



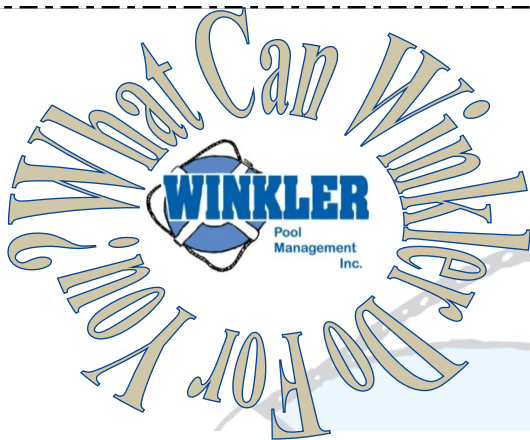
The Aqua Almanac

February 2013 Volume 1, Issue 1

from our family to yours

Industry Update

What is an "AED?" It stands for automated external defibrillation and even though it may not be a household name now it will be this summer. It works by providing electric shocks to the body in order to restart the hearts normal beat when the body is in cardiac arrest. In 2006 a 5- year-old boy named Connor Freed drowned in a pool, in Crofton MD. A big factor in the death of this young boy is that lifeguards on duty were not trained in using an AED even though there was one on site. On July 6, 2012 County Executive of Anne Arundel County John R. Leopold signed into effect "Conner's Law." This legislation will require all 275 pools in Anne Arundel County to have defibrillators on site at Public and Semi-public pools at a maximum of 300 feet to ensure it is capable of being administered within 5 minutes for the 2013 pool season. One AED-trained staff member must be on duty at all times while the pool is open. Pool owners can be held liable if their pool is not properly equipped with an AED or no Trained AED users are on site. According to a press release by the county, defibrillators can increase the drowning victim's survival rate by 85%. Montgomery County also passed this same law which will go into effect November 13, 2013 effecting the 2014 pool season. Though the law is only affecting Maryland pools as of now don't be surprised if this law goes nationwide in the near future!



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- ✓ Leak Detection
- ✓ Lighting Systems / LED's
- ✓ Ozonator Installation
- ✓ Plumbing
- ✓ Pump/ Motor Repair and Replacement
- ✓ PVC Liners (Renosys)
- ✓ Skimmer Replacement
- ✓ Spa/Fountain Repairs
- ✓ Whitecoat/Replaster/Blackcoat
- ✓ Ice melt
- ✓ Outdoor Furniture

Inside this issue:

- ❖ Industry news
- ❖ Important calendar dates
- ❖ Short life story
- ❖ Ignorance
- ❖ And more

Take 5% off any work signed in the month of February and take an additional 5% off if the Ravens beat the 49's in the Super Bowl



No cash value offer expires at the end of February 2013

Repairs, service or parts needed?

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For filling all of your pool and spa needs. Repairs and parts for commercial or residential pools trust in Winkler Pool mgmt.

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Buffalo Chicken Dip



The super bowl is one of my favorite days of the year besides paydays and the 4th of July. Everything about the super bowl is just American, eating lots of food and hanging out with family and friends. It's like a holiday but with work the next day. This is one of my favorite game day snacks of all and is really easy to make so I wanted to share it with you!



What you'll need!

Ingredients

- 8 oz. pkg. cream cheese, softened
- 1/2 cup blue cheese or ranch salad dressing
- 1/2 cup FRANK'S REDHOT Original Cayenne Pepper Sauce or FRANK'S REDHOT Buffalo Wing Sauce
- 1/2 cup crumbled blue cheese or shredded mozzarella cheese
- 2 cans (12.5 oz. each) White Premium Chunk Chicken Breast in Water, drained

Directions

HEAT oven to 350°F. Place cream cheese into deep baking dish. Stir until smooth.

MIX in salad dressing, Frank's RedHot Sauce and cheese. Stir in chicken.

BAKE 20 min. or until mixture is heated through; stir. Garnish as desired. Serve with crackers, vegetables or chips.

Q. What is a groundhog's favorite book?

A. Holes

Q. What did the valentine card say to the stamp?

A. Stick with me and we'll go places!

Q. Why did George Washington have trouble sleeping?

A. Because he couldn't lie.

Q. What's the difference between the Buffalo Bills and a dollar bill

A. You can still get four quarters out of a dollar

~ February 2013 ~

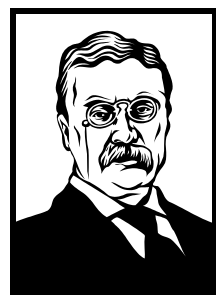
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Groundhog day
3 Super bowl	4	5	6	7	8	9
10	11	12 Mardi Gras	13 Ash Wednesday	14 Valentines day	15	16
17	18 Presidents day	19	20	21	22	23
24 Purim	25	26	27	28	Notes:	

How to play:

There is only one rule, every row, column and box of 3x3 cells must contain the numbers 1 through 9 exactly once.

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

Who are these Presidents?



Ignorance: The Inner Weapon

If there is one weapon that plays in your mind and makes you a mess; it would be fear. Fear is what makes you struggle when you are in the dark, but there is a psychological explanation to that.

When you are in the dark, you fear that unknown. That is the best and simplest explanation to that situation. It's what you do not know that you fear. In other words, fear is ignorance. It has been the weapon many politicians used to scare people. This ignorance is only a shadow of what would come. Wars happen because of ignorance and at the end, nobody is victorious.

Ignorance makes you choose incorrectly and those who use this tool choose to keep their people blind. As a child, you were told not to go out when it's dark or you were told not to go there or here; not to do this or that and you followed the guidance of your parents who chose to scare you off instead of telling you why, because telling you why will only get you more curious and you will have to go and check for yourself. This is the weapon of the mind: Fear and Ignorance.

Racism of all its shapes and sizes is based on that theory: whatever I do not know is my enemy and I must destroy it. But the truth is, as much as you fear the dark, or as much as you fear dogs, they fear you too. It's a mutual feeling; your ignorance is the same as your enemy's if they choose not to get on your get side. No matter how bad one thing is, it is never truly too bad.

Ignorance can be easily defeated though. The greatest enemy of mankind can be destroyed within seconds if you decide that you want to. All you have to do is ask or search or look for whatever it is you are scared of. If you know the characteristics of what you are dealing with then you will not have to fear it.

Just a click of your computer will lead you to information. There are many people in the world who still believe that this country or that is an enemy. Perhaps there is an enemy, but that enemy is ignorant and an ignorant enemy is not so much of an enemy when they are exposed to the truth.

Regardless of your religion, race or language there is one common enemy that you must defeat and that enemy is ignorance. Ignorance is a blessing, true, but it is also a curse that crumbles one's mind into thinking mistakenly and making wrong decisions.

Do not allow fear or ignorance to blind you to the truth. The truth is ahead of you and you can see it if you put a little effort in you studies and researches. If you are scared that this country might attack you; if you are scared of a nation that is overestimated for its terror then you must know more. Seeking knowledge is one of the greatest accomplishments of mankind and with knowledge you will be more powerful and, of course, a lot wiser.

Article Source: <http://www.ArticleBlast.com>

Sudoku Answers

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Hyattsville, MD 20781

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Springfeild, VA 22153

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

Life In A Jar

A professor stood before his class and had some items in front of him. When class began, wordlessly he picked up a large empty jar and proceeded to fill it with rocks right to the top, rocks about 2" diameter.

He then asked the students if the jar was full? They agreed that it was.

So the professor then picked up a box of pebbles and poured them in to the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. The students laughed.

He asked his students again if the jar was full? They agreed that yes it was.

The professor then picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognize that this is your life.

The rocks are the important things - your family, your partner, your health, and your children - anything that is so important to you that if it were lost, you would be nearly destroyed.

The pebbles are the other things in life that matter, but on a smaller scale. The pebbles represent things like your job, house, or car.

The sand is everything else, the "small stuff."

"If you put the sand or the pebbles into the jar first, there is no room for the rocks.

The same goes for your life. If you spend all your energy and time on the small stuff, material things, you will never have room for the things that are truly most important. Pay attention to the things that are Important in your life and spend time on the Important.

Answers:
Row 1 - Bill Clinton, John Kennedy, Ronald Reagan
Row 2 - Woodrow Wilson, Richard Nixon, Theodore Roosevelt

