

Heron

East Lake Woodlands

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PRESIDENT'S REPORT

by Susan Whitehead

The joy of living in woodlands is sometimes tempered by our innate fear of that which we don't understand. With vast stretches of wetlands, preserves, woods and large wooded lots, we are blessed with abundant wildlife. I love seeing the many deer (especially the fauns!) that graze on the side of the road. My family has seen amazing

animal diversity in our backyard alone; turkeys, peacocks, raccoons, armadillos, bobcats, and otters. Now we are seeing, and definitely hearing, the coyote.

First, as Pinellas County is quick to point out, they're here to stay. Florida Fish and Wildlife has stated that "removing coyotes is an inefficient and ineffective method to control populations." "When there is pressure (such as trapping) placed on coyote populations, the species can actually produce more pups per litter in response and populations can quickly return to original size." Coyotes are found in every state in the U.S. (except for Hawaii). They are also important to our ecosystem as they eat small rodents such as rats. So, it's in our best interest to learn how we can cohabitate with these wonders of nature.

PINELLAS COUNTY HAS PROVIDED THE FOLLOWING GUIDELINES:

- Never leave pet food or trash outside where it will attract

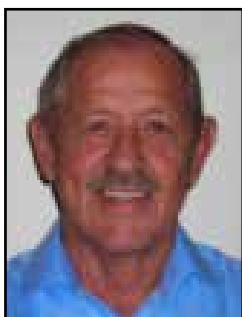
wildlife. Coyotes are omnivores and will eat almost anything.

- Avoid walking dogs during dawn or dusk hours, which are coyotes' normal feeding times. Avoid using a retractable leash. Coyotes will notice a dog walked frequently on an extended leash. The coyote will come back, grab the dog, and leave the owner holding an empty leash. When walking a pet, carry a stick, whistle or air horn.
- Clear brush and dense weeds from around dwellings – This reduces cover for coyotes and their prey, such as rodents and other small animals.
- Protect children. Although rare, coyotes have been known to seriously injure children. Do not leave young children unattended, even in a backyard.
- Protect pets. These are favorite prey for coyotes. Keep pets indoors, especially at night. When not indoors, keep dogs and cats leashed at all times – there is a Pinellas County Ordinance that prohibits dogs or cats roaming freely.
- Use negative reinforcement. Make sure coyotes know that they are not welcome. Harass coyotes with loud noises, clapping hands, yelling, throwing rocks at them, using air horns or spray with a garden hose.

Unusual behavior in a coyote may be approaching people, chasing joggers and bikers, or attacking leashed pets. Unusual coyote behavior can be reported to FWC's Wildlife Alert number at 888-404-FWCC (3922). For more information please visit www.myfwc.com or www.pinellascounty.org/animalservices

GOLF CARTS

by Keith Crank, Vice President



Happy New Year to everyone and I want to wish everyone a Joyous and prosperous New Year. Hope everyone made it through the holidays safe and sound and starting to get back to our daily routine.

I would like to relate to the community an incident that happen to one of our residents on December 1, 2018. This resident was entering the community using the "McDonalds" gate when a golf cart pulled up quickly behind her with a couple and a very young child being held in the mom's arms. Unfortunately the gate didn't open right away and she motioned to them she needed to back up to the barcode reader to try her barcode again. The male driver started to scream at her and then drove the golf cart through the opposite gate very fast to enter the community the wrong way onto a blind curve before the gate closed. She was

alarmed that the safety of the small child and themselves did not seem to matter. The mother turned to the resident and screamed "We live here". Both "adults" on the cart then started barraging her with expletives that aren't fit to print. They then turned left on Holly Hill Blvd and were gone. The shocked resident was left to wonder if this was the attitude of the young families in our community.

This shameful incident is not the attitude of the overwhelming majority of families in our community. Our board is often told of neighbors helping neighbors each month within East Lake Woodlands. We will not be defined by an inexcusable and isolated incident. Let's counter this horrible action by resolving to be even more patient and kind to one another.

This brings me to the point as to why we instituted the golf cart rules this past November for the community; the safety and peace of mind for pedestrians, vehicle drivers and cart users. No one, including golf carts, should drive the wrong way through any of our gates. More to the point is the fact that a golf cart is more susceptible to greater injury in case of an accident. The incident I have just related could have been much worse had a vehicle been present and ran into the golf cart. Let's all use a little more common sense.

Remember should you have an emergency always call 911 first. Time is of the absolute necessity. Controlled access officers can be reached at 727-785-7384. To get in touch with the Sheriff's non-emergency line the number is 727-582-6200. Let's all be safe and take care.

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2019 NEW BEGINNINGS

by Jaime L. Ballard, PCAM



The ELWCA has scheduled a meeting of the Presidents of all member communities on January 14, 2019 and the appointment of the Nominating Committee will be on the agenda. An e-mail would have already gone out to the Presidents of each Association to see if any of them would be interested in serving. The purpose of the Appointment is for the Nominating Committee to recommend a slate for the

2019 Annual Meeting and Election of Directors. Residents will receive notification of the Nominating Committee members and the process for being considered as a candidate in their mailboxes towards the end of the month.

