hand and Foot card games – 2 (All 3 Parks) 6:45 PM: Pinochle card games – 2 (All 3 Parks)	Water Aerobics - Park 3 pool	14	15
- Hobby – 1 (All Euchre card 2 (All 3 Parks)	12:00 Noon: Hand and Foot card games – 2 (All 3 Parks) 6:45 PM: Pinochle card games – 2 (All 3 Parks)	Water Aerobics - Park 3 pool 7:00PM – Bingo – 1 (All 3 Parks)	21	22 5:00PM – Hotdog/Pool Night – 1
- Hobby – 1 (All Euchre card 2 (All 3 Parks)	12:00 Noon: Hand and Foot card games – 2 (All 3 Parks) 6:45 PM: Pinochle card games – 2 (All 3 Parks)	Water Aerobics - Park 3 pool	28	29
				AUGUST 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 31



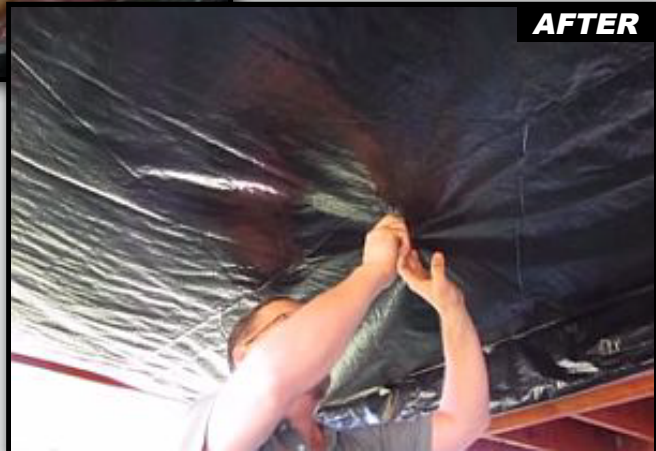
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## Bumblebees leave ‘footprint’ to mark flowers

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**B**umblebees may be smarter than you think. According to the LiveScience website, scientists at the University of Bristol have discovered that bumblebees mark the flowers they feed from with “smelly footprints” so they can distinguish between flowers that have been visited by members of their nests and those fed on by strangers. This also allows them to ignore flowers whose food is gone and identify better sources of nutrients.



In one experiment, researchers trained bees to discriminate between flowers marked by their nest mates and those scented by bees from a different nest. In a second experiment, bees were seen learning that flowers with footprints from their nest mates were more rewarding than those marked with their own scent.

In addition, the scientists discovered that bumblebees can tell the difference between their own footprints and those of their nest mates.

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## Space probe headed where no one has gone before

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**T**he New Horizons space probe made history with its flyby of Pluto in 2015, and now it’s halfway to making history yet again. Its next destination is 2014 MU69, an object in the Kuiper Belt.

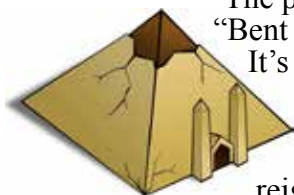
New Horizons has gone into hibernation mode for the next 466 million miles of its voyage, slowing down as it gets farther from the sun. The object is only about 1 percent of Pluto’s size, and it’s about 1 billion miles away from Pluto. Scientists at NASA are patiently awaiting another historic rendezvous in 2019.

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## Egyptians excavate undiscovered pyramid

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**I**t’s not a “new” pyramid, exactly—it’s 3,700 years old—but archeologists have unearthed a previously undiscovered pyramid from Egypt’s 13 dynasty. One corridor and a block engraved with ancient hieroglyphics are in good condition, according to the Fox News Science website, and explorers will continue excavating to determine its full size and other details.



The pyramid was discovered 25 miles south of Cairo, north of the so-called “Bent Pyramid” built by King Sneferu, whose angle changes about half up. It’s also near the smooth-sided Red Pyramid, built some 4,600 years ago.

Sneferu’s son Khufu built the Great Pyramid of Giza. The newly discovered structure was probably built about 1,000 years after his reign.



## Credit card debt on the rise

Financial counselors usually advise consumers to pay off their credit cards every month, but more Americans are carrying credit card debt from month to month since the most recent recession, according to the National Foundation for Credit Counseling.

A survey of more than 1,600 U.S. adults conducted in March found that 39 percent carry debt from month to month, up from 35 percent in 2016. Sixteen percent are carrying more than \$2,500 monthly, compared with 14 percent last year.



