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PARADISE ISLAND UPDATE

Pat Walker, Association Secretary

S o little to write about with no social activities having occurred in May and none being planned for the immediate future. Unusual times indeed – and need I say b-o-r-i-n-g. However, on the positive side, many of us won't need to put cleaning cabinets or closets on the "to do" list for at least another year. And, most importantly, I don't know of a single Lake Haven resident who contracted the Coronavirus. Gotta look for blessings and rainbows where ever we can find them.

Since we were all exercising "safer at home" (AKA jail, lockdown, quarantine) practices, we missed out on all end-of-season events normally packed into the months of March, April and May – no Farewell BBQ, no "Special" Bingo, no Derby Day Party and no Spring Dance to name a few – next year we'll have much to make up for. So, now what do we have to look forward to?? Hurricane Season! Yipes! Paper supplies just became more plentiful, now we start the search for batteries and canned meats; seems we can't catch a break. Welcome to Florida.

On the bright side, we have new Paradise Island residents to welcome: Marjorie Williams now resides in #82; Steve Krznarich and Sharon Borrack moved into #36; Frances Garner is now the proud owner of #93. So happy to have you all. Please be certain to check your mail tubes for any special park announcements.

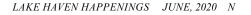
As a reminder, please refrain from parking on the sidewalks. One night while taking my daily (well almost daily) constitutional, I counted eight cars that could have been towed away at the owner's expense. Please don't let this happen to you.

Since this is my last term as Association Secretary, I'm in the process of cleaning out old files of Association Minutes; even though State law recently reduced the retention schedule from seven to five years, I inherited (and still have) Minutes dating from the 1970s. If "social distancing" is extended limiting most social opportunities, I may have time to encapsulate for posterity a brief history of Park 1 before I feed these files to the flames. Don't hold your breath....it's a thought not a promise.



REMINDER: Monday May 25 is Memorial Day – Please honor our fallen war heroes by flying Old Glory. Also, since it is a National holiday, there will be no trash pickup.

Wishing all Lake Haven fathers a very Happy Father's Day.



HAPPY FATHER'S DAY







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- 22. Church alcove
- 23. Wicked
- 24. Dulcimer
- 26. One who accomplishes
- 30. Citrus drink
- 31. Mistake
- 32. Against
- 33. Liturgy
- 35. Duck down
- 39. Sharpshooter
- 41. Entrails
- 43. Active
- 44 Extent
- 46. "What a shame!"
- 47. Sprocket
- 49. Antlered animal
- 50. Speech disorder
- 51. Waylay
- 54. Prompts
- 56. A dog wags one
- 57. Embankment
- 63. Savvy about
- 64. Not this
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- 69. Young girl
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- 71. Dispatches





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June Days

Ational Cancer Survivors Day, June 7. Thousands worldwide speak up to honor cancer survivors and to show the world that life after a cancer diagnosis can be fruitful, rewarding, and even inspiring.

World Oceans Day, June 8. For 2020, World Oceans Day is calling on world leaders to protect 30% of our blue planet by 2030. By safeguarding at least 30% of our ocean through a network of highly protected areas, we can help ensure a healthy home for all.

Flag Day, June 14. Fly Old Glory proudly!

Father's Day, June 21. Celebrate your father and all fathers everywhere.

World Rainforest Day, June 22. This global event celebrates this precious natural resource and encourages action to preserve it. Your efforts, together with those of others, will benefit rainforests and the climate worldwide.

Fun facts about your Father's Day gift

The ather's Day is June 20 this year, and the 65 million fathers in the United States (give or take a few million) will bask in familial attention and be showered with gifts—mostly neckties.

The modern necktie evolved from the small, knotted neckerchiefs worn by Croatian mercenaries working for the French in the Thirty Years' War. The word cravat derives from a combination of the French "Croate" and the Croatians' own name for themselves, "Hrvati."

With the rise of the business class in the 19th century, demand grew for neckwear that was durable, comfortable, and easy to tie.

In 1926, a New York tie maker named Jesse Langsdorf developed a technique that improved the tie's elasticity, which allowed it to revert more easily to its original shape. The "Langsdorf " became the most popular form of necktie.

Since then, ties have widened as far as 4.5 inches and thinned to three inches (or skinnier) depending on the current style, but they seem to be here to stay.





SUB-FLOOR & FLOORING EXPERTS!

COVID-19 NOTICE:

We are taking as many precautions as we can to ensure not only our workers safety but yours as well. We are checking employee temperatures daily, limiting contact between crews, and offering no customer contact if you choose. We are an "Essential Business" and here for you when you need us.