I would like to take this opportunity to introduce the membership to **DEBI HUDRLIK**. Debi has joined the staff at Management and Associates and will be working closely with East Lake Woodlands Community Association. Debi is a licensed community manager with over 20 years' experience in this industry. We are happy to have her and she looks forward to working with all of you.

Members who need to obtain new barcodes can come into the management office at 720 Brooker Creek Blvd. #206, Oldsmar, FL 34677 M-F from 8 a.m. to noon or from 1 p.m. to 4 p.m. If you have any questions regarding this please call Mary Hunt at 813-433-2000.

HIGHLIGHTS FROM DECEMBER'S PSA INSPECTION INCLUDED THE FOLLOWING:

- **MOWING/EDGING/TRIMMING:** Areas needing leaves blown off the lawns on both sides of the street. Hard edge all asphalt. Mow Bahia grass.
- **TURF COLOR AND TURF DENSITY:** more heavily mottled medium green. Lack of water causing irregular coloring.
- **TURF WEED CONTROL:** Broad leaf weeds need to be addressed.
- **TURF INSECT/DISEASE CONTROL/OVERALL HEALTH:** Warranty work implemented for a few areas.
- **BED WEED CONTROL:** Bed and crack weeds all addressed. Small weeds in and around the community.
- **IRRIGATION MANAGEMENT:** Irregular patches of light and dark. No indications of any broken pipes
- **SHRUB PRUNING:** tip back areas identified

OLDSMAR CARES

by Jeff Hunt, Editor



Paul Burmeister, ELWCA | David Wallace, Oldsmar Cares | Susan Whitehead, ELWCA

ELWCA President Susan Whitehead along with fellow Board member Paul Burmeister recently presented a \$1,000.00 check to the local non-profit organization Oldsmar Cares. The money came from the proceeds of our First Annual ELWCA charity golf tournament held at our own East Lake Woodlands Country Club this past year. Oldsmar Cares is an all volunteer organization whose mission is to provide stop gap rent and utility assistance, a food pantry, and a clothes closet - at no cost - to those in need in the greater Oldsmar area. They are located at 149 SR 580 West in Oldsmar. If you'd like to make a donation or volunteer please contact them at OldsmarCares.com or by calling 813-415-7373. Their mailing address is P.O. Box 981 Oldsmar, FL 34677.



GIVE YOUR BEDROOM A COZY MAKEOVER

by Sally Giar

When was the last time you gave your bedroom a makeover? Could it use a romantic facelift?

Here are a few design and decor tips that can make things cozy and more inviting:

REFRESH YOUR WALLS

Start by painting your walls. Deeper, darker shades can make the space look more sophisticated.

ACCESSORIZE WITH JEWEL TONES

If changing the wall color is out of the question, consider decorating with blankets, throw pillows and accent furniture in bold hues. Deep reds or purples can set the tranquil tone you're going for.

LET LIGHTING CHANGE YOUR MOOD

Consider the lighting. Bright, overbearing fluorescent lights won't set the right mood. Consider toning things down a bit with beautiful, graceful accent lighting.

DON'T FORGET ABOUT THE WINDOWS

Natural lighting can make a difference too. Let the sun shine through sleek, sheer window treatments to wake you from your slumber. Or, if you cherish sleeping in on Sunday mornings, consider room-darkening shades.

For more tips on how to refresh your bedroom, contact us for a complimentary consultation.



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EAST LAKE WOODLANDS COMMUNITY PATROL REPORT

Tampa Road Gate 727-785-7384 or North Gate 727-785-1465

NOVEMBER 2018

Alarm Calls/911 Hang Up 0

Emergency Calls 1

Complaint Calls 26
(Noise, speeders, solicitors, domestic disputes, trespass, fireworks, suspicious persons)

Parking Violations 26

Irrigation Calls 5

Motor Vehicle/ Pedestrian Accidents 2

Crimes Reported 3
(Vandalism to mailboxes, gates, grass damage, stolen bikes, dumping, all other criminal activity)

Miscellaneous/Other 8
(Welfare checks, pets, wildlife, all others)

The Sheriff monitored 36 hours during November 2018

Performed 0 Hours of Presence/Visibility.

Citations 6, Warnings 27, Vehicles Stopped 31

Top speed: 41/30 MPH.

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The Cove at East Lake Woodlands

As of 08/29/2018

**2019 REAL ESTATE PREDICTIONS**

by Ernie Del Barba

The McCaffery Team (Bob McCaffery, Joan Daly, Fonda Dillard, Sharon Greenfield, Ann Galatro, Claudia Preisig, Conroy Jacob and I) wish you a Happy and Prosperous New Year. We hope your Holidays were memorable ones. At the time of this writing we are still receiving Holiday donations for the Metropolitan Ministries and hope to surpass

2018 donations. I'm sure all your donations helped in making it a brighter holiday for many in the Tampa Bay area with help of this local charity.

January is a great time to take advantage of the wealth of information from economic predictions made by the experts in every business field. This can assist you in making your own economic strategy in 2019. The real estate market predictions gathered from financial publications show that for six years there has been a steady growth in home prices, which is remarkable as a real estate trend for this long of a time period. Rising interest rates are said to affect the luxury market and new home sales more profoundly than the average real estate market, but these rates will still have an affect on the average market. The real estate market is still predicted to increase at a modest rate, with homes taking possibly more time on the market until the right Buyer comes along, and an increase in realistic concessions expected of the Seller. The last six years of growth in the economy and job market will offset the rise in the interest rate so should not discourage serious Buyers from entering the market. National Association of Realtors Chief Economist Lawrence Yun says rates will reach 5.5 percent this year which would add 9.4 percent to the cost of a home purchase. While he predicts that housing price growth may slow, it will still be positive at a 2 -3% increase. Pinellas County statistics as of October 31, 2018 show that 19,509 units were sold and stayed close to the same time period of 2017 when 19,681 units were the total number sold. Things are still looking good.

Florida real estate should have a better opportunity to stay strong due to second home buyers as well as full time residences. Our beautiful weather, water and sunshine still makes us one of the more desirable destinations in the country to live and will always attract people that dream to be here. The exterior of your home becomes even more important to attract these buyers, so any improvement that you are considering this year is worth it to keep your home and neighborhood attractive to potential Buyers. The McCaffery Team at Berkshire Hathaway East Lake Office is waiting to meet you and assist you. Call us or visit our website at www.McCafferyTeam.com.

**Thanks Mr. McCaffery-**

Mr. McCaffery and his real estate team helped my Mom and Dad find us a new home in Tampa Bay. Your new friend, Sara....

The McCaffery Team can help you and your family find a new home in Tampa Bay. Call Bob McCaffery today at 727-331-8257 for additional information. Please tell Bob, Sara sent them.



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EAST LAKE COMMUNITY LIBRARY ANNOUNCES CONTINUING EDUCATION COURSES DATABASE

by Patty Ann Wieczorek, Reference & Marketing Librarian

East Lake Community Library, in partnership with Recorded Books (Prince Frederick, MD), is pleased to announce the availability of online continuing education service Universal Class.

Through our website, ELCL patrons have access to FREE lifelong learning courses in over 30 subject areas, many of which offer continuing education units (CEUs). More than 500 courses are available, and all are designed and led by professional instructors to build deeper understanding and mastery of subject matter. Universal Class includes videos, assignments, quizzes, tests, and options for social media interaction with other learners. Patrons may take multiple classes and learn at their own pace.

>From technical courses on computer software to digital photography to babysitting 101, a huge range of topics is available. Universal Class offers courses in Exercise and Fitness, Entrepreneurship, Arts and Music, Home and Garden Care, Cooking, Computers and Technology, Health and Medicine, Homeschooling, Job Assistance, Law and Legal, Parenting and Family, Pet and Animal Care, plus hundreds more.

Please see a library staff member at East Lake Community Library for more information on how to access this service, or go to <http://www.eastlakelibrary.org>!



THEY'RE BACK

by Jeff Hunt, Editor

Unfortunately coyotes have become part of our environment over the past several years. And there has been an uptick in sightings the last few months. Please be aware of the reality of these predators existence within our East Lake Woodlands communities and make necessary adjustments to protect yourself and your pets. Start by realizing that coyotes are opportunistic animals and can/will prey upon pets and small children left unattended. Please don't feed pets or other wild animals outside your home. Also, don't leave unsecured garbage out overnight. If you've spotted coyotes in your area, consider carrying a large noisemaker (like an airhorn) or large walking stick. Remember coyotes are most active from dusk until dawn. Avoid direct confrontation if possible, but if confronted yell, scream, wave your arms and do anything to make yourself look bigger and more threatening. Check out the helpful website animalsake.com/the-eating-habits-of-coyotes and please be aware.



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BIRD OF THE MONTH WHISTLING HERON

by Jake Jacoby

As I mentioned in last month's Heron, I was exposed to a variety of herons during my trip to the Pantanal wetlands of Brazil in August 2018. The Pantanal is the world's largest tropical wetland and is home to hundreds and hundreds of bird and wildlife species. This ecosystem is literally filled with diversity and animal activity. I was able to visit in the dry season when birds are concentrated along the riverbanks and in locations where there is still standing water. I travelled up and down the Pantanal's Cuiaba River in a high-speed boat especially equipped for wildlife photography.

The Whistling Heron is yet another example of a beautifully decorated and exotic heron. This colorful and medium-sized heron is found only in South America (endemic) and has a beautiful pink bill with blue-to-violet at the base, bluish skin around the eye and green legs – wow. This heron is named for its most common call, a "loud, flute-like whistled kleeer-er".

Somewhat similar with range and habitat of the cattle egret, the Whistling Heron roosts in trees and prefers areas like pastures and roadsides, and will often perch on a fencepost. This heron also benefits from deforestation and agriculture for feeding and is one of the least aquatic members of the heron family as it normally feeds for large arthropods (see below) in open wet grassland. Unlike other herons, in flight, it has fast, duck-like wingbeats and usually does not retract its neck fully.

The Whistling Heron will eat any small dryland and marsh animal it can catch. It will hold still but also walks very slowly and may use more active techniques, even running after prey or catching flying insects, particularly dragonflies, from a standing position. Food taken is varied, depending of course, on seasonal availability. As is typical of dry land herons, the diet is dominated by arthropods, which include spiders, beetles, earthworms, frogs, tadpoles, caterpillars, grasshoppers, and small reptiles.

In courtship display, the birds fly back and forth and glide in circles. They will also raise their plumes like the pair in the first photograph.

The Whistling Heron nests alone, unlike most herons, which nest in colonies. They prefer to nest in mature trees and/or exotic trees like the Eucalyptus, high up in the tree. The female will lay 3 or 4 pale blue, speckled eggs which will hatch in approximately one-month. Approximately 6-weeks after hatching, the chicks will fledge, but unlike most herons, the parents will care for the juvenile birds even after they leave the nest.

I took all of the above photographs in the Pantanal wetlands of Brazil in 2018.

Please see my favorite photographs at: www.flickr.com/jake_jacoby



Whistling Herons



Up close and personal



Whistling Heron

NEW PORT RICHEY GARDEN CLUB

by Rosemary Nagy, VP/Programming

The New Port Richey Garden Club will meet on Wednesday, Jan. 9 at the New Lakes at Regency Clubhouse, 8330 Civic Dr., Port Richey. Doors open at 12:30pm, meeting begins at 1pm. Our guest speaker will be Jim Moll from Florida Extension Service. He will teach us to create a rain barrel. All are welcome, please join us for this very useful demonstration.



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FLORIDA WATER DISTRICTS AND THEIR ROLE IN FLOOD CONTROL

by Bruce Berger

It is a policy of the Legislature that the state's water resources be managed at a state and regional level. The Department of Environmental Protection, responsible for the administration of the water resources at the state level, exercises general supervisory authority over the state's five water management districts, which are responsible for the administration of the water resources at the regional level.

The state's five water management districts include the Northwest Florida Water Management District, the Suwannee River Water Management District, the St. Johns River Water Management District, the Southwest Florida Water Management District, and the South Florida Water Management District. The department exercises general supervisory authority over the districts through a cooperative working relationship and guidance memos.



This area is under the jurisdiction of the Southwest Florida Water Management District (the District). It's common acronym is SWFWMD - easily confused with the South Florida Water Management District (SFWMD). They are "Districts" not Divisions and their acronyms are not "MUDS".

The four core mission areas of the water management districts are: (1) water supply, (2) water quality, (3) flood protection and floodplain management, and (4) natural systems.

Among other responsibilities, there are primary ways that the water management districts implement these mission areas.

The Lake Tarpon Outfall Canal behind Canal Park is the closest feature managed by the District,

Traveling north on East Lake Rd, a short distance before the Woodlands Blvd. entrance there's a white on blue sign that the area is part of the Lake Tarpon and Brtookor Creek Watersheds.

The canal and its water-control structure were completed in 1971 to help regulate flooding around Lake Tarpon and the lower sections of Brooker Creek. The structure prevents salt water from entering Lake Tarpon during high tides and protects the lake's freshwater ecology.



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WINTER LANDSCAPE POTPOURRI

by Pam Brown, (ELW resident)

Starting with this new year, I will be cutting back and writing my landscape articles each quarter instead of monthly. I will try to put as much information into each article as I can.

COLD PROTECTION

Unfortunately, we might have sustained some frost damage in mid December. This is very early for our area. Frosts and freezes are always possible from January into February. Plan ahead for what protection measures you will take in your landscape if a frost or freeze is predicted. Common plants which require protection in home landscapes are copperleaf, banana, papaya, poinsettia, hibiscus, Ixora, dwarf schefflera, croton, bougainvillea, Allamanda, sea grape, bromeliads, tropical fruit trees or any other tropical or semi-tropical plant you have planted. Orchids should be brought into the house or garage for protection. Remember tomato, pepper and other cold sensitive vegetable plants too.

Covers offer the most practical cold protection for sensitive plants. Old sheets, blankets, boxes, newspaper or plastic can be used for covers. When using plastic, build a frame over the plant so that the plastic does not touch the plant's foliage. Any covering should continue to the ground. This will trap heat rising from the ground and keep the interior three to four degrees warmer than the outside air. Apply the cover late in the afternoon while the soil is at the warmest and before the temperature starts to drop. Plastic covers should be removed the next morning after the temperature is above freezing but before the sun's rays become warm enough to cook your plants. Cloth or paper coverings can remain over plants for two or three days if frost is again predicted. Covers might not effectively protect plants if temperatures fall below 30 degrees for several hours or more. Watering landscape plants before a freeze can help protect plants. Well watered soil can absorb more heat from the sun than dry soil. Additional information can be obtained by accessing the University of Florida/IFAS publications: Preparing your Landscape for Cold Weather <http://gardeningsolutions.ifas.ufl.edu/care/weather/preparing-the-landscape-for-cold-weather.htm> and Cold Protection of Ornamental Plants <https://edis.ifas.ufl.edu/pdf/FILES/MG/MG02500.pdf>

If we happen to have a freeze between now and spring, here is some care information for cold damaged plants. Damaged plants will look wilted, the leaves might turn brown and die, and some plants can look melted. Resist the temptation to start pruning these plants back. The damaged leaves help to insulate damaged plants from frost and further injury. Wait to prune cold-damaged tropical shrubs such as hibiscus, firebush, oleanders, and crotons until after they begin to sprout new growth with the onset of warm weather, maybe by late February or March. Once plants begin to sprout, be sure to prune below the new sprouts so that you cut into green healthy wood. Fertilize only after you see healthy new growth on these plants. It is often difficult to determine how far freeze damage extends. If you are worried that the plant is dead, gently scrape the bark near the base of a stem, if the cambium layer just under the bark is still green then the plant is alive.

Herbaceous plants, such as bananas, coleus, impatiens, ginger and begonias, will collapse and need to just be cut down and removed. This will reduce fungal or bacterial problems as these dead plants decay. Banana plants will usually send up new pups from the root system in the spring

There are many cold sensitive palms planted in our area that can be damaged by freezing temperatures. You can possibly save them by treating the growing bud with Copper fungicide. The UF/IFAS Extension publication Treating Cold Damaged Palms is available at: <http://edis.ifas.ufl.edu/MG318>

HERBS AND VEGETABLES

Many culinary herbs and vegetables thrive in Florida's cool winter weather. Some to try are parsley, thyme, sage, dill, fennel, garlic chives, rosemary, and coriander (cilantro). Herbs prefer well drained soil and not much fertilizer. Try growing herbs and veggies in large pots close to the door near your kitchen so that they are always available when you are cooking. Some of you, like me, would love to grow lavender. You can sometimes find lavender plants already in bloom and they will grow quite well during our winter and spring months. But, it is best treated like an annual plant because once the hot summer arrives along with lots of rain; it will succumb to fungal diseases. For more information, access Herbs in the Florida Garden on the Internet at: <https://edis.ifas.ufl.edu/vh020>. For information on growing vegetables, consult the Florida Vegetable Gardening Guide <http://edis.ifas.ufl.edu/pdf/FILES/VH/VH02100.pdf> for planting dates and varieties suitable for our climate.

LANDSCAPE AND IRRIGATION

Even though plants in Central Florida stay green during the winter, for the most part they are still dormant. You will find that grass will not need to be mowed but every two to three weeks and will require less water. Grass that is allowed to grow a bit taller is less likely to suffer severe damage if there is a heavy frost or freeze. Fertilizer should not be applied during the winter months and irrigation should be set to run every two weeks instead of every week.

WEEDS

Winter lawn weeds should have been treated in December with a pre-emergent herbicide. In early February it will be time for a pre-emergent weed treatment for spring and summer weeds in the lawn. Please reference the UF/IFAS blog for more complete information: Controlling Crabgrass in Lawns on the Internet at <http://blogs.ifas.ufl.edu/pinellasco/files/2018/03/Controlling-crabgrass-in-Turfgrass.pdf>

FLOWERS

Winter and spring annuals make a colorful addition to the winter landscape. Pansies, petunias, sweet alyssum, snapdragons, million bells and pinks are a few nice ones to use as bedding plants or in baskets and containers. All of these will survive frosts or freezes and keep on blooming. Others annuals that are a bit more sensitive to frost, but good to plant now are impatiens, geranium, and begonias. Remember, impatiens are deer candy, so they are best kept in containers out of the reach of deer. If you can find plants of fox glove and/or delphinium, they can add a tall punch to either large containers or the flower border. To keep all of these plants blooming into spring, remove spent blooms periodically and provide a light application of slow release fertilizer at planting and then every two months.

Our sandy soil is basically infertile, so add plenty of organic material (peat or compost) and a slow release balanced fertilizer formulated for flowers as you plant. Dig it into the planting area well. This should insure that your flowers create a lovely display. Be sure to give each plant plenty of room to grow. This will allow for good air circulation and fewer disease problems. Always water well when planting and continue to water daily for a week thereafter. Then weekly watering should be sufficient. You may need to add more slow release fertilizer in two months to keep them healthy and looking good into the spring. Removing spent blooms periodically will also insure a continuous bounty of flowers.

We usually have fewer pest and disease problems with cooler temperatures. Lower humidity and less rain can decrease fungal problems. However, powdery mildew can develop when nights are cool and humidity is high for a few days, and insect pests might still pop up with the warm weather we have occasionally. Scout your flowers often and treat as soon as you see evidence of pests. Powdery mildew can be treated with Neem oil or a chemical fungicide, just be careful to read and follow the label carefully. Neem will also control many of the insect pests. However, you

will need to use a Bt product like Thuricide for caterpillars.

With careful planning and care, you should have colorful flowers well into spring. For additional information, access the University of Florida/IFAS Extension publication *Bedding Plants: Selection, Establishment and Maintenance* on the Internet at: <http://edis.ifas.ufl.edu/pdf/IFAS/MG/MG31900.pdf>.

CITRUS

Citrus fruit must be fully ripe when harvested since the sweetening process stops once the fruit is picked. Many varieties of citrus have a long season in which they can be left on the tree and gathered for use as needed, usually about three months. However, if fruit is left on the tree too long the quality will decline as the fruit dries out. For complete information on growing citrus, access the UF/IFAS publication *Citrus Culture in the Home Landscape* on the Internet at: <http://edis.ifas.ufl.edu/hs132>

5 TIPS FOR COPING WITH CHRONIC PAIN

(Family Features) Pain can impact nearly every aspect of your daily life from cleaning the house to going to work or playing with your kids. In fact, according to the Institute of Medicine, 100 million Americans, or more than 30 percent of the population of the United States, suffer from chronic pain, which is pain lasting 3-6 months or longer.

Most often, chronic pain is treated using prescription opioids. However, the National Institutes of Health estimates 2 million people in the U.S. suffer from substance use disorders related to prescription pain relievers, while 60 people die every day as a result of opioid overdoses, according to the National Safety Council.

“The country is facing intertwined crises of opioid misuse and chronic pain management. Non-opioid, non-pharmacological treatments such as acupuncture and other similar interventions can be essential in handling patients’

continued on page 12

2019 EASTLAKE WOODLANDS COMMUNITY ASSOCIATION BOARD MEETING SCHEDULE

February 19th	8:00am	Management & Associates
March 26th*	7:00pm	East Lake Woodlands Country Club
April 16th	8:00am	Management & Associates
May 21st	6:30pm	East Lake Woodlands Country Club
June 18th	8:00am	Management & Associates
July 16th	6:30pm	East Lake Woodlands Country Club
August 20th	8:00am	Management & Associates
September 17th	6:30pm	East Lake Woodlands Country Club
October 15th	8:00am	Management & Associates
November 19th	6:30pm	East Lake Woodlands Country Club
December 17th	8:00am	Management & Associates

**Annual meeting and election. Monthly ELWCA Meeting would be held immediately before at 5:30pm.*

Management & Associates office is located at:
720 Brooker Creek Blvd Suite 206 Oldsmar, FL 34677



FIRST AMERICAN SCRIPT

by Paul J.H Leaser

It's called the Painted History of the Delaware Indians stories passed from generation to generation via "picture writing". Their "poems" depicted the creation of man and the beginnings of the race.

The most complete record to survive the ages was Walam Olum or painted history of the Delaware Indians, which consists of 184 symbols or glyphs. It describes the creation of the world then describes a great flood, and the warriors wanderings and wars of the tribe. In a sense, it is the first Native American Writing.



At first sea water covered all the land.



Above the water in the mist
was the God-creator.



He caused to be much water,
great land, many clouds, the
wide sky.



He caused to be the sun and moon and stars.



Winds blew hard, clearing the deep water and making it run off.



Light shone and an island appeared.



Then he created the first beings, also angels, also souls.



Afterward he created the man-being, ancestor of man.



He gave to man the first mother of men.



Fishes he gave to man, and turtles and beasts and birds.



But an evil spirit created bad beings, black snakes and monsters.



At first all beings were friends together.



But then, while secretly on earth, the snake-god led men to worship evil.



Wickedness, crime, unhappiness, thus came to the world.

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3 pc living rm set w/sofa bed; 3 glass & chrome tables, good condition \$650 - 727-270-7160

Tristar vacuum cleaner paid \$2800, used twice (because cleaning company brought their own) Will sell for \$1000.00 or b/o.

Elec.Hospital bed & mattress w/protective liner works well & good condition \$100 - 727 858 0400

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DR ALL TERRAIN BRUSH MOWER Powerful Kawasaki 15.0 motor. \$1500 OBO Call 727-781-3619

Items for sale Porcelain dolls, Hoover vacuum, pair of oriental gold lion - 727.415.4036

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727.785.9028

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Thomasville lighted wood hutch/cabinet professionally refinshed \$200 64x84 - 727-789-5051

FREE CLASSES

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HOME FOR RENT

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PETS & PET CARE

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CLASSIFIED ADS

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Doodle Rescues: all kinds, ages and size poodle mixes waiting for new homes. www.DoodleRescue.org

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WE ARE ALL RIDERS ON THE SAME PLANET

By Matthew Myer Boulton and Joseph Heithaus

Editor's Note (Jeff Hunt): In place of a New Year's resolution I encourage our residents to read this article and decide what they can do to help our planet in 2019.



The "Earthrise" photograph taken by William Anders on Apollo 8 on Christmas Eve in 1968. Photo Credit: NASA

On Christmas Eve 1968, human beings orbited the moon for the first time. News of the feat of NASA's Apollo 8 mission dominated the front page of The New York Times the next day. Tucked away below the fold was an essay by the poet Archibald MacLeish, a reflection inspired by what he'd seen and heard the night before.

Even after 50 years, his prescient words speak of the humbling image we now had of Earth, an image captured in a photograph that wouldn't be developed until the astronauts returned: "Earthrise," taken by William Anders, one of the Apollo crew. In time, both essay and photo merged into an astonishing portrait: the gibbous Earth, radiantly blue, floating in depthless black space over a barren lunar horizon. A humbling image of how small we are — but even more, a breathtaking image of our lovely, fragile, irreplaceable home. The Earth as a treasure. The Earth as oasis.

When the Apollo 8 commander, Frank Borman, addressed Congress upon his return, he called himself an "unlikely poet, or no poet at all" — and quoted MacLeish to convey the impact of what he had seen. "To see the Earth as it truly is," said the astronaut, quoting the poet, "small and blue and beautiful in that eternal silence where it floats, is to see ourselves as riders on the Earth together, brothers on that bright loveliness in the eternal cold — brothers who know now that they are truly brothers."

The message offered hope in a difficult time. Not far away on that same front page was a sobering report that the Christmas truce in Vietnam had been marred by violence. These were the last days of 1968, a divisive and bloody year. We'd lost Martin Luther King Jr. and Bobby Kennedy that year, gone through a tumultuous election, and continued fighting an unpopular and deadly war.

For MacLeish, these images of Earth from space would help usher in a new era, overturning the old notion of humanity as the center of the universe and the modern view of us humans as little more than "helpless victims of a senseless farce." Beyond these two extremes, MacLeish suggested, was an image of the planet as a kind of lifeboat, "that tiny raft in the enormous, empty night."

Commander Borman himself compared Earth to an "aggie," no doubt recalling playing marbles as a boy, drawing circles in the dirt. The famous "Blue Marble" image — one of the most reproduced

photographs in human history — came four years later, from Apollo 17. But for Commander Borman and MacLeish alike, what "Earthrise" revealed wasn't a marble made vast but a planet made small. A little blue sphere, a child's precious aggie, floating alone in the abyss.

Much later, Carl Sagan would pick up this line of thought in his 1994 book, "Pale Blue Dot: A Vision of the Human Future in Space," in which the Earth, as photographed in 1990 from the Voyager 1 from 3.7 billion miles away, became "a mote of dust, suspended in a sunbeam." For Sagan, this new image challenged "the delusion that we have some privileged position in the universe," and at the same time "underscores our responsibility to deal more kindly and compassionately with one another and to preserve and cherish that pale blue dot, the only home we've ever known."

Since then, we've learned a great deal more. When Voyager 1 took that picture, we weren't yet sure whether there were any planets at all outside our solar system. But today, largely thanks to space telescopes peering out from Earth's orbit, we know we look up at night into a galaxy with more planets than stars. We may now perceive, as never before, the Earth's exquisite rarity and value. We live on a marvel to behold.

We also know how our own DNA links us to one another and to life on our planet in general. We need not imagine ourselves as brothers and sisters, because science tells us that we are one family of life that includes plants, animals, birds, insects, fungi, even bacteria. All of life rides on Earth together.

By the time Sagan delivered his message "to preserve and cherish" our planet, the awareness of our responsibility to care for the Earth had already taken hold. In 2018, it is virtually impossible to see "Earthrise" without thinking of the ways the planet's biosphere — proportionally as thin as a coat of paint on a classroom globe — is not only fragile but also under sustained attack by human actions. It is hard not to conclude that we have utterly failed to uphold the grave responsibility that the Apollo 8 crew and "Earthrise" delivered to us.

Our precious "raft" is losing members — species are dying — as our climate changes and our planet warms. The very technologies that flung us around the moon and back, the dazzling industrial genius that gave us fossil-fuel-fed transport and electricity, animal agriculture and all the rest, have fundamentally changed our Earth, and they now threaten to cook us into catastrophe. We may be afloat in MacLeish's "eternal cold," but what MacLeish couldn't yet see was how, even then, we were madly stoking the furnace.

It's all there in "Earthrise," if we look closely enough. Those spiraling ribbons of clouds foreshadow the extreme weather to come. In the foreground, the gray moon testifies to how unforgiving the laws of nature can be. And behind the camera, so to speak, is the sprawling apparatus of the modern industrial age, spewing an insulating layer of haze around that little blue marble, the only home we've ever known.

Today, against the backdrop of our enormous challenge in salvaging the Earth, MacLeish's message almost seems quaint, if not dated. (He wrote of brothers, no sisters mentioned.) And yet, the poet still has a point. The vision of "Earthrise" is still one of awe and wonder. As we continue to venture out beyond Earth's orbit, we citizens of Earth can at least hope that we will still be humbled by each new vision of our lonely planet from space.

In the end, "Earthrise" is an icon of hope, not despair. That Christmas Eve 50 years ago, Commander Borman and his crewmates turned to another kind of poetry, some of the oldest on Earth. Broadcasting live from lunar orbit to what was then the largest television audience in history, the astronauts read the opening verses of the Book of Genesis, ending with verse 10: "And God called the dry land Earth. ... And God saw that it was good."

"And from the crew of Apollo 8," said Commander Borman, signing off as the ship slipped around to the dark side of moon and out of broadcast contact, "good night, good luck, a Merry Christmas — and God bless all of you, all of you on the good Earth." In the silence of the moon's dark side, they later recalled, the skies appeared brighter and deeper — all except for the ink-black disc of the lifeless moon itself, blocking out the stars.

EAST LAKE COMMUNITY LIBRARY JANUARY 2019 SPECIAL EVENTS

by Patty Ann Wiczorek, Reference & Marketing Librarian

LAPSIT & LINGER

TUESDAYS, JANUARY 8, 15, 22, 29; 9:30-10:15AM

A program for our littlest patrons & their caregivers. Enjoy rhymes, bounces, songs & fun with Miss Sue. A special time to bond, play, make friends & encourage language development.



TINY TOTS

TUESDAYS, JANUARY 8, 15, 22, 29; 10:30-11:00AM

Toddlers, preschoolers & caregivers can join Miss Sue for stories, songs, rhymes & age appropriate silliness. No registration. Best suited for children 19 months to 3 years old. A great way to encourage language development & reading readiness. Caregiver participation required.

SHINE MEDICARE HELP

TUESDAYS, JANUARY 8, 22; 10:30-11:30AM

Do you need help navigating Medicare? Free, confidential, unbiased help with all Medicare questions, long-term care planning, & prescription assistance resources. Please call the library to register for your one-hour session.



WILD THINGS: STORIES & SONGS AT BROOKER CREEK PRESERVE

FRIDAY, JANUARY 11, 10:00-11:00AM

Join us at Brooker Creek Preserve for songs, stories & fun. Age appropriate for those 4 & under and their caregivers.

AARP SMART DRIVER CLASS

SATURDAY, JANUARY 19, 9:30AM-4:15PM

AARP's Smart Driver course is a six-hour workshop that will provide drivers 55 & over with defensive driving techniques & proven safety strategies.

Register online, by phone or in-person with payment made the day of the course - \$15 for AARP members and \$20 for non-members (CHECK ONLY!). Participants will receive a certificate at the end of the workshop that may earn you a multi-year discount on your car insurance!



LIBRARY OPEN HOUSE GRAND REOPENING & FAMILY DAY CELEBRATION

SUNDAY, JANUARY 20, 12:00-4:00PM

New Year...New Library Building! Ribbon-cutting, guided tours of the renovated space, musical performances, & interactive activities for all ages.



SNOWY CRAFTERNOON

WEDNESDAY, JANUARY 30, 3:15-4:15PM

Children (K-5) can join Miss Alexa, Miss Sue, & the gang for a snowy day of fun. Parents will need to remain on library grounds.

5 TIPS FOR COPING WITH CHRONIC PAIN ... continued from page 9

pain management as a complement to lessen dependency on opioid prescriptions and serve as a more effective holistic therapy for chronic pain," said Dr. Kory Ward-Cook, chief executive officer of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). "The care provided by NCCAOM National Board-Certified Acupuncturists is essential in continuing the movement toward greater integrative and complementary pain care, especially as a non-pharmaceutical alternative to harmful opioid prescriptions."

To help treat your pain with a non-opioid solution, consider these tips:

SET GOALS FOR YOURSELF

Setting realistic, measurable goals that focus on functional health and quality of life is essential to managing chronic pain. Outline specific, measurable goals you hope to achieve, such as exercising for 30 minutes three days a week or cleaning at least one room in the house twice a week and track your progress toward reaching them.

USE RELAXATION TECHNIQUES

There are a variety of techniques, including meditation and deep breathing, that can help your body relax by slowing breathing, lowering blood pressure and instilling feelings of well-being. Giving your muscles a chance to relax can release tension, which may ease pain. Practicing yoga or tai chi, which involve a series of physical postures in addition to breathing and relaxation techniques, may also help reduce pain.

CONSIDER NON-PHARMACEUTICAL TREATMENT OPTIONS

With concerns mounting about the prevalence of opioid use and abuse in the U.S., complementary, natural treatments such as acupuncture can help alleviate pain and reduce the number of opioids prescribed. Using practices derived from traditional Chinese medicine, acupuncturists stimulate specific points on the body, most often by inserting thin needles through the skin. For example, National Board-Certified Acupuncturists, whose credentials can be verified through the NCCAOM, are affirmed to have the education and training necessary to competently deliver acupuncture services. To learn more about how acupuncture can help with pain management or addiction, or to find a practitioner in your area, visit nccaom.org.

FOCUS ON NUTRITION

A well-balanced diet is vital to overall health and well-being and can also influence chronic pain. As food choices can increase or decrease inflammation, which leads to many chronic diseases, consider a diet low in sugar and carbohydrates that includes fresh, organic fruits and vegetables; lean, grass-fed meats; legumes; nuts; whole grains; and organic dairy products.

KEEP TRACK OF PROGRESS

To effectively manage and treat your pain, consider keeping a journal to note your pain level on a scale of 1-10 each day. Also track your activity during the day - including time on your feet, exercise and even sitting at your desk - so you can identify patterns

based on what you do and how you feel afterward. Then use the connections you've made to modify your environment and schedule as necessary.



#14431 Source: National Certification Commission for Acupuncture and Oriental Medicine