

# The BOARD BUDDY

September 30th, 2022

## WHAT'S HAPPENING?

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Oct 1 - 31 All Day

Chamber Scarecrow Contest

Oct 8th 7PM

Cuba Rough Riders Saddle Club

Back the Blue Rodeo

Oct 15th 7AM-11AM

Cuba Eastern Star Country

Breakfast

Oct. 15-16th

CubaFest

Oct 15th 6PM

LHYC Gala

Oct 28th 5-7PM

Cuba Schools Trunk or Treat

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*"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."*

*- Colin Powell*



## THE POD SPOT

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The Mindset Mentor with Rob Dial  
5 Keys to Stop Overthinking  
17 Minutes

This podcast episode is about how to rewire your mindset to stop negative overthinking and focus on constant gratitude.