June Monthly

dopt-A-Cat Month. American Humane celebrates Adopt-A-Cat Month each June—a month that marks the height of "kitten season," when millions of kittens are born and often end up in animal shelters. Take home a new friend (or two) to ease your social isolation today.



National Camping Month. June is an excellent time to pack up your gear and experience nature—while practicing social distancing, of course. Gather family and friends, don't forget the s'mores ingredients, and go camping! Nature is calling, and there are many ways to enjoy a weekend or even longer in the outdoors.

National Dairy Month. Dairy products contain nine essential nutrients, such as calcium and potassium, that can help you manage your weight and reduce your risk of high blood pressure, osteoporosis, and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies, or vitamin A to help maintain healthy skin, dairy products such as milk and yogurt are a natural nutrient powerhouse.

Oral Health Month. Don't neglect your oral health during the pandemic. Leading by example—especially when it comes to salubrious habits like brushing and flossing—can make a big difference in the health and happiness of your entire family. This year's theme: Share More Time, Share More Smiles.

Weekly



Assistants Week, June 11–18. During this week, nursing assistants and direct-care workers educate the public, state, and federal government agencies, and, in particular, their elected officials about the nature of their vital work and what they need in order to do the job right.

Animal Rights Awareness Week, June 14–20. The goal is to help raise global awareness of animal rights by educating the public about animals' basic needs. Animal rights awareness extends from individual pets to companion animals, farm animals, wildlife, and animals used for testing, experiments, and medical research.

National Mosquito Control Awareness Week, June 21–27. The current lockdowns in place to curtail the spread of coronavirus will probably not preclude essential mosquito control activities in the U.S. Despite emphasis on testing and treating COVID-19 patients, we can't forget that other debilitating and potentially fatal diseases transmitted by mosquitoes could infect our citizens.

Stay healthy while cooped up at home

ou're probably worried about staying healthy and safe in selfisolation, no matter how long the pandemic lasts. Here's some advice from the Hackensack Meridian Health website for keeping illness at bay:

• Maintain a clean environment at home. Clean and disinfect doorknobs, light switches, remotes, and other surfaces you touch frequently once a day. If you must go out, wash your hands with soap for 20 seconds before and after you leave home.

• Exercise. Can't get to the gym? Find a workout video that will get your body moving. Walk around your house or apartment. Try bodyweight exercises like pushups, sit-ups, and wall squats.

• Stick to a regular meal schedule. Don't fall victim to the temptation to snack all day long. Eat breakfast, lunch, and dinner at the normal times, and plan healthy meals with lots of fruits and vegetables. Limit takeout food, which is convenient but can be loaded with fats and calories.

• Stay hydrated. Drink lots of water. This keeps your body in better shape to fight off infections and diseases. Avoid soda, or replace it with seltzer. Drink a glass of water before every meal to fill your stomach so you won't overeat.

Hot baths may aid your health

ant to relax during these days of tension and worry about COVID-19? A long, hot bath can relieve your stress—and maybe help your heart.

The Web MD website reports that a study of more than 30,000 adults in Japan found that a nice, steamy soak may reduce one's incidence of high blood pressure and stroke. "We found that frequent tub bathing was significantly associated with a lower risk of hypertension,

suggesting that a beneficial effect of tub bathing on risk of [heart disease] may in part be due to a reduced risk of developing hypertension," said the study's lead scientist at Osaka University.

After accounting for other factors, the researchers found that taking a daily hot bath was associated with a 28% lower risk of heart disease and a 26% lower risk of stroke, compared with subjects who bathed only once or twice a week.

So relax in the tub, and try to take your mind off your worries. It's good for your body and soul.









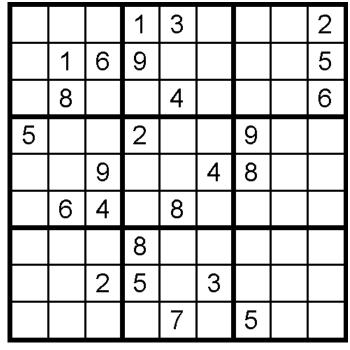




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LAKE HAVEN HAPPENINGS JUNE, 2020 N

Alligators will give manatees the right of way if they are swimming near each other?

one month to solve the puzzle after he created it?

Tigers have striped skin not just striped fur?