Other results from the survey: Younger adults were more likely than older adults to be denied a credit card (11 percent vs. 6 percent). They were also more likely to make a late credit card payment (11 percent vs. 5 percent), miss a payment (12 percent vs. 4 percent) or pay less than the minimum amount required (13 percent vs. 3 percent).

## Online shopping: The latest stats

Shopping online is big business these days. A survey of more than 1,000 U.S. consumers by e-commerce platform provider Big commerce found that 96 percent of Americans shop online, accounting for 36 percent of their purchases.

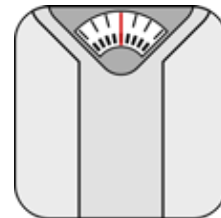


The survey found that 80 percent of consumers make online purchases at least once a month, and 30 percent buy something at least once a week. Forty-eight percent reported spending more than they had originally intended.

Millennials do half their shopping online. Sixty-seven percent of them, along with 56 percent of Generation Xers, would rather shop via the internet, a preference shared by 41 percent of Baby Boomers but only 28 percent of senior citizens.

## Giving up on losing weight?

The obesity trend in the United States continues, with the number of adults who are either overweight or obese expanding from 53 percent to 66 percent over a 26-year period from 1998 to 2014. Apparently many of us have given up trying to fight it. According to the Journal of the American Medical Association (JAMA), the number of people actively trying to lose weight in the past year dropped from 56 percent to 48 percent over the same period.



Researchers theorize that the decline is due to changing perceptions about acceptable body weight.

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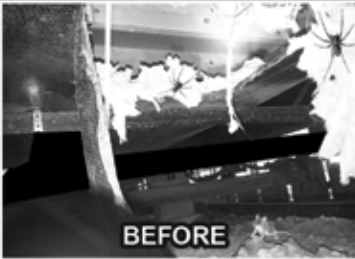
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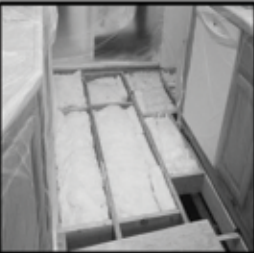
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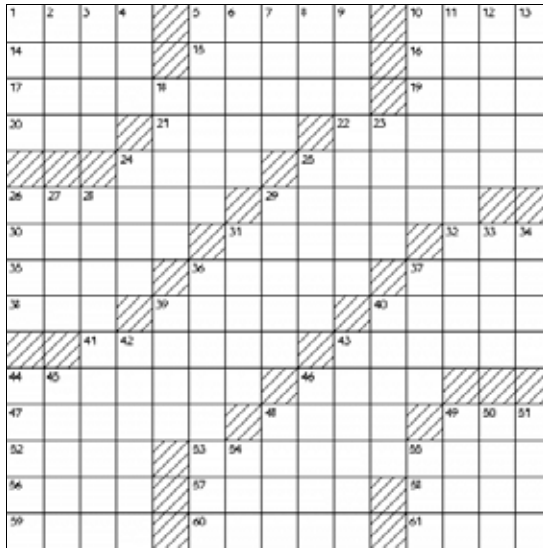
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## ACROSS

1. Pigeon pea
5. Render harmless
10. Close
14. Margarine
15. Water wheel
16. A three-tone Chadic language
17. Burning
19. Seed coat
20. September (abbrev.)
21. Litigated
22. Source of lead
24. Psyche
25. Luminous meteors
26. Raising
29. A Niger-Congo language
30. Cause to crash
31. Swarm
32. An Internet data exchange protocol
35. Thereto (2 words)
36. Hinged device used to pick up things
37. Goddess of the earth (Greek mythology)
38. Possess
39. Foam
40. Not late
41. Religious Islamic leaders
43. Diamond-shaped pattern (knitting)
44. Pertaining to small sacs in a compound gland
46. Hillside
47. Sieve tubes (Botany)
48. Goals or objectives
49. Traverse on snow
52. \_\_\_ Lang Syne
53. Moderately rich
56. An Algonquian people of North America
57. City in Viet Nam
58. A British noble title
59. Goes astray
60. Expended
61. Not false



## DOWN

2. Found in skin lotion
3. Cannabis
4. Toss
5. Unappreciated
6. Noticed or famed
7. Dry
8. \_\_\_ de Janeiro, Brazil
9. Type of beet used as cattle feed
10. Soviet dictator Joseph \_\_\_ (1879-1953)
11. Ancestral
12. Mammalian liquid waste
13. Monetary units of Western Samoa
18. Utilizing
23. Winged
24. Stamp coinage
25. Borough in Scotland
26. Busy with (2 words)
27. Front part of a vessel
28. Aspirin or Tylenol
29. Typefaces
31. Feet of horses
33. Basic structural unit of all organisms
34. Pay As You Earn
36. Victories
37. An instrument for indicating a quantity
39. Flat mass of floating ice
40. Delete
42. Positive electrodes
43. Underarm
44. Rapidly
45. A whirring sound
46. Buffalo
48. A1
49. Fly high
50. Turkish monetary unit
51. Small island
54. Knock
55. Drench



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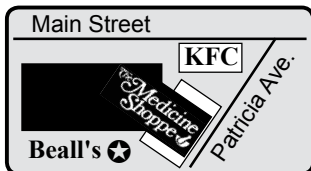
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## Did you know that July is also...

**National Cell Phone Courtesy Month.** As the cell phone has developed into the smartphone, it's become one of the biggest distractions of all time. National Cell Phone Courtesy Month was founded in 2002 with the intent of making cell phone users more respectful of their surroundings.



**Eye Injury Prevention Month.** According to the American Academy of Ophthalmology, an estimated 90 percent of eye injuries are preventable with the use of proper safety eyewear. Even a minor injury to the cornea from a small particle of dust or debris can be painful and become a lifelong issue, so take the extra precaution and always protect your eyes.

**Independent Retailer Month.** Independent Retailer Month encourages consumers to shop at independent retailers locally, nationally and globally. Support and shop at independent retailers year round and use July as a time to unite as a celebration for the independent retailers across the country and in your community.



**National Farriers Week, July 9-15.** Honoring the men and women who care for and maintain the hooves of horses, a highly specialized trade that requires skill in hoof care, blacksmithing, and the care of injured and diseased hooves.

**Captive Nations Week, July 16-22.** A week aimed at raising public awareness of the oppression of nations under the control of Communist and other nondemocratic governments. It began in 1953 and declared by a congressional resolution and was signed into law by President Dwight D. Eisenhower in 1959.

**National Parenting Gifted Children Week, July 16-22.** Parents of gifted children need special understanding in order to raise and advocate for the social and emotional needs of their unique children. NPGC Week celebrates the joys and challenges of raising, guiding, and supporting bright young minds.

**Canada Day, July 1.** A national holiday celebrating the Constitution Act of 1867, which united the separate colonies of Canada, Nova Scotia, and New Brunswick into a single dominion within the British Empire called Canada.



**Independence Day, July 4.** The date of the Declaration of Independence, formally announcing the separation of the original 13 colonies of the United States from Great Britain.

**Official Shark Awareness Day, July 14.** Much as we love to fear this predator of the seas, the shark has a key role to play in keeping marine ecosystems in balance.

**National Mutt Day, July 31.** Also known as National Mixed Breed Dog Day, National Mutt Day is all about embracing, saving, and celebrating mixed-breed dogs. (It's also celebrated on Dec. 2.)

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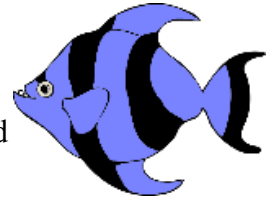
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## Underwater cave fish is first found in Europe

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The first cave fish in Europe has been discovered by a German underwater cave explorer, according to the U.S. News & World Report website.

Cave fish have been discovered in other parts of the world, but the German discovery is the first time one has been found as far north as Europe. Scientists believe it arose some 20,000 years ago and has evolved to live in an underground environment.



The diving spelunker encountered the fish while exploring an underwater cave in southern Germany. The fish is almost colorless and resembles the stone loach found in rivers close by, although it has smaller eyes and larger nostrils.

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## Enhance your success with kindness

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Nice people can finish first, insist Lisa Kaplan Thaler and Robin Koval in *The Power of Nice: How to Conquer the Business World with Kindness* (Currency). The book's core tenets remain worthy of consideration. Improve your "NiceQ" with these exercises:

- Be kind to yourself so it's easier to be nice to others.
- Share credit and treat everyone with respect instead of "kissing up and kicking down."
- Say no when necessary—but present it in a positive light. When turning down an assignment, help find someone else who can take it.
- Plant seeds of kindness by doing five nice things every day that have no quick payoff.
- Complete the statement "If I were a kinder person I would ..." and then act on it.

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## Don't let these get in your way

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Often the biggest obstacle to our success lies in our way of thinking. Self-help guru Tony Robbins points out three mistakes you may be making that undermine your progress:

- Confirmation bias. When looking for data or advice, do you have a truly open mind or are you just looking for information that confirms what you already believe? If the latter, you could miss important facts.

- Recency bias. Everything changes, but if you ignore this fact of life you may end up repeating the same steps without making real progress. Just because something worked once doesn't mean it will continue to be successful. Review your strategies on a regular basis and be ready to change if they're no longer applicable.

- Loss aversion. Some of us tend to dwell more on our failures than our success, leading us to avoid risks at all costs. Anticipate failures so you can prevent them. Learn to accept and learn from your failures so you can move forward.

## No guessing required

---

A farmer was tending a flock of sheep in a field when a man in a sleek sports car screeched to a stop on the road nearby. The driver, a young man in expensive designer clothes and sunglasses, leaned out of the window. “If I tell you exactly how many sheep you have here, can I take one?”

The farmer looked the young man up and down and answered, “Sure, why not?”

The young man stepped out of his car holding a state-of-the-art laptop computer. Using all the resources of the internet, including GPS and satellite imaging, he came up with a number: “You have exactly 800 sheep, including six rams and 184 lambs.”

“That’s right,” said the farmer. “I guess you get to take one of my sheep.” The young man made his choice and led the animal to the back seat of his car. But before the man could drive off, the farmer said, “Hey, if I can tell what you do for a living, will you give that back to me?”

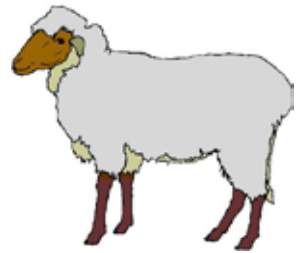
“Sure,” the young man said, feeling confident.

Without hesitation the farmer said, “You’re a business consultant.”

“How did you guess that?”

“I didn’t guess anything,” the farmer replied.

“You showed up here without being asked, you took a fee for an answer I already knew to a question I never asked, and you don’t know anything about my business. Now give me back my dog.”



## Alleviate the split-shift blues

---

Today’s nonstop global economy can be tough on marriages and families. Separation and divorce tend to be higher among couples who work different schedules—and even when just one spouse works a night shift. How do you keep in touch—and keep your marriage and family strong—when you work a different shift from your partner? Here are some suggestions:

- Set aside an hour or two to talk. Make this together time for just the two of you a priority. Schedule it at least once a week, or as often as you need to.

- Keep it fun. When you and your spouse are together, make sure you make room for fun. Talk about the other niggling stuff like bills and errands at your weekly meetings or over the phone.



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

Alan Dusseault..... \$100	Underhome Armor	Bert Pattison..... \$5	Battleline Termite & Pest Control, Inc.
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• 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.



## The evolution of Independence Day

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If Americans have one holiday in common, it's the Fourth of July. How long have we officially been celebrating independence from Great Britain? Here's a timeline:



- July 4, 1776. Members of the Second Continental Congress meet in Philadelphia and adopt the final draft of the Declaration of Independence.
- July 4, 1777. To commemorate the first anniversary of the signing, Philadelphians light candles and set off firecrackers. Yet with no sure outcome in the war for independence, celebrations are kept to a minimum.
- July 4, 1778. On the second anniversary of the signing, Gen. George Washington issues his troops a double ration of rum and orders a Fourth of July artillery salute.
- 1781. Massachusetts carries out the first official state celebration of the Fourth of July.
- 1801. The White House hosts its first public Fourth of July reception.
- 1870. Congress establishes the Fourth of July as an unpaid holiday for federal employees and the District of Columbia.
- 1938. Congress establishes the Fourth of July as a paid holiday for federal employees.
- 1941. Congress expands the 1938 law to include the District of Columbia.

## A salute to the Fourth of July

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On 1776, the Continental Congress adopted the Declaration of Independence, initiating 200+ years of annual fireworks, outdoor concerts, and picnics. Still, there may be a few things you don't know about our most patriotic holiday:

- The resolution to dissolve ties with Great Britain was actually introduced on June 7 and approved by 12 of the 13 colonies on July 2. New York voted aye a week later.
- It was August before most of the 56 signers managed to affix their signatures to the document. One, Thomas McKean, didn't sign until 1781.
- The Fourth of July is one of only four holidays still observed in the U.S. on the proper calendar day. The others are Halloween, Christmas, and New Year's Day.



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