



DON'T TRUST SUPERSTITION

It's Friday the 13th

Do you have paraskevidekatriaphobia? You guessed it – that's the fear of Friday the 13th. The origins of this superstition are hard to track down, with some tracing it to the Middle Ages, some to a book in the early 1900s, and others saying it's a more recent phenomenon. Regardless of what started it, Friday the 13th won't bring you especially bad – or good – luck, and it certainly won't change your odds if you choose to gamble. Don't let a self-fulfilling prophecy ruin your day!

How to Beat the Heat

You may have noticed that it was especially hot outside for the 4th of July. It wasn't just you – much of the country was under a heat wave advisory and experiencing record temperatures. Heat wave or not, summer is just plain hot here in Florida. Remember to stay hydrated by drinking plenty of water throughout the day and keeping clothing on the lighter side. Even choosing lighter colors from your wardrobe will help, as dark colors absorb more heat. If you have to be outside for a long period of time, take frequent breaks and seek shade. Another important reminder is not to leave pets or children in the car, even for a short time. Parked cars can reach deadly temperatures of 130 to 172 degrees in just 30 minutes! Share your tips for beating the heat with us on social media.

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Don't Count on Luck – Know Your Odds

The funny thing about luck is that you can never predict it. Sometimes it's good, sometimes it's bad, and it never seems to be on time. It comes and goes as it pleases.

Even so, people have developed a multitude of ways to try and track it, which vary by culture and individual. Symbols of good luck include four-leaf clovers, bamboo, wishbones, and many others. Maybe you even have your own good luck charm or tradition.

Numbers have also been assigned varying degrees of luck. You may think of 7 as lucky and 13 as unlucky. In China, it's 8 that's lucky and 4 that's unlucky. Luck may get confusing if you're traveling!

Whatever you believe about luck, it's important to know your odds if you choose to gamble. A feeling of good luck may put you in high spirits, but it will not change your odds if you place a bet.

If you or someone you know has a gambling problem, call Florida's toll-free, confidential, and multilingual HelpLine: 888-ADMIT-IT. We're here for you 24/7!



Did you know?

In addition to our 888-ADMIT-IT HelpLine, the FCCG is available 24/7 via live chat, text, or social media. No matter which method you chose to contact us, someone will be there, ready to assist.

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