It took the creater of the Rubik's Cube, Erno Rubik,

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Sunday	Monday	Г
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7	8 8:00AM – Trash Pickup	
14	15 8:00AM – Trash Pickup	
21 Father's Day	22 8:00AM – Trash Pickup	
28	29 8:00AM – Trash Pickup	

Lake Haven

uesday	Wednesday	Thursday	Friday	Saturday
2	3 8:00AM – Bundled Yard Waste Pickup	4 8:00AM – Trash Pickup	5	6
9	10 8:00AM – Bundled Yard Waste Pickup	11 8:00AM – Trash Pickup	12	13
16	17 8:00AM – Bundled Yard Waste Pickup	18 8:00AM – Trash Pickup	19	20 First Day of Summer
23	24 8:00AM – Bundled Yard Waste Pickup	25 8:00AM – Trash Pickup	26	27
30	8:00AM – Bundled Yard Waste Pickup			



FLORIDA ANCHOR AND BARRIER COMPANY

To our valued customers:

During the current times we wanted to let you know that we are taking as many precautions as we can to ensure not only our workers safety but yours as well. We check workers' temperatures each morning and have limited the amount of contact our crews have with each other. Our crews work in Tyvek suits with respirators which helps to ensure your safety as well as theirs.

As a company, we want your business and there is no need for any contact if you so choose. Our business is deemed an "Essential Business" and we are here for you when you need us. You can schedule your inspection by calling 1-800-681-3772.

Wishing you good health and safety, The Florida Anchor & Barrier Team



AN EMERGENCY IS STILL AN EMERGENCY. EVEN DURING THIS EMERGENCY.



Don't hesitate when it comes to getting emergency treatment.

Even during a pandemic, you still need to be treated immediately if you have an emergency. Debating whether or not to risk going to an emergency room during a heart attack, stroke or other health emergency—waiting even a few extra minutes—could be harmful. That's why in all BayCare hospital emergency rooms, patients who have symptoms of COVID-19 are screened and treated in a separate area. This helps keep emergency room patients and our team members safe. So if it's an emergency, don't wait. **For more information: BayCareEmergencyCare.org**



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A few one-liners

unny or dumb? You decide:

• What's the best thing about Switzerland? I don't know, but the flag is a huge plus.

- I submitted 10 puns to a joke-writing competition to see if any of them made the finals. Sadly, no pun in ten did.
- What's the difference between a hippo and a Zippo? One is really heavy, and the other is a little lighter.
- Can a kangaroo jump higher than the Empire State Building? Of course! The Empire State Building can't jump.
- If you have 10 apples in one hand and 14 oranges in the other, what do you have? Really, really big hands.
- I took part in the suntanning Olympics, but I only got bronze.
- What do Alexander the Great and Winnie-the-Pooh have in common? Same middle name
- Not only is my new thesaurus terrible, it's also terrible.

A miracle?

ister Mary was a devoutly religious woman. Besides her duties as a nun, she was very active in various hospitals visiting sick patients and taking care of all their needs.

One day she found her car was out of gas in the hospital parking lot, and the only container she could find to put any gas into was a bedpan.

Sister Mary walked two blocks to the closest gas station, filled up the bedpan with gas, and headed back to her car.

As Sister Mary started tipping the gas into the fuel tank, a man walked out of the hospital. He stopped and watched her. Just when she finished pouring in the last drops of gas, he said, "I promise, if that car starts, I'm going to church this Sunday!"









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To our valued customers:

Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

We want to build a great relationship with you. Call today for your Free Inspection. (800) 377-7885

Stay Safe and Continued Good Health. Underhome Armor Family



Smarter than you thought

t the bar, Joe made a bet with the man sitting next to him, Bill. Joe said, "Hey, idiot, every question I ask you that you don't know the answer, you have to give me five dollars. And if you ask me a question and I can't answer yours, I will give you \$100."

Bill shrugged. "OK."

Joe asked, "How many continents are there in the world?"

Bill wasn't all that smart, so he didn't know. He handed over a five-dollar bill. Then Bill said, "Now you tell me: What animal stands with four legs but sleeps with three?"

Joe thought long and hard, but in the end he gave up and handed over the \$100. Then he said, "By the way, what was the answer to your question?"

Bill shrugged and handed over five dollars.

Elephants never forget

n elephant drinking from a stream spotted a tortoise lounging on the shore. He grabbed it with his trunk and flung it into the jungle.

A passing zebra asked, "Why did you do that?"

"Forty years ago, that tortoise nipped my tail just for fun," the elephant said.

"Wow, 40 years ago! How did you remember that?"

"I have turtle recall," replied the elephant.

Laughter is a sunbeam of the soul.

Thomas Mann







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LAKE HAVEN HAPPENINGS JUNE, 2020 N

Coronavirus spurs creative solutions

The COVID-19 pandemic is scary, but if it has any upside, it's in the way the crisis has sparked innovation and creativity in business.

The BBC website reports that the Washington, D.C., public library hosts a virtual book club for readers, and chef Massimo Bottura of Italy has launched an Instagram series to teach basic recipes to homebound cooks. An art teacher in Tennessee is livestreaming classes for children who want to be creative.



Speaking of art, museums such as the Louvre in Paris have been offering virtual tours, and art lovers can view classic sculptures from the Vatican.

Small-business owners are thinking outside the box and taking steps to address the crisis, the U.S. Chamber of Commerce website reports. Cycling apparel company Kitsbow in North Carolina has shifted from making jerseys to manufacturing personal protective equipment (PPE), and it plans to produce 26,000 face shields and face masks. Similarly, Sweaty Bands, a maker of no-slip headbands for activewear, is repurposing materials into facemasks for local hospitals.

On another front, cosmetics maker Garb2Art has found a new market for a hand sanitizer it developed three years ago. Revamping the production process, the company has expanded its staff from five people to 25 and recouped its \$25,000 investment in bottles and alcohol in a single day.



Focus on mental health while in quarantine

S taying indoors for an extended period—days, weeks, or even months—can be hard, especially when you're already stressed about COVID-19. While staying physically healthy, don't neglect your mental health. The Verywell Mind website shares these tips:

- Stick to (or create) routines. If you're working at home, start the day at your regular time. Shower and dress, and focus on your job. Eat meals at your usual time.
- Stay active. Don't sit on the couch all day. Fitness apps can remind you that it's time to get moving. Search YouTube for exercise and yoga videos. Jog through your home a couple of times.
- **Communicate.** Don't cut yourself off from the rest of the world. Spend time with family or friends who are staying with you. Reach out through social media and Skype and Zoom. Even if you're isolated physically, it doesn't mean you should withdraw entirely.





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ATTENTION RESIDENTS!

Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

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 Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285. • Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. • No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email. DEADLINE: 10th OF EACH MONTH. LAKE HAVEN HAPPENINGS JUNE, 2020 N 30

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Some businesses thrive in these troubled times

any businesses are encountering challenges amid the COV-ID-19 pandemic, but a few industries are seeing sales rise. The Criteo website reports that these sectors are apparently thriving during the lockdown:



- Webcams. Naturally, people are buying webcams in order to Skype and Zoom with friends, relatives, co-workers, and more. In early April, sales of webcams in the United States jumped 458% in a one-week period.
- Sleepwear and loungewear. When people aren't going out, they're likely to wear comfy clothes all day around the house. In Australia, for example, such sales soared 184%
- Shaving and grooming equipment. Can't get to the barbershop or hair salon? No problem. Around the world people are ordering shavers and other cosmetic gear to manage their hair and appearance.
- **Pet supplies.** Pet adoption rates are climbing in the U.S. as people seek companionship at home, leading to a 274% surge of sales of pet food, bedding, cages, and treats.
- **Baking items.** What could be better when you're stuck at home than baking something tasty? Google Trends reports that searches for "banana bread" sky-rocketed 54% around the world during March. Items purchased online include batter and cocoa mixes, breadcrumbs, pie and pastry fillings, and cookie decorating kits.



- **Gaming equipment.** You can go virtual to get out of your home. Video game use rose 75% in the U.S. one week after the World Health Organization declared the outbreak a pandemic. Purchases of consoles, controllers, and other gaming hardware went up 338% in early April.
- **Outdoor furniture**. If you're fortunate enough to have a balcony, back yard, deck, or porch, you probably want some comfortable furniture to relax on while you're social distancing from your neighbors. Folding chairs, stools, outdoor tables, and more shot up 428%.
- Exercise bands. These stretchy pieces of rubber used for muscle resistance training in confined spaces are a useful substitute for heading out to the gym. Sales have gone up 86% since stay-at-home guidelines have been in place.

The patient mother

woman walked in the grocery store with a three-year-old girl in the seat of her shopping cart. As they passed the cookie section, the little girl asked for cookies, and her mother told her no.



The little girl immediately began to whine and fuss. The mother said quietly, "Now, Monica, we just have half of the aisles left to go through; don't be upset. It won't be long."

Soon they came to the candy aisle, and the little girl began to beg for candy. When her mother said she couldn't have any, the little girl began to cry. The mother said, "There, there, Monica—only two more aisles to go, and then we'll be checking out."

When they got to the checkout, the little girl immediately started clamoring for gum, and



she threw a loud tantrum when her mother refused. The mother patiently said, "Monica, we'll be through this checkout lane in five minutes, and then you can go home and have a nice nap."

A man followed them out to the parking lot and stopped the woman. "I couldn't help noticing how patient you were with little Monica," he said.

The mother laughed. "My little girl's name is Tammy. I'm Monica."

The purpose of a storyteller is not to tell you how to think, but to give you questions to think upon.

Brandon Sanderson

We tell ourselves stories in order to live.

Joan Didion